Health idioms

I know I should drink less coffee but it's hard to kick the
I'm just going to lie on the beach, read and do a bit of swimming. Basically just recharge the
I'm going to stay in and have an early night, I'm feeling a bit <i>under the</i>
Ah here's the wine. Just what the ordered.
Are you okay? You look as white as a
I think I just needed a good night's sleep, I feel as fit as a this morning.
I don't feel great to be honest, I think I'm coming down with
Dominic was furious when the other boys made fun of him, he doesn't like getting a dose of his own
doctor weather habit fiddle batteries sheet something medicine

Can you think of situations when you could have used some of these idioms?