

# SECRETS TO BOOSTING IMMUNITY

THE LUNGS AND SPLEEN ARE THE ORGANS MOST INVOLVED WITH IMMUNE FUNCTION.

## Colds and Flu

The common cold and flu can be resolved easily if you take action within 24 hours of onset and if you know what kind of pathogen is involved. Although there are many variations, the table below explains general types of initial symptoms of colds and flu.

Type of Pathogen	Symptoms (one or more may be present)	Best treatment (If you are uncertain which type of pathogen you have, do not hesitate to call!)
<b>HEAT</b>	Feeling hot, little or no chills, achy, headaches, stiff neck, sore throat, feeling flush, yellow mucus, yellow nasal discharge, cough	1) Try <b>Peppermint tea</b> first Purpose: To promote excessive sweating in order to eliminate a wind-heat pathogen from the body within 24 hours of the onset of symptoms. Less effective as more time passes. <i>STEPS: Discontinue other herbal formulas as long as symptoms persist. Best done prior to going to bed. Note that your sleep may be disturbed. Bring 3/4 gallon of water to a boil. Steep 5 tea bags of organic peppermint tea in the water for 20 minutes. Drink 4-8 cups in a row until you break a sweat. Cover up well. Do not expose yourself to wind or cold for at least 6 hours. SWEAT.</i> 2) Yin Qiao (helpful at any point while symptoms are present with this type of cold): tablets available in office. 3) Acupuncture: get in right away.
<b>COLD</b>	Chills, little or no heat sensation, achy, headaches, stiff neck, no sweating, clear or white mucus, clear or white nasal discharge, cough, aversion to wind	1) Try <b>Ginger tea</b> first Purpose: To promote excessive sweating in order to eliminate a wind-cold pathogen from the body within 24 hours of the onset of symptoms. Less effective if more time passes. <i>STEPS: Discontinue other herbal formulas as long as symptoms persist. Best done prior to going to bed. Note that your sleep may be disturbed. Bring 3/4 gallon of water and 10 dime-sized fresh ginger slices to a boil. Simmer 40 minutes. Strain. Drink 4-8 cups in a row until you break a sweat. Cover up well. Do not expose yourself to wind or cold for at least 6 hours. SWEAT.</i> 2) Yin Qiao (useful only if used within first few hours of onset with this type of cold): tablets available in office. 3) Acupuncture: Schedule treatment immediately.

**\* If the symptoms continue for 36 hours, call us immediately. Obviously, call your doctor if symptoms persist.**

## Airplane Travel

Airplane travel causes problems for many reasons: the body is exposed to intense solar radiation at 30,000 feet, which causes dehydration and other problems; the air in planes is re-circulated, moving pathogens between passengers, crew and you; people often suffer from the time change of longer flights; and people often eat sporadically when traveling.

To handle these problems during travel:

- Use 'Gan Mao Ling' (English: "common cold tablets") 3 tablets 2x/day for 2 days before and after flights. This combination of Chinese herbs boosts the immune system and fights the effects of solar radiation.
- Drink at least 1/2 to 3/4 your body weight in ounces the day before your flight. For example, if you weigh 200 lbs., drink 100-150 ounces of water in the 12 hours before your flight. Eat regular meals with good ratios of protein and carbohydrates.
- Take electrolytes which hydrate the body very efficiently. The simplest way to get these is using 'Smart Water,' found at many grocery stores. Inquire at health food stores for other sources of electrolytes.
- Use a personal air purifier (worn around the neck) during the flight. (Ask at the front for information on this item.)

## Allergies

For *long-term* problems with allergies, obviously acupuncture and an individualized Chinese Herbal Medicine Formula would be best. For *short-term*, acute allergies, try:

- Allertonc: a western herbal formula useful for watery eyes, itchy eyes, and sneezing.
- Bi Yan Pian: a Chinese herbal formula useful for sinus congestion.
- Place a hot water bottle below the belly button for 10-15 minutes before bed for 5 days in a row. (This will stimulate the immune system and drain fluids out of the sinuses, nose and throat.)

**Note: Nothing in this document is intended as a substitute for your doctor's diagnosis and/or treatment.**

Best of health to you! If you have any questions on this topic or anything else, don't hesitate to call.

Healthfully,

**Curry D. Chaudoir, Diplomate in Acupuncture**

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