



BACK & BODY HEALTH

No Two Colds Are Alike

Have you ever noticed during cold and flu season that not everyone has the same symptoms? Each time you catch a cold or the flu perhaps your own symptoms may vary. Sometimes you may get more aches and a runny nose; other times a sore throat or cough.

These differences are not only due to the variety of flu and cold viruses, but also to each person's underlying constitution and ability to fight the infection. These differences are recognized in Traditional Chinese Medicine. We have a saying, "*One disease, different treatments.*" Even though two people may come down with a cold at the same time, one person may have chills and fever with severe body aches, while the other person may develop a higher fever and cough. Each person is treated with a different combination of Chinese herbs to address their symptoms.

A number of people tell me they use herbs for their colds, but the herbs don't always work. These people are often using western herbs such as Echinacea. Used as a single herb, Echinacea will only work for certain symptoms. The advantage to seeing a practitioner of Chinese medicine is that you are seeing an expert who will diagnose your symptoms and give you a formula of herbs to treat the specific condition.

Each formula will contain herbs to boost the immune system and address the specific symptoms. Many of these herbs have antiviral or antibacterial properties. A more effective treatment results from the combination of herbs that work together to fight the infection.

So the next time you feel you are coming down with something, remember that no two colds are alike and therefore they require different treatments. Don't hesitate to make an appointment with Karen who will develop a herbal formula specifically for you. Formulas come in powder or capsule form, and are easy to take.

Or, why not come in for a series of acupuncture treatments before flu and cold season to boost your immune system? This is especially good for people who are prone to catching colds and flu.

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.