

How to Immunize Yourself Against Colds and Flus

The reason most people succumb to colds and flus in the winter is that they eat too much cooked food and breathe too much cooked air. Using the cold can actually protect against colds.

Winter colds and flus are an effort of nature to free the system from conditions that arise as a result of a violation of the laws of health. They are a house-clean, a friend. Colds are needed to expel built-up waste. If the following Eight Principles are obeyed, the house-clean will rarely need to happen.

1. Oxygen

Be mindful of the air you breathe in the winter months. Better to have a jumper on than to have the fire too hot. Wood, gas and electric heater de-oxygenate the air in the home, so it is important to keep the windows open a little. Plan to spend portions of each day out of doors, breathing in deeply the fresh air.

2. Sun

Whenever possible, spend time in the sunshine, with as much contact with the skin as possible. This improves the circulation, oxygenates the body and enhances the digestion. Enjoy the health-dealing, life-giving power of the sun!

3. Be Careful!

Don't take anything into the body that will harm it and take in moderation good things. This rules out all stimulants, saturated fats (which include margarine), all refined foods and animal products. These all weaken the system and break down the fortifications that nature has set up to guard against disease and premature decay.

4. Bed

Make sure you are in bed by 9:30pm every night, earlier if possible. (This will ensure that your batteries are 'recharged' every night). Better to have an extra blanket on the bed and the window open a little, than a warm room with no fresh air while you sleep.

5. Movement

This is probably one of the most effective preventative measures. Only half an hour of brisk walking per day is all it takes. The key to the effectiveness of this is that the walk be brisk, causing the respiration to increase and the heart rate to rise. It also must become a daily habit, rain hail or snow. The best way to warm the human body is to warm it the way it was designed to be warmed: by activity.

6. Fuel

A portion of every meal should be raw food. Best to begin with the raw food as it is alive with enzymes and digests quickly. If you find the raw food too cold, it can be warmed up with fresh garlic and cayenne pepper, which do not irritate, but only stimulate the circulation. Cooked, hot food is nice in the winter, but make sure it

How to Immunize Yourself Against Colds and Flu

By Barbara O'Neill

always has a raw accompaniment. A large breakfast, a big lunch, and a light or no evening meal is the eating program the human machinery thrives on.

7. Water

Drink two to three litres of water a day. This is not negotiable as this is what the average height and weight human being loses a day. It must be replaced by water only. Dehydration is a big contributing factor in winter colds and flus. Early morning and between meals is best as it doesn't interfere with digestion. Stop half an hour before a meal and resume one and a half to two hours after a meal.

Use the cold to prevent colds. It is vital to finish every hot bath and shower with a ten to fifteen second cold rinse. Many have proven this an indispensable aid in preventing colds and flus.

Quick application of cold water is a marvelous tonic, giving tone to the muscles and nervous system, preventing a chilling and equalizing the circulation. To run quickly for a few minutes on the wet dewy grass every morning, making sure you slip back into warm slippers, is a tried and true tonic for the body. At the same time, it is important to always keep the extremities warm in the cold months.

8. Mental Health

Stress has been proven to complicate all physical ailments. Here is timely advice on mental health from the Bible:

Trust in the Lord with all thine heart, lean not on thine own understanding. In all thy ways acknowledge Him, and He shall direct thy paths. Be not wise in thine own eyes: fear the Lord and depart from evil. It shall be health to thy navel, and marrow to thy bones. Proverbs 3:5-8

What to Do if You Get a Cold

Here are several options to increase the body's ability to 'clean house' quickly.

- Drink a glass of water every ten minutes for an hour at the first sign of a cold. This will allow a quick house-clean and often prevent it going further.
- Have a hot foot bath for twenty minutes. Put a teaspoon of mustard and half a teaspoon of cayenne pepper into the foot bath. Wrap a blanket around yourself, and drink two glasses of water while sitting there. Finish by pouring a jug of cold water over the feet.
- Breathe deeply the freshest of air. Well-oxygenated air cleanses and purifies the bloodstream, and gives food to the lungs.
- Allow the sun to bathe the face and chest. Use safe sun: short bursts in the middle of the day, longer session when your shadow is as 'long' as you are. Sunshine touching the skin increases the circulation to those areas, which increases healing.
- On the first day, eat no food. Drink three litres of water through the day, as well as herb teas, such as peppermint. Have fresh fruit and vegetable juices

How to Immunize Yourself Against Colds and Flus

By Barbara O'Neill

every couple of hours if desired. On the second day, eat RAW food only. Sprinkle the salad with a dressing of olive oil, lemon juice crushed garlic and cayenne pepper. Avoid grains, as they are mucus-forming when you have a cold. Slowly reintroduce grains and legumes as the cold subsides.

- Spend a small portion of the day resting; early nights are vital. The body is designed to restore and health while it sleeps.
- A brisk walk warms the body and increases its healing powers by increasing the circulation and the burning off and expelling of waste.
- Take a hot bath to allow the body to perspire for approximately twenty minutes. Finish with a ten to fifteen second cool shower. This is best just before going to bed.
- Take a Flu Bomb
- Place a cayenne pepper poultice on the feet before bed. Spread a little oil over a piece of kitchen paper the size of your foot. Sprinkle with 1/3 teaspoon of cayenne pepper. Place foot straight on this. Wrap with glad wrap and put a sock on. Repeat to other foot. Leave on overnight.

How to Make a Flu Bomb:

- 1 or more cloves of garlic
- ¼ teaspoon cayenne pepper
- ¼ teaspoon chopped ginger
- ½ drops of tea tree oil
- Juice of a lemon
- 1 teaspoon honey

Add a little hot water. Take 2-3 times a day for the first day. After that, take as needed.