

69. COLDS, FLU AND SORE THROAT

There's an old adage that, without treatment, a cold lasts for seven days, but with treatment it lasts just a week. At certain times of the year, it's common to suffer from colds and other forms of respiratory distress. But colds and problems of the respiratory system can occur anytime you stay outdoors ... especially at night.

As a boy, I would often awaken in a dew-dampened sleeping bag, experiencing cold-like symptoms. Maybe it was the campfire smoke that I had breathed overnight; maybe it was the night air in the woods. But if I was planning any kind of a lengthy camp-out, I could almost always count on "catching a cold."

In any event, it's good to have a battery of "self-health" techniques at your disposal to relieve the suffering, and perhaps even prevent the onset, of this common syndrome of symptoms. The best of these methods are safe, free (or nearly so), effective ... and in some cases, require almost no change from what you're already doing on a regular basis.

For example, studies at Johns Hopkins University several years ago revealed that by simply changing from taking a hot shower every day, to one that is, instead, **hot-followed-by-cold**, you automatically stimulate the immune system to such a degree that the incidence of colds and flu is drastically reduced. This alternating hot-and-cold shower routine is like an exercise workout for your body's entire defense system. It's a technique that we, at The G-Jo Institute -- a natural health educational organization -- have long recommended, and our staff have themselves used for many years. It is wonderfully effective, and one of our favorite methods to share in our classes and workshops.

Another useful means of relieving the suffering from the respiratory distress that is so common during cold and flu season, is simply doing "**alternate nostril**" **breathing**. There are several ways to do this: One easy way is to press one nostril closed with your finger as you inhale; then release, and press the other nostril closed as you exhale. Do this for several minutes and you should notice a distinct, if perhaps temporary improvement in any respiratory symptoms you may be suffering.

Or, if you can transcend its fiery taste, a powerful herbal tincture to relieve both respiratory ailments and even digestive distress, is "Doctor Mike's Tonic and Wallpaper Remover." To make a virtual lifetime's supply of this stuff, steep several heaping tablespoons of **hot cayenne pepper powder** (or a small handful of the **whole, crushed hot peppers**), plus a large, entire **ginger root** -- completely grated -- in a tightly-covered, quart jar filled with vodka for several weeks. Keep it in the dark and shake it gently every day or two.

At the end of that time, fill a couple of dropper bottles with the tincture (keep one in the bathroom, one in the kitchen, and the unused balance someplace in the dark) and take a squirt or two of this liquid fire as soon as you feel the beginnings of a cold or sore throat. Or mix that amount in a cup of hot water to make a less-fiery "tea" (infusion). This remarkable tincture saved several of us a great deal of suffering on a recent trip to India when throngs of people around us were experiencing hacking coughs, sneezing and such. We, on the other hand, returned home unscathed.

For many people, including myself, "catching a cold" begins with a sore throat ... but if you

could "erase" that scratchy, irritated feeling before it leads into the next stage -- the actual lung distress -- you might prevent a week's worth of suffering.

Well, now you can. Using **G-Jo Acupressure** (an ancient Oriental healing method that can be used to self-treat hundreds of ailments), you have a way -- literally at your fingertips -- to relieve all sorts of suffering in seconds.

By applying this remarkably effective technique at the first sign of a sore throat, you can often "reverse" a cold before it begins. Here's how you do it:

As soon as you notice that scratchy, irritated feeling, press behind the corner of the thumbnail -- the corner furthest from the other fingers -- using the nail of your opposite thumb to press. You are probing for a special "ouch point" (one that will feel like a toothache or pinched nerve when you contact it). Find the point using moderate pressure ... that's step one.

Step two is to "trigger" the spot -- in this case, the point known as **G-Jo point #12** (one of nearly a dozen G-Jo points for sore throat relief) -- in a slightly painful massage (again using the edge of the thumbnail or your fingertip). Do this until a special feeling, known as an "acupressure reaction," occurs. This is a sensation of warmth, clamminess, perspiration or other similar response, normally arising within half a minute of beginning to trigger a "good" (effective) point.

Stop triggering, then repeat the probe-and-massage process on the opposite thumb until that same reaction again occurs. Total elapsed time from start to finish is usually less than a minute. But you should already feel relief from that scratchy throat, assuming this was the best point for your kind of sore throat.

A second, useful G-Jo Acupressure point to remember is **G-Jo #112**. This is located on either side of the face, at the level of the nostrils, in the crease where the nostrils join the cheeks. While this point is often helpful in easing a sore throat, its primary use is to "open" a clogged, stuffy nose.

Use the same method: Deep, digging, goading massage for a few seconds ... first on one side, then the other. Unclogging will usually follow in a matter of a minute or two.

Another quick, easy method to ease a sore throat: **Press the center of your forehead** about mid-way between the eyebrows and the natural hairline. Again, you're probing for a special tender spot. Once you contact it, massage *that* point until the acupressure reaction again occurs.

Repeat this routine each time you notice the discomfort returning, and you should obtain increasing spans of "relief time." Like all "self-health" techniques, you should first check with your doctor or other health-care professional before using the above techniques if you are: a pregnant woman (especially beyond the third month of pregnancy); a chronic heart patient; or a person taking regular or daily medication for serious health problems, such as cancer or diabetes. However, there are nearly always natural methods such as G-Jo -- safe, easy, time-proven means -- to heal most kinds of distress and prevent needless suffering.

For more information on the nearly 200 G-Jo Acupressure points and their hundreds of uses found in visit our website, www.g-jo.com. Click on the Special Report about the G-Jo Institute's *Master of G-Jo Acupressure Home-Study Certification Program*. Also download a free Basic G-Jo Training Chart with illustrations of six important G-Jo points.

Another interesting, but non-acupressure "energy balancing" technique is to **place an ice cube at the bottom of each big toe**. Put two cubes of ice on a plate, then sit with a big toe on either

cube. Stay like this until the first flush of freezing cold on the toe-bottom passes. It will then numb for a while -- about 15 minutes, or so -- and when the second, uncomfortable sensation of freezing cold returns, remove your feet from the ice. You should notice a distinct sense of improvement, especially if you did this "toe-on-the-ice" trick as soon as you noticed a cold coming on.

Oh, as a final note: I eventually discovered that by **covering my head** (either using a "mummy" sleeping bag, or even just wearing a hat) when camping out, I could usually avoid the respiratory congestion and distress I almost always suffered as a kid.