

Head Colds

Cold Symptoms

Colds are caused by viruses. They are often associated with fevers, especially at the onset of the illness. At this time there is no medical cure for the cold, and you may be sick for 2-3 weeks at a time with a runny nose, congestion, and/or coughing. For those who frequently exposed to many others, colds may be a recurrent problem and come “one right on top of another”. Some children may get 8-10 colds a year.

It is important to realize that although decongestants and cough medicines are intended to relieve symptoms they do not cure the cold. Don't use them unless you are comfortable after home remedies. I prefer not to use medication at all for infants under 3-6 months of age, since it can hype them up or make them drowsy.

What to do:

1. Elevate the head of the bed.
2. Run a vaporizers or humidifier by the bedside. Cool mist is preferable. Toddlers won't burn their hands when they stick them in the vents. (Vaporizers need to be cleaned every so often so they don't collect mold, etc.)
3. In a young infant, if there is a lot of nasal congestion, try using salt water nose drops. These may be purchased or mixed at home: mix ¼ tsp. salt and 4 oz. warm water. Drop 2-3 drops in each nostril. This will loosen mucous, or infuriate the infant so much, he will snort out all the mucous. You may need to do this before feedings. You may also occasionally need to use this technique along with the bulb syringe or nasal aspirator... but use caution: overuse (more than 2-3 times a day) of the bulb syringe may irritate the nasal lining and cause even more congestion.
4. Drink plenty of fluids. In a young infant, nurse frequently. If formula fed, and the baby is very congested, try diluting the formula with extra water (temporarily, 1-2 days). Everyone else should try cutting out milk and milk products for a few days to decrease phlegm. When you drink more fluids you have to urinate more frequently and your blood therefore is more filtered through your kidneys.
5. Vitamin C and Zinc Lozenges. Adults should take 1 vitamin C and 1 zinc lozenge every 2 hours (up to 12 a day), children (up to 6 a day). Lozenges are preferred over tablets since they act on the virus at the site of the problem. Ask your chiropractor for a good supplement since over the counter supplements in the health food stores are generally low quality, compared to doctor direct supplements.

When to call the doctor:

1. In an infant under 3 months if there is any fever at all (100.5 rectally or over)
2. In an infant over 3 months if there is a fever lasting over 24 hours on top of well-established cold. This may indicate an ear infection or other bacterial complication.
3. Breathing fast (not associated with fever) or wheezing.
4. Color not good; blue around the lips or gray skin color.
5. Increasing listlessness persists even after you bring your baby's temperature down.
6. In a young infant, if the baby's suck is weak. This may indicate that the baby is spending too much energy breathing. In an older child, call if the child is not able to take fluids.
7. Persistent cough (over 3 weeks).
8. Ear infections. Though pulling on the ears may be an unreliable sign, increasing irritability several days into the cold, fever on top of the cold, waking up screaming at night during the cold, may indicate an ear infection.
9. In general, colds may last 2-3 weeks. As long as there is gradual improvement after about the first week of illness, you're doing well.

Some common misconceptions:

1. Decongestants will not prevent ear infections.
2. Snorting mucous instead of blowing it out will not predispose you to sinus infections or lead to pneumonia by drainage of mucous into the chest.
3. Sinus infections can occur with colds, the change in color of nasal mucous from clear to yellow-green does not indicate that the sinuses are infected. However, if you develop facial pain, or swelling around

- one eye, especially with yellow-green mucous and fever, then you may be dealing with a sinus infection.
4. Coughing up phlegm does not necessarily indicate that you have an infection in the chest. The phlegm is usually from the back of the nose and deep in the throat. If you swallow it or vomit it when you cough too hard, this is nothing to be alarmed about. However, if you do not feel that you have chest symptoms repeatedly with colds, this is not normal, and deserves investigation by a doctor.
 5. Wheezing and true chest congestion is not normal with any cold and may indicate viral infection of the bronchial tubes, asthma, pneumonia, etc. A “deep” cough doesn’t necessarily mean it’s coming from the chest.
 6. Don’t give medicines for cold symptoms unless you are comfortable. Since they do not cure the cold, they do not prevent complications; they are only intended to make your children feel more comfortable.

The virus will settle in a weak area of the body, commonly the mucous membranes (pharynx, larynx, sinuses). The area of settlement becomes weak because the nerves from the brain stem and cervical spine are not transmitting properly because of structural misalignment. Chiropractic adjustments will help restore the proper nerve energy to help alleviate your symptoms.

If the virus settles in the sinuses, mucous is created to raise the temperature in the sinus (which are normally air cavities) and hence kill the virus. By blowing your nose and using antihistamines we dry the nasal passages and mucous is not created to kill the virus; it simply prolongs the process of destroying the virus. Clogged sinuses are what the Creator intended, it raises the temperature in the sinuses and destroys the virus.

Reduction in Duration of Common Colds by Zinc Gluconate Lozenges in a Double Blind Study

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As a possible treatment for common colds, zinc gluconate lozenges were tested in a double blind, placebo-controlled, clinical trial. One 23 mg zinc lozenge or matched placebo was dissolved in the mouth every two wakeful hours after an initial double dose. After seven days, 86% of 37 zinc-treated subjects were asymptomatic, compared with only 46% of 28 placebo-treated subjects. Side effects or complaints were usually minor consisting mainly of objectionable taste and mouth irritation. Zinc lozenges shortened the average duration of the common colds by approximately seven days.

American Health reported on a study done by the Clayton Foundation Biochemical Institute of the University of Texas-Austin.

“The 146 volunteers were given a seven-day supply of either 180 mg of zinc gluconate tablets (each containing 23 mg of zinc itself) or fake look-alike – no more than twelve tablets a day for adults and nine for youngsters. For smaller children, the adult dosage was halved, to a maximum of six tablets per day.”

“Regardless of dosage, volunteers were told not to treat their colds after going to sleep – unless they happened to awake. All volunteers were asked to stop treatment entirely six hours after symptoms disappeared. Other treatments were not permitted. When the results were in, Eby and Halcomb has the data analyzed by a nutritional scientist, Dr. Donald Davis, who works in the Clayton Foundation Biochemical Institute of the University of Texas-Austin.”

“The results were significant. Cold sufferers who had actually taken zinc gluconate were completely recovered in an average of 3.9 days. By contrast, it typically took 10.8 days for the rest of the group – those who used the dummy tablets – to become symptom free.”

“And just as interesting, the researchers reported, was that the treatment worked as well for mild as severe colds – and helped even if the cold wasn’t caught right at the beginning.” “What we found,” says Eby, “is that whether people had been sick for three, four, five, or six days, they were going to get well about seven days earlier than they would have normally.”

“If you want to take zinc for your sniffles, it is probably worth a talk with your physician. He or she may tell you to stop taking the pills if they make you feel worse instead of better, by causing nausea or other side effects. If you do try this

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remedy, don't go above the dose recommended by Eby and Halcomb. Just take the pills for about a week or less when you have a cold. And whatever you do, don't try to prevent colds by keeping the tablets melting in your mouth all winter."

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An Extremely Effective, Simple Cold and Flu Treatment

By John Amaro, DC, FIAMA, Dipl. Ac, Lac.

Some years ago, a group of esteemed scientists from the People's Republic of China was invited to visit the United States by the American scientific community. This event would usher in an exchange of ideas and an opportunity for two great nations to corroborate on a number of issue vital to the health and welfare of the world.

Over a period of nearly two months, the Chinese scientists visited virtually every major research facility in the nation, followed closely by their American hosts, who were furiously taking notes promoting discussion on a variety of issues – from nuclear physics, to aerospace to medical research and treatment approaches. The visit culminated with a banquet at Princeton University in honor of the Chinese scientists, attended by a virtual "who's who" of the North American scientific world.

During the banquet, the moderator of the event posed a question to the chief Chinese scientists: What was the most significant thing he had learned in America, and what impressed him the most about the U.S. that he would return to China and share with his colleagues? The scientist rose from his chair, strode to the microphone, gazed over the crowd, and stated in understandable English: "The number one thing that impressed me the most about America is the common belief by the common person that there is not a cure for the common cold." The American scientists were totally caught off guard with this statement, as it was perhaps the furthest thing from anyone's mind. It was not what they were expecting to hear.

Even though the names of devastating influenza are often Asian, and China has been credited or blamed with the development of some of the most deadly flu epidemics in the world, the Chinese, through effective acupuncture approaches, have had a major impact in altering the extreme symptomatology that accompanies both the flu and the common cold.

The following illustrated acupuncture approach is extremely effective not only in alleviating the symptoms associated with cold or flu, but also, if used early enough, in potentially preventing the symptoms and condition from developing at all. All of the points shown may be stimulated with noninvasive devices, such as the teishen, electronic stimulation or laser, in addition to needles. One of the most effective approaches to successful treatment is to copy the diagrams in this article and provide them for your parents for their continued self-stimulation of the points throughout the day. Remember: This may be one of the most powerful effects for the cold and flu you will ever learn!

One of the key points is the "miracle," or "common cold" point, on the thenar eminence, in line with the imaginary line drawn down the middle of the index finger. If a cold is present, or on the way, this point will be very sore to palpation. The "sore throat" point is perhaps one of the most dynamic, for seemingly miraculous elimination and lessening of pain from sore throat almost immediately.

Additionally, Li4, ST36, and SP6 are extremely effective points for boosting the immune system and are three of the most powerful for this purpose, when used together. Caution is urged in using these points for any female who may potentially be pregnant, as Li4 and SP6 are classic points known to induce abortion. If there is a question or pregnancy, eliminate these two points; otherwise, they are quite dynamic. They are historically used to promote delivery in the ninth month as the contents of the uterus are expelled.

Lastly, TH5 and P6 are, without question, two of the most effective points in terms of affecting the immune system and building vital resistance. These two points are my personal favorites. This effect is through the extraordinary meridians.

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