



BACK & BODY HEALTH

A Simple Chinese Remedy For Stopping Colds & Flu

Feel like you're coming down with a cold or the flu (tired, body aches, runny or congested nose, slight cough, scratchy throat, chills, and fever)?

As soon as you feel the beginning of any of the above symptoms, try this:

Soak in a hot tub for 10 to 15 minutes until you feel quite warm.

Get out and immediately wrap yourself up in a robe and big blanket.

Do not wipe yourself off first. **You want to break into a fine sweat.**

Let yourself sweat for about 10 to 15 minutes.

Hop back into the tub and rinse yourself off.

When you are done, dry yourself and get into some warm clothes.

Avoid cold, windy, or drafty areas for at least 24 hours. If you have to go out, make sure to cover your head and neck, and to dress warmly.

In Chinese Medical theory, pathogens are brought into the body by wind. In the initial stages of a cold or flu, the pathogens are still close to the body surface. To get rid of them, we sweat them out. If you can dispel the pathogens before they go deeper into the body, your cold or flu will be stopped before you get any worse.

Another suggestion is to use Chinese herbal formulas to treat a cold or flu. The herbs used have antiviral or antibacterial properties, and the ability to treat all the symptoms of colds and flu. Herbs are useful if the infection gets deeper into the body and your symptoms get worse (strong cough, coughing up lots of phlegm, severe body aches or fatigue, fever, or sore throat).

For an appointment with Karen McInnis at Back & Body Health call 209.BACK (2225).

Karen McInnis is a Registered Acupuncturist and Practitioner of Traditional Chinese Medicine with advanced certification in Auricular Diagnosis & Treatment and Japanese & Chinese Moxibustion.