

Colds and flu . . . What can you do???

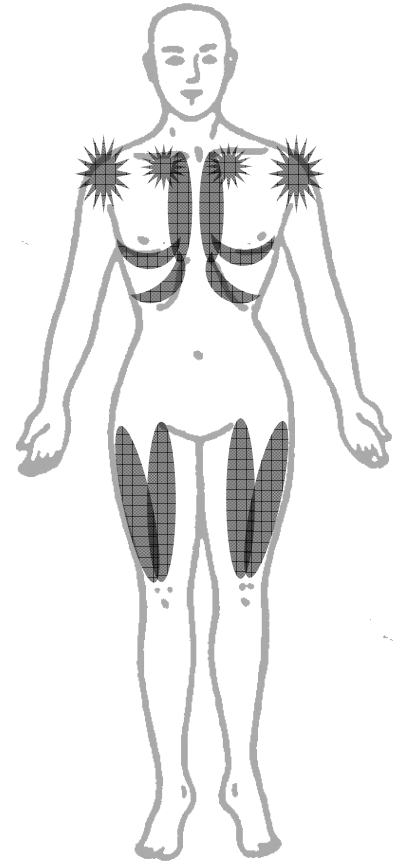
Since a cold is a combination of dehydration and a reduced immune system, we want to boost the immune system and rehydrate. But we all know that already, don't we? We've all heard about chicken soup and "drink lots of fluids". The problem is that fluids hurt our throat, and soup is dubious as a cure-all anyway.

Here's the strategy that's worked for many over the years. Let's assume you're already making an attempt to eat good quality food. Add the following Do's and avoid the Don'ts and you'll have a speedy recovery:

DO's:

1. Vigorously **rub the following trigger points** for **20 seconds each spot four times a day:**

- Follow an imaginary string down from your earlobes to the hollows under your collarbone. Rub firmly. (FIRM is the amount of pressure that it takes to bring curses to mind! Just don't bruise yourself.)
 - Move to the knobs of your collarbones (under your chin) and rub in two lines down to the bottom of your ribs. You should feel the bumps where the ribs meet your breastbone underneath, and of course these will be sore also.
 - When you reach the end of the ribs, keep rubbing! Follow the ribs around all the way to the side as far as you can reach. Rub hard, and see if you really can tickle yourself (I don't think so!) When you've had as much fun as you can take, go back to the spot at the bottom of your breastbone and rub straight across from side to side (ladies may call this an "under wire" line, but men have to do this one also!)
 - Rub both legs from your hips to your kneecaps on the front and the outside of the thighs.
 - Finally, put one arm by your side with the palm of your hand facing forward. Follow the arm muscle (biceps) up to where it attaches to the shoulder, and rub there too. It's normal to feel you have this one wrong; if you're not sure, just rub a larger area.
2. **Take two Congaplex with water every waking hour.** Supplements that contain whole foods are most desirable, because we need the best nutrition possible. We use Congaplex by Standard Process. They take organically grown food and gently vacuum dry it (no heating). It's a wonderful source of the nutrients we need to boost our immune system and fight respiratory conditions. Other supplements may be used, but remember to follow the guidelines of the supplement if you don't have the guidance of a health care practitioner. Herbs are different than food in this respect; herbs push the body to do more of something. If you don't have gas in the tank, stepping harder on the gas pedal won't get you anywhere! Our focus at this point is to simply give the body the building blocks to work with in the most readily usable form.
3. **Drink an eight-ounce glass of water every waking hour.** The trick is that you have to drink something to get the supplements down anyway, so the fluid becomes your friend (don't believe me? Try swallowing a vitamin dry with a sore throat! That'll get you to sing the praises of water!) If you drink eight ounces every hour while you're awake you'll get between three quarts and a gallon of water for your body to flush out the cold with. One of the pitfalls many succumb to is drinking "fluids" other than



water. Water isn't glamorous, and it certainly doesn't taste as good as tea or juice (except that people who have a cold will tell you that they can't taste anyway!) ANYTHING you drink stronger than lemon-water has to be digested by the body before it can be used for healing. This takes energy away from your cold fighting. Get your nutrition from solid foods and supplement with whole-food vitamins and leave the drinks alone. (This isn't to say a non-sweetened hot tea isn't a comfort; just don't consider it your hourly cup of water.)

DON'TS:

- **Don't eat dairy!** Anything coming from cow's milk increases the amount of mucus you produce and makes that mucus thicker. You're guaranteed a stuffed nose and sinuses unless you stay away from these until you're finished with the cold.
- **Don't drink Citrus!** Eating an orange or a grapefruit is fine, but the juice has a few flaws. Citrus stimulates the body to make more mucus and the mucus is thicker, making it harder to eliminate. With the number of oranges it takes to make a glass of juice, that's a LOT of unwanted mucus! Secondly, there's way too much sugar in these juices.
- **Stay away from sugar.** (I'll bet you knew that was coming.) You know it's tough on your system. Fruit juices, Alcohol, sweets, even processed foods all contain fast digesting sugar. The sugar drags down your immune system and gives food for the infection.

Drugs that help you feel better actually make your cold last longer. That sniffly, stuffy head fever medication actually prevents your body from flushing out the virus. Your nose drains to clear stuff out. People have dragged a cold out for weeks by using these over-the-counter remedies, when in fact if they would let it run its course they'd be finished with it much sooner.

Fever is about the best tool your body has for fighting infection. Heat the body up a couple notches and it's amazing how fast the infection dies off! It's not comfortable, but it's very effective. Knocking down the fever because you feel bad and you'll fight the cold longer – guaranteed. (Of course you should consult a physician if the fever persists for more than a couple days or it goes over 102 degrees.)

Lastly, a word about antibiotics. An antibiotic kills bacteria, Not viruses! If a bacterium (one single bacteria) were the size of a basketball, a virus would be one of the little nubs on the skin. They're that much smaller. Bacteria are cellular organisms that infect you. Viruses are little bits of DNA that invade your cells, which is one of the reasons you don't hear about "anti-viral" drugs. Antibiotics attack those foreign bacteria cells. It also kills good bacteria that help you get the nutrition from your food. If you take an antibiotic, you'll set yourself back and lower your ability to fight of your cold. You'll also get less from your food until you replace the good bacteria (often called Probiotics.)

The medical doctor knows full well that the antibiotic is useless against a cold, but he's in a quandary; you went to the MD for medication. You (theoretically) may contract a second infection while you're fighting the first, but remember- our body makes it's own "antibiotics." Don't assume you are totally defenseless! That's why you're following these guidelines to give your body the fuel and tools to fight back.

SUMMARY:

1. **Rub the trigger points 20 seconds each spot, four times a day.**
2. **Take two Congaplex with water every waking hour.**
3. **Drink an eight-ounce glass of water every waking hour...**
4. **... And don't stop until you're ALL better!**