

91. COLDS & FLU — STRENGTHEN YOUR IMMUNE SYSTEM

With the cold and flu season at its peak, it's good to have a battery of "self-health" techniques at your disposal to relieve the suffering, and perhaps prevent the onset, of this common syndrome of symptoms. The best of these methods are safe, free, 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 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.

But our most popular technique at the Institute is G-Jo Acupressure. This ancient, Oriental method is useful for easing nearly any ailment you can describe ... including the symptoms of colds and flu. While there are many symptoms that accompany the cold -- and acupressure methods for relieving most of them -- the most common ailments are possibly stuffy nose and a sore throat. To relieve these, two acupressure points come immediately to mind: G-Jo point numbers 12 and 112.

Number 12 is the first one we use for sore throats. To find and "trigger" this point on yourself, press the tip of your right thumb, or the bent knuckle of the right pointer finger, between the nail and the first joint of the left thumb, just behind the corner of the nail on the side

farthest from the other fingers. Press until you contact a tender "ouch" point -- one that feels like a toothache or pinched nerve. Once you locate the point, press-and-wiggle the triggering thumb into the point, in a digging, goading kind of massage for a few seconds.

As you do this, you should feel an "acupressure reaction" -- a sensation of warmth, clamminess, perspiration or such -- occur somewhere in your body. Typically, it would be across the face, forehead, upper back or shoulders. When you feel the reaction, stop. Then trigger the identical point on the opposite thumb until that same reaction occurs. Typically, this would take less than a minute to perform completely ... and when you're finished, your sore throat should be relieved! G-Jo Acupressure works that fast!

The other useful acupressure point to know during this season is G-Jo point 112. This point works quickly and well to unclog a stuffy nose. Simply press upon the face at the point where the cheek meets the nostril. Probe deeply -- you'll feel the pressure upon the upper gum as you "poke for the point."

Once again, it should feel like the sensitivity of a toothache or even a boil when you contact the point ... especially if this is a good one for your nasal distress. These ailments can include almost any aspect of upper respiratory suffering -- sinusitis, allergies, bronchitis, nasal congestion ... just massage the points beside either nostril, and you should notice prompt relief.

We normally recommend you first check with your doctor or other health care professional before using acupressure (or any other self-health technique, for that matter) if you're: A pregnant woman (especially beyond the third month of pregnancy); a chronic heart patient; or a person who takes regular or daily medication for a serious health problem, such as cancer or diabetes. Otherwise, use these methods the moment you feel a cold or any respiratory distress coming on. For more comprehensive information, see The G-Jo Institute's Self-Health Report, *Relieve Colds and Influenza with Acugenics* on our website: www.g-jo.com