

# CONQUERING *THE* COMMON COLD

*NATURAL HEALTH SOLUTIONS FOR BEATING  
ANY COLD IN 48 HOURS OR LESS*

A photograph of a woman with dark hair, wearing a blue zip-up hoodie, lying on her back on a light-colored wooden floor. She is looking directly at the camera with a slight smile. Her hands are behind her head.

MIKE ADAMS



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# Introduction

This is a book about how to conquer the common cold. You might ask, "Why do we need a book like this? Don't we have doctors out there treating colds?" Well, sure we do, but they're treating them with antibiotics, which are utterly useless against viruses. Any doctor will tell you that. Mostly, doctors give people antibiotics for a placebo effect. Then people go home and continue with their own healing process. Eventually, they get over the cold and say, "Oh yeah, the antibiotics really worked," but, in fact, they didn't.

There are so many myths and so much misinformation about the common cold, like that you should eat chicken soup to get over a cold or that a fever is bad for you or that you should use antibacterial soaps in your kitchen to avoid catching a cold. There is so much misinformation that it is time somebody went out there and told the truth about this. That's what this book is all about. Here, you're going to get very practical and down-to-earth information about how to beat the common cold.

## **Beat that cold so you can get on with your life**

This book is not about prevention. It is about beating a cold once you have it. This is a recipe of exactly what to do, step by step, once you start feeling those early symptoms of a cold coming on to make sure it takes no longer than 48 hours for you to get back on your feet. This will ensure you don't spend weeks and weeks suffering from some cold.

That's what normally happens with people. They start to get some early signs, and what do they do? They take antibiotics and painkillers to mask the pain symptoms. They try to control their fever. They end up on over-the-counter drugs that suppress the body's ability to heal itself, and instead of conquering this cold in 48 hours or less, they end up spending weeks suffering from this thing. You don't have to do that. You can beat the common cold in 48 hours or less.

Most of the time, I beat them in one night, and I have rarely been sick in the past several years. I would say in the past eight or nine years, I have only been sick maybe two or three times, although I have had bouts of successfully fighting off cold symptoms that failed to drag me down. Most of the time when I feel something coming on, I beat it overnight. I do it using this recipe, because once you know you have a cold coming on, you really have to scramble. You have to get certain substances into your body very quickly, and you have to avoid certain other substances. You have to change your lifestyle. You have to change your sleep patterns, reduce your stress and modify the way you approach exercise. You have to pay attention to your body and enhance your body wellness. That's what this book is all about: The *recipe* for beating the common cold.

These things are not difficult to do, but you do have to follow the recipe. If you follow the recipe, you can usually be completely over your sickness in 48 hours or less. In fact, as I'm writing this, I felt a virus coming on just yesterday, and I used the same technique that I'm going to share with you—both last night and this morning—and today I'm perfectly fine. I feel completely healthy and ready to go on with life after having only spent a couple of extra hours sleeping. That's a great payoff, compared to spending weeks fighting a cold the way some people do.

## What you're about to learn

Let's cover what you're going to learn in here very quickly, because this is really a practical guide. This is not about theory. I'm not trying to prove something to you from a scientific sense. I'm just trying to give you practical information you can use right now to beat any cold or flu. First we will learn what causes a common cold and discuss some of a cold's early warning signs.

In America, and in other Western societies, many people are trained to ignore early warning signs of a cold or cover them up with over-the-counter drugs. I'm going to show you how to tune in to those early symptoms, so that you know what's happening with your body and can take precautions early on.

We're going to talk about sleep, supplements, hydration, nutrition, what foods to avoid and what foods to eat and how to go alkaline and get your body out of an acidic state. We're going to talk about reducing stress, changing your exercise patterns, listening to your appetite and keeping your energy inside yourself so you can use it for healing, rather than wasting it on external things. We're also going to cover all the medical myths about common colds and the treatments people think help but actually don't.

Again, this is hands-on, practical information. I understand that most people who are reading this probably have a cold right now, and they want to get over it in 24 hours or less, so I'm not going to waste time with a lot of background information. Let's get started with the actual steps that you can use to get over this cold as quickly as possible.

## The true causes of the common cold

First we must ask: What causes a cold or flu? What is a cold or the flu? Is there a difference? There's really no technical difference at all. The words "cold" and "flu" are used interchangeably by the general public. Both colds and flus are typically caused by a virus, or sometimes a virus with an overlapping bacterial or fungal infection. But the primary threat, and our focus in this book, is defeating the virus.

The virus has entered your bloodstream in some way—either through your respiratory system, your foods, your nose or even through your eyes. It can get in through your body in lots of places, and once a virus gets in your body, it starts replicating by taking over the DNA of your cells. It basically hijacks your biology, using its own genetic code to override yours and start replicating in your cells.

A lot of people mistakenly believe that a cold or flu is caused merely by the presence of a virus, but this explanation is actually too simplified. A cold or flu is really caused by an opportunity. You walk around the world every single day with viruses all around you. Every time you touch a doorknob or blow your nose, every time you pick up a fork or drink out of a glass in a restaurant and every time you brush your teeth or flush a toilet, you are exposing yourself to viruses—literally millions of viruses. Well, why don't those viruses make you sick? If viruses cause the cold, how come they don't make you sick?

The answer is because most of the time your immune system is doing its job. You have a defense against infectious disease. This defense normally works just fine. **The only time you get a cold is when your defenses are down**, when your immune system is suppressed or, for some reason, fails to do its job.

## **The real culprit: Chronic stress**

The number one cause of immune system suppression in the human body today is chronic stress. This stress can come from many places. It can come from a lack of sleep, or it can be dietary stress due to the consumption of processed foods, soft drinks or nutritionally depleted foods. It can also be emotional stress or relationship stress. It can be environmental stress from the air you breathe, the water you drink or a lack of sunshine. You can have all kinds of stresses, and, ultimately, these stresses suppress your immune system.

Stress depletes your body of vitamins and makes it so you cannot defend yourself against invading viruses. This creates the opportunity in which a virus can get through your defenses, and, after a few hours of replication, you start feeling the symptoms of a cold or flu. So it's not merely the virus that really causes the cold or the flu; it's also your lack of defense. It's your suppressed immune system. The virus is just waiting for an opportunity.

Therefore, maintaining a high-performing immune system that can do its job and defend itself makes instant sense when you think about how to prevent getting a cold or flu. Keep this in mind when people say, "I got another virus." They blame the virus and think they have to solely attack the virus, but that's not the full story. It's really about boosting your immune system function.

You have the best nanotechnology system ever invented on the planet coursing through your veins right now. It's part of your DNA; it's part of your blueprint. It's nanotechnology. It is a highly complex immune system that's ready to go to work for you if you just give it the tools it needs and stop putting it under so much stress.

If you think about the last time you got a cold or the flu, there was probably some highly stressful event that immediately preceded it. Maybe you got

fired from a job or had a big argument with somebody close to you. Maybe you had an extreme workout—extreme strength training or cardiovascular training—and you stressed your body physically.

Maybe you were traveling, and you had jet lag from sitting on an airplane for six or eight hours—that is stressful to the human body. Oxygen levels are actually depleted in the blood of air passengers, and that's stressful. Any of these things could precede your "catching" a flu or cold, so to speak. This teaches you, once again, that it is really the suppressed immune system that determines your susceptibility to the cold or the flu, not merely the presence of viruses.

### **Detecting the early warning signs of a cold**

Let's talk about the early warning signs of a cold or flu. How do you know that you have one coming on? This has to do with body awareness. You must start paying attention to your body, because if you ignore these early warning signs and don't notice things until they're really bad, then it's often too late to do much good in terms of a lot of these supplements. You need to catch this early, and that means tuning in to your body.

There are basically three big signs that can tell you things are going wrong. Number one is fatigue: If you suddenly feel unusually tired in the middle of the afternoon, and you don't know why, it is a sign your immune system is suppressed and that you're fighting something. You may not know what it is yet, and you may not have any other signs, but something's going on. A normal, healthy human being doesn't get tired all of a sudden, for no reason. If you feel tired, there's a reason for it. It could mean you're infected with a virus.

Number two: If you have a sore throat—even if you just start to feel a little



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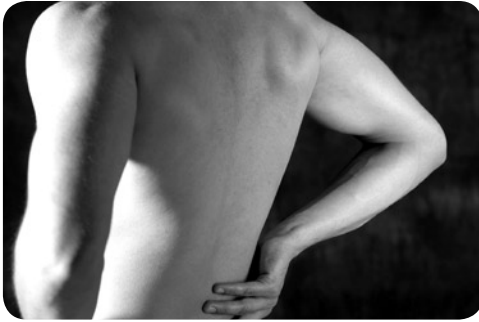
bit of soreness at the very back of your tongue or at the very top of your throat—this is an early sign. You may not be sure what this soreness is. Maybe it just feels a little dry, but you drink some water and find out it's still sore. This is an early sign that something's wrong, and it's time to deal with this.

The third sign is the easiest one to pick up, and it is the most common in my experience: Aching joints or an aching spine. If you get lower backaches for no reason, this probably means you're fighting a virus. Something is wrong there. You're not supposed to just randomly hurt all of a sudden.

## **Taking immediate action to halt the cold**

Let's move on to the steps you should take after you notice these signs. The first step you need to take is to get a lot of sleep. This is the most important strategy you can use to beat the common cold. You have to get lots of sleep—as much as you can stand, basically. I say you should get a minimum of 10 hours of sleep, but if you can sleep 12 hours, then do it.

At this point, you might ask, "What about my job? What about my work?" Call in sick. That's what sick days are for. Don't force yourself to go to work the next day; it will just suppress your immune system even more, and then



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you'll be sick for a week or two. You can often conquer this thing in one night if you allow yourself to sleep 10 to 12 hours. Even then, after you wake up, you might feel sleepy in the middle of the day. In that case, you should sleep again. If you need 16 hours of sleep in that 24-hour period, take it.

Your body needs all this sleep so it can focus its energy and effort on beating the cold. Your immune system, as miraculous as it is, is still based on biology. It still takes cellular energy, and it still takes resources to do its work. If you're running around the house doing laundry or other housework, or if you're out walking around the city or something, you're taking energy away from your immune system, and your body only has so much energy. You have to use this energy in one place or another, so if you stay in bed and sleep, your immune system gets most of the focus, and it can use that energy to overcome an infectious disease very quickly.

I say you should drop everything else, cancel all your appointments, rewrite all your priorities and get yourself some sleep. This is exactly what I do. It doesn't matter if I'm in the middle of writing an important book or feature article or if I have an important meeting. I cancel everything and sleep. Sleep is what will solve this problem, especially when you preload your body with the right supplements and nutrients, which we will talk about later.



## **Don't forget to move your limbs**

Now, there is one note about this: You don't want to spend all your time in bed. It is important to move. Movement is important because it moves your lymph fluid, which is a part of your immune system. You need gentle body movements as part of your cold recovery strategy. If you don't have any body movement whatsoever, then you risk stagnation. Your blood and lymph won't flow very well without movement.

So, while you want to have a lot of sleep, you also want to get up and move around *in a non-stressful way*. You need to do more than just walking. You especially want to lift your arms over your head because this moves the lymph nodes under your arms. You want to move your legs around, too. Tai chi is perfect for this, but you don't have to do Tai chi; you can also just do some stretches or play some air guitar or do whatever you want to do. Just make sure you're moving your limbs around very gently—not in a stressful way—to get things moving.

## **Nutritional supplements for blasting the common cold**

Now we need to discuss supplements. What do you take to beat the common cold? I already talked about antibiotics and how useless those are, so you don't want to take those unless your doctor is absolutely sure you have a bacterial or fungal infection (not common, but it does happen). If you do take antibiotics, by the way, you'll probably end up with diarrhea because antibiotics destroy the friendly intestinal flora in your system. I've met people who have had a cold, gone to a doctor for some antibiotics, took them and said, "This cold gave me diarrhea." I say, "No it didn't; it was the antibiotics that gave you the diarrhea. If you didn't take those, you'd be just fine. In fact, you'd probably be over your cold sooner."

There are many things you can take—besides antibiotics—that can help you. Let's start with the simple things, which are zinc and magnesium. Zinc is number one in terms of minerals that can help you beat a cold or flu. You need a lot of zinc to get over a cold. I usually take triple the recommended dosage on the zinc supplement bottle, which is usually fine because people tend to be deficient in zinc anyway. But zinc, like any metal, does have a toxicity level. If you were to eat an entire bottle of zinc supplements, it would be bad for you, so you don't want to go too crazy with this.

When you are taking any supplements whatsoever, I always recommend—as a disclaimer—that you work with a naturopath or qualified health practitioner. Don't take this as any kind of medical advice. I'm merely sharing my personal experience here. I take a whole lot of zinc. Magnesium is also important, so if you can get that, take that, too. Zinc and magnesium are of extreme importance in terms of minerals.

### **Vitamins that conquer the cold**

With vitamins, it's important to get lots of B vitamins. These are very important for your immune system function. Other vitamins are certainly important, as well—vitamin D, E and so on—but the B vitamins are especially important for immune system function. When you combine B vitamins with vitamin C—and I'm a believer in mega doses of vitamin C when you're fighting a cold—you tend to get over these colds very quickly. I might take 5,000 to 10,000 milligrams of vitamin C in one 24-hour period. In some people, that can cause diarrhea; it just depends on your specific tolerance. If you have doubts, just take 1,000 to 2,000 milligrams. That's a fairly small dosage, and is nowhere near the levels of toxicity for this vitamin.

You can also take very high doses of B vitamins, because it's very difficult to overdose on them. B vitamins are water-soluble vitamins. Technically, a

person can take 10,000 times the recommend daily allowance and still have no signs of toxicity with the B vitamins (but of course I'm not recommending that dosage) unless this dosage is repeated daily. That's not true with other vitamins—like vitamin D or vitamin A or the mineral zinc—but it is true for vitamin B.

The B vitamins have a unique metabolic pathway, so it's very difficult to overdose on them. B vitamins will turn your urine yellow, and your body might get a lot more of it than it can use, but it's cheap prevention compared to the cost of being sick. Vitamin B is cheap, and I always say to get your vitamins from natural foods sources whenever possible. I'd much rather eat some superfoods or whole food concentrates that contain these vitamins than take isolated supplements.

### **Whole food concentrates boost your immune response**

Speaking of whole food concentrates, you want to take these as supplements. You can call them whole food concentrates or whole fruit concentrates. These would include freeze-dried powders of blueberries, figs, pomegranates and other fruits, especially berries. These can be very potent in terms of antioxidant capabilities and are effective in protecting your nervous system and boosting your immune system function.

Fruit concentrates or whole food concentrates enhance a number of metabolic functions, so you should look for these products. You can find them in health food stores or various places on the internet. Basically, they are just vitamins, powders or tablets made from whole food sources, instead of isolated vitamins.

As of this writing, a couple of the ones I recommend are the Alive Whole Food Energizer supplement made by Nature's Way and a product from New

Chapter called Berry Green. The Garden of Life also offers a whole food concentrate product as well as a fruit concentrate. So if you just look around the market, you can find these things. A lot of different companies have them, and it's important for you to get quality ingredients into your body in this concentrated format.

## Cold-busting herbs

Next, we'll talk about some herbs, and these are some of the most potent cold fighters in terms of supplements because they directly attack the viruses and stop them from replicating and communicating at a cellular level. These herbs have proven antiviral properties, and here's what I take: I start with three or four capsules of olive leaf extract. Then I take aloe vera concentrate, which is antiviral and a strong booster of immune system function. You don't want to take the whole aloe vera leaf because the whole leaf contains a chemical that will loosen your stools quite aggressively and can cause diarrhea. What you want is the inside gel. The gel won't cause diarrhea, and it is available in various capsules or soft gels from a variety of companies. You can also take lemon balm as a tincture, capsule or tablet, depending on how you can find it. As a warning, the tincture can have an unsavory taste.

Elderberry extract is also good to take. Elderberry exhibits well-documented antiviral properties. Elderberry really works. You can take this in large doses. Sometimes I take a half dozen elderberry capsules at once because I want elderberry in my system. I want those vital nutrients circulating in my blood and beating the virus.

Then there is green tea. Green tea is antiviral and antibacterial. It boosts immune system function and the oxygen-carrying ability of your blood, as does aloe vera. Some of these herbs, including aloe vera, also **reduce the stickiness of your blood cells**. In other words, your blood becomes more

viscous, and there is less friction between your blood cells. This helps your blood more efficiently carry nutrients—such as oxygen—to the various cells in your body, which means your immune system function is going to be more efficient, and the digestive system is going to be more effective. Other herbs worth mentioning are St. John's Wort and echinacea. If you have those, you should consider taking them to help fight the common cold or flu bug. As always, get the approval of a qualified health practitioner before taking any supplements, especially St. John's Wort, which may interfere with a number of prescription medications.

### **Kicking the cold with everyday foods**

Foods have healing properties, especially when you deliberately choose foods to overcome a cold or a virus. So what kind of foods should you eat? And, just as important, what kinds of foods should you avoid, since getting over a cold requires avoiding certain foods and food ingredients?

Let's start with what to eat. First of all, you should eat a lot—as much as you can stand—of ginger, garlic and onion. These three things will help you conquer any cold or virus. They also happen to be anticancer foods, so not only will they boost immune system function, they will also help prevent cancer tumors from growing in your body.

You should also eat culinary herbs. Whether you're talking about peppermint, cilantro, sage or rosemary, almost every one of the culinary herbs is antiviral. If you eat them in large quantities, you can really get some impressive levels of these vital nutrients in your body and in your blood, where they can fight the cold. So if you happen to love mint, then eat some fresh mint. Fresh is the only way to go. Artificial mint flavor does nothing for you. You have to get a fresh source of mint leaves. Growing them yourself is the best option for potency.

Next, you want to eat some boiled grains. By boiled grains, I mean whole grains boiled in water. If you want to sweeten them up a bit, use some stevia, but don't put any sugar in there, and don't put any salt in there. Those are two big things to avoid when you're trying to beat the cold, and I'll talk more about that in a minute.

My top recommended boiled grain is pearled barley. Barley is especially good for you when you are fighting a cold because it is easy to digest. It doesn't take a lot of your body's energy to go through your digestive system. In addition to being relatively easy to digest, barley also helps enhance kidney and spleen function, which are both important for getting over the cold. While the kidneys help extract toxins from your blood stream and eliminate these toxins through your urine, the spleen is important for your immune system function. So if you have this grain that supports the kidney and spleen, you're going to be much better off in terms of fighting this cold.

Another whole grain that I strongly recommend is quinoa. Quinoa is good because it has just the right ratios of fiber, protein and complex carbohydrates. It's really an outstanding grain, and it's easy to make. You just boil it for 20 minutes, and it boils even more easily than barley. You can add flavor to quinoa with some cinnamon and stevia, or you can put some apple chunks or blueberries in there, or add some homemade nutmilk (or cow's milk, if you drink that). You can easily prepare warm meals with these whole grains, which is important because you want to eat warm foods.

### **Raw foods vs. cooked foods during a cold**

A lot of the time, when I talk about nutrition for people who are not sick, I recommend eating a lot of raw foods—raw fruits, raw vegetables, raw nuts and seeds. However, when you are fighting a cold, I recommend you balance your consumption of raw foods with cooked foods (although I never recommend

anything that's cooked at high temperatures, such as deep-fried foods). Why limit your consumption of raw foods? Because you want to minimize the effort that your body has to expend to digest these foods. In other words, you want to predigest them as much as possible before eating them. So if you're eating some carrots, for example, steam them or blanch them first. If you're eating some broccoli, steam the broccoli first, or stir-fry it Chinese-style with some healthy oils, so you don't have to break down all the complex structures of the broccoli with your digestive tract. This will ease the load on your body during digestion.

Some of the things that should never be cooked, by the way, are fruits, sugars of any kind and processed carbohydrates (like white bread or donuts). Also, animal products (animal meat, fat, milk, etc.) should never be consumed while fighting a cold, because they stagnate the body and impair your immune response.

Getting back to vegetables, gently heating them makes some of their nutrients more bioavailable. For example, when eating carrots, if you want to unlock more of their beta carotene, it's important to steam them first. The same thing is true of tomatoes. If you're eating a tomato, and you're trying to get the lycopene, it's more difficult when that tomato is raw because the lycopene is chemically bonded to protein molecules. To get the lycopene, you want to steam the tomatoes first or cook them in some way.

Because of this, eating tomato paste when you're sick is in some ways better than eating raw tomatoes. Of course, cooked tomatoes lack the enzymes and energy of raw tomatoes, so I do recommend some raw elements in the diet. My top choice? Sprouts. Eat small bunches of living sprouts: Bean sprouts, clover sprouts, broccoli sprouts or even radish sprouts. This is your best living food during any cold.



**When you're sick, you should focus on eating small berries, especially blueberries, which should be your number one fruit when you have a cold.**

## **The power of raw berries**

I also recommend eating berries raw, and this is something I strongly believe in. I believe that blueberries, raspberries, cranberries, blackberries—all these small berries—are the most potent sources of antioxidants found in nature, other than superfoods and microalgae. Berries are fantastic cold fighters, and you should get as many of these into your body as you feel comfortable getting.

You can eat them by the handful. I certainly do. I eat them every day, even when I'm not sick. When you're sick, you should focus on eating small berries, especially blueberries, which should be your number one fruit when you have a cold. You need these fresh berries in your body, and you do not want to cook them, because, in this case, they're not that difficult to digest. Berries are easier to digest than vegetables, and if you do cook them, you're going to lose some of the antioxidant characteristics of these berries. You want to eat these raw. Never cook fruits.



## **Danger foods you must avoid**

In addition to what you *should* eat, we must also talk about what you *shouldn't* eat. This is just as important as what you do eat. Some people, after I give them this list of foods to avoid, say, "Maybe I can manage to not eat these things for one or two days, but I couldn't do this for my whole life." That's fine. I'm not trying to convince anybody to eat this way for the rest of his or her life. Now, if you want to be perfectly healthy, then this is a good way to eat for the rest of your life, but if you just want to get rid of your cold as quickly as possible, then you can limit this to just a few days. It's up to you.

This information is meant to help you get over a cold. What you do with it is up to you, but the truth is, following this advice will help make you well. To get over a cold, you must have no milk or dairy products, no red meat, no refined sugar, no white flour and absolutely no added processed salt whatsoever. That means no milk, no cheese, no yogurt, no hamburgers, no steak, no sausage, no bacon, no white flour, no white bread, no pastries, no donuts and no added sugars of any kind, which eliminates a lot of breakfast cereal products. Finally, you must have no added salt, which means no chicken soup. None of the common canned soups out there are good for you when you have a cold.

## **How excessive salt consumption worsens your cold**

Let's address why these foods and food ingredients are so bad when you have a cold. We'll start with processed salt (common salt). Salt is bad because it stagnates the body. Although we need a certain amount of salt to be alive, nearly everyone in modern society today gets far more salt than they could possibly need. Most people get way too much salt, and when you have too much salt, you start to actually impair the function of your organs and the movement of the water from your organs to your blood stream throughout your body.

This actually impairs the flow of water through your body. Water follows salt; wherever you put salt, it will absorb water. If you consume all this excess salt, you're actually going to have too much water in some places in your body and not enough water in other places, because most people don't drink enough water. You're going to have all these organs and tissues loaded with salt and starving for water. They will try to pull water out of the bloodstream. In this way, excess salt actually creates excessive dehydration at the organ level, so too much salt is very bad for you.

As we all know, hypertension and high blood pressure are some of the clinical side effects of long-term excess salt consumption, but the real problem with salt has to do with hydration and water balance. If you want to get rid of your cold, you have to allow your immune system to flow and do its job. It has to move freely through your body and be able to carry nutrients to your organs and tissues. It has to be able to carry away waste products from all the cells in your body, and it can't do that very well if you have too much salt blocking up all these pathways. It's sort of like trying to slog through mud or molasses.

If you reduce your salt intake, then you will flow much more easily. Your body will actually be more liquid. Remember, you're around 75 percent water as it is right now. You have microscopic, chemical "water pumps" in your body that pump water in and out of the cells, and too much salt imbalances them. If you want that water to move freely in and out of the cells, and if you want osmosis to take place at the cellular level as it is supposed to, you've got to limit that salt. The minute you think you're getting a cold, you should drastically reduce your salt intake.

The other thing to cover here is the difference between **processed salt** and **sea salt** or **Himalayan salt**. If you're going to eat any salt at all, make sure it's a full-spectrum salt that contains trace minerals. Recommended salt products are Celtic Sea Salt and Himalayan Crystal Salt. These provide a

healing complement of natural salt from the ocean, and these salts can actually rebalance your mineral profile, speeding your cold recovery. Never consume simple table salt. Always choose some variety of natural sea salt instead. It also tastes better, by the way.

### **Steer clear of dairy products**

The reasons for avoiding milk and dairy products are similar to the reasons for avoiding salt, although different biochemical or biological pathways are involved. Milk, like salt, causes stagnation, mostly because it is not nutritionally designed for human beings. Cow's milk is designed for baby cows, which is why baby cows drink cow's milk. Human babies, on the other hand, are designed to drink human milk, not cow's milk. You don't see baby cows drinking human milk, and you don't see human babies suckling on cows. Babies know what is good for them, and what is good for them is milk from their own species.

Nutritionally, cow's milk is very different from human milk, and one of the most alarming differences involves a protein found in cow's milk called casein. Casein is a type of protein that is very difficult for humans to digest, although it is easy for cows to digest. Cows can swallow and digest an entire lawn, so it's not surprising that they have no problem with casein. But humans do have a problem with it, and casein becomes an allergen in the human body.

The human body responds to these allergens by creating mucous. Mucous is designed to insulate the delicate tissues inside the body from invading allergens, such as casein molecules, which is why people who drink a lot of milk products often end up with chronic sinus stagnation, runny noses and a lot of phlegm production in their throats, sinuses and large intestines. These people end up with constipation and a lot of mucous in their intestinal track, and sometimes they can't have a bowel movement for days because they're all stopped up.

Now think about this: If milk and casein produce stagnation in the human body, is that going to be good for your flow? Is that going to be good for conquering your cold and enhancing your immune system function? I think not. Stagnation is bad. It clogs up everything in your body and makes it hard for you to fight this cold. So milk products are definitely off the list when you have a cold. Once you get over the cold, if you want to go back to consuming a liquid extracted from furry animals, that's your choice. Just don't do it while you're sick if you want to get over the cold.

### **Avoid red meat**

Red meat is another food that causes stagnation. There is no fiber in red meat, and it is nutritionally imbalanced for heavy consumption by humans. While it might be okay to eat red meat in very small quantities, most people in Western societies tend to eat it in very large quantities. They make it the entire meal, with a little side of rice or a side of vegetables, but it should be the other way around. It should really be the vegetables with a tiny side of some kind of meat, if you choose to eat red meat at all.

If you do choose to eat red meat, it should be organic free-range meat, not the processed meat we get in every grocery store and restaurant in America today. Red meat is bad for another reason. It's highly acidic and hard to digest. The acidic nature of red meat helps create an internal environment in your body in which viruses thrive. If you want to get over the cold, you want more of an alkaline environment, and that means avoiding red meat.

## Stop the sugar habit

The next ingredient to avoid is sugar. Sugar stresses your organs—most notably your pancreas, and to some extent to your liver—and also results in nutritional deficiencies. Sugar strips B vitamins and minerals like magnesium and zinc right out of your body, because your body actually has to use these vitamins and minerals to process sugars. In other words, **sugar will deplete your body of the very vitamins and minerals it needs to conquer a cold.**

If you eat sugar, you're going to be missing these vital nutrients, and it's not just eating sugar that poses a problem; it's also drinking it. Most people drink sugar in the form of carbonated soft drink beverages that contain an ingredient called high fructose corn syrup, or just corn syrup, which is little more than liquid sugar.

When you consume this liquid candy, you deplete your body of essential nutrients, such as B vitamins, magnesium and zinc, which are the exact nutrients you need to overcome a cold or flu. I've heard some people say, "I'm sick. I'm going to drink some Sprite, because it makes my stomach feel better." I think to myself, "Why not chug some milk, eat some red meat and salty soup all at once?" Some people do. Then they wonder why they feel worse, and they wonder why they're still not well after 10 days. On the other hand, people who follow the recipe in this book feel fine the next day. It really is cause and effect. You can overcome the common cold if you treat your body right.

If you use these techniques to beat the common cold, you're going to feel great when it's over with. You're going to feel great because you've stopped consuming all those sugars, red meats and milk products. You've got all that garbage out of your diet by basically using a detox diet with outstanding nutrition for a day or two. You're going to feel great. I ask people, "If you feel so good, why would you ever go back to eating the old way?" I don't know why, but some people do.

## The importance of hydration

The next topic is hydration. Hydration is so important when you're sick. You must drink water—fresh water, spring water, clean water, distilled water, filtered water—just make sure it's not tap water because tap water contains chlorine and often fluoride. (That is the subject of another book entirely, but the bottom line is that tap water is not suitable for human consumption.) When you are sick, you want water and only water. You should never drink anything else when you're sick—no juices, no soft drinks and no milk. Tea is acceptable, especially if it's an herbal tea, but it cannot have any sugars in it whatsoever, and it should never be cold tea. Warm or hot tea is okay because it's basically just water with some herbs in it, so it still comes back to water.

Why do we need so much water when we're sick? Again, it has to do with flow. Remember, your body is 75 percent water. If you do not have enough water in your system, your body cannot function properly. If you don't have enough water, your immune system can't possibly do its job. You cannot eliminate toxins through your urine if you don't have enough water. One of the purposes of your kidneys, and your whole elimination system, is to get rid of these toxins, but if you're not drinking enough water, you have no way to get rid of them.

When you're sick, you should be urinating with great frequency. You should be drinking so much water that you have to go to the bathroom every few hours. If you're not going to the bathroom every few hours, you're not drinking enough water, and you're not allowing the flow to happen in your body. It is, of course, possible to overdo it with water, just as with everything else, so don't chug five gallons of water all at once. You can literally kill yourself doing that. Just about anything can be toxic in high enough doses, so be reasonable.

I drink a lot of water on a normal day, and when I'm sick, I might drink four liters of water a day. That's a lot of water, and most people don't drink even close to that. Some people drink no water. Some people get their water only from other beverages, which I find absolutely amazing, because it's water that your body craves. It doesn't crave milk, soft drinks or sports drinks, which are really just artificial colors and salt combined with a few minerals and a lot of sugar. It doesn't crave these things. Your body is thirsty for water, and that's what you should drink if you want to get over your cold as quickly as possible.

### **Shift the pH of your diet**

It's also very important to shift to an alkaline diet, which means eliminating acidic foods in favor of alkaline foods and beverages. Water is basically pH neutral, so you're fine with plenty of water, but let's talk about the difference between alkaline and acidic.

Foods that promote disease are acidic, and these include all sugars, refined white flour products, refined grains and red meat. Any kind of meat, actually, is acidic, as are processed foods and fried foods. Snack chips, potato chips and nacho chips are all highly acidic. On the other hand, alkaline foods include vegetables like carrots, peas, broccoli, cabbage, squash, potatoes, root vegetables, nuts, seeds and even fruits.

From a chemical perspective, people will say an orange is acidic, but in terms of what it does in your body, it has more of an alkaline effect. I treat oranges, lemons and any of the citrus fruits as being in the healthy food group, even though, chemically speaking, they're more acidic. Other fruits, like apples, figs and berries—blueberries, cranberries, raspberries and strawberries—are all alkaline foods, especially considering their metabolic effect in your body.

So why do you want an alkaline diet? Alkaline foods boost immune system function, while an acidic biological environment creates stress. An acidic environment suppresses your immune system and encourages the growth of bacteria and viruses. An alkaline environment, on the other hand, suppresses the growth of bacteria and viruses and enhances your immune system function. You see this demonstrated in plants all the time. Some plants like more acidic soils, and some plants like more alkaline soils. If you don't give the plant the right pH level, that plant will suffer. It will start losing its leaves and turning brown, and it just won't grow to its fullest potential. When you give it the right pH—the pH that it wants—it flourishes and starts producing fruit, flowers, leaves and structure. It just grows and grows. Much the same is true in your body.

If you create an environment in which bacteria and viruses thrive, then they will happily do so. On the other hand, if you create more of an alkaline environment, your immune system will thrive. Your white blood cells will replicate more quickly, and they will be more effective in protecting your health. They will be able to hunt down all of these little viruses and bacteria in your system and actually remove them from your system. Remember, your immune system is quite a miracle. It's a miracle of nanotechnology, if there ever was one, but you've got to give it the right environment in which to operate, and the right environment is a more alkaline environment than what most people currently have.

How do you get more alkaline? There are a couple of easy ways to do this. Number one is to take a lot of superfood supplements, like chlorella, spirulina and whole vegetable concentrates. These are all very alkaline, and while they may not taste that great, if you can somehow consume them—perhaps by blending them into a drink—you can change your pH level. You can give yourself a more alkaline environment. Minerals are also alkaline. If you can get more magnesium, zinc and calcium into your system, you're going to support an alkaline environment while helping eliminate internal acidity.



Now, I don't mean to imply that these strategies are actually going to change the pH level of your blood. Your blood has to operate in a very narrow window of pH tolerance. Otherwise, you'll die. That tolerance level is around 7.4. Your blood has to maintain this level, and your body will do everything it possibly can to make sure your blood stays exactly in that pH range. For example, if you drink a lot of soft drinks and have a lot of acidic foods in your system, your body will actually strip minerals right out of your bones to buffer that acidity so that it can maintain the proper pH. Your body will even hyperventilate to exhale more carbon dioxide and inhale more oxygen. (Oxygen is an alkaline molecule that helps balance the pH level in your blood.)

Your body will do everything necessary to get that pH level balanced, but that takes work. If you're ingesting all these acidic foods, your body is working extra hard to balance its blood pH. It's taking energy away from your immune system. Again, you want to make things as easy as possible on your body, so that the immune system can have all the power and energy it needs to overcome infectious disease. You do this by eating alkaline foods and avoiding all acidic foods and beverages. So again: No sugar, no white flour, no red meat and no processed foods. What you need are all-natural, alkaline foods like vegetables, boiled grains, berries, fresh fruits, superfoods, microalgae and lots of water. These are the things that will make you healthy and help your immune system do its job to overcome any cold or flu.

### **Managing the stress factor**

Next, it's important to reduce your level of stress. What do I mean by stress? Stress can include job stress, relationship stress, environmental stress and physical stress. It can be sleep stress or dietary stress. We've talked about eliminating dietary stress through smart nutrition, but how can you eliminate other forms of stress?



**It's very important to reduce your stress load. You must take every precaution to avoid stress while you're overcoming this cold.**

It's very important to reduce your stress load. You must take every precaution to avoid stress while you're overcoming this cold. This might just mean calling into work and saying, "I can't come in today and maybe not even tomorrow, because I have to overcome this cold." It might mean talking to your spouse or your family members, and saying, "I have to overcome this cold. Take it easy on me for the next 48 hours so I can be well. I promise I'll make it up to you afterward." However you do it, you just need to get that stress off your back for the next 48 hours so you can recover.

There is also environmental stress. To minimize it, breathe fresh air whenever possible, and get plenty of sunlight and fresh water. You don't want any exposure to polluted water, air or light. (Polluted light means florescent lighting or internal incandescent light, while healthy lighting is full spectrum lighting.) When it comes to environmental stress, you must think about your entire environment. For example, make sure you're not breathing in a lot of mold carried by the air ducts in your home. Make sure you're breathing clean air and getting fresh air and sunlight whenever possible. Don't drive in traffic where you're inhaling a lot of toxic fumes from all the cars out there. Don't smoke a lot of cigarettes. Don't sit under artificial lighting for too many hours.

Part of this stress reduction strategy involves a bit of letting go. I know some people get stressed out when they don't go to work. They say, "I'm getting a day off, but I feel stressed out about it. I feel guilty because I'm not going to work." My advice is, give yourself a break. Take the day off. Consider it a vacation day. It's your sickness recovery day. Take it easy. Rent some movies. Eat some berries. Just have some relaxing time. Maybe this is some time to catch up on some reading you've wanted to do. Maybe you can work on some other low-effort projects. Maybe you've wanted to do some painting, work with some pottery or do some gardening. Do something that's not highly stressful and that allows your mind and body to relax together.

All this will accelerate your healing because, remember, it's that immunosuppressed state that allowed the viruses to get into your body and start replicating in the first place. So it's the elimination of stress, or the relaxation of your body and mind, that's going to help your immune system win this little battle. That's what's going to get you well in 48 hours or less.

### **Review of concepts**

Let's go over what we've covered here, in terms of the recipe for conquering your cold in 48 hours or less. We've talked about what the flu really is or what a cold really is. We've talked about the early warning signs and how you know a sickness is coming on. We've covered the importance of getting lots of sleep in order to give your body a chance to recover and give your immune system an opportunity to do its job. We've also talked about supplements, including herbal supplements, vitamins, minerals and whole food concentrates.

We've covered what foods to eat—including garlic, ginger and berries—and we've talked about what foods to avoid, most notably milk, red meat, sugar and especially salt. We've talked about hydration and why you need water in your body so your immune system can fight the cold. We've also talked about

going alkaline and making sure the pH in the foods you put in your body is more alkaline than acidic and why this is important for giving your body the proper environment in which it can fight the cold.

We are moving very quickly here, because you want to get over this thing as quickly as possible. In the next section, we'll talk about how to move your body correctly in order to move lymph fluid, and we'll talk about how much exercise is too much exercise. We'll discuss listening to your appetite and how to know when to eat and how much to eat.

We'll also talk about keeping your energy within yourself so you don't waste your energy outside yourself, because you need it to heal. We'll also cover some medical myths surrounding colds and dispel these myths, so you don't make these mistakes (so that if your doctor tells you any of these things, you can walk away knowing they aren't true). I want you to have all this information about how the cold or flu really works, so that you can conquer them as quickly as possible.

### **Important changes in your exercise routine**

In this section, we're going to work on conquering the common cold by changing your exercise routine. Maybe you don't have an exercise routine at all. If you don't, you need one if you have a common cold, but it may not be the one you think. If you do have an exercise routine, you need to modify it when you have a cold. Here's why: Remember that the cold is an opportunistic situation. It takes advantage of your suppressed immune system, and stress suppresses your immune system.

Stress can come in many forms, and one of those forms is physical exertion. It is stressful to your body to exercise. You need this kind of stress on a long-term basis if you're going to be healthy. On a long-term basis, you need to

challenge your muscles, bones and heart muscle in order to allow your body to adapt and be stronger and healthier. But when you are dealing with a sickness like a cold or flu, you want to minimize this kind of stress. So, if you're typically a body builder and you regularly engage in strenuous strength training or resistance training, stop doing that when you're fighting a cold. Don't do any strenuous strength training when fighting a cold. That's rule number one: No strength training.

Rule number two: No heavy exertion. If you are riding your bike and find yourself out of breath, you've gone too far. You are actually suppressing your immune system at that point, so you want to stop that and ***go back to gentle exercise***. That's what you need when you're fighting a cold.

Here's the thing: You want to get that lymph fluid moving throughout your body. You want to oxygenate your organs and tissues, and you can only do that by breathing. You want to circulate water through your body. Basically, you want to stretch your muscles and ligaments. You want your body to be more fluid. You want your body to flow. This will help you overcome any infectious disease. Therefore, you want to move, but only with gentle movements.

### **Gentle, low-stress activities are the key**

What kinds of gentle movements am I talking about here? Yoga, Tai Chi, walking and slow swimming are all good, gentle exercise activities. Jumping rope, for example, is too intense, so you want to do something a little less intense than that. Just try anything that gently moves your body.

You might think Pilates would be a good idea, but that only works if you're in great shape and you already have good abdominal strength. Otherwise, Pilates is too intense for most people. So, look for anything that's gentle and slow and doesn't leave you out of breath. That's the kind of body movement that you want.

Gardening is an excellent form of body movement when you're fighting a cold. Besides allowing you to move your body, it gets you outside. This helps expose you to sunshine and fresh air, and it gets you in touch with nature, which also helps you heal in other ways. Simply stretching out is also good for you when you're sick. It may be a little more painful than usual if you have a backache or joints that feel sore or inflamed, but you won't hurt yourself if you just move slowly and carefully.

### **Listen to your appetite**

This next section is all about appetite. Now, you may know that when you get sick, weird things happen to your appetite. One day you don't feel like eating anything at all. The next day, all of a sudden, you feel like you're starving. Your appetite can just come and go unexpectedly, so what do you do? There is a wide range of opinions regarding how people should handle this.

There are a lot of sayings like, "You should starve a cold or feed the flu." I don't even know which way it is, but it doesn't matter, because I say the important thing is to listen to your body. Trust in your body's wisdom. If your body has turned off your appetite, it has done so for a reason. If you're not hungry and you don't feel like eating, then don't eat. If you can, take nutritional supplements, but don't overdo it, because you don't want to load up an empty stomach with a bunch of vitamins that might make you feel nauseated. So, go easy and listen to your appetite.

The body might be saying, "We need all the energy to focus on the immune system right now, and we don't have any extra energy to spend on digestion at all." If that's the case, it's fine. Go with it. That's what your body wants.

Remember, your body has figured out this whole survival thing, that's why your ancestors survived in the first place. You have made it through hundreds

of thousands of years of evolution. You have survived countless infections, and your ancestors figured out how to beat this thing. You have a built-in biology that knows how to conquer infectious disease. Antibiotics have only been around for a blink of an eye in terms of human history. Your body has known how to beat infectious diseases for eons. You should listen to that wisdom and not worry if you suddenly lose your appetite.

You're not going to starve to death in 48 hours if you don't feel like eating or even if you are vomiting and can't keep your food down. You are not going to starve. If you're like most people in the Western world, you're overfed anyway. You probably have a couple of days' worth of calories just in terms of glycogen storage right now. On top of that, you probably have an immense supply of body fat on you. So you're not going to starve. Just be sure to drink plenty of water, even if you're not hungry, because dehydration is a serious concern for people fighting sickness.

Now, suppose your body, at some point, says, "Well, now I'm going to be hungry. It's time to eat." What do you do then? My personal opinion is that you should (and this is what I do) eat like a hog. That's exactly what I do, because if my body says it's time to eat, I pay attention to it. I eat like crazy, but, of course, I only eat natural foods and high-density nutritional sources that are going to help me overcome the common cold. I don't eat any sugar, salt, refined white flour, red meat, milk products or processed foods. I stuff myself with whole grains, fruits, vegetables and, of course, lots of berries. I drink a lot of water. I give myself nutritional supplements and superfoods. Those are the foods I eat.

Is it any wonder that usually by the time my appetite returns a couple of hours later, the whole thing is over and done with? The cold is conquered. My immune system has emerged victorious, and I can go on with my normal life again. I don't worry about gaining weight or anything during this time. I'm

eating healthy foods anyway. If the body wants to eat, feed it. That's what I say. On the other hand, if the body doesn't want to eat at all, then don't feed it. I say, pay attention to your appetite.

Now, this is not the way I operate on a normal day-to-day basis. Sometimes, when I'm on my particular food schedule, I will feel hungry and I will not feed myself. And I don't pig out every single day. In fact, I rarely pig out. It is only when I have this huge appetite emerging on the tail end of a cold, and the body has flipped a switch that says it's time to eat, that I eat. So, I don't mean to imply that this way of eating should be an everyday thing. This is just helpful in dealing with the common cold.

## **Boosting your natural energy**

Let's go on now to talk about keeping your energy up. From time to time, I discuss the energetic nature of disease or health. Remember, your immune system needs a lot of energy to beat infectious disease, and you can talk about that energy in terms of caloric energy (energy from food calories) or in terms of bio energy—the energy of life that's in your system right now. Your system needs both of these types of energies in order to successfully do its job.

So, in addition to conserving caloric energy and making sure you're not doing a lot of other crazy things (like going jogging) when you're trying to fight the flu or a cold, I say, conserve your life energy; conserve your bio energy—that non-physical, non-chemical energy that really defines who you are as a human being. It's part of your existence.

What should you do in practical terms? Number one: Stop worrying about external problems for this time period. If you are normally concerned with running a company or with what's happening with your job or the people who work for you, or if you're worried that something's wrong with the lawn



or the house needs to be repaired or you are behind on dishes or groceries, I say—to the extent that you can—let those things go. Ask someone else to cover them, or just let them slide for a day or two.

Don't invest all of your energy worrying about these external challenges. The world is not going to end in 24 hours if you don't do the dishes. You need to get well. That's the number one priority here—you getting well. Once you're well, you will have the energy and presence of mind to go out and address all these things and solve them in due time. It's not okay to put this energy into everything else out there when you're trying to heal yourself. You need to conserve your energy, and step one is to stop worrying about everything else outside of you.

## **Don't expend energy on others**

Step two is to avoid other people. Why do I say this? It's not because you don't want to make them sick, although that might be a courtesy. It's because you don't want to spend your energy talking and interacting with others.

A lot of people out there can actually suck away your energy. They take energy from you. Do you ever notice how you feel exhausted around some people? Some people just seem to be energy vampires. They steal your energy, and you feel like you can't do anything else after spending a few hours with these people. Well, there's something really going on here. These people, in some way, really deplete your energy. They may not do it consciously, but it happens nonetheless. You certainly don't want to give up your energy to these people when you are trying to heal yourself, so don't enter into taxing social situations.

What you need to do instead is stay home and stay in bed. Have a great time reading some books or watching some documentaries on DVD—something

you can do by yourself that allows you to heal and keep your energy inside yourself. Talking expends a lot of energy. It takes a lot of energy to say things and to listen and pay attention to others. If you're in a social situation, you're expending energy. That's a waste of energy that should be put to use in your immune system.

Remember, it's not selfish to say, "I need to take care of myself." I've talked to people about this. Sometimes they say, "Isn't that being selfish? Shouldn't I care about others?" This especially comes from healers such as massage therapists, acupuncturists and so on. "Even though I'm sick, I have appointments with patients," they say. In my view, you should cancel those appointments. How can you be an effective healer if you're sick? You've got to take care of yourself first.

You can only heal others when you are in a place of wellness yourself. It's not selfish; it is not greedy to say you have to be well first. After all, it's your life that you're living. You should take care of yourself first, and then, when you are healthy, you can go out, help others, be a healer or a mom or whatever it is you are looking to be in your life. But you can't do any of that very well when you're sick, so enough with the guilt trip.

It's not selfish to take care of yourself and make everybody else a second priority. That's what I do when I'm sick. Everything else becomes a second priority, and my wellness becomes priority number one. That's what usually gets me back on my feet in 24 hours or less, and then I can make decisions about who I'm going to help or what book I'm going to write or who I'm going to reach out to today.



**If you look at popular soups, you'll see they are loaded with salt, which is – as we covered in detail in the previous section – precisely what you need to avoid when you are sick.**

## **Medical myths about the common cold**

With that said, let's move on to the medical myths section. I want to blow away some of the misinformation and myths out there about how to treat the common cold. Let's start with the most common myth of all—that you should eat chicken soup.

The myth says, "Are you sick? Here, have some chicken soup." Is there something magical about chicken flesh in water that's supposed to make you well? Well, no. In fact, chicken soup is terrible for you for several reasons. First of all, it contains ridiculous amounts of sodium. If you look at popular soups, you'll see they are loaded with salt, which is—as we covered in detail in the previous section—precisely what you need to avoid when you are sick.

You don't need any more salt to get well. If you can find some chicken soup with no salt added, that's okay, but you don't want chicken soup with salt, which is what you're normally going to find on the shelves in every grocery store in North America and around the world. There isn't even anything special about chicken that helps you get well. It's just chicken meat. It could be pork, beef, turkey or emu meat for all I care; it's not that medicinal. It's not really going to help you get well.

Another thing in a lot of chicken soups is noodles, and what's in the noodles? Refined grains and refined white flour, which are, again, on the list of things to avoid when you're sick. With a lot of these soups, you get the high sodium content plus the white flour in the noodles, and, on top of that, you get MSG, or monosodium glutamate. This clobbers your nervous system and can lead to migraine headaches. Then you think you have a headache because you're sick, but really it's because you drank the chicken soup. What a miserable time that is. So, don't eat chicken soup. It's not part of any reasonable strategy for getting well.

The only healing part about chicken soup is the soup stock, which is usually made with onions, garlic and perhaps a bit of ginger. In truth, it is these herbs that make chicken soup good for colds. So you'd be much better off just making vegetable broth and drinking that—without the chicken!

## **The orange juice myth**

The next myth is orange juice. People think, "Oh, I'm sick; I should drink a lot of orange juice." There are a couple of problems with that. It's okay to eat oranges because whole fruits are good for you, even if you're sick, but orange juice is refined and processed. It doesn't have the fiber of an orange.

One good thing about orange juice is that it does contain vitamin C, and vitamin C is good for overcoming any infectious disease, including the common cold. However, orange juice is also high on the glycemic index; it's very high in sugars, even if they are natural sugars from freshly squeezed juice. Orange juice also tends to be acidic, and the fact that it's so highly processed and highly concentrated in sugars means it's going to stress your pancreas. That, in turn, will take energy away from your immune system again.



**Orange juice also tends to be acidic, and the fact that it's so highly processed and highly concentrated in sugars means it's going to stress your pancreas. That, in turn, will take energy away from your immune system again.**

Oranges are not on the top of my list of foods to eat when you're sick. I would much rather eat a bunch of berries and boiled barley. Steamed carrots and steamed peas would be higher on my list than oranges. You want vitamin C when you're sick, but get it from other food sources, such as the berries I've already mentioned. Or eat fresh, unprocessed oranges.

## **The medication myth**

The next myth to tackle here is the one that says you can just take an assortment of over-the-counter drugs to mask the symptoms of your flu or cold, and that this will help you get right back to work without missing a beat.

For some odd reason, people think they are very smart when they do this. No matter what symptom you have, there is an over-the-counter drug that will mask it, but does it really do you any good? You see, you're supposed to listen to your body. If your back hurts, if your throat is sore, if your head is throbbing or if your nose is running, these are signs that you're dealing with an infectious disease. These are signs that say, "Hey, take it easy."

It's much smarter to get some sleep. Take some nutritional supplements and take some antiviral herbs. Eliminate salt and sugar. Drink lots of extra water.

That's what your body is trying to tell you, but most people just mask the symptoms. Why? So they can keep on working. That way they can go to work the next day, and they won't miss out on that paycheck. They think they're smart, so they spend the next 10 days suffering from all the outrageous side effects of this infectious disease, like bone pain, joint pain, nausea and runny noses.

Do people think this is a better alternative than just calling the day off and sleeping away this thing? Sure, you can mask all the symptoms with over-the-counter drugs. Similarly, if you break your leg, you can shoot yourself up with some painkillers and keep on playing backyard football, but it doesn't mean you should. Pain has a purpose. You're supposed to listen to it and stop what you're doing. Let your body rest and recuperate. Give yourself a chance to recover.

This is why I, personally, never use over-the-counter drugs. I don't use prescription drugs, either. The only time I think it's appropriate to ever use these is if you are in acute pain from some kind of trauma or injury. In cases like these, painkillers are appropriate. The rest of the time, they may ultimately do more harm than good.

### **Even over-the-counter drugs may be dangerous**

Besides, why would I ever want to mask the symptoms of the cold or flu? I want to be aware of my body. I want to be in control, not allow some drug to control me. A lot of drugs cause drowsiness, so you don't know if you're feeling sleepy because of the drug or if you're feeling sleepy because your body needs some rest. You have to start second-guessing everything; you can't trust the signals from your body anymore because your body has been hijacked by the chemicals found in these over-the-counter drugs.



**Your body knows how to heal itself. If your nose is running, that's a strategy. It's not a mistake. It's not like something is leaking up there. Your body is producing this mucus on purpose to try to flush bacteria out your system.**

Many of these drugs are truly very dangerous, by the way. A lot of painkillers, if you combine them with alcohol, will damage your liver. (The No. 1 cause of liver disease in America is, believe it or not, over-the-counter painkillers. That's a fact.) They will cause liver toxicity and can actually kill you. A lot of people don't know this, but these drugs can have absolutely terrible side effects. Liver toxicity is just one of them.

These drugs, in many ways, will actually impair your body's ability to heal itself. That's why you're much better off avoiding prescription drugs and antibiotics, in my opinion. You're much better off taking care of yourself by giving yourself rest, reducing your stress and getting outstanding nutrition and lots of water. That's what your body needs. You don't need all of these over-the-counter chemicals.

Some over-the-counter drugs work against themselves, anyway. There is one kind of cold/flu item available in every pharmacy that's supposed to stop runny noses. You're supposed to empty this packet—either a tablet or powder—into a glass of hot water, and then you're supposed to drink the water. Well, think about it: Hot water has steam, which loosens up mucus, but the active ingredients in this concoction actually constrict the mucus in your nose and sinuses. So, the hot water counteracts what the drug itself is trying to do.

Basically, you're wasting your money, confusing your body and slowing your healing process. Your body knows how to heal itself. If your nose is running, that's a strategy. It's not a mistake. It's not like something is leaking up there. Your body is producing this mucus on purpose to try to flush bacteria out your system. It's trying to prevent bacteria from clinging to the back of your throat. It's trying to solve this problem for you.

If you do want to pick up something to treat symptoms, go with homeopathic remedies. I'm a true believer in homeopathy. Homeopathic remedies have been proven to work in randomized, double blind, placebo-controlled studies again and again. We know homeopathic remedies really work, and there are many that you can use when you have a cold or flu that can help you recover more quickly.

I recommend these because they don't have negative side effects, and they aren't going to interfere with your immune system. They are only going to complement your immune system. These are not drugs that are going to hijack your body chemistry. These are vibrational nutritional remedies that are going to complement your body's ability to fight off infectious disease. You can take them right alongside nutrition. You can use them while you're getting lots of extra sleep.

### **The fever myth**

Let's move on to the next myth, which says, "I have a fever. I've got to bring that down." For some odd reason, doctors and patients have come to the ill-informed conclusion that fevers are mistakes and that, somehow, the body just overheated like a car engine that lost its radiator. Let me correct them.



## Conquering the Common Cold

The body heats itself up on purpose. The body has a strategy. It knows that infectious disease can typically only survive in a very narrow range of body temperature. So, 98.6 degrees Fahrenheit is typical body temperature, and that's the temperature that replicating viruses and bacteria want your body to be at. (I apologize to all of those outside the U.S. who work with the more effective metric system, but we're stuck with the Fahrenheit scale here in the U.S., so those are the numbers I know.) If you raise the body temperature to 102 or 103 degrees Fahrenheit, the infectious disease cannot replicate as well. Your body knows this.

That's why your body starts cranking up the temperature: To slow the replication of the virus. This gives your immune system the chance to catch up and win this battle. The fever is a good thing, to a point. Of course, if you start to reach higher temperatures like 104 or 105 degrees, then this is a medical emergency. You run the risk of brain damage if you keep cooking your brain at that temperature, and you should seek urgent medical care. Very rarely, however, do fevers ever get to that point. Most people's fevers run around 101, 102 or maybe 103 degrees at the high end. People get all panicked about this and think, "I've got to get this down; fill the bathtub with ice!"

Let the temperature play out. It's probably going to do you some good, especially if you're combining this fever strategy with great nutrition and lots of water while avoiding salt, sugar and milk products. Pay attention to your body. Remember, it knows how to survive. It's done this before. You're here; you made it. You survived. Your ancestors lived long enough to reproduce, didn't they? Just let your body do what it's trying to do. Support it; don't fight against it.

## The antibiotics myth

The next medical myth involves the use of antibiotics. This is a big one, and it makes a lot of money for the drug companies. This myth says, "Here, write a prescription for this guy. He thinks he's sick." Antibiotics, of course, are chemicals that inhibit the growth of bacteria. Notice I did not say viruses, because antibiotics are absolutely useless against viruses. Viruses are not single-celled organisms. They are actually little bits of genetic material. They're really RNA strings floating around waiting to replicate. They are not bacteria; they are a fraction of the size of bacteria. They don't even live and breathe the way that bacteria do. So antibiotics don't work against viruses. Yet, literally millions of patients who have the common cold (almost always a viral infection) are prescribed an antibiotic when they go into their doctors' offices.

Why does this keep happening? And what are the side effects? It happens because most patients want the doctor to do something, and many doctors will just give patients something to get them out of the office. Many doctors think, "Maybe this antibiotic will do them some good. At least it won't hurt them." So, they prescribe an antibiotic and the patient walks out with a slip of paper. The local pharmacy makes a killing on selling the antibiotic, and everybody thinks they've done their part. In reality, **it's worse than doing nothing**, because the antibiotic wipes out the friendly intestinal flora and creates an environment that can breed antibiotic-resistant bacteria, or superbugs.

When you repeatedly expose a population of bacteria to a specific chemical antibiotic, you're going to find that a few isolated organisms in this bacteria population are able to resist that antibiotic. It is these bacteria that are able to replicate. In time, this new strain takes over and becomes the new population. From that point forward, all of the bacteria are resistant to that antibiotic, so the antibiotic becomes absolutely useless. If, in some way, this strain passes from one person to another, then you have a contagious, replicating, antibiotic-resistant infection (now common in many hospitals).

## Breeding grounds for superbugs

This abuse of antibiotics has many health authorities concerned today. It's the widespread abuse and over-prescription of antibiotics that's causing this creation of superbugs, and superbugs pose a huge health risk to many patients.

Entire floors of hospitals in the United States and around the world are off limits to normal patients because patients infected with superbugs are, in effect, quarantined in those sections of the hospital. These patients are basically left to fight the infection on their own. There isn't anything that conventional medicine can do. We've run out of chemistry. The bodies of these patients, instead of having an easy-to-kill infection, now have this super strain that's been genetically bred by repeated exposure to antibiotic chemicals, which selectively created this monstrous superbug bacteria that can't be treated by modern medicine.

All this follows directly from the overuse of antibiotics. In this way, antibiotics are not just harmless or neutral; they're actually dangerous, and not just to that one patient, but to public health in general because they create superbugs. (Of course, they are also extremely useful in cases of treatable acute infection. But using them, even when justified, comes with a long-term cost.)

Getting back to you, how do antibiotics harm you as a patient? They wipe out your friendly intestinal flora. Why is this important? Because your intestinal flora participate in your digestive process. That may sound strange. You may think, "I'm a human being; I'm an isolated body that exists all by itself and has this eggshell protection around it that keeps viruses out. I do everything myself. My organs and my tissues take care of everything of that I need in order to live as a human being." You may be living under that misconception right now.

## Your body is not entirely human

You are, in fact, an ecosystem. You contain living, breathing, consuming, excreting microbes, and they are as much a part of you as many other cells and organs in your body. You depend on them, and they depend on you. The friendly *E. coli* bacteria are just one example. These bacteria in your intestinal tract help digest much of your food. Their waste products contain vitamins you need to survive, like the B vitamins. Vitamin B12 is essentially a waste product of certain bacteria.

You have these bugs—these friendly bacteria in your body—and you depend on them. They actually balance your digestion in many ways that scientists are just beginning to understand. The whole field of probiotics is relatively new. There is some fascinating research happening on it right now (and some revealing studies have come out in the past couple of years). The bottom line is, when you swallow a bunch of antibiotics, you disrupt your entire ecosystem. You kill off all your friends who were doing you a big favor by helping you digest these foods and create nutritional balance in your body. You kill them off. What happens then? Well, often you get severe diarrhea. All of a sudden you can't digest foods in the same way. You also may get nutritional deficiencies as a result. None of this helps you fight the common cold.

None of it helps you at all. In fact, it may take you weeks afterward just to re-establish the same intestinal flora that you had before you took the antibiotics. In fact, you may never fully establish the same balance again, because some of the antibiotic-resistant bacteria that were able to survive that chemical onslaught may have replicated to take over a bigger portion of your intestines, and now they're in charge. It's very difficult for other friendlier, less aggressive bacteria to ever repopulate that same region in that same proportion. You've really imbalanced things for a long time to come, just because you wanted to take something from your doctor to get over that cold—something that was utterly useless and doesn't even affect viruses at all.

## **Think twice before taking antibiotics**

Unless you're truly suffering from some bacterial infection or food poisoning, or if you've been scraped by something that somehow transmitted infectious bacteria into your body, forget about antibiotics. Make sure the doctor knows what he or she is doing. Make sure that they positively identify that this is a bacterial infection before agreeing to antibiotics. Otherwise, you're potentially doing yourself a lot of harm while spending a lot of money for useless medicine.

## **The myth of antibacterial soaps**

There's one more item in the category of medical myths. This is a favorite of mine: The use of antibacterial soaps. This is brilliant marketing, really, on the part of product companies, personal care product manufacturers, cosmetics companies, soap makers and tissue makers like Kleenex. They've been able to convince people that if they buy products laced with toxic chemicals that kill nerve cells, they will be safer.

They've been able to convince everybody that these products are useful. They say, "If you use these products, your house is going to be cleaner. You won't have bacteria around you. You won't catch colds anymore because you're using these antibacterial products."

Of course, it's all complete marketing propaganda. Remember what we said at the beginning of this program? The common cold is not caused by bacteria; it's caused by a weakened immune system, which gives bacteria an opportunity to invade your body and replicate. It's not the mere presence of bacteria or the presence of a virus that causes you to get sick. It's a suppressed immune system. So, how does eliminating a few bacteria make you any safer? Unless you are trying to operate in a clean room environment, it doesn't. Unless you

spray down your entire house, every kitchen counter and doorknob, with this toxic chemical—which is molecularly quite similar to Agent Orange, by the way—there is no way you're going to have a bacteria-free home.

Even if you did manage to spray everything down, the minute you open that front door, you let in a few hundred thousand more microbes, more spores and fungi, more viruses and bacteria. They're floating in the air all the time. You're breathing them in and out with every breath, so you cannot create a clean room in your home.

What's the point of these antibacterial products? They're basically just a marketing con. They're just a big marketing gimmick that a whole lot of people have fallen for. In fact, if you look at the medical claims on these, you'll find they don't even claim to protect people from viruses and bacteria. They only protect the product.

Kleenex has a product with antibacterial chemicals in the tissue. What does it claim to do? It claims to kill 99.9 percent of the bacteria **in the Kleenex**. Does this help me? Is there a household of people who are sharing Kleenex? Is there a father of the house who blows his nose into a Kleenex, then he gives it to his daughter and says, "Here, blow your nose now, too?" Unless people are catching colds from sharing Kleenex, I'm not sure what good it does to put this chemical in the Kleenex. Think about it. Apply some basic logic here. These products are useless.

## **More useless products: Antibacterial pencils**

Another product I've found—and I even did a story on this—is an antibacterial pencil. Made by Paper Mate, it has an antibacterial chemical embedded in the pencil. If you read the fine print on it, it says the antibacterial properties of this do not extend to the skin. It only protects the pencil.

Now, maybe I've gone mad, but the last time I checked, pencils weren't falling over dead from viral infections. I don't think we need to protect our pencils from bacteria and viruses, do you? Do we need to protect our pencils or Kleenexes from viruses? Are they getting sick and dying from infectious disease? What about these soap products? You coat your dishes with this antibacterial chemical. Is it really a problem that our dishes are getting infected with disease? Have you ever had a plate die? Have you ever had a fork with a fever? Is this really a big problem? Of course it isn't. This is all marketing sleight-of-hand—a gimmick to get people to pay more money based on empty marketing promises.

These products may sound good on paper, and there is certainly a huge marketing push for them. Advertisements show a bunch of sick kids running around, the mother spraying down the countertop with the antibacterial soap and wiping it down with a big smile on her face, saying, "We're safe now. We're not going to be sick now." The only thing that's safe is the countertop.

You can't kill all of the bacteria in your home. You can't get rid of them that way, unless you're running a clean room because you manufacture microprocessors or something like that. Even then, some microbes still manage to get through, and that's why they're all wearing clean room suits in there. Unless you're going around living as a bubble boy and wearing some kind of biological hazard suit all the time, you're going to be exposed to viruses and bacteria sooner or later. It's probably going to be sooner.

Defending yourself from the common cold is not about trying to kill everything around you. Besides, the toxic chemical used in these products is not very healthy for human beings. It harms your nervous system. This has been well documented. It's not something you want to be ingesting. You certainly don't want to be coating your dishes with it. It kills bacteria and viruses. How do you think it does that? There's a chemical that poisons biological life.

## Why people stay sick longer than they should

If you look at all these medical myths we've covered about the common cold, and you check around with what most people do when they feel like they're getting sick, you immediately realize why people stay sick.

Think about it. People are out there eating chicken soup, getting a lot of salt and drinking a lot of highly acidic orange juice. They're taking a lot of painkillers and over-the-counter medications to mask the symptoms of their cold. They continue working and stressing themselves out. They're not taking time off, and they're not getting enough rest. They're trying to counteract their fever with antibiotics that destroy friendly intestinal flora. They're eating off of plates that have been coated with antibacterial chemicals. They're not taking the right nutritional supplements; they're not taking the antiviral herbal supplements we talked about in the previous section. They're not eating the foods that help them heal. They're not drinking enough water. I wonder, why it is, then, that they get so sick?

I've heard people say they were sick for three weeks. How can you be sick for three weeks? At some point, your body should either make a decision to get well or die. Three weeks to figure this out? It shouldn't take that long. Something is wrong here. If your body is functioning properly—if you give it the right nutrition and avoid poisoning it with the wrong foods and environmental toxins—it should figure this thing out well before three weeks. Your immune system just has to figure out what the invaders look like or what they feel like at a molecular level.

Once your immune system finds the virus, it makes a pattern and starts distributing that pattern to the rest of cells in the immune system, sort of like the WANTED picture that you see in the post office. Your immune system says, "Here, here's what this bad guy looks like. Find him and get him out of the system." The cells in your immune system run out there and start looking



for this thing—this virus or this invader—and they find it, capture it and destroy it. This process should not take three weeks in a healthy individual.

If it takes three weeks, something's wrong. Maybe your immune system is just not communicating very well. If you're sick for more than a few days, there is definitely something wrong—too much stress, not enough nutrition, not enough water, too much salt or something.

### **Symptomless flu**

If you talk to people who say they've never been sick—and I'm one of those people who rarely gets sick—it's not that we've never been exposed to bacteria or viruses; it's not that they haven't invaded our bodies and started replicating. It's that our immune system did its job so well that it conquered the invasion before we even knew what was going on. It's happened before to you, too. There are many times that you've been invaded and your immune system has conquered it, and you never knew anything about it. You never felt a single symptom because your immune system did its job.

Even in 1918, in the great flu outbreak, as many as 6 percent of the people who were exposed to the influenza virus showed no symptoms whatsoever. They didn't even know they had it. Years later, they were found to have antibodies for this influenza (meaning they beat the virus), but they never showed a single sign or symptom of the disease at all. This is what happens with the common cold or the common flu. Healthy people get it just like everybody else, but they conquer it. They beat it without ever having to pay any attention to it. Healthy people who understand this know it's not about avoiding viruses and bacteria or avoiding crowds and airplanes, but rather about winning the war against infectious disease without ever having to suffer from it.



**Healthy people get it just like everybody else, but they conquer it. They beat it without ever having to pay any attention to it.**

It's about having a super-healthy immune system that can handle anything you throw at it. I can walk into a room at a trade show and meet 600 people I've never met before, and maybe 100 of them are carrying some kind of virus or bacteria that I've never been exposed to before. I can walk away from that completely well (usually, anyway) because my immune system, even though it's been exposed to these new infectious agents, finds them, tracks them down and gets them out of my body before I ever know what's going on. It's all on autopilot. It's amazing technology; it's what I call biological nanotechnology.

## **Your amazing immune system**

This stuff is absolutely amazing, and it works well when you give it the right ingredients. You've got to give it the right tools. You have to stop tying the hands of your immune system. You've got to treat your body right, and then this happens automatically.

Your immune system can be your best friend, believe me. The truth is, if it weren't for our immune systems, we'd all be dead right now. We'd die in a matter of days, because there is always some bug trying to get inside

you, trying to use your protein, blood and tissues as its food source. If we didn't have an immune system, that would be happening right now. We'd all be dead. We wouldn't even exist as a human race if we didn't have fully functioning immune systems.

What strikes me as so remarkable about this is the fact that most people take their immune systems for granted. When they get some kind of infectious disease, they think they're defenseless. They think it has to be treated with drugs or that only their doctor can make them well or that only some expensive, powerful drug can make their bodies healthier. They don't give their body itself any credit at all

That's a shame, because your body usually has the answer. Your body has all this wisdom built in. It's part of your blueprint, part of your DNA and part of your ancestry. It's a gift nature has given to you. It's much smarter, wiser and more experienced than any drug, doctor or so-called modern medical technology. Your body is a walking, living, breathing miracle. You just have to give it a chance to do its job. Stop poisoning it with all these high-sodium foods, milk products and other ingredients that actually make it difficult for you to be healthy and fend off infectious disease.

### **Now you know the answers**

That's the whole recipe, then. It is really pretty simple if you break it down—just a few basic steps, things to do and things not to do. Remember, if you look at most people out there who catch colds, they don't follow this recipe. That's why they stay sick. Sadly, many of the people in the health profession don't understand this, either. They give people bad advice, or they give people good advice, and those people ignore it and say, "Give me a drug instead. I've got to go work tomorrow."

The recipe for beating the common cold is not that difficult. What's difficult is getting people to make these decisions because, ultimately, the only person in control of your health is you. You've got to make the decision to go to bed on time and get 10 or 12 hours of sleep. You've got to make the decision to call in sick to work the next day or spend most of your Saturday sleeping. You've got to make the decision to stop drinking soft drinks and putting sugar and salt into your body and start drinking lots of water and getting good nutrition in your body.

You have to make these choices; no one else can do it for you. It's cause and effect; it is all up to you. If you want to spend the next three weeks sick and spending \$50 on Kleenex and \$100 on antibiotics, missing out on \$1,000 worth of paychecks from your employer because you're home in bed, then there's an easy way to do that. Just do the opposite of everything we talked about here. Do what everybody else does. Follow the herd. They get sick and they stay sick. But if you want to get well, follow this recipe. This is how you can beat most common colds in 48 hours or less, often without knowing you were ever infected in the first place.

### **If you're sick, work with professionals**

Now, as a final thought—a disclaimer actually—you should always work with a qualified health practitioner when you're sick. Don't take this information as a replacement for medical advice. Be sure to work with your doctor or naturopath or someone qualified to diagnose and treat your condition. At the same time, think for yourself. Be a skeptical consumer. Ask good questions.

Furthermore, don't just take the advice of somebody because they happen to have a certificate from a medical school. The vast majority of med schools don't even teach nutrition. They don't even understand the fundamentals of nutrition. They won't even tell you to eat less salt and sugar. They just say,

## Conquering the Common Cold

"Here's a drug to mask that symptom; go on about your day now." So, be a smart consumer and put yourself first. Educate yourself, most of all, about how to be well.

I hope this has been helpful for you. I hope you use this information to conquer any common cold in 48 hours or less. Remember, your body knows how to do this. Trust your body. Give your body the tools it needs to conquer this infection. You will get over it. You will live to see another day and it will happen much sooner than if you take a handful of prescription drugs and keep stressing yourself out. Take care of yourself. It's okay to put yourself first. You've got to be healthy before you can go on with your regular, everyday life.

Thank you for giving me the opportunity to share some of this experience with you. Remember, I don't feel like I'm the teacher here. I'm really the student. I'm a student of nature, just like you are. My job is to listen to nature and pass that information on to you. I've learned much of this by listening to my body. You can learn the same things by listening to yours.

We are all students of nature. We really should be humble students of nature. We're not any smarter than our bodies. We're not smarter than Mother Nature, that's for sure. We just have to have the humility to sit down and listen to what's going on and hopefully share that information with others when we have the opportunity.

## ABOUT MIKE ADAMS

A holistic nutritionist with over 5,000 hours of study on nutrition, wellness, food toxicology and the true causes of disease and health, Mike Adams is also the author of *The 7 Laws of Nutrition*, *Grocery Warning*, *How to Halt Diabetes in 25 Days* and many other books available at [www.TruthPublishing.com](http://www.TruthPublishing.com)



Adams is also the creator of the popular Honest Food Guide, a free downloadable nutritional guide found at [www.HonestFoodGuide.org](http://www.HonestFoodGuide.org). In addition, more than 1,500 free articles on health, nutrition and wellness have been authored by Adams and are available at [www.NaturalNews.com](http://www.NaturalNews.com)

Adams uses no prescription drugs whatsoever and relies exclusively on natural health, whole foods, superfoods, nutritional supplements and exercise to achieve optimum health. To prove the value of nutrition and physical exercise in enhancing health, Adams publishes detailed statistics on his own blood chemistry (with full lab results) at [www.NaturalNews.com/AdamsHealthStats.html](http://www.NaturalNews.com/AdamsHealthStats.html)

"Over the years, not only have I learned to respect and consider Mike Adam's opinion in all areas of nutrition, I have also found the scientific facts he references about his subject matter to be consistently accurate. Every time I get to read his words or see him speak, he makes my day The Best Day Ever! He can do the same for you!"

-**David Wolfe**, author of *The Sunfood Diet Success System*

"Mike you are a true American hero. All of us are lucky to have you out there not only fighting for our rights but protecting us, informing us, educating us and making it a better place to live."

-**Gregory Kunin**, Principal, Ola Loa / [DrinkYourVitamins.com](http://DrinkYourVitamins.com)