

# GREAT TIPS

Winter Emergency, Fighting Colds  
Natural, and Budget Tips

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Jewel Price's Tips in an emergency to stay warm and it may cut your energy bill...

- Emergency Furnance Issues when Funds are low Help:

1. Get the largest pot in your home that you can find and boil hot water with no lid on the pot. The steam naturally heats your home., just keep adding water as the water goes down...

2. Before you go to bed put your blankets in the dryer for 30-45 minutes and then put them over you to be warm, also it can be good for toddlers to keep them warm.

## •Fighting Colds Naturally:

Minimize opening your pores with showers and deep baths when you have colds:

1. More cold can get into your body when you have a bad cold by exposing your body to lots of water.
2. Rub your self down instead with rubbing alcohol it's called an alcohol bath, also you can use soap and water take a sponge bath at the sink.
3. Take Vitamin C three times a day in gummy form, if not gummies also you can eat 5 oranges a day.
4. 1. Get pure ginger, 2. Remove the skin until it's all yellow, 3. Cook it boil for 45 minutes., 4. Then put 4 tablespoons in any large drink cup, 5. Next get your favorite juice drink and, fill the rest of the cup up to the middle of the cup with juice., and enjoy a batch up to 3 times a day...this will reduce cold inflammation naturally using ginger.

Note: Do not let any Ginger sit out over night please refrigerate, whether it's in your cup put foil over it and refrigerate, or whether it's the cooked ginger in the pot just move what's in the pot to another container that can sit in your refrigerator...Do not keep Ginger for over 5 days discard and make a new batch. Also do not buy ginger that has mold on it, and if the ginger gets molded that's been in your refrigerator discard do not consume molds.

2. Proper care of ginger is necessary because ginger spoils when it sits out too long.
3. If you encounter too much ginger meaning if you take more than my recommendations or if you accidentally drink spoiled ginger.
4. Quickly flush your body with drinking plenty of water a few cups of water., and call poison control to give you instructions:

## Help is available

Speak with someone today

### Poison Control Centers

Languages: English

Hours: 24 hours, 7 days a week



Call 800-222-1222

•Get on track with a set budget:

1. Say I will only spend what I need for example \$30-\$60 a day for needs.
2. Multiple out your pay from a company, friend or family how much you will spend on a regular day for example \$60 times 7 days a week= \$420 a week

(or)

3. \$40 times 7 days a week = \$280 per week the rest you have left over put it into an account you don't have easy access to or a debit card for it so you won't be tempted to spend it. Meaning make it hard for you to borrow from yourself or take from yourself.

Note: The whole idea is to pay yourself just as you pay others- it's only fair that you can pay yourself and only borrow from yourself...