

“Cold” Thoughts from the *North Sea*

Want to Avoid a Cold?

Things To Do...

- Wash your hands often
- Avoid touching your face after touching someone else’s hands or face or a commonly used object or area, such as table surfaces or door knobs.
- Get plenty of sleep (build energy)
- Tea is great for you (mint, ginger, black, green)
- Keep your neck and upper back covered (prevent colds from attacking)
- Keep your head and feet covered (retain body heat)
- Stay out of the wind (prevent a cold from attacking)
- Do something fun (a good attitude increases immunity)
- **And...get acupuncture regularly to keep up your health!**

Gotta Cold?

Things To Do...

- Plenty of sleep (build energy)
- Tea is great for you (mint, ginger, black, green)
- Gargle with salt water, especially before going to bed (clears sinus’)
- Drink plenty of room-temp water
- If you don’t have a tissue, sneeze into your elbow, not your hand (less likely to pass germs to others)
- Eat warm, smaller, simple meals (build energy without taxing body)
- Keep your neck and upper back covered (prevent another cold from attacking)
- Keep your head and feet covered (retain body heat)
- Stay out of the wind (prevent another cold from attacking)
- Put menthol rub under nose and on chest (helps keep lungs clear and open sinus)
- Watch a funny or heartwarming movie - Just because! {8^}
- **And...get some acupuncture asap!**

And Things NOT To Do...

- No dairy (makes your phlegmy and congested)
- No orange juice (makes you colder and phlegmy)
- No big sugary drinks or snacks (sugar makes phlegm)
- No ice-cold food (too taxing on the body)
- No alcohol (will cause congestion)
- No really long hot showers (can drive cold deeper into your body)
- No raw foods or big meals (too taxing on the body)
- No working out/heavy exercising (will wipe out your energy reserves)

ACUPRESSURE CAUTIONS

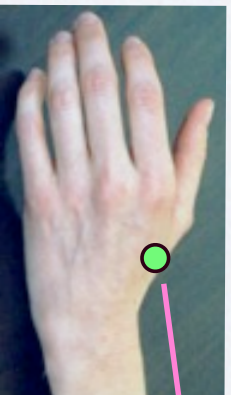


- Massage in a smooth, circular motion, never abrupt, forceful or jarring
- Don't press heavily on lymph areas (such as armpit or spleen)
- Do not massage burns, infections, ulcers or new scars
- Use abdominal points cautiously, especially with pregnancy or disease

CLOGGED NOSE/SINUS'



GV23 – OPENS THE NOSE
1 inch into hairline on
center line of head.



LI4 – RELEASES EXTERIOR
Middle of 2nd Metacarpal bone.
Press towards base of the
smallest finger

ST3 – OPENS THE SINUS
Directly below eye and
directly across from
bottom of nose



UB2 – RELIEVES PAIN
AND SWELLING

LI20 – OPENS NOSE,
CLEARS WIND HEAT

GV = Governing Vessel, ST = Stomach, LI = Large Intestine, UB = Urinary Bladder