

## My No-Pills Treatment for a Common Cold

*Note: This article contains the opinions of John Kessler only. He is not, nor does he claim to be, a medical doctor or certified in medicine in any way..*

First it's a little sore throat, which most folks can dismiss as 'unimportant'. But then comes a sneeze or two, the snuffle, and the throat gets worse. Now, if you are paying attention at all, you have that sinking feeling of "Here we go again...I caught a cold."

At this point most Americans will obey the TV-based imperative and reach for one (or more) of the off-the-shelf remedies we have embraced for decades. The trouble is, NONE of these preparations have an effect on the course of the virus-based malady. They may reduce severity of some symptoms but they very often *prolong* the duration of the cold, by fooling the sufferer into thinking he is 'cured' and then stops taking care of the basics, like drinking fluids and keeping warm.

Viral experts agree now that one starts by being mildly infected with the virus, though without obvious symptoms. In such a case, one's immune system is successfully fighting off the disease with white blood cells, notably in the nasal areas. If, however, something disturbs the WBC action, such as exposure to rapid chilling conditions or heavy exertion, the balance is lost and the virus can get down to its dirty business.

Once the cold is really under way, the headache arrives, one feels congested, loses appetite, and starts to look for anything to fix it. The only drug that has more than palliative effect is aspirin or similar analgesics, but they don't really fix anything.

During the day, when one is upright, a cold is tolerable; just an inconvenience. That's also why colds spread easily. Sufferers don't think it's a big deal. It's when one is horizontal that the discomfort really starts.

This is when I take control of the condition. First, Drink Fluids. Every time I blow my nose, I take a swallow of water, even in the middle of the night. If the sore throat gets worse, I soothe it by getting up and gargling with salty warm water. The effect is instantaneous, and does not just mask the inflammation by anesthetics. Tissue swelling abates right away. The extra effort of gargling is well worth it. I prepare everything before going to bed and have salt and a cup standing by at the microwave. That way I can do the job and get back in bed quickly.

The second phase is Getting Warm. I don't mean just being comfortable. It's a chill that exacerbated the cold, so getting Extra Warm is the solution. Every time you sneeze, your body is saying, "I'm cold!" The warmer you get, the better your system can fight the virus. If that means an electric blanket, get one. In a cool

room, a warm hat could be a big help. The correct level of warmth is just at the boundary with sweating (though a little sweat is not a bad thing).

One of the big issues in winter is very dry air which, when inhaled during mouth breathing, will dry the mouth and throat, and make you more uncomfortable, denying you essential sleep. My treatment is to configure the covers so that the edge of the sheet/blanket is just at my nose, so that I breathe a mixture of warm, under-cover air and fresh outside air. Instant sleep for the sufferer, making the long, miserable hours pass quickly.

The Running Nose...I force myself to be on my side all the time. This may require configuring the pillow *just right*. That way fluids DON'T go down the throat making it much worse, and even getting to the lungs, where you really don't want fluid accumulation.

So there you are, alternately sleeping fitfully and getting up to do the treatment. IF...everything is right, this treatment will take effect in several hours. By 3AM I can be on the mend, and wake up with a sense of hope for a return of normalcy and HEALTH.

The next day is critical to rapid (and complete) recovery. You MUST stay warmer than normal, particularly head and neck areas. Avoid heavy exertion and continue drinking more fluids than normal. In appraising one's condition always be conservative. In the final analysis, an extra day of reduced activity will not hurt anything. Even after that, be conservative for a few days.

Adhering to this method can yield rapid recovery and even a miraculous, "Two-Day Cold".

Your Neighbor, John Kessler