

# COMMON COLD CAUSES & REMEDIES

by Lady Carla Davis, MPH

*Specializing in Nutrition*

The **Common Cold**, caused primarily by *rhinoviruses* and *coronaviruses*, is the most frequent infectious disease in humans. People are exposed to viruses on a daily basis. However, IF properly nourished, the body's natural defenses will provide protection. There are several factors involved in becoming infected with, preventing, and quickly getting rid of a cold.

## **Virus Exposure, EFAs, Vitamins A and C, Minerals, and Dehydration**

Cold or flu viruses can enter the body through orifices such as the nasal passage, mouth, eyes, ears, sweat glands, urethra, and anus. However, as observed in a TV medical documentary, viruses can not penetrate cells that are sufficiently nourished with **Vitamin A** and **Essential Fatty Acids (EFAs)**. Viral invasion is only possible when cells are deficient in these nutrients. Consumption of **damaged fats/oils** do **not** provide protection from viral infection because they do not properly nourish the cells. In addition, they disrupt and stress the endocrine system, which in turn weakens the immune system. Intra cellular dehydration and deficiencies of **vitamin C**, **zinc**, and **iodine** can also make the body more vulnerable to infection and impede recovery. **Magnesium** and **potassium** help to alkalize.

## **Poor Hygiene and Pollution**

Dirty hands, poor hygiene, pollution, and chemtrails are major causes of spreading viruses and bacteria. Washing one's hands on a regular basis and covering one's mouth when sneezing, along with good hygiene, help prevent the spread of germs. Exposure to chemical fumes, chemtrails, and smoke in all forms can infect and damage the lungs. Avoid them.

## **Acidity/Low pH**

The sodium and potassium ratio is the most important mineral ratio in the body. This ratio, along with the kidneys and intra cellular hydration control the body's acid-alkaline (pH) balance. When this ratio is out of balance, the body becomes acidic and more susceptible to infection and disease. Several factors are involved in creating this imbalance:

- **A junk food diet, drugs, and pollutants**, such as coffee, MSG, soda, sugar, tobacco, various medications, and fluoride are highly acidifying. **Heavily salted** and highly refined foods, along with alcohol are also acidifying. **Read the "Ingredients" section on all products.**
- **Improper breathing, hyperventilating, and dehydration** also acidifies the body. **Smoking** and second hand smoke obstruct proper breathing by destroying the airways and alveoli in the lungs.
- **Stress** produces acids, cortisol, epinephrine/adrenalin and other stress hormones in the **"fight or flight"** response. While this response can save one's life in an

emergency, over the long-term it suppresses the immune system and breaks down the body.

### **Sunshine, Vitamin D and Full-Spectrum Light**

Lack of sunshine, Vitamin D deficiency, and distorted lightwaves from indoor lighting all weaken the immune system. Obtaining sufficient sunshine and full-spectrum daylight (without sunglasses) on a daily basis provide important nutrients that help protect the immune system. Sunglasses distort the lightwaves. Humans, like plants, deteriorate and are more prone to disease when they do not obtain a sufficient amount of sunshine and full-spectrum light on a daily basis.

### **Chill**

When chilled, the body produces stress hormones in an effort to keep warm. A damp cold is particularly stressful on the body. All stress weakens the immune system and creates an acidic condition, which in turn makes the body more prone to catching a cold.

Sometimes, a combination of the above factors can be the cause of a cold.

## **15 Tips On How To Prevent Or Get Rid Of A Cold Quickly**

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- 1. Warm the body, especially the feet. Have a sauna if possible. Sweating helps to eliminate viruses. To avoid re-infection, shower or bathe in hot water and avoid becoming chilled. When exposed to cold weather, keep the whole body warm, especially the head and feet. Avoid wearing synthetic materials, which hinder the skin's ability to breathe and function. Natural materials, such as cotton, silk, and wool enable the skin to breathe and function better.**
- 2. Bathe in sunshine, full-spectrum or natural daylight for at least one hour daily. Sunshine and "full-spectrum/natural daylight radiate ultra violet light, which kills viruses and bacteria. Daily exposure of the skin to sunshine helps the body produce vitamin D, which strengthens the immune system and helps prevent disease. Read "Light... A Vital Nutrient" by Lady Carla Davis, MPH, at: <https://nourishingbasics.com/nutrition/>**
- 3. Body brush vigorously after showering with a hard, natural bristle body brush. This, along with circular exercises, cleanses the lymphatic system and helps to rid the body of acids.**
- 4. Hydrate the body with a sufficient amount of pure, structured water. To learn more go to: [www.alivewater.com](http://www.alivewater.com) and [www.dancingwithwater.com](http://www.dancingwithwater.com). Avoid fluoridated water, which is toxic and breaks down the immune system. See [www.fluoridealert.org](http://www.fluoridealert.org) and <https://fluoridefreeaustralia.org/>. A good indicator to determine if you are drinking enough water is to check the color of your urine; the clearer the better. Read "Your Body's Many Cries For Water" by F. Batmanghelidj, MD and "Dancing With Water" by MJ Pagman, MS and Melanie Evans.**

5. Alkalize the body with foods rich in magnesium (e.g. kale and other leafy greens, almonds, black beans, chia seeds, flax seeds, pumpkin seeds, avocados, buckwheat, quinoa, brown rice, wild salmon) and potassium (e.g. berries, citrus and other fruits, raisins, green beans, potato skins, pumpkin, leafy greens, parsley, cilantro/coriander, organic meat). Consume home-made soups rich in minerals, such as pumpkin or turkey/chicken with vegetables. Make your own stock with bones, herbs, garlic, and Celtic seasalt. AVOID MSG, commercial salt, and highly salted foods. Use Elektra transdermal Magnesium: <http://mastersofhealthmag.com/index.php/elektramagnesium/>
6. Nourish the body daily with the EFAs (Omega 3 & 6) in balance. Organic (High Lignan) Flax Seed Oil ([www.omeganutrition.com](http://www.omeganutrition.com)) is the best vegetable source of Omega 3 EFAs. Krill, calamari, and quality fish oils also provide EFAs and its DHA and EPA derivatives. Fresh coconut and coconut oil are rich in Lauric Acid and have anti-bacterial/anti-viral properties. AVOID ALL damaged oils and margarine. Read "*Know Your Fats & Oils*" and "*Get The Facts On Flax*", both by Lady Carla Davis, MPH at: <https://nourishingbasics.com/nutrition/>
7. Consume high amounts of Vitamin A fruits and vegetables, which are dark green, orange, and yellow in color; organic liver; and a natural vitamin A (carotenoids) supplement (10,000 iu-25,000 iu daily/adult).
8. Consume high amounts of Vitamin C fruits, such as berries, tree-ripened citrus, pomegranate, papaya, pineapple, and kiwi; and vegetables such as red peppers, parsley, sweet potatoes, broccoli, along with a supplement of natural vitamin C complex in mineral ascorbate form (1,000-2,000 mg daily/adult minimum). Vitamin C is a vital nutrient and powerful antioxidant that protects cell health and integrity, repairs, and heals. It also nourishes the Adrenal glands, providing the energy necessary to eliminate toxins. NOW Alphascorb Vitamin C with potassium and bioflavonoids and Rainbowlight's Super C with bioflavonoids are among the best Vitamin C supplements that help alleviate a cold.
9. Consume iodine rich sea vegetables such as kelp, nori, dulce, wakame, and Main Coast Sea Seasoning shakers ([www.seaveg.org](http://www.seaveg.org)), or natural iodine supplements. Iodine kills viruses and bacteria and nourishes the Thyroid gland, which helps to maintain normal body temperature and provide the energy needed to eliminate toxins.
10. AVOID acidic substances, such as refined sugar, coffee, sodas, tobacco, alcohol, MSG, fluoridated water, and highly processed and heavily salted foods, such as luncheon meats, bacon, chips, pickles, and various condiments.
11. Take a quality Garlic supplement (4-6 capsules) daily to eliminate congestion until completely cleared. Endo Met's Garlic is one of the most effective garlic supplements. Garlic is Nature's natural antibiotic. It clears lung congestion without the side effects of medication. Cook with garlic and onions. They are rich in purifying sulphur.

12. Spray Sovereign Silver or OxySilver immune support hydrosol concentrate high up in the nasal cavity. <http://www.cureshoppe.com/oxysilver-immune-support-hydrosol-concentrate-with-528/>. This kind of silver is a powerful anti-bacterial, anti-viral, anti-fungal, anti-inflammatory immune booster.

13. Sleep, rest, and meditate as much as possible. This greatly helps to rebuild adrenal glands. De-stress with a therapeutic massage and soothing music. <https://calmingharp.com/> Therapies of this kind reduce acidity and greatly enhance the immune system. The body repairs and replenishes its hormones during sleep, meditation, and relaxation.

14. Freshen and circulate the air in your home. AVOID pollution and do not smoke. Breathe the air near ocean waves or water falls, which provide a rich source of small beneficial negative ions. Another option is to get an Elanra ionizer (<http://negativeions.com/>). It is the only medical ionizer that produces the small, beneficial negative ions, found in Nature, that can be inhaled into lungs and bloodstream to increase oxygen intake.

15. Breathe properly. Holding the out breath as long as possible helps to oxygenate the body. Practice the Butayko method, Taidao, Tai Chi, Yoga, and/or Meditation methods of breathing. These modalities are all very beneficial because they help to balance the body's pH and strengthen the immune system. <https://www.karenatkins.com/vital-qi-tv/>

Remember...the body has four channels of elimination...

Lungs

Kidneys

Bowels

Skin

Each channel must eliminate 2 lbs. of toxins a day. DO NOT HINDER them; ASSIST them!

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