

# Common Cold Causes & Remedies

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The **Common Cold**, caused primarily by *rhinoviruses* and *coronaviruses*, is the most frequent human disease. Diet, stress, and the environment constantly expose us to toxins. When the overload or imbalance gets too high, the body produces viruses and exosomes to help eliminate the toxins. However, if well-nourished, our natural defenses will provide protection. Several factors are involved in preventing and quickly getting rid of a cold.

## **EFAs, Vitamins A and C, Minerals, and Hydration**

When pollutants, toxins, parasites, and bacteria enter the body through orifices such as the nasal passage, mouth, eyes, ears, sweat glands, urethra, and anus, the immune system quickly spins into action. But, obstacles occur when infected with nanoparticles/nanobots/nanotechnology, synthetic cross-domain bacteria (Morgellons), synthetic/graphene oxide /hydrogel filaments, GM parasites, and weather geoengineering.

A Swedish TV medical documentary I saw years ago showed that bacteria and viruses do not penetrate cells sufficiently nourished with **Vitamin A** and **Essential Fatty Acids (EFAs)** in balance. Penetration is only possible when directly injected or cells are deficient in these nutrients. Hence, these nutrients are vital.

Note: Consumption of **damaged fats/oils** does **not** protect from viral infection because they do not properly nourish the cells. In addition, they disrupt and stress the endocrine system, which weakens the immune system. (Canola and refined omega-6 oils are the most damaging.)

Acidification, stress, intra-cellular dehydration, and mineral deficiencies such as **magnesium, potassium, zinc, and iodine** can also make the body more vulnerable to infection and impede recovery. **Magnesium** and **potassium** are vital for balancing the acid/alkaline ratio.

## **Poor Hygiene and Pollution**

Dirty hands, poor hygiene, pollution, and weather geoengineering chemtrails spread GM viruses, GM parasites, GM bacteria, toxic metals, and other toxic chemicals.

Keeping hands clean, covering your mouth when sneezing, and good hygiene help prevent shedding and the spread of microorganisms. Exposure to chemical fumes, weather geoengineering chemtrails, and smoke can infect and damage the lungs. AVOID them!

## **Acidity/Low pH**

The sodium and potassium ratio is the most vital mineral ratio in the body. This ratio, along with the kidneys and intra-cellular hydration, controls the 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, fluoride, pesticides, insecticides, herbicides, and agriculture chemicals are highly acidifying. **Heavily salted**, highly refined/processed foods and alcohol are also acidifying. **Read the 'Ingredients' section on all products.**
- **Improper breathing, hyperventilation, dehydration, infections, and exposure to toxic chemicals** also acidify the body. **Smoking**, secondhand smoke, pesticides, insecticides, herbicides, and agriculture chemicals obstruct proper breathing by destroying the lung's airways, bronchi, and alveoli.
- **Stress and trauma** produce acids, cortisol, epinephrine/adrenalin, and other stress hormones in the '**fight or flight**' response. While this response can save your 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, sunshine vitamin D deficiency, and distorted lightwaves from indoor lighting all weaken the immune system. Obtaining sufficient sunshine and full-spectrum daylight (without sunglasses or sunscreen) daily provide vital nutrients that help protect the immune system. Sunglasses distort light waves. Humans, like plants, deteriorate and are more prone to disease when they do not obtain sufficient daily sunshine and full-spectrum light.

### **Chill**

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

Sometimes, a combination of the above factors can cause 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. Use the [Biomat](#) with its infrared benefits. Have a sauna if possible. Sweating helps to eliminate viruses and toxins. 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 the sunshine, full-spectrum, or natural daylight for at least one hour daily. Sunshine and full-spectrum/natural daylight radiate ultraviolet light, which kills viruses and bacteria. Daily exposure to sunshine helps the body produce**

vitamin D, strengthen the immune system, and prevent disease. Sunshine vitamin D is far superior to supplement vitamin D because it goes through all the pathways via the skin. Read *Light: A Vital Nutrient* by Lady Carla Davis, MPH, at: <https://nourishingbasics.com/nutrition/>

3. Body brush vigorously after showering with a stiff, natural bristle body brush. This, along with circular exercises, cleanse the lymphatic system and helps to rid the body of acids.

4. Hydrate the body with sufficient 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. [Hawaii Volcanic water](#) and [Fiji Artesian water](#) are among the best-bottled waters.

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 homemade soups rich in minerals, such as pumpkin or turkey/chicken with vegetables. Make your stock with bones, herbs, garlic, and Celtic sea salt. AVOID MSG, commercial salt, and highly salted foods. Use [Elektra transdermal magnesium products](#) in the [USA](#), or [Australia and NZ](#).

6. Nourish the body daily with the EFAs (Omega 3 & 6) in balance. Organic (High Lignan and Chili & Garlic) flaxseed oil from [Omega Nutrition](#) is the best vegetable source of omega-3 EFAs. Krill, calamari, and quality fish oils also provide EFAs and their DHA and EPA derivatives. Fresh coconut and coconut oil are rich in Lauric Acid, which has anti-bacterial/anti-viral properties. AVOID ALL damaged oils and margarine. Read *Know Your Fats & Oils* and *Get The Facts On Flax*, 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; organic liver; and a natural vitamin A (retinyl palmitate + carotenoids) supplement (10,000 i.u. -25,000 i.u. 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-C with 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, [Main Coast Sea Seasoning](#) shakers, or natural iodine supplements such as Oregon's Wild Harvest Bladderwrack. Iodine kills viruses and bacteria and nourishes the thyroid gland, which helps to maintain body temperature and provides 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 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, onions, and scallions, which are rich in purifying sulfur.
12. Spray [Sovereign Silver](#) or [OxySilver](#) immune support hydrosol concentrate high up in the nasal cavity. This type of silver is a powerful anti-bacterial, anti-viral, anti-fungal, anti-inflammatory immune booster.
13. Sleep, rest, hum, and meditate as much as possible, which helps to rebuild the adrenal glands and heal. De-stress with a therapeutic massage, tuning forks, crystal bowls, soothing music by Steve Rees at [Calming Harp](#), or frequency music by [Jill Mattson](#). 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 waterfalls, which provide a rich source of small beneficial negative ions. Another option is to get an [Elanra ionizer](#)). It is the only medical ionizer that produces the small, beneficial negative ions found in Nature that can be inhaled into the 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 Buteyko Method, Taidao, Tai Chi, Yoga, or Meditation breathing methods. These modalities are all very beneficial because they help to balance the pH and strengthen the immune system. Check out [Karen Atkins Chi TV](#).

Remember: the four channels of elimination:

Bowels

Kidneys

Lungs

Skin

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