

Complete Cold and Flu Guide

Everything You Need to Know About How To Avoid
Getting Sick And How To Powerfully Heal When You
Are Sick

By

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1. Introduction

Do you remember the last time you got the flu (influenza) or a cold? Being sick is awful. Remember the constant coughing up of phlegm, fever, sleepless nights, body aches, headaches, sore throat, sweating, chills, and just feeling so MISERABLE that you just had to lay around and wait for things to get better. In addition to this, maybe you missed work, got behind or missed things because you were sick. You felt guilty for being sick, afraid that it might turn into something worse like bronchitis, frustrated that you had to go to the doctor and were just plain tired. No one likes to get a cold or the flu. **No one should have to suffer like this** or even die considering that 30,000 to 80,000 people every year die from complications of the flu in the USA. This is especially true when so many things can be done naturally to minimize your chances of getting sick.

I used to get sick all the time and frequently had colds. Then I discovered that with the right information and habits, you can significantly minimize or eliminate your chances of getting a cold or the flu. The average American gets 2-4 colds per year. I personally haven't had a full blown cold in over 9 years since I discovered how to stay healthy and powerfully deal with the initial onset of cold/flu when it occurs. Since becoming a physician, I have helped hundreds of others to boost their immune system and not get sick. Chinese medicine has thousands of years of history helping people have strong immune systems through many different teachings and tools (like herbal formulas, food therapy and acupuncture).

So here's what you have to do. **First, read through this entire document.** It is critical to understand every aspect of what contributes to your getting sick. Also, when you do get initial symptoms, the information contained in this guide can help you to significantly reduce the severity and duration of being sick. Secondly, by implementing this information, such as avoiding **The Nasty Nine food list** and increasing consumption of certain food groups, you will increase your immunity and also ensure that your chances of getting other diseases (like cancer, diabetes and heart disease) goes down as well.

If you do all this **you will get sick less, feel better, sleep more soundly, have more energy and decrease your pain and inflammation as well.** This isn't just about colds and the flu. This is about being more healthy in general. You want to be healthier, don't you? If you don't read this information, you may get sick more often and increase your chances of getting a more serious health problem. Increasing your immunity not only helps with cold/flu, but also with other immune related health problems.

Be empowered by knowing exactly what to do to remain healthy and increase your immunity today. Feel free to encourage your friends and loved ones to download this guide so they too can be healthy.

2. Cold and Flu Statistics

Here are some interesting tidbits information about the common cold and flu.

- The flu accounts for around 200,000 hospital visits each year and 30,000 [deaths](#).
- [Between 5% and 20%](#) of all people in the USA may suffer from the flu every year.
- This accounts for [31.4 million outpatient visits](#) to the doctor every year. 70% of the hospitalizations are in those over age 65.
- [10.4 billion dollars a year](#) are the result of flu related costs with 15.3 billion lost in earnings or \$855.68 per person per year among those that get sick in the U.S.
- The estimated revenue generated from the flu vaccine annually in the world is \$4 billion dollars.
- An estimated 44 percent of American adults get vaccinated, according to the [CDC](#) (59% among children).
- Flu leading to pneumonia is the 8th leading cause of death.
- The cold and flu season starts in October and ends in May. Peak levels occur between December and March (during the coldest times). February is historically the worst month.
- A cold/flu virus can be spread to others up to 6 feet away. Most experts think that cold/flu viruses spread to others through droplets released when people talk, sneeze or cough. Cold and flu viruses can live up to 24 hours on hard surfaces.
- Antibiotics do nothing for the cold or flu. Antibiotics are only effective against bacterial infection. Cold and flu are viral in nature.
- High risk of death and complications in people over 65, those with chronic immune conditions or diseases, the obese, pregnant women and young children. Their immune systems are potentially more compromised and susceptible to infection.
- The average adult gets between [2-3 colds per year](#), the average child up to 5 per year. Getting a cold is more common than getting the flu.

3. Cold vs Flu – How to Tell the Difference

Many people do not know the difference between the common cold and the flu (influenza). Let's discuss what those differences are so that you can be informed.

Here are some of the major differences:

1. The common cold is caused by over [200 different viruses](#), with up to 40% per year caused by the rhinovirus. The flu is caused by Influenza A, B, C or D viruses. Most flu viruses that affect humans are Influenza A.

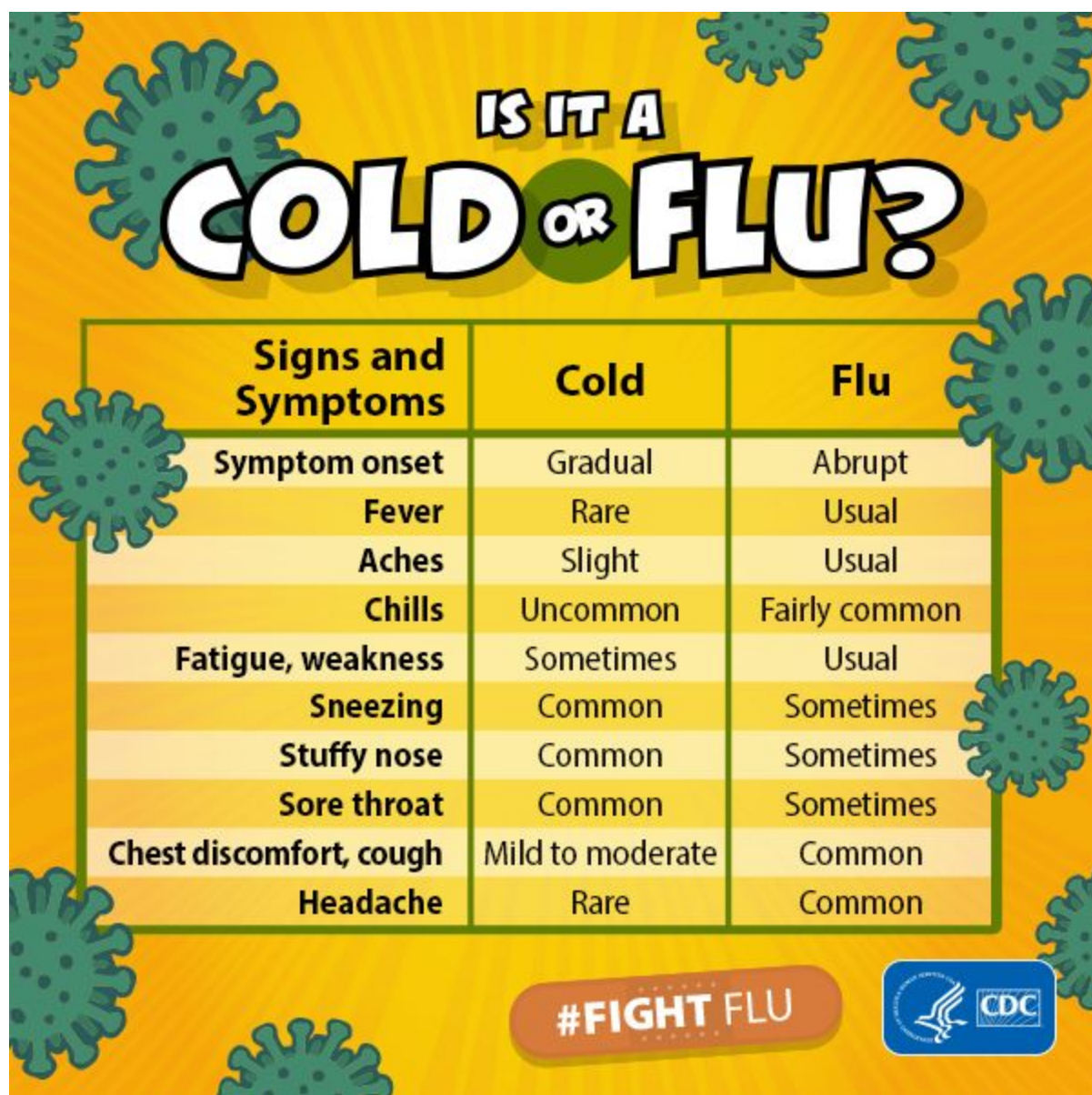
2. Influenza is more severe, develops very fast, lasts longer and is responsible on average for around 200,000 hospitalizations and [30,000 deaths](#) per year. In the last decade, one flu season accounted for 80,000 deaths in the USA.

3. Common cold symptoms include a gradual onset with runny or stuffy nose, sore throat, cough, congestion, slight body aches or a mild headache, sneezing, low-grade fever and generally feeling unwell (malaise).

4. The flu is more intense with sudden onset, high-fever, headache, fatigue, and cough with phlegm, which can lead to bronchitis, pneumonia or other more severe issues.

5. Antibiotics do not work against cold or flu viruses, only bacterial infections.

This infographic found [here](#) notes some of the major differences as well:



As you can see Influenza viruses are more severe than the viruses that are associated with the common cold.

4. Direct and Indirect Causes of the Cold and Flu (Viruses, Environment, Stress)

As previously mentioned, the direct cause of the common cold is one of over 200 hundred viruses that exist in the world today. But even more important are the indirect causes of the common cold that many people don't readily associate with the common cold. It is these indirect causes that are critical to look at if you really want to do your best in avoiding getting the cold or flu in the future.

Most cold viruses can be classified into 4 different groups:

- human rhinoviruses (10-40% of colds - most common virus)
- coronaviruses
- parainfluenza viruses
- adenoviruses

Common cold symptoms include sore throat, slight fever, body aches, runny nose, fatigue, cough, congestion and sneezing. Symptoms are much more severe with the flu. The [four types of influenza](#) are A, B, C, and D. Types A and B are what cause the seasonal epidemics every year. The flu season takes place in the fall and winter. However, now that we live globally, you can get a cold or flu all year round. The common cold and flu can progress and develop into other conditions such as asthma, sinusitis, chest infections such as bronchitis or pneumonia, ear infection or strep throat. On average [children get as many as 5 colds per year, and the adult 2-3](#).

While these viruses are the direct causes of the flu, I am convinced that the only reason why these viruses bother most of the population is because of the immune system depressing foods that people consume. These foods (which I call THE NASTY NINE) and other factors are the most common indirect causes of the common cold and flu. **Said even more clearly, these foods and factors indirectly cause us to be sick with cold and flu viruses. These foods and factors are what also contribute to most of the worst chronic diseases and health problems that we have in the world today.** They contribute to decreased immune function, which allows for the rise of opportunistic viruses to give us the symptoms associated with the common cold. Listed below are those foods and factors.

1. **Consumption of GMO refined sugar.** Consumption of any amount of refined genetically modified (GMO) sugar [reduces the ability of the immune system](#) to be able to fight pathogens like viruses and bacteria. It has been proven that [cancer thrives in an environment](#) with a constant supply of refined sugar.

2. **Artificial sweeteners.** Consumption of diet products has a significant [impact on your gut microbiome](#) and can lead to metabolic disorders (diabetes), thus inhibiting glucose absorption. In other words, it leads to increased inflammation in the gut, where most of your immune system is. 70% of your immune system (gut associated lymphoid tissue – GALT) is in the gut. The reason why 70% of the immune system is in the gut is in direct correlation to protecting us from pathogens and toxins that are in the poor quality foods that many consume.

3. **Excessive fat consumption.** Connections have been made to the consumption of [fried food \(vegetable oils\)](#) and the decrease of immune function. It is critical to avoid the consumption of fried foods and avoid using vegetable oils (corn, soy, canola and safflower). The healthiest oil is coconut oil.

4. **GMO Wheat (gluten)**. Most wheat is genetically modified and I tell my patients that everyone reacts to wheat most likely not due to gluten (the protein in wheat), but to glyphosate, the herbicide used to grow it. It creates [inflammation](#) in the body. Others directly react to [gluten](#). If the wheat you consume is not the whole grain, it is the same as consuming lifeless, dead refined sugar. This includes all cookies, cereals, bread, pasta, baked sweets, cakes and so much more.
5. **Genetically modified foods (corn, soy, canola)**. 240 million pounds of this [cancer causing](#), immune lowering [herbicide glyphosate \(Roundup\) is dumped on our food every year](#). These chemicals feed harmful bacteria and viruses in the body. With a steady stream of these foods, the immune system has to work that much harder.
6. **Dairy products (cow's milk, yogurt, cheese)**. Dairy products today are loaded with [growth hormones](#) to ensure they continue to have milk and [antibiotics](#) from having to stave udder infections ([mastitis](#)). Cow's get sick because they are not fed their native diets and consume genetically modified grains. Dairy products are pasteurized, which destroys nutrients contents. The homogenization process changes the fat structure. Legalized limits of blood and pus are allowed in dairy products. [75% of the population](#) loses the ability to process lactose after the age of 4, the sugar found in milk resulting in gastrointestinal symptoms.
7. **Pork**. Everyone loves their bacon, sausage, hot dogs, ham and pork ribs. However, even the bible warns against eating pork, due to how it can make people more susceptible to getting sick. Pork is one of the top transmitters of [Hepatitis E virus](#) (HEV). Millions of people get infected every year causing liver damage with many cases resulting in [death](#). Correlative data has shown a link between pork consumption and [cirrhosis](#) of the liver and [liver cancer](#). Pork products may contain high amounts of [nitrosamines](#) (nitrates). Nitrates are carcinogenic and lead to [cancer](#) and should be avoided. Yersinia is a type of bacteria that is commonly associated with pork consumption and contributes to [117,000 food poisoning](#) cases each year.
8. **Alcohol**. We all know that long term abuse of alcohol leads to conditions related to a [compromised immune system](#). But alcohol in any form has an impact on the immune system and puts stress on it. I have heard numerous stories from people who went binge drinking and then got sick immediately after.
9. **Smoking and Vaping**. We all know the dangers of smoking, so not much needs to be said on this topic.
10. **Eating Non-Organic Food**. Many people have tried to convince the world that organic food is not any more nutritious or better for you than conventionally grown food with pesticides. Is it really worth it to buy organic food? One [study](#) in the British Journal of Nutrition looked at 343 other studies analyzing crops and food. It found significant differences with organic food having 69% more key antioxidants. The study also found

significantly lower levels of heavy metals and chemicals, which are one of the primary causes of disease in the world today.

11. **Lack of Exercise.** We all know how important it is to exercise and get in a good sweat. Not much needs to be said on this matter either.

12. **Stress.** With the start of fall, school begins for so many people and with this increased amounts of stress. Stress significantly impacts the health of your [gut and immune system](#).

The above items are not the direct causes of the common cold and influenza. However, these foods directly lower the function of the immune system, which allows for the opportunity to be affected by a virus. So many people get sick around Thanksgiving and Christmas due to the consumption of these awful foods. These foods are also responsible for most of the chronic degenerative diseases we have today. If we are going to heal this planet of disease, it starts with the personal responsibility to avoid these foods **completely**.

5. Germ Theory – Do We Really Catch a Cold?

As just mentioned, I believe that the lowering of our immune system due to environmental factors including certain foods, stress and our emotions can allow for opportunistic pathogens to create cold or flu symptoms. This is an important distinction. with one view (germ theory) saying that we are victims to germs and the other view saying that we are directly responsible for and can do something about our health. What I believe is that, if we lead a clean and healthy lifestyle, we can significantly diminish our chances of getting sick.

So let's discuss the theory of "catching" a cold or flu? The common theory in medicine behind why we get a cold or flu is called germ theory. Germ theory states that microorganisms known as germs or pathogens are what lead people to disease. The pathogens that lead the charge are bacteria and viruses. While germ theory is commonly accepted, it is mostly understood to be the factor that influences acute infections, but not many chronic ones. For example, we know that the common cold and flu are caused by many types of viruses. Yet, when someone has rheumatoid arthritis, it is not acknowledged that a pathogen is the cause of this condition or many other chronic degenerative conditions. It is my view that most chronic degenerative conditions are "caused" by pathogens as well, but I fear it may be many years before medicine catches up to this idea. Chinese medicine has long supported the view of a pathogen invading the body causing acute and chronic health issues, even long before the discovery of viruses and bacteria. How they knew this still blows my mind.

Words are very powerful though and I want to be clear about "catching" and "causing." When we use the word "catch" in reference to getting a cold, the mental position is normally one of being a victim to that virus. It's as if it is Russian Roulette and if we are "lucky" we may escape its clutches this year. We commonly hear phrases such as,

“Don’t get near me, I do not want to catch what you have!” Implicit in phrases like this are mental positions of fear. And things we fear, we generally tend to feel victimized by them. Fear, as an emotion, is a powerful suppressor of the immune system. But let me be very clear. When it comes to viruses and chronic disease we are not victims. We have to understand all of the factors that lead to getting sick, which puts us in the position of power and being able to take responsibility for our choices, which may or may not have lead us to getting sick acutely or chronically.

Here is what is important to note regarding the cold and flu. It is not important to focus so much on those getting sick but on the people that DON’T get sick every year. Why is it that most of the population does NOT get the flu every year? What are the factors that influence this? What is it about the immunity of those that don’t get sick? The bubonic plague (bacterial) (Black Death) killed 60% of Europeans in the 14th century, yet 40% of the people did not die. What did the 40% have that the other 60% did not? They had a strong immune system and, most likely, a consciousness that did not support getting sick. More about the consciousness factors later in the guide.

The factors that keep people healthy are both internal and external. Externally, certain foods (The Nasty Nine - sugar, corn, soy, canola, wheat, pork, alcohol, artificial sweetener, and dairy) will lower immunity and open people up to the possibility of getting sick more often. Not consuming large quantities of vegetables and fruits lowers immunity as well. Internally, consciousness is the main deciding factor. Consciousness refers to the overall store of negative and positive emotions we carry inside. The more negative emotions that we have held onto from past and present negative emotional experiences contribute in large ways to having poor immunity. People who are afraid of catching a cold often do “catch” it. Fear and other negative emotions weaken and lower immune function.

The factors that contribute to our staying healthy in the short and long run are virtually the same. We need to learn what they are. I don’t buy into the mentality that we “catch” anything. When people come into the clinic sick every year, I shake their hands or give them hugs with zero fear of “catching” anything. I avoid The Nasty Nine, eat lots of vegetables and fruits, exercise weekly, and take powerful immune boosting supplements that keep me healthy during the flu season. I think the rest of society would benefit from this mentality. In fact, I welcome being around people sick with a cold or flu because I know my immune system will work on my behalf to develop antibodies to deal with what I am exposed to and will make me stronger.

6. Western Cold and Flu Medicine

What are the Western cold and flu treatments and medical options available today?

Western medicine focuses largely on dealing with the symptoms (not root causes) associated with cold or flu, in an effort to make one feel better while the body deals with the offending virus. I must stress that while the interventions below may make you feel better, which is very important when you feel so awful, they don't work in harmony with nature or the body. They work against it and can prolong healing. In contrast, Chinese medicine and supplements work in harmony with the body and support it, so healing can occur quickly. They support immune function so that your own immune system can do what it was designed to do. Below are listed the most common types of medicine that are used for cold and flu.

1. Decongestants – Congestion in the nose, sinuses, and chest is caused by dilation of the blood vessels in the membranes of the nose and airways. When these membranes start to inflame, you can feel it. Decongestants narrow the blood vessels in the nose. They decrease swelling and inflammation, allowing more air to flow through and mucus to drain. The most common over the counter decongestants are Sudafed, Tylenol Cold & Sinus, and Aleve Cold & Sinus.

2. Antihistamines – Histamine is a chemical released from cells in the body (such as mast cells and basophils) as an inflammatory response to an allergen like cat dander, pollen or a pathogen. Histamine plays a protective role in immunity. When histamines are released from mast cells, they increase blood flow to the affected area and spark an inflammatory response, allowing for other chemicals in the immune system to do their job. I am not so convinced that histamine deals so much with air or food items, but with viral and bacterial activity associated with what is in the air or our food or chemicals that feed the growth of those pathogens. Histamine is a naturally occurring appropriate response to deal with pathogens and toxins, not something that should be suppressed. Instead of suppressing symptoms from histamine, we should strengthen the immune system and not eat foods that suppress or tax immune function (The Nasty Nine), thereby lowering these reactions. Antihistamines are another example of Western medicine treating the symptoms and not the cause.

Histamine is released by cells in the nose and eyes (to deal with cold and flu viruses), the result is sneezing, runny nose, itchy eyes/nose/throat, nasal congestion, and [post-nasal drip](#). Chronic reactions are known as hay fever, also known as [allergic rhinitis](#). Antihistamines are medications that block the receptor for histamine, thereby stopping the symptoms that histamine causes. The most well known medicines include Benadryl, Chlor-Trimeton, Atarax/Vistaril, Zyrtec, Allegra, and Claritin. Clinically, I have seen so many different allergies disappear when people truly clean up their diet.

3. Fever reduction and pain relief (body aches) - From a Chinese medical perspective, almost every pathogen has a cold affect on the body. This is because bacteria and viruses steal resources and drain the body. A fever or local inflammation is the body's reaction to try to burn out and deal with those pathogens. This is a normal healthy response and in many cases should not be thwarted. Medications to reduce fever go

against what the body is trying to do in order to deal with the pathogen. Tylenol, Motrin (Advil) and Aleve are the most common over the counter drugs for fever and pain relief. Do not use Aspirin with cold or fever.

4. Cough Suppressants – When a cold or flu virus has caused sufficient stress on the body, this can give rise to viral infections in the lungs leading to bronchitis and pneumonia. Phlegm, an inflammatory response, is the result of viral waste. We cough to get rid of the phlegm. White phlegm is the mildest, yellow phlegm indicates the presence of heat (inflammation) and green phlegm indicates extreme heat (infection). Delsym, Robitussin Cough, and Nyquil (pain relieving, cough suppressant, expectorant) are common cough suppressants.

5. Expectorants - Expectorants like Robitussin and Mucinex are a class of cough medicine that helps to get mucus out of your lungs. They thin the mucus and help you cough it out more easily. Expectorants are useful when you have thick congestion and you can't cough it up on your own. Because they help make your cough more productive, expectorants can help prevent illnesses such as pneumonia. Expectorants such as guaifenesin help loosen mucus.

6. Antiviral flu drugs – Tamiflu, Relenza, Rapivab. Assessment of the [data has shown that these antivirals don't show "significant effect"](#) at all in alleviation or reducing hospitalization time and also have unpleasant side effects. You are better off with avoiding certain foods, taking herbs and supplements (like zinc, elderberry, etc...) and using vitamin C in large doses to prevent getting the flu and reduce the severity and duration while affected.

7. Saline Spray – A [Neti Pot](#) and using saline spray can help to restore moisture to dry nasal passages, and curb inflammation of mucous membranes. This is natural and can be very helpful when you are sick.

8. Throat lozenges – Ricola, vicks.

7. Flu Shot – Pros and Cons

Getting a flu shot is a topic of heated debate out in the world today. The larger issue of vaccines in general is also another topic that people have strong opinions about. So let's talk about the pros and cons of getting a flu shot.

In 2012, a report was made by the [Center for Infectious Disease and Policy](#) noted some interesting findings:

1. Flu vaccines protection overall is "suboptimal," especially when considering those over the age of 65 are most at risk. For this group, "a paucity (scarcity) of evidence for protection" exists. Moderate protection was noted for adults and high protection for children. Adults and children already have higher overall immunity than the elderly and

infants, so the flu may not influence this at all. Correlation does not necessarily equal causation. A vaccine wouldn't necessarily affect this.

2. They also noted that, "A major barrier to the development of game-changing influenza vaccines is the perception that current vaccines are already highly effective in preventing influenza infection." This highlights how current vaccines are not highly effective in preventing influenza, but only that perception of the public thinking they are because they have been told so.

3. "In an effort to reduce influenza morbidity and mortality, over the last three decades the ACIP has expanded the populations recommended to receive influenza vaccine. These recommendations, however, were often based on professional judgment and not on scientifically sound data." This means that the scientific data does not support evidence for the vaccines being effective and recommendations are based largely on professional opinion.

The Cochrane Collaboration, which is an independent (not Big Pharma funded) group that looks objectively at the data, noted the following in their [review of the available data](#), *"We have conducted four reviews since the late 1990s. We calculated that you need to vaccinate between 33 and 99 people to prevent a single case of flu, depending on the match between the vaccine and the circulating strains of the virus. I want people held accountable for wasting taxpayers' money on these vaccines. The reviews have been available for years and nothing has been done."*

So to put this into perspective, you may have to vaccinate between 33 and 99 people before it works in ONE case. This is a potential 1%-3% efficacy. We are telling everyone to get vaccinated for the flu shot because it works in 1% of people. It is hard to justify a flu shot when statistically, protection afforded by the shot is not higher than 1%.

They went on to say,

"An earlier systematic review of 274 influenza vaccine studies published up to 2007 found industry funded studies were published in more prestigious journals and cited more than other studies independently from methodological quality and size. Studies funded from public sources were significantly less likely to report conclusions favorable to the vaccines. The review showed that reliable evidence on influenza vaccines is thin but there is evidence of widespread manipulation of conclusions and spurious notoriety of the studies. The content and conclusions of this review should be interpreted in light of this finding."

What this means is that studies funded by the pharmaceutical companies are potentially manipulated and skewed. It is well known that when studies are done that don't support the vaccine, the pharmaceutical companies simply don't publish them. Public sources don't show favorable conclusions to flu vaccines. Another [review of the data](#) for the flu vaccine protecting the elderly found that "evidence is of poor quality regarding safety, efficacy and effectiveness." The same conclusion was actually reached in this [review](#)

with regards to Tamiflu, which is commonly given to people when they get the flu. Tamiflu may show little to no benefit of safety or efficacy.

In the above study, it is noted that it takes years and more than 1 billion dollars in research to make a flu vaccine. This is a lot of money spent on a vaccine that, so far, isn't supported by scientific evidence. Imagine if we used this amount of money to actually do things to strengthen the immune system that worked in harmony with nature.

Influenza virus is highly transmittable. It can be picked up through the air. When one sneezes, 40,000 droplets are released and are small enough to inhale. The virus can live on hard surfaces for up to 2 days. Think of how we all get exposure this way. Hand-to-eye and hand-to-mouth transmission are common routes. It can also be spread even when you don't have any symptoms. So if you are at home with a loved one who is sick (transmission is almost inevitable) and you go to work the next day, it is likely that you can transmit it to your entire office.

Here is why all this is important. Around 10% of adults and 20% of children get the flu every year. Mostly likely, we ALL get exposed to the virus throughout the year. Yet, only 10% of people get sick. So with 90% not getting the flu each year, I am much more interested in paying attention to the factors as to why everyone doesn't get sick rather than exclusively looking at those that do get sick. We don't need a flu vaccine to get exposure to and immunity from the virus. We are all getting exposed to it anyway. What we need are good healthy practices that keep our inner immunity strong to lower our chances, even further, of getting the flu. Additionally, a vaccine made for one year may not be useful in the following year, since the virus mutates so rapidly.

Vaccines also contain toxic ingredients that are said to be safe in small amounts, but why take the chance? Thimerosal, which contains mercury, is added to prevent bacteria and fungi from getting into the vial. Aluminum salts are also used. Monosodium glutamate (MSG), which is a known brain toxin, is used to keep vaccines stable. Antibiotics are often added to prevent bacteria from contaminating the vaccine. Formaldehyde is used to inactivate the virus in the vaccine. Swelling at the injection sight, severe allergic reactions, headache, body pains, dizziness and high fever have been reported as side effects. I think these reactions are from some of the toxic ingredients that are in the vaccines.

What are the pros of getting the flu shot?

Nothing can be suggested at this time in support of the influenza vaccine. It isn't all that effective according to the research. It is very costly and through the right dietary and lifestyle choices, we can maintain a strong inner immunity far outmatching what a flu vaccine could potentially give us.

A flu shot, singular pill or supplement will never be able to overcompensate for bad dietary and lifestyle habits. However, by avoiding The Nasty Nine, eating lots of vegetables and fruits, having powerful supplements on hand in our home, exercising

and learning how to let go of stress and negative emotions, we can have more than a 1% chance at avoiding getting the flu. Getting a flu shot just isn't necessary.

8. Common Cold and Flu Natural Remedies

In this section, you will discover some of the supplements and items that can help to powerfully deal with the cold or flu.

Vitamin C – Mega Dose

Is it possible to get rid of a cold or the flu in one day?

In some cases, yes, but time is of the essence and you have to be prepared AHEAD of time. If on the day your throat starts itching or gets sore or you feel other symptoms, and you don't have the right resources available, things may get worse quickly and develop into full blown sickness. The moment you notice symptoms, you have to strike hard and give your body/immune system what it needs in order to reduce symptoms fast.

I personally have used this information to avoid getting a full blown cold for the last 9 years. When I have noticed the beginning stages of symptoms (runny nose, sneezing, sore throat), I have dealt with things so swiftly and powerfully, that symptoms go away in a day or two. So here is exactly what I would do.

1. Stop eating foods that are on The Nasty Nine list immediately. You can download the free guide through our home page. These foods will weaken immunity and will burden your system. You need all available resources to battle the virus.

2. Make sure you have a 2 or more bottles of powdered vitamin C on hand at all times. If you don't have this stocked in your house, make sure you get it right now - [NOW C Complex Powder](#). Cold and flu season occurs during the winter months, but you actually can get sick at anytime now due to living in a global society.

3. Upon noticing the first symptoms, take 10,000 milligrams of vitamin C at once. One teaspoon equals roughly 5,000 milligrams (or 5 grams). Many people awaken in the morning and notice symptoms immediately. When this happens, take the vitamin C immediately. These amounts are for adults, not children.

4. Take 1 tsp (5,000 milligrams) every hour or two until you notice symptoms starting to go away.

5. If you start to get gas, bloating or eventually loose stools (diarrhea), then you know you are reaching saturation of vitamin C at that moment. This does NOT mean you stop taking it, but you wait to give your body a chance to catch up to the amount you have taken. Wait 2 hours and take either another ½ teaspoon (around 2,500 milligrams) or 1 teaspoon every hour while you are awake or until you notice yourself reaching

saturation again. Continue taking these high amounts of vitamin C until all symptoms disappear. I have safely taken 100,000 milligrams multiple days in a row when I got the flu in the past. Make sure you continue to drink ample amounts of water throughout the day.

6. Vitamin C is completely safe to take in large amounts. It is a water soluble vitamin and whatever your body doesn't need it will easily get rid of. It will also not cause problems with your kidneys.

7. At the same time you start taking vitamin C, also incorporate [Good State Liquid Zinc Sulfate](#). Take 2 droppers full of this every four hours for three days. After 3 days, take 1 dropper full per day until symptoms go away. Again, it is critical to have this at home BEFORE symptoms appear. Be prepared.

Vitamin C and zinc are two of the most powerful stimulators of the immune system available. I have seen them work miracles with people when they are acutely or chronically ill. You can get rid of the cold in one day by using these two amazing supplements. They are also powerful anti-inflammatory agents and can help deal with any inflammation in the body that may be present with other health issues you struggle with.

FAQS

Will I get kidney stones taking high amounts of vitamin C?

No, this is a very pesky myth that is not true. See this article about [vitamin C and stones](#) and do more research to decide for yourself.

What if I already have full blow cold/flu symptoms?

It is recommended to take anywhere between 1-10,000 milligrams of vitamin C per hour, depending upon what brings you close to bowel tolerance (loose stools). If you are taking 4,000 milligrams per hour and after 3 hours you are getting lots of gas and slight loose stools, then lower the amount to 1,000 milligrams per hour or whatever is necessary to avoid bowel tolerance. If you haven't reached bowel tolerance in a few hours of taking a good hourly dose, then up the dosage. If you are an adult, you may need in excess of 50 or 100k milligrams to reach bowel tolerance per day. Pay attention to your body. Vitamin C is very safe. Here is a titration chart for adults about bowel tolerance levels for various things (1 gram = 1,000 milligrams):

TABLE I - USUAL BOWEL TOLERANCE DOSES

CONDITION	GRAMS ASCORBIC ACID PER 24 HOURS	NUMBER OF DOSES PER 24 HOURS
normal	4 - 15	4 - 6
mild cold	30 - 60	6 - 10
severe cold	60 - 100+	8 - 15
influenza	100 - 150	8 - 20
ECHO, coxsackievirus	100 - 150	8 - 20
mononucleosis	150 - 200+	12 - 25
viral pneumonia	100 - 200+	12 - 25
hay fever, asthma	15 - 50	4 - 8
environmental and food allergy	0.5 - 50	4 - 8
burn, injury, surgery	25 - 150+	6 - 20
anxiety, exercise and other mild stresses	15 - 25	4 - 6
cancer	15 - 100	4 - 15
ankylosing spondylitis	15 - 100	4 - 15
Reiter's syndrome	15 - 60	4 - 10
acute anterior uveitis	30 - 100	4 - 15
rheumatoid arthritis	15 - 100	4 - 15
bacterial infections	30 - 200+	10 - 25
infectious hepatitis	30 - 100	6 - 15
candidiasis	15 - 200+	6 - 25

Can I take vitamin C daily when I'm not sick with a cold/flu?

Yes. Many people take between 3-10,000 milligrams every day. The recommended daily amount right now per day is only 90mg, which is not very much. Many animals have the ability to produce vitamin C naturally. Some believe that we need a minimum of 5-10k milligrams per day because we used to be able to produce it naturally in our body. Over the course of time, we may have lost this ability. Vitamin C is such a powerful antioxidant that does so many incredible things in the body. It is also one of the main things that keeps the immune system strong.

Can you do intravenous Vitamin C?

Yes. Intravenous vitamin C is very powerful. It is also expensive because it normally requires a medical doctor to administer it (\$75-175 per session typically). If you have the means to do this and have a serious disease, I highly recommend it. Check with your holistic medical doctor. Do an internet search in your area to find a medical doctor that does intravenous vitamin C and see what they charge per session.

Are amounts smaller for children?

Yes. The doses can be much less than (1/2, 1/3 or even 1/4) for adults in reaching bowel tolerance. Chewable forms of vitamin C exist, but many come with nasty fillers, binders, sugar or even aspartame to make it taste sweeter. This is why powder is recommended. These things should be avoided. Whole Foods stores have a [good](#)

[vitamin C chewable for kids](#) or try [Raw Garden Natural Liquid Vitamin C](#) with stevia, glycerin, and a natural orange flavor.

Vitamin D Bomb

Vitamin D is another powerful substance not only for keeping you healthy but also for reducing the severity and duration of a cold or the flu. Vitamin D is responsible for regulating the function of over 200 genes and is essential for [growth and development](#). Vitamin D gets created when our skin is in direct contact with the sun. With more people not getting enough sun, vitamin D deficiency has become rampant. [About 40% of all adults in the USA are deficient](#). As with many other vitamins, our need for it may actually be higher than reported, which means that even more people could actually be deficient. Common health problems associated with vitamin D deficiency include [fatigue](#), [bone](#) and [back pain](#), [depression](#), [wound healing](#), [bone loss](#), [hair loss](#), and [muscle pain](#).

The recommended daily amount is 600IU (international units). Since people don't get into the sun much these days, for an adult, it is safe to supplement with at least 2000IU of vitamin D every day. I recommend [NOW Vitamin D3 – 5000IU](#). In one [study](#) involving more than 11,000 participants, it was found that those with vitamin D blood levels below 10mg/dl, supplementing cut the risk of respiratory infection significantly. Other studies showed reduced rates of [influenza among children](#) (1200IU) and the [elderly](#) (2000IU) that supplemented with vitamin D. These studies show that 2-3 times the recommended daily amount made a difference for people. However, as we have seen with vitamin C, perhaps much more is needed when you get sick in an attempt to send in the big guns during acute infection. For example, one doctor reported giving his patients the [vitamin D hammer](#) who have influenza. This consists of a one-time 50,000IU dose or 10,000IU three times daily for 2 to 3 days. The results may be dramatic with complete resolution of symptoms in 48 to 72 hours!

So not only does mega amounts of vitamin C work, but mega amounts of vitamin D have been shown to work anecdotally as well. I can also attest to this personally. Between vitamin C, zinc and vitamin D, there should be no reason that you can't stay healthy during the cold or flu season. So many powerful supplements are available, easy to get, work so effectively and are exceptionally inexpensive.

Zinc

Zinc is a vitally important mineral in the body and is a potent force for strengthening the immune system preventatively and for shortening the severity and duration of a cold or the flu. Your body doesn't naturally make zinc, so it is important to get it in your diet or in supplement form.

Zinc is critically important for [immune function](#), protein synthesis, [wound healing](#), cell division and growth, and the making of new DNA. Deficiency of zinc can manifest as [growth retardation](#), hair loss, [impaired immune function](#), [diarrhea](#), weight loss,

impotence, [skin conditions](#), [taste abnormalities](#), loss of appetite, and delayed sexual maturation. It is the [second most abundant mineral](#) in the body, is in every cell and is responsible for over [300 critical enzymatic functions](#).

The RDA of zinc per day is 11 mg. A review of seven studies demonstrated that 80–92 mg per day of zinc may reduce the length of the [common cold by up to 33%](#). Other data suggests the same, especially when administered within [24 hours of the onset of cold symptoms](#). When taken at 3-6 times the recommended daily amount, it makes a significant difference in [severity and duration](#) of the cold or flu. It also has been found to reduce the use of [antibiotics](#) with viral and bacterial infections.

Most people may be getting close to or are meeting the recommended daily amount of zinc. However, as with other nutrients this may not be enough on a regular basis, especially when faced with immune system related health issues. I am a huge believer in getting enough zinc.

Here is how to use zinc for a cold or the flu:

1. Purchase [Good State Liquid Zinc Sulfate](#). It is super important to have this in your house before you get any cold or flu symptoms.
2. Upon noticing cold/flu symptoms, take 2 droppers full every 4 hours while awake.
3. Repeat this for 3 days, then take 1 dropper full until symptoms completely go away. Combine with vitamins C and D.

Ginger

Ginger is a warm, spicy herb that has been used in Chinese medicine for thousands of years. It has an acrid nature to it, which means it disperses and get things moving that may be stagnant in the body. Phlegm is a substance that ginger can help to disperse. It can be preventatively used before a cold or flu worsens into pneumonia or bronchitis. This herb primarily focuses its action on the lungs, stomach and spleen. Most pathogens are “cold” in nature which is why during the colder months of the year, we have COLD and flu season. Ginger is warm thermally so it counteracts the effects of pathogens that are cold in nature. Your body also will create a fever for the same reason, to counteract the effect of the pathogen. Your body heats up to deal with the “cold” of the pathogen. A fever is your body trying to do you a favor by dealing with the pathogen.

Gingerol is the main bioactive compound in ginger, responsible for much of its medicinal properties. It has powerful [anti-inflammatory and antioxidant effects](#). Ginger is also wonderful for [nausea, vomiting](#) and relieving headache. Ginger has been given for [postoperative](#) nausea and vomiting as well and can be very helpful with those undergoing chemotherapy or those with [morning sickness](#). Ginger has also been proven

effective for [muscle pain and soreness](#). This herb can be very warming and may not be indicated for certain people.

Here are some various ways that you can use ginger root when you have a cold or the flu:

1. The hardcore way. Take a 2 inch piece of ginger root and scrap the brownish peel off with a spoon. Chop the ginger into very small pieces. Chew these pieces very slowly and swallow. Ginger has a spicy/acrid taste to it, but you can get used to it.

2. Ginger tea. Take a 2 inch piece of ginger, peel it and chop it into small pieces. Next, bring 12 ounces of water to a boil. Remove the water from heat and add the chopped ginger. Steep for 5 minutes and drink the infused water. You can chew the ginger as well if you wish.

3. Ginger, lemon and honey. Take a 2 inch piece of ginger, peel it and chop it into small pieces. Place pieces into a small jar. Take 1 lemon and squeeze out the juice in the jar. Next, add 1 tablespoon of raw, unfiltered, organic honey. Let sit for 10 minutes. Take 1 tablespoon of the mixture and mix into 12 ounces of hot or warm water. Drink daily. You can also substitute the above with [ginger powder](#) or [ginger essential oil](#). Fresh ginger is always best though and can be readily purchased at any grocery store.

Garlic

Garlic is one of the [oldest and most prized warming/hot herbs in history](#). In Chinese medicine garlic has been used for killing parasites and dealing with diarrhea and dysenteric disorders. Garlic has very potent antioxidant, antibiotic, antiviral and antibacterial properties and can be useful in the healing of any autoimmune disorder. It is great for [fatigue](#) and the common cold, can [reduce blood pressure](#), lowers the risk of [heart disease](#), reduces the risk of [Alzheimer's](#), and is great for [joint health](#). Garlic also helps to remove [heavy metals](#) from the system. Garlic is thermally very warm/hot and can be contraindicated for certain people. Garlic can be juiced, added to soups and other dishes or can be crushed and consumed daily. If you don't like the taste of garlic, it can be purchased in [supplement](#) form. Suggested use is 1-2 cloves per day. Be sure to buy organic garlic. This herb can be very warming and may not be indicated for certain people. If you are diabetic, take caution when using this herb as it can potentiate certain medications.

Here are some various ways that you can use garlic when you have a cold or the flu.

1. The hardcore way. Crush one clove of garlic and suck on it on your mouth like cough drop for 15 minutes. Do this once every 3-4 hours until symptoms abate.

2. Garlic tea. Mince 2 cloves garlic and 1 teaspoon ginger root. Boil a cup of water and stir in garlic and ginger. Reduce heat and simmer 5 minutes. Remove from heat and let steep 10 minutes. Strain, add 1 teaspoon of raw honey, the juice of 1 lemon and drink.

Essential Oils

Essential oils are very powerful and useful during cold and flu season. Here are some of the best ones to keep around during the season. One of the best ways to use essential oils is to buy a diffuser. Diffusers are very easy to use, make your house smell amazing and can help in the fight against cold and flu. Simply plug in, add a little water, and a few drops (2-5) of your favorite essential oils. Try the [URPOWER](#) diffuser.

The two most well known essential oil companies in the world are Young Living and DoTerra. These two companies make great products, but my only contention is that they are multi-level marketing companies and you pay a hefty price for small bottles of oils. This is so that everyone in the downline gets paid something. Other companies offer wonderful essential oils at a fraction of the cost. I'll make some recommendations below.

Essential oils, when applied directly to the skin, can be too much for some people. Please exercise caution. Consider taking a tablespoon of coconut oil (as a carrier) and adding drops of your favorite essential oils to the coconut oil. It will dilute the oils and in this way it can also be applied to the skin.

1. [Nature's Shield](#) (like Thieves) Essential Oil. This is a mixture of 5 different oils – lemon, eucalyptus, cinnamon, clove and rosemary. These are a great mixture of heating and cooling herbs. It is great for breathing in when you feel congested, have a runny nose, sore throat, fever and cough. Add to a diffuser or put a few drops into a large glass of water and consume.
2. [Peppermint Oil](#). This has a very cooling and dispersing effect on the body. It is very powerful for fever, headaches, and chest congestion. Apply a drop to your forehead or temple area, the bottoms of your feet, or to your chest for relief. Or add a drop or two to a large glass of water and consume.
3. [Lemon Essential Oil](#). This is fantastic decongestant, can lift your spirits and is a powerful antiviral agent. Or add a drop or two to a large glass of water and consume.
4. [Chamomile Essential Oil](#). This is a very soothing oil. It can be helpful for headache and body aches and pains. Add to diffuser or to a damp cloth and rub all over the body.
5. [Lavender Essential Oil](#). This relieves tension, is great for headaches and tense muscles. Or add a drop or two to a large glass of water and consume.

6. [Eucalyptus Oil](#). This is like a vapor rub, but is just the real deal. It is great for clearing up congestion. Add oil to a diffuser or to a damp cloth and rub all over the body.

Immuplex

Clinically Immuplex can be used to heal even the most damaged immune system. It is a powerful blend of many components to rebuild and keep the immune system strong. This is a product that is designed to be used for chronic immune related issues. If you are someone who frequently gets sick or has a chronic immune related issue, this is a great product to take for overall support. Essentially, this is a whole food vitamin to support your entire immune system. To purchase, please contact the clinic directly at 407-255-0314, as this supplement is not available to be purchased online. Here are some of the benefits:

- Taken daily, supports a healthy immune response function
- Helps maintain normal white blood cell activity already within a normal range
- Supports the body's normal response to inflammation as it relates to periodic challenges like consumption of a high-fat meal or strenuous activity
- Provides phytochemicals with antioxidant activity
- Provides broad mineral support for everyday immune function
- Proprietary blend of **538 mg** Bovine liver PMG™ extract†, veal bone PMG™ extract†, nutritional yeast†, bovine spleen PMG™ extract†, bovine thymus PMG™ extract†, bovine thymus Cytosol™ extract†, bovine liver†, bovine spleen†, and bovine spleen† to support all critical immune system organs.

Suggested Use: Two capsules per meal, or as directed.

Immuplex is \$50 dollars per bottle containing 150 capsules. We can ship anywhere in the USA. Most adults can benefit the most with higher doses per day (4-6 capsules) for 2-3 months and then a lower daily maintenance dose thereafter (1-2 capsules).

Congaplex

Congaplex can be used to deal with acute symptoms related to cold/flu. It is recommended to keep a full bottle in the house to use whenever the need may arise. With initial symptoms, up to 12 capsules can be taken per day. Here are many of the awesome benefits of Congaplex:

- Supports healthy immune system function

- Provides ingredients with antioxidant activity
- Supports the thymus gland
- Contains ribonucleic acid, which the body uses to build new cells
- Contains a combination of key ingredients from **Cataplex A-C**, **Thymex**, **Calcium Lactate**, and **Ribonucleic Acid**
- Good source of antioxidant vitamin C*
- **Proprietary Blend: 638 mg** Bovine thymus Cytosol™ extract†, ribonucleic acid†, bovine bone†, carrot (root)†, nutritional yeast†, defatted wheat (germ)†, bovine adrenal†, sweet potato†, dried alfalfa (whole plant) juice†, oat flour†, alfalfa flour†, bovine kidney†, veal bone†, veal bone PMG™ extract†, mushroom†, dried buckwheat (leaf) juice†, buckwheat (seed)†, rice (bran)†, sunflower lecithin†, vitamin E (sunflower), and carrot oil†.

Congaplex is \$34 dollars for a bottle of 150 capsules. 8-12 capsules can be taken per day with oncoming symptoms of cold/flu. A smaller dose (3-6 capsules) can be taken for a week or two after symptoms have abated. There is also Congaplex Chewable for kids that has a raspberry powder to make it sweeter. Children can take this product every day for years while they are growing in order to adjust to the everyday demands of a growing immune system. This is a very popular product for children to take. For 90 tablets, it is \$14.50.

Support For Infants and Toddlers

Toddlers over the age of two can take vitamin C, vitamin D, and zinc when they begin to have cold or flu symptoms. You just have to adjust the dose appropriately based upon their weight.

For example, bowel tolerance levels (gas, loose stools or diarrhea) listed in this guide are for adults (150-180 pounds) per day. If your child weighs 18 pounds reduce the amount of vitamin C you would give per hour by 1/10 (36 pounds by 1/5 and so on). So if you took 5,000mg per hour as an adult, take 500 mg if the weight was 1/10 of an adults. Take an equal amount every hour or two throughout the day. Simply mix the vitamin C powder or chewable in water and swallow. It doesn't taste the best, so you might want to "chase" it with something, like a small piece of fruit or applesauce to mask the taste. Whole Foods stores have a [good vitamin C chewable for kids](#) or try [Raw Garden Natural Liquid Vitamin C](#) with stevia, glycerin, and a natural orange flavor. [Carlson's have a liquid vitamin D](#) with each drop being 400IU or 10 micrograms. [Good State liquid zinc](#) can be used for children because it is also a liquid.

For Ear Infections – [Herb Pharm Mullein/Garlic Herbal Ear Oil](#). Keep around in advance to administer at first signs of issues. Dairy, wheat, and sugar consumption are behind most ear infections. Dairy is especially culpable. I advise parents not to give their

children cow's milk, yogurt, or cheese at all. Find non-dairy alternatives. Also, in certain cases, this herbal mix can be useful for tinnitus in adults.

Some of the following herbal products are great for children. [Herb Pharm Kids Immune Fortifier](#), [Herb Pharm Kids Elderberry](#), [Herb Pharm Kids Echinacea](#), [Herbs Pharm Kids Sinus Samurai](#), [Herb Pharm Tummy TLC](#) and [Herb Pharm Kids Cough Crusader](#) are helpful for preventing sickness and also strengthening the immune system during a cold/flu. It is important to have these things around before symptoms appear, especially during their first 6 months of day care or going to school for the first time. Follow the instructions on each bottle for usage and doses.

If your toddler does well with acupuncture I highly recommended it, especially if they are able to sit still for 10-15 minutes. Acupuncture is extremely helpful at dealing with a cold/flu and shortening the duration and intensity of one. It strengthens the immune system and can release heat (infection) from the body.

Chiropractic can be very helpful for keeping the immune system strong and making sure the nervous system can communicate well with the rest of the body. Often during birth, with pressure in the vaginal canal or by pulling, subluxations or misalignment of the spine can occur and contribute to health issues that need to be corrected. Kids are also very active and the spine may misalign when falls or accidents occur.

9. Chinese Medicine and Cold and Flu

Chinese medicine has successfully been dealing with the common cold/flu for thousands of years with food therapy, herbs, acupuncture, meditation and other healing practices. In Chinese medicine no differentiation is made between cold and flu. Both the cold and flu are referred to as a wind invasion. Chinese medicine has always used terms from nature to describe what is happening with the body. Ancient physicians noticed that people got the cold/flu more when there was major seasonal change, particularly going into the winter or colder months. With the change of season a change of wind was observed. Additionally, Chinese medicine has long acknowledged pathogens as creating internal wind. Therefore, wind in Chinese medicine refers not only to pathogens that acutely affect the body (cold and flu viruses), but also chronic pathogenic bacterial and viral infections.

On an even deeper level, we can say that what the body has trouble with at times is change (stress). However, changing conditions can happen with or without a change of season. Cold/flu symptoms will arise most when there is change either externally or internally from physical, mental or emotional causes. It is the body's inability to adapt properly in a given moment in life that can create an internal environment suitable for a wind invasion (cold/flu). This coincides perfectly with what we mentioned about the consciousness of the cold/flu and stresses with the internally changing conditions within the mind. The important thing to take away from this is not to focus on the term "wind invasion" but to recognize that the Chinese knew thousands of years ago that a

microbial factor existed that affected people's health during changes of season and the winter.

Wind invasions are further divided into a couple of patterns or categories. How we diagnose health issues in Chinese medicine is by identifying a pattern. A pattern is a group of symptoms that are related to each other. Every health problem in the body is related to a specific pattern. We don't treat symptoms or diseases in Chinese medicine. What we do is treat patterns. Five initial patterns of wind invasions exist.

Wind Cold

Almost all pathogens are "cold" in Chinese medicine. This is why we get the "common cold" or flu that occur during the winter months of the year (cold and flu season). A wind invasion will try to invade from the surface and then go to your deeper more interior organs. Pathogens steal the body's resources, including thermal heat, cooling the body and taxing the immune system. The first initial signs that may appear related to cold and how the body's external defenses deal with cold would be stiff neck, headache, aversion to cold (needing to warm up) and feeling restless or tense. Next, signs of wind can almost be added in to create:

- Shivering (much like wind moves a tree in nature)
- Itchy throat
- Runny nose (clear and watery)
- Sneezing
- Headache (on the back of the head)
- Severe muscle aches (especially if cold dominates)
- A mild fever, if any.
- Not thirsty
- Unable to raise a sweat if cold predominates: if wind predominates you may sweat a bit on chest, upper back and head.

The treatment principle in this pattern is to "release the wind to the exterior", and to warm the body up. Release wind to the exterior is the same as saying we want to drive the virus out of the body. We want to keep wind on the "surface" levels of the body, rather than allowing it to dive deeper internally. We use herbs, food, acupuncture points, and many other tools to help treat this pattern.

Wind Heat

When the influence of the cold nature of the pathogen is too intense, the body will create a reaction internally to deal with the cold. This is when you start to see signs of heat, as is the case with fever. A fever is the body's innate and wise response to heat up from within to drive the pathogen out from within (release to the exterior). We tend to think that a fever is bad. On the contrary, it is necessary in order to appropriately deal

with stronger pathogens. A patient feels hotter to the touch and may complain of feeling hot. Here are some other symptoms associated with this pattern of Wind and Heat:

- Inflammation (a sign that a part of the body is heating up to burn out a cold pathogen)
- Dry cough (heat dries things out)
- Sore throat (heat)
- Tonsils swollen (heat)
- Strong aversion to cold or sudden heat then coldness (heat)
- Mild thirst (heat)
- Shivering (wind)
- Body aches (wind)
- Headache (wind)
- Yellow nasal catarrh (mucus)(heat)
- Sweating (heat)

Do you notice how in these two patterns there are multiple symptoms together that show a relatedness to heat differentiating one pattern (cold) from another (heat). The treatment principle here is to cool the body down and release the wind to the exterior. Again, herbs, foods, acupuncture points, and so much more can release wind and heat from the body.

Wind Damp

Dampness is a pathological factor in the body that expresses itself in slowing things down and gumming things up in the body. When things are damp, they are heavier, less movable, slower. Many people that are overweight bear the signs of years of internal dampness as accumulated weight. Dietary factors, in the body, that contribute to dampness are refined sugar, too much fruit, excessive complex carbohydrate consumption, consumption of vegetable oils and excessive amounts of fat. We now see many Wind Damp invasions around Thanksgiving, Christmas and New Year's when people are consuming the above foods (especially to excess), causing an overload of "dampness" to the body, taxing the digestive system and weakening the immune system. The treatment principle here is to release wind to the exterior and drain dampness from the body. Here are the symptoms associated with this pattern:

- Aversion to cold
- Fever
- Swollen neck glands (damp)
- Nausea (damp)
- Sweating
- Occipital stiffness
- Body aches
- Muscle ache
- Feeling of heaviness of the body (damp)

- Swollen joints (damp)

Wind Dryness

- Fever
- Slight aversion to cold
- Slight sweating
- Dry skin nose, mouth and throat (dry)
- Dry cough (dry)
- Sore throat
- Dry tongue with thin-white coating (dry)

Wind Water

- Aversion to cold
- Fever
- Edema especially on the face, swollen face and eyes (water)
- Cough with profuse white and watery mucus (water)
- Sweating
- No thirst

These are just the initial patterns that affect the body when a pathogen strikes the body. When a pathogen goes deeper into the body, it will begin to affect the body in more powerful ways. These patterns have also been identified in Chinese medicine. One of the most incredible books regarding the medicine on cold in the body and how deeply it can penetrate is called the [Shang Han Lun](#). It is 800 pages of sheer medical brilliance in how to treat these deeper patterns precisely and effectively. Another classic of Chinese medicine discusses [Warm Disease Theory](#), as an addition to the Shang Han Lun.

For example, when a wind invasion is not dealt with swiftly, it can turn into bronchitis or pneumonia. The patterns that make up both these health issues are discussed at length in these books. Every conceivable health condition that can begin out of an initial wind invasion is dealt with in Chinese medicine. When people started getting Ebola, the symptoms of this expression of a wind invasion were also discussed and dealt with powerfully in these ancient books. The same thing goes for the recent expression of the Corona virus. Ebola expresses itself as fire in the body. Fire is when heat turns up to another level. Many powerful tools have been used in Chinese medicine to deal with “fire” in the body such as very powerful cooling herbs.

Herbal Formulas

Herbal formulas exist for every conceivable health issue in Chinese medicine. Below are 17 herbal formulas that relate specifically to the beginning stages of cold and flu. These are just the tip of the iceberg. As a wind invasion goes deeper in the body and becomes more intense, dozens of other formulas exist to deal with the depth of the

invasion. In each one of these formulas you will find many different herbs that treat the presenting pattern. As the symptoms change, the herbal formulas change to deal very specifically with each expression of a wind invasion. Each one of these formulas costs between \$25 and \$45 dollars for 200 grams of powder and can be shipped to you upon herbal consultation. As with everything we have discussed in this guide, it is imperative to start taking something as quickly as possible before the wind invasion goes deeper into the body.

1. Ma Huang Tang – fever and chills without sweating, headache, general body ache, wheezing (Wind-Cold)
2. Gui Zhi Tang – fever and chills with sweating, headache, aversion to wind, stiff neck, nasal congestion (Wind-Cold)
3. Ge Gen Tang – fever and chills without sweating, stiff and rigid upper back and neck (Wind-Cold)
4. Chai Ge Jie Ji Tang – fever and chills, headache, stiff extremities, orbital eye pain, dry nasal passages, irritability, insomnia (Wind-Heat)
5. Xiang Su San – chills, lack of appetite, belching, focal distention, heavy sensation in chest (Wind-Cold/Damp)
6. Jing Fang Bai Du Wan – fever and chills, aversion to wind, pain and stiff head and neck, headache, body ache, runny nose with clear mucus, wheezing, full chest. (Wind-Cold/Damp)
7. Xiao Qing Long Tang – fever and chills without sweating, coughing, wheezing, copious white sputum, heavy sensation in chest, body aches, difficulty breathing (Wind-Cold - Severe)
8. Chuan Xiong Wan – headache on sides and back, pain in upper body, body aches, fatigue, dizziness, nasal congestion, clear nasal mucus, sneezing (Wind-Cold)
9. Xin Yi Wan – nasal and sinus congestion with clear discharge, sneezing, headache, stiff neck and upper back, mental cloudiness, loss of smell. (Wind-Cold) Rhinitis.
10. Gan Mao Ling – fever and chills, scratchy or sore throat, swollen lymph glands, soreness of upper body, headache, body ache, white or yellow mucus. (Wind-Heat)
11. Yin Qiao San – fever, slight chills, thirst, slight cough, headache. (Wind-Heat)
12. Sang Ju Yin Wan - slight fever, cough, slight thirst. (Wind-Heat/Damp)
13. Sheng Ma Ge Gen Tang – uneven rashes on body, fever and chills, headache, thirst, red/dry/watery eyes, body aches, sneezing, coughing. (Wind-Heat) Measles.

14. Ma Xing Shi Gan Tang – fever with or without sweating, thirst, wheezing, coughing, labored breathing, nasal flaring and pain. (Wind-Heat) Bronchitis, pneumonia.

15. Ren Shen Bai Du San – High fever and chills with shivering, no sweat, pain and stiff head and neck, soreness and pain of extremities, nasal congestion, productive cough. (Wind-Cold/Damp)

16. Cang Er Zi San – foul nasal discharge and obstruction, dizziness, frontal headache. (Wind-Heat) rhinitis, sinusitis.

17. Jia Jian Wei Rui San – fever and slight chills, no sweat, dry throat, cough, difficult to expectorate sputum, irritable, thirst. (Wind-Heat with Yin deficiency)

Acupuncture Points

People don't commonly think of acupuncture when they get the cold or flu. However, Chinese medicine has very effectively used acupuncture to drive out wind invasions from the body for thousands of years. I personally have seen symptoms of many patients dissipate the same day after an acupuncture treatment. When combined with herbs, supplements and other tools, many times the wind invasion goes away the very next day. Consider that on average people lose over \$855 dollars due to lost wages, doctors visits and other expenses when sick with the flu (wind invasion). Spending between \$100-200 for treatment, herbs and the right supplements is a worthwhile investment.

Many points are used by licensed acupuncturists and Chinese medical doctors to help release wind-cold/heat/damp/dry from the body. Here are some of the points below.

1. GB20 - Wind Pool - Notice the word "wind" in the name of some of these points. These points help to release wind to the exterior before it tries to go deeper into the body.
2. UB12 - Wind Gate
3. DU16 - Wind Palace
4. LI4 - Joining Valley
5. DU 14 - Great Vertebra
6. LU7 - Broken Sequence

These are just a few of the many points that someone might use to help someone deal powerfully with a wind invasion. Certain points may or may not be used depending upon what the pattern is that you present with. With each pattern points combinations may change. This is the beauty of Chinese medicine, in that it is specific for each person and their symptoms.

Gua Sha

This is a technique that is called skin scraping. One takes a ceramic tool and presses it against the skin and scrapes the surface of the skin. When this occurs, tiny capillaries on the skin can burst leaving one with trace amounts of blood and bruising. Bruising or discoloration of the skin disappears within a few days. This helps to create a controlled micro trauma that stimulates the immune system. It also helps to vent or release pathogenic heat (wind-heat). Other studies have been done and have shown that it is helpful for a variety of health conditions, including [Hepatitis B](#) (infection), [migraine headaches](#) (pain), [breast engorgement](#), [neck pain](#), [circulation](#), [Tourette syndrome](#), and [perimenopause](#). This should be performed by someone who is trained and knows how and when to use such a technique.

10. Stress and the Immune System

What we hold in mind tends to manifest in the physical body. This is because the mind is greater than physicality. This is one of the laws of consciousness. Consciousness in this context is the totality of our emotions, thoughts and belief systems. The purpose of a physical symptom may be to get us to pay attention to an inner reality related to what we are holding onto within our consciousness. The substrate of consciousness is emotional energy. Therefore, whatever the heaviest energy (emotions) is in our consciousness eventually will manifest either in short term or long term physical symptoms.

As smart as we are, in many ways Chinese medicine understood the body far better than we do today. The Chinese brought consciousness into the picture a long time ago. From a consciousness based perspective, physical energy is not the strongest or most powerful type of energy. In other words, physical energies (germs) are less powerful than what is within the mind (consciousness). Thoughts, beliefs and emotions are much more powerful. What we hold in mind tends to manifest. It was Louis Pasteur, the father of pasteurization, that has been quoted as saying at the end of his life, "Bernard (Bechamp) was right; the pathogen is nothing; the terrain is everything."

In other words, the pathogen/germ is nothing; the terrain (total condition of the body) is everything. If the virus is nothing, then what must the conditions in the terrain be like for the energy of the virus to be able to set up a home and proliferate? We must look towards what we are holding in mind or towards consciousness. Included in "terrain" are the things we are eating, how toxin free our life is and the emotions (stress) we are holding on.

Everything in the world has consciousness. Each disease or physical symptom in the body has correlated emotions, thoughts and many times whole belief systems that drive its manifestation. Cancer, migraines, each organ, and even the flu has consciousness. This is at the heart of Chinese medicine. In order to understand why we get the flu or cancer or any other symptom or disease, we need to understand the consciousness behind it. How can we deal with something appropriately or heal if we don't understand the most important and powerful energies that may be at the root behind the problem?

Once we understand what the specific emotions, thoughts and belief systems are then we can begin to change our internal reality.

Stress is a catch-all word for the plethora of negative emotions that we experience on a daily basis. Stress in the form of refined sugar or trying desperately to meet a deadline at work can lower the capacity of the immune system to be able to defend you. In this way, [stress can literally create](#) not only the cold or flu, but also disease and [inflammation](#).

The Consciousness Factors of the Cold and Flu

A modern pioneer that has given meaning to many things in this arena is Louise Hay. In her book, [You Can Heal Your Life](#), she mentions what drives the consciousness of influenza:

“Influenza: Response to mass negativity and beliefs. Fear. Belief in statistics.”

Another very intuitive woman, Inna Segal, in her book [“The Secret Language of the Body”](#) says this about the flu:

“Influenza—Vulnerable, tired, frail. Overwhelmed by the negativity that surrounds you. Feeling like you have to carry heavy burdens that you can’t handle. Feeling invalidated. Confusion and chaos inside you. In need of a “time-out.”

Additionally, here are the consciousness ideas behind a cold (which are slightly different):

Louise Hay - **“Colds:** Too much going on at once. Mental confusion, disorder. Small hurts.”

Inna Segal - **“Cold (common):** Scattered; too much to do, too many responsibilities, too much pressure to perform. Refusing to listen to your body and slow down. Feeling overwhelmed, overworked, and worn out. In need of some time to yourself. Confused about what choices to make.”

Every time we are about to get a cold or the flu (or are in the thick of it), we may need to ask ourselves the following questions in order to discover if we may have manifested this in our physical reality. This is not about blaming ourselves, which is negative. Instead, it is about taking responsibility for our inner world and the energy that we are choosing to hold onto and potentially project into the physical body. True and deep healing involves being aware of our internal reality and taking responsibility for it. Using the above ideas, we can ask ourselves the following questions.

1. How do you respond to mass negativity and beliefs? Are you afraid of catching the flu? Do you believe these commonly held beliefs such as:

“The flu is going around.”

“Don’t give me what you have!”

“I don’t want to catch what you have!”

“Germs make me sick.”

“Don’t shake my hand; I don’t want to get you sick!”

“Don’t get too close, I don’t want to give you what I have.”

In essence this is like saying I am a victim to germs and my inner reality has no affect on my outer reality. Taking responsibility negates this.

2. Do you believe the statistics of flu season, that you are likely to catch it?

3. Have you felt overly vulnerable physically, mentally or emotionally lately?

4. Are you overly tired due to working too hard, studying too hard, partying too hard?

5. Do you feel weak and frail at the moment or in the last few weeks?

6. Are you overwhelmed by the negative energy, people or conditions that surround you?

7. Are you carrying burdens that are too heavy for you? Is it a secret, someone else’s pressure, needing to perform, financial stress, etc...?

8. Did something happen recently that had you feeling invalidated? What was it?

9. Are things in your life confusing right now? What is causing you the confusion?

10. What is chaotic in your life right now?

11. Do you need a time out? Often times, the flu will manifest as a way to force us to slow down. Is this true for you?

12. Do you feel scattered right now? What is causing you to be pulled in many directions?

13. Are you feeling pressure to perform in one or more areas of your life?

14. Do you refuse to listen to your body and keep doing the same things you know may not be good for you? Perhaps you don't exercise, eat too much sugar, don't eat enough vegetables, do damaging drugs? What are you not listening too?

15. Does life feel overwhelming to you right now?

The regular practice of meditation and emotional release are so important in our stress driven society today. One of the best teachers of meditation today is Dr. Jon Kabat-Zinn. His book [Full Catastrophe Living](#) is one of the best on the subject, filled with hundreds of scientific studies attesting to the benefits of meditation. He has compiled some wonderful guided meditations. All you have to do is order either through direct MP3 download or CD purchase, press play and follow along. Find his guided meditation [series 1](#), [series 2](#) and [series 3](#) here.

Meditation is like learning to play a new sport or learning how to play a new instrument. To experience the magic of it, one must dedicate oneself to doing it EVERY day for at least 2 months, setting aside at least 30 minutes per day. Otherwise, one will not be able to experience the wonder of it. Meditation is not about achieving anything. There is nowhere to go and nothing to get. You have all you need inside. In meditation, you learn to be the observer or witness of the phenomena of life, rather than believing you are the phenomena. We think we are the physical body, our thoughts and emotions, but we are not. That which we ARE is the witness or observer. It is about learning to observe the thoughts, emotions and physical sensations of the body, rather than thinking you are those things.

A very direct form of meditation that can offer powerful internal healing and is my go-to tool for emotional release in the clinic is [The Sedona Method](#). You can buy the entire [audio course](#) here. I have gone through this course personally many times. It is incredible. Take ½ hour every day, press play and interact with the exercises.

11. Other Helpful Practices

Here are some other practices to mention in the area of cold and flu prevention and healthy habits.

Water

We know that we are supposed to drink good, clean water. But have we made it a priority?

Drinking enough water per day is one of the main foundations of good health. Water makes up over 60% of the body. Did you know that most people are slightly to mildly dehydrated every day? The CDC estimates that the average teenager drinks only 15 ounces per day; an adult, 39 ounces on average. This is not nearly enough. I hear it all the time in the clinic that people are not drinking enough water. When this occurs,

people can experience all kinds of different symptoms including dry mouth, fatigue, headache, dizziness, constipation and muscle cramps. It is so critical to consume at least 50-100 ounces of fresh purified water every day. Drinking water must be a critical daily habit.

Here are some great habits to implement to ensure you have your bases covered with water.

1. Drink 15-20 ounces of water first thing in the morning upon waking. Squeeze a ½ lemon or lime into the water if desired. If you juice vegetables in the morning, you can do this before or after juicing. Squeezing a lemon or lime into water makes it instantly alkaline.
2. Buy a [Live Infinitely 30, 40 or 64 ounce stainless steel insulated water bottle](#) and fill it up at the beginning of the day. Carry this water bottle with you everywhere you go as a reminder to drink enough water. If you drink 20 ounces of water at the beginning of the day and then fill up and drink 64 ounces in the water bottle, you will have consumed 84 ounces, which is a great place to start.
3. Make sure you drink pure filtered water. The best independently studied filter is the [Berkey Water Filtration System](#). It is a great investment and ensures you have great quality water to drink. The filter from a refrigerator or a Brita type filter is better than drinking tap water, but not nearly as good as drinking water from a Berkey. If you are worried about not getting enough minerals in your water, you can supplement with liquid drops of [Trace Minerals](#).
4. Try not to drink liquids with your meals, especially not cold icy ones. Wait a ½ hour before or after eating drinking water. Drinking liquids with meals will compromise the power of your digestive juices. If you must consume something, try only 4-6 ounces of room temperature or hot water with fresh squeezed lemon or lime during a meal. Chew your food slowly and let your mouth generate enough saliva for swallowing. Lemon helps the stomach produce acid needed for digestion.
5. Municipal or well water is not clean these days. Heavy metals, chemicals, pesticides, recreational drugs, pharmaceutical drugs and other pollutants are in the water we shower under. Be sure to shower with an [AquaSana shower filter](#), so that when your pores are open, you don't absorb those toxins through your skin. Avoid swimming pools and hot tubs, which are loaded with toxic chlorine, bromine and fluoride.
6. Need a filter on the go – try this portable [LifeStraw water filter](#) when you are not close to home.

It is so critical that you get enough good quality water to drink every day. Try to get at least ½ your body weight in ounces of water per day. If you exercise that day, you may need 1-2 additional liters. Your acupuncture system needs water in order to function well too. Water conducts electricity and will make for better acupuncture sessions.

Washing Your Hands

Wash your hands frequently with organic soap. Science has proven time and again how effective this is in stopping the spread of viruses. Please do not use hand sanitizers and non-organic soaps due to their having sodium laureth sulfate, triclosan, parabens, synthetic fragrances, and alcohol, which are all toxic and compromise immune function. Our obsession with germ killing items has bred antibiotic resistant bacteria around the world. Let go of the fear of germs. My favorite organic hand soap is [Dr. Bronners](#), which smells divine.

Western Medical Care

It is critical to remember that between 30,000 and 80,000 people die from complications of the flu leading to pneumonia and other issues. Many deaths come from the elderly (over age 65) that already have compromised immune systems, with many not having good dietary habits. All of the things in this guide are powerful tools. **However, they are NOT a substitute for appropriate medical care when it is needed.** The reality is that antibiotics and other medical interventions work and one should not wait before it is too late to receive the right care.

12. Summary

Imagine if we all implemented the suggestions in this guide! We could possibly avoid 30,000 deaths per year and the world would be much healthier. I wrote this guide for you and hope that you have enjoyed the information. Through the use of avoiding certain foods, having some very powerful supplements in your house at all times, using the power of the many tools in Chinese medicine, and regular meditation you can not only reduce the risk of getting the cold and flu, but reduce the severity and duration of them when they do occur. May you stay strong and healthy this year friends.

In Health and Love,

Dr. Scott

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