



# Can the heat storage system cure colds

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There isn't a quick, one-off cure for a cold. You can do a lot to support healing, though. Here, find out how to self-treat a nasty cold.

At the first sign of cold symptoms, you may look to stock up on any number of remedies. But what actually works? While there is no cure for the common cold, there are some proven ways to treat ...

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While the physiological mechanisms suggest a benefit, the scientific evidence specifically supporting the use of infrared saunas to treat an active cold remains limited and often focused on ...



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Wondering, "Does heat help cure a cold?" Discover what the science says about using heat therapy for temporary relief from cold symptoms and learn safe practices for recovery.

Believe it or not, those annoying symptoms you're feeling are part of the natural healing process -- evidence that the immune system is battling illness. For instance, a fever is your body's ...

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