**Client Resource Sheet**

**Tips for: Clearing a Cold from the System**

***For the Onset of Colds***

A *hot water bottle at base of neck*/top of back can help stop a cold in its tracks. This area covers several acupuncture points classically used to help the system eliminate the onset of colds. Try propping it on your pillow as you sleep and you may well wake with those early symptoms banished!

A useful Homeopathic first-aid remedy is *Aconite* - taken just within first 24hrs of onset of sore throat, colds and fevers. One dose of Aconite 200 immediately and then hourly – reduce with improvement.

***For Treating Colds***

A slice or two of *fresh ginger in your regular cup of tea* or in herb tea, or even just in hot water, can help to fight off colds and benefit early symptoms.

*Raw garlic* in food, salad dressings or even just on toast (yum!) - can also support the elimination of cold symptoms.

A wonderful ‘*cold-cure tea'* is an equal mix of Peppermint, Elderflower and Yarrow. Our Shiatsu Centre neighbour Neal’s Yard has the dried loose herbs available – drink several cups a day in those early stages.

*Echinacea tincture* strengthens immune system generally. Take it at the start of the cold or even for a few weeks as winter sets in and there are more germs circulating. Available in Boots/pharmacies as well as the Natural Food Store on Exchange St, Norwich