

10. HOW TO GET RID OF COLD

- ✚ Stop letting more cold in.
- ✚ Remove what cold is already there
- ✚ Strengthen body so it is able to fight off cold attacks more easily

1 - INITIAL INVASION (IN SKIN LEVEL)

You can see evidence of this on the back — just press down with your palm. Often even your palm prints are visible in white as it is so obvious that the circulation is full of cold.

- ✚ Scrape the skin, very briskly and superficially, whilst it is smeared with Vick's Vaporub with a China spoon, until purple/red bruising marks appear.
- ✚ Rug up and promote sweating, take a very hot bath, eat a hot curry, drink grandma's recipe to drive out cold.
- ✚ Take a ginger bath (see below)

Prevention

- ❖ Avoid breathing very cold air.
- ❖ Sleep in an enclosed room, free from draughts.
- ❖ Turn a thermostatically controlled heater on 'low' setting, especially for young children, to avoid winter coughs that linger.
- ❖ Keep Chinese herbs on hand, to be taken at the hint of a cold, to remove it.
- ❖ Avoid getting 'run down', so your protective Qi ensures that you never get 'sick'.

2 - JOINTS AND MUSCLES

You know cold is there as the area feels better with heat application, and when cold application worsens the pain.

- ✚ Get rid of the resident cold/damp/wind, restoring normal circulation of energy and blood, and finally rebuild the Yang, to ensure ongoing protective Qi vigour.
- ✚ Take Chinese herbs to assist the above process — best to see a qualified acupuncturist, who uses energy, not physical framework.