

Rather than "Soldier on" Be thoughtful and if you're able to - stay away from other people while you are infectious.

## ***First Aid for Colds and 'Flus***

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It is that time of the year again when people come down with more colds, 'flus and tummy wogs. This is particularly a problem as we get older or have weakness in respiratory areas.

There are some simple age-old remedies that still work well and are not precluded by blood pressure problems, glaucoma etc. **VITAMIN D is you FIRST LINE of DEFENCE. Take 3-6 x 1000iu regularly, take 10-30 if sick.**

**FEELING UNWELL** - At the first sign of not feeling well, boost your Vitamin C and Vitamin D levels. Vitamin C (better with added bioflavonoids) is a natural antibiotic that is used by the body to combat invaders. When we are sick, our normal supplies are used up very quickly and the body screams out for more.

Just as the doctor often says start the antibiotics with a double dose, we need a good starting amount of **Vitamin C** ie 2G - 4G (1000mg = 1G). Then top up with **1 -2 Gms every 2 hours** the first couple of days. (NB If you regularly take large doses of Vit C you will need larger top up doses.) If your bowels are getting loose you can ease off a bit; you have reached saturation point. By the third day you should be down to 4-6 hourly doses. Your body will tell you when you need more - you will start to flag. Listen to your body (**NB -you need use the right Vit C for your blood group**. The general rule is: **O and B need a calcium ascorbate** with bioflavonoids. **A1 needs a sodium ascorbate** but not orange flavoured (okay with raspberry flavoured. **A2 needs a BioC** which is a mix of both sodium and calcium ascorbates. **AB** needs a Vit C that is **just ascorbic acid** but is okay with the common orange flavoured Vit C tablets.)

### **SORE THROAT**

At the first sign of a furry, sore or uncomfortable throat, start warm **lemon and salt gargles**. The lemon acts as an astringent, getting under the viral phlegm, lifting it off to be spat out; thus stopping it multiplying. The salt heals the raw surface left by the bug so that another one doesn't settle there. If caught early enough, you can stop it developing. Otherwise, it will still take the pain out of the sore throat for a while and can be repeated as often as needed. You can also try **gargling with Colloidal Silver** at the first sign and holding the liquid, gargle at the back of your throat for 10 minutes. If you swallow it just add more to try and keep the contact as long as you can up to the 10 minutes.

### **CONGESTION**

**If you are stuffed up - nose, head, sinuses, chest; blocked ears**, this is an ideal way to drain it all away and stop the germs multiplying. Bring a **cupful of lemonade (or any aerated water - fizzy lemon spring water has less sugar) to the boil in a saucepan**, return to cup and **sip while very hot**. Works within 5 minutes and lasts at least half an hour. Can be repeated as often as needed. Use it to ward off bronchitis and pneumonia. This is a very old remedy; one person remembers this remedy being used with ginger beer by his grandmother before we could buy cool drinks. **Tea tree oil or Vick's inhalations** help with congestion and sinus too. Pour boiling water over Tea Tree or Vick's in a small bowl. Cover head with a towel, lean over and breathe in the fumes. The bowl can be covered with a brown paper bag with a hole cut in the top.

### **TUMMY WOGS and 'FLU's**

Tummy wogs are often accompanied by giddiness, nausea and vomiting. The nerves in the balance centre of the ear are being interfered with and need more **Vitamin B6** (200-400 mg). Take another 200mg whenever symptoms return. If muscles are aching as well, your body is sending out signals that more magnesium is needed. Take 1 - 2 chelated **magnesium** 500mg capsules (ie 100 - 200mg elemental magnesium - check the fine print) every few hours as needed to control muscle aches. Take more as soon as niggles of pain return. Of course you still need all the **extra Vitamin C** mentioned earlier all the way along too. Loose bowels indicates saturation point of Vitamin C and Magnesium so you know when to ease off.

**Colloidal silver** will stop food poisoning or gastro if caught early enough. Take a good **quarter to half a cup** of colloidal silver neat, then lie down for 10 minutes on each side and front and back so that the silver gets to all surfaces of the stomach. It takes 10 minutes of constant exposure to the silver to stop one-celled organisms multiplying. If they can't divide they die. You usually start to feel better in about 5 minutes or so. Do not drink anything else for at least an hour. You will dilute the effectiveness of the silver.

**Freshly grated apple** eaten slowly will **stop vomiting and diarrhoea**. So will **sipping a teaspoon of white vinegar over 5 minutes**.

Listen to your body and treat the symptoms. You'll get better a lot quicker and won't have such a rough time.

The common cold is an acute infection of the throat and nasal passages. It may be caused by several different viruses, the most common of which are rhinoviruses. The term 'common cold' refers to a set of symptoms, rather than a specific disease. Mild influenza may have similar symptoms to the common cold. Mild 'strep throat', which is caused by bacteria, may be incorrectly classified as a common cold, though usually it is easy for a doctor to distinguish between the two.

## Common cold viruses may be spread by:

**Contact transmission:** People infected with the virus touch their mouth, nose or eyes (mucous membranes), or cough or sneeze into their hands, before touching someone else (direct contact transmission) or touching a common surface (indirect contact transmission). Cold viruses may remain alive on the skin for two hours, and on other surfaces (such as bench tops) for several hours; **Wash your hands often** especially after touching money, shopping trolleys etc

**Droplet transmission:** Small and large particles of the virus are coughed or sneezed into the air, where it lingers before spreading to others. **Cover your mouth when you cough and sneeze into a tissue**

## **Progression of Common Cold:**

In most cases, the common cold is a mild self-limiting illness. Treated it lasts a fortnight, untreated it lasts 14 days.

Each of the viruses that cause the common cold has a slightly different progression. Rhinovirus is spread through viral particles entering the nose or the eye, and spreading to the nose and throat. The virus multiplies rapidly in the cells lining the nose and throat. New 'baby' virus particles are then released by those cells (known as 'shedding'). A person is infectious while they are shedding baby viruses. Viral infection lasts 48 hours. Bacterial overlay extends it to 2 weeks.

The dose of virus required to cause infection is low; infection will occur in 95% of people who have virus deposited in their nose. However, symptoms (clinical illness) only occur in 75% of infected individuals. Shedding of rhinovirus peaks on the second day after the virus is deposited in the nose, followed by a rapid decline. Small amounts of rhinovirus may be present in nasal secretions up to three weeks after infection, which in theory suggests the person may still be able to spread the infection. **Most people are no longer infectious once their symptoms are gone.**

The time between contracting the virus and showing symptoms (incubation period) varies considerably depending on the type of virus causing the cold and the state of your immune system. In rhinovirus infection, symptoms may occur 10–12 hours after 'catching' the virus but the usual incubation period is around 48 hours from exposure.

The incubation period for influenza virus can be 1 – 7 days.

Although the common cold is usually easy to diagnose, the doctor may need to rule out the following conditions:

- Influenza (high fever, headache and muscle aches are often present);
- Sinusitis (facial pain and thick nasal discharge are often present. Cerebral irritation may also occur.)
- Allergic or seasonal rhinitis (ie hayfever - which does not usually present with sore throat and cough.)
- Bacterial pharyngitis or tonsillitis (runny nose and nasal stuffiness are not usually present.)
- Whooping cough (initially similar to the common cold, but fits of uncontrollable prolonged coughing ending with a inspirational whoop and sometimes short periods of breath-holding occur. This tends to persist for many weeks.)

The common cold is usually a mild, self-limiting illness that is confined to the nose and throat, and therefore has an excellent prognosis.

Colds usually last for three to seven days, although many cases last up to two weeks. Post-viral cough may continue for four weeks, because the airways are more sensitive. Sipping a teaspoonful of **colloidal silver alleviates a cough** as does **rubbing Vick's vapour rub onto the soles of the feet**. Following recovery from the common cold, re-exposure to the same or similar virus usually produces re-infection, which is milder and of shorter duration than the initial illness

A person who has a weak immune systems, has chronic disease, is malnourished or is a smoker may experience complications which may be serious, or even life-threatening. The most significant complication is secondary bacterial infection, most notably pneumonia. Try **sipping boiling hot lemonade** or aerated water but antibiotics may be needed.

There are steps that you can take however to increase your body's vitality and resistance to infections during the winter months: **Make yourself more alkaline with a fizzy drink by stirring half a teaspoon of carb soda into half a cup of fruit juice** or Vitamin C powder **till it froths up and drink this daily**. It is a tasty drink and germs cannot survive in a more alkaline environment.

**Follow the Rainbow Rule:** try to eat as many different colours of fruit and vegetable as possible each day. This way you ensure an intake of all the different beneficial phytonutrients (nutrients derived from plants), like bioflavonoids in berries and quercetin in apples, both of which are potent antioxidants. Easy and enjoyable ways to incorporate extra fruit (only 2 pieces a day) and veg into your diet include smoothies and juices, stewed fruit with muesli or live yoghurt, snack on fruit and crudités and serving a range of coloured vegetables with meals, instead of just the ubiquitous carrots and potatoes.