

# WHAT SHOULD I DO TO CLEAR MY COLD?

## 8 remedies to clear your cold ASAP:

1. Two Jin Shin Jyutsu

flows

2. Fluids

3. Hourly steam treatments

4. Vaporizer

5. Rest, movement and

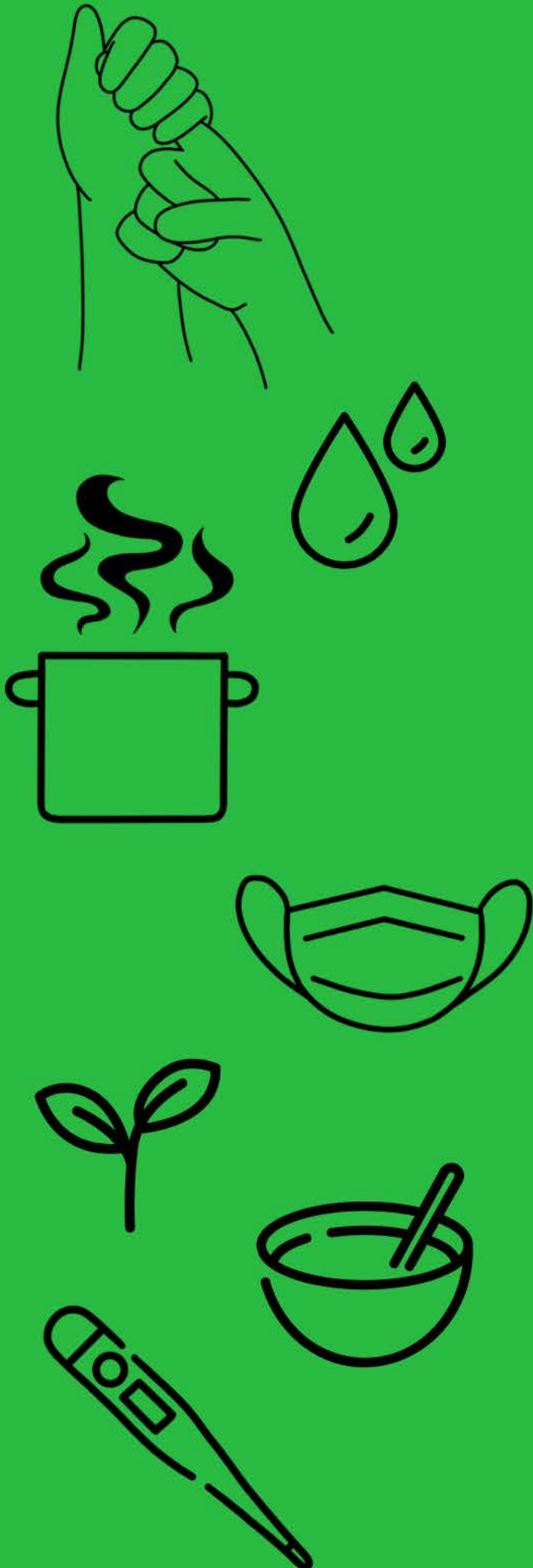
mask

6. Whole plant-based foods

7. Miso Soup

8. Devices: Pulse Oximeter,

Thermometer



# The Eight Remedies for Conscious Cold Care

## 1. **Two Jin Shin Jyutsu flows.**

The Finger Holds and Palm Press; The Lung Flow

2. **Fluids.** During the day, drink fluids like water and herbal teas to the point of peeing every 30-60 minutes
3. **Hourly steam treatments.** While you are awake, boil water on your stove and, when it's boiling, put in a couple of drops of eucalyptus oil and tea tree oil. Breathe the steam in through your nose and through your mouth for 2 minutes every hour. Be careful not to get too close to the steam because it can burn you.
4. **Vaporizer.** At night, it's important that you sleep, but you still need to be exposed to moist air. Run a cold-water vaporizer next to your bed while you are sleeping. After sleeping, expect that your mucus will be thicker for an hour or two until you get the fluids and steam going again.
5. **Rest, Movement and Mask.** Your body is going through a big project of clearing the virus, so listen to its messages and rest as much as you can. It's tempting to "power through" and still go to work or school when you have these symptoms, but this is not good for your body's recovery process and it's not good for those with whom you come in contact. If you have to go "out in the world," wear a mask to protect others from catching the virus from you.
6. **Whole, plant-based foods.** It's extra work for your immune system to digest animal-based foods. While you are sick, you need your immune system to occupy itself with the virus, so feeding yourself foods that come from whole plants will give your immune system one fewer job to do.
7. **Miso Soup.** If you like the taste of Miso Soup, with or without the sea vegetable wakame, it can be very helpful in balancing your body and boosting your immune system. Take an empty mug and (if you wish) put some strands of dried wakame in the bottom of the cup. Add boiling water. Allow the wakame to rehydrate. Add a heaping teaspoon of unpasteurized miso paste, aged at least 18 months. Stir until it dissolves. Drink Miso soup at least three times a day while you are feeling sick.
8. **Devices: Pulse Oximeter, Thermometer.** I recommend you purchase two devices, a pulse oximeter and a thermometer, which are helpful in tracking the course of your viral cold and giving information to your health care practitioner. In this time of coronavirus, a pulse oximeter helps you monitor your oxygen levels.