

A METHOD FOR TREATING COLDS & FLUS

We all have our own methods of treating colds and flus. However, here's one that has worked incredibly well for us for over 40 years, so I felt it would be worth passing on to others too. Instead of feeling totally in effect of an infection, it gives one quite a bit of power over the situation.

Tom Gormley was a brilliant Scottish Naturopath with a practice in Johannesburg who taught us this method. It is based on freeing and stimulating two of the organs of elimination – the liver and the kidneys – to do their work more efficiently. This brings much greater control over one's mucus production, through a naturopathic diet.

NATURECURE DIET

Over eons, the earliest humans evolved apace with the natural foods they were surrounded by. Our bodies still function best when we feed them what's natural to them and cut out the many foods and substances we've added to our diets in the modern era.

If you can get hold of organic fruit and vegetable, all the better, but even if not, eat foods as close as possible to the way we find them in nature as possible and cut out all others while dealing with a cold or flu.

EAT:

Fresh fruit, lightly cooked or steamed vegetables; simple salads with simple, natural dressings (olive oil, lemon, sea salt); grilled meat (preferably not fried); grilled or boiled fish, cereals, good wholewheat unrefined bread, eggs.

As a general rule, eat foods as close to the way we find them in nature as possible.

DRINK:

Spring water; herbal teas; fruit juice in moderation.

CUT OUT:

Refined sugar and all products containing refined sugar – bacteria feed on sugar; sugar increases mucus in the body. If you crave sugar, eat a few dates, figs, a little honey, but don't overdo these.

Milk and all dairy products – cheese, yogurt, etc. These increase mucus production enormously.

Replace tea and coffee with herb teas. Tea and coffee are eliminated by the liver. Removing this burden from the liver frees it to better deal with any waste products from an infection. Also eliminate alcohol and cigarettes.

By cutting out alcohol and concentrated brews like coffee or tea, one considerably lightens the body's workload. The energy used by the liver and the kidneys to detoxify the body of substances like this - which stimulate but otherwise cannot be used by the body - will then be freed for the healing process.

If you get a virus or any other infection stick to natural foods as closely as possible. You'll be amazed at the control you can have over your mucus production and other feverish and infectious symptoms. It will make a difference!

COMPRESS

The cleansing process can be greatly enhanced using a waist compress each night. The compress is designed to stimulate elimination from the kidneys. Using it you'll find you will be able to breathe more easily and therefore get a better night's sleep. However, don't begin using the compress until you've been on the diet for 24 hours and don't use it if you're not on the diet. The kidneys can be burdened if they are called on to eliminate too many waste products in too short a space of time.

Wet a 3-inch wide strip of thin cotton material in cold tap water. Squeeze out gently to prevent water from running everywhere. Place this single layer - this is not a pleasant moment! - around your waist. Ensure that it really is a single layer - no overlapping or folding. Take a 4-inch strip of warmer blanketing material to go twice around your waist. Cover the wet cotton strip with this and do it up with a safety-pin. Go to bed and get warm. The compress will stop feeling cold very soon. The compress should be dry in 2-3 hours. If it isn't you're not doing something correctly.

Because of the cold wetness, the circulation to the waist - and the kidneys - is increased. This further stimulates the elimination of body toxins from the kidneys while the compress is wet and active. This type of compress should not be repeated too often. One on going to bed at night is often sufficient. It will then greatly reduce the stuffiness of a cold and allow one to get a good night's sleep.

If you are in bed all day the compress can be repeated up to 3 times in every 24 hour period. However this kind of compress can eventually put a strain on the kidneys so don't overdo it. If you are ill with an infection for a longer period, use the compress for around five nights, then take a break for two.

In case you are worried about getting the virus, you don't have to wait until you might get it before beginning the above regime. You can begin to use it anytime to cleanse and strengthen your body.

There are many interesting things to what's happening: we're seeing that there are no boundaries, that the world is all joined up and that we're all in this together; the virus is making us aware of community and that we have an obligation to protect each other; and we're having to take our bodies seriously by staying home and paying attention to them instead of suppressing the illness with drugs and just carrying on working or partying as we've done for decades now.

Good Luck getting through this time!