



- I. **Stop A Cold**
- II. **Vegetables**

I just got back from teaching the Hypoimmune Weekend in Minneapolis to the physicians taking the nearly three-year sequence leading to board certification in nutrition. (Hypoimmunity means when you can't fight the enemy -- cancer, infections, etc.) They were surprised and pleased, as I am, that some healthy things got stated yet again -- some things cover many areas of health and have appeared repeatedly in these weekends. I'll tell you one of them below after I tell you a quickie about stopping a cold.

Like anything I tell you, make sure what you have isn't something worse ("first do no harm!"). For example, if you keep having to do the "stop a cold" bit below, then you need to have a professional check it out and get it fixed. By "fixed" I mean at least find out how to avoid the triggers if not decrease the susceptibilities.

First up:

I. **Stop A Cold**

There are actually many methods and none is "written in stone" – none work for everyone all the time. However, with some experimenting you will find what works for you most of the time. The following is cost-effective and I have yet to hear of anyone getting a bad reaction.

Of course, I hope you and the people you associate with are so hygienic (e.g. wash your hands, e.g. sneeze into a handkerchief or tissue) that you don't get cold germs into your body. And I hope your mucosa (the wet "skin" lining the respiratory tract) and immune system are so healthy that even if cold germs land on it, they successfully fend it off.

If you get coryza, which is sneezing, watery eyes, watery nose, and/or sniffles, try homeopathic nat. mur. (= natrum muriaticum) at a 30 C or 30 X potency. We usually stock this. Other places do too, it's just that we "go the extra" of stocking high quality/"the real stuff".

Put at least two tablets, pills, pellets, whatever sublingual (= under the tongue) and let them dissolve. To get them from the bottle to your sublingual area, don't touch them with your fingers, instead use the cap of the bottle, or piece of clean paper, or clean spoon.

Wait 15 minutes. If your coryza signs haven't lessened, try again. We're looking for a lessening here. It's like pushing a car to get it started – you push until it goes, then you stop pushing. We're trying to get the healing response started. Once it is, you don't take any more of the homeopathic preparation.

If your coryza signs reappear, start all over, taking a dose every 15 minutes. If your coryza signs don't disappear fully enough for you, start all over, taking a dose every 15



minutes. If you get to 6 doses in a row without satisfaction, it probably won't work, so stop anyway.

This, like many "stop cold" remedies, works better if done at the first/earliest sign or symptom of a cold. For example, if you let the cold advance to the point that the coryza has the classic "burning, acrid" mucous, then less likely this will work.

Yes, it may work on hay fever and other allergic-sniffly respiratory tract reactions, but not as likely as on a cold.

Our second topic:

II. Vegetables

Our US Government is reluctant to recommend things that go against the massive food industry. For example, if you ate more vegetables, you wouldn't eat as much baked goods, candy, etc. However, it's so evermore obvious that vegetables are very healthy, that now the US Government and associated agencies recommend you eat at least 5 servings a day. Some nations and agencies are more advanced in this, more concerned about your health, and recommend at least 9 a day.

Packages have serving sizes. Websites, pamphlets, and books describe serving sizes. You probably were given it in high school and elementary school. In general, a serving fills your cupped hand. I'd say "vegetables and fruit" but too many people gobble up too much fruit, thus consuming a large amount of sugar. Such a load of sugar too easily leads to blood sugar handling problems and a cascade of nasty problems off that. Yes, whole fruit is better than juice and juice is better than pop, and whole fruit is better than candy. But I really want you to have the healthiest, happiest, most functional life you can, so I'm emphasizing vegetables here.

In general, bright colors and deep colors are loaded with nutrients and great phytochemicals the most. For example, pale iceberg lettuce? Basically, it's crisp water. Some people pay huge amounts of money to get these phytochemicals in pill form. You can make them part of your diet. After all, you have to eat anyway, so why not get the most for your money and your effort?

Spice and herbs also contain neat phytochemicals and, besides, eating them adds variety and depth to your eats and helps you cut back on salt intake. Way too many people eat way too much salt, leading to cardiovascular problems, cancer, bone thinning, stomach problems, tight muscles, twitchy nerves, etc.

OK, enough for now.

See you later,

"Doc Ray"