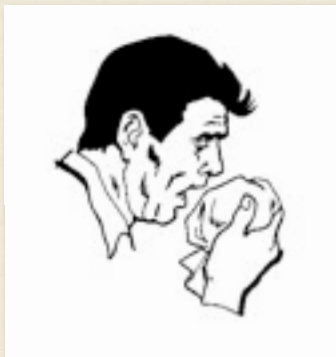


Signs of a Cold based Cold/Flu:

- chills and fever with the chills being stronger
- no sweating
- occipital headache
- muscle aches and stiff neck
- sneezing, congestion, runny nose, cough, wheezing with thin watery mucus

Signs of a Heat based Cold/Flu:

- fever with mild or no chills
- sore, dry, scratchy throat
- sweating
- thirst
- nasal congestion and cough with thick sticky yellow or green mucus



Additional Resources

Healing with Whole Foods: Asian Traditions and Modern Nutrition by Paul Pitchford (2002)

Chinese Nutrition Therapy: Dietetics in Traditional Chinese Medicine by Joerg Kastner (2003)

Ancient Wisdom, Modern Kitchen: Recipes from the East for Health, Healing, and Long Life by Yuan Wang, Warren Sheir, and Mika Ono (2010)

The Tao of Healthy Eating: Dietary Wisdom According to Traditional Chinese Medicine by Bob Flaws (1999)

Tao of Nutrition by Maoshing Ni (2009)

The Healing Cuisine of China: 300 Recipes for Vibrant Health and Longevity by Zhuo Zhao (1998)

Prince Wen Hui's Cook: Chinese Dietary Therapy by Bob Flaws and Honora Wolf (1985)

Eating Your Way to Health: Dietotherapy in Traditional Chinese Medicine by Cai Jingfeng (2010)

Chinese Diet Therapy by Zhao Muying (1996)

Consult a medical professional before making any drastic changes to your diet.

Food therapy is not appropriate for severe symptoms or emergencies.

These statements have not been evaluated by the Food and Drug Administration. This pamphlet is not intended to diagnose, treat, cure, or prevent any disease.

TRADITIONAL CHINESE MEDICINE FOOD THERAPY

COLD AND FLU





Prevention and Early Treatment:

The best way to treat a cold or flu is to not catch one at all. The best way to stop seasonal sicknesses is to keep your immunity up and pay close attention to signs that your body is getting run down. And wash your hands...a lot.

Take notice if you experience: being more tired than usual, aching body, mild headaches, feeling chilled, dry throat, and any sensations that draw your attention to your sinuses.

These are signs that you are about to get sick. Start the treatments described here immediately. Do not wait for stronger symptoms to develop.

BEING SICK IS NO FUN

Get plenty of sleep - the more rest you get, the quicker you will feel better

Get some sun - Vitamin D plays a large role in immune health (don't get burned)

Stay hydrated - drink lots of non-caffeinated, non-sugary fluids

Stay warm - stay bundled up - warm clothes, socks, blankets, avoid wind and cold

Sweat it out - hot bath/shower for 15 minutes, then bundle up and sweat for another 15 minutes

FOOD REMEDIES:

Eat a simple, nutritious, liquid based diet: if chilly eat more soups, if feverish drink more juices

Best treatment: Hot tea with fresh ginger and/or garlic, fresh lemon juice, and raw honey - all have antibacterial/anti viral properties and boost immunity.

Sleep aid: Hot milk w/ ginger and a dash of turmeric

Sore throat: gargle with salt water

Cough: cooked pears with raw honey, or just teaspoons of raw honey

Nasal congestion: steam with fresh ginger or eucalyptus oil

Chicken vegetable soup with plenty of garlic, onion, and spices will help greatly.



MEDICINAL FOODS:

Boost immunity: mushrooms (shiitake, maitake, reishi, turkey tail), peppers (red and green hot chili, cayenne, bell), garlic, ginger, guava, dark leafy greens, citrus fruits, strawberries

Treat cold/flu: the immune boosting foods listed above and: white or green onions, horseradish, peppermint, radish, orange peel, kudzu

