

Life Begins With a Breath
The Chinese Medicine Guide to Health
 Courtesy of the Goodman Wellness Center

The Common Cold or Flu

Traditional Chinese Medicine (TCM) views the common cold and flu differently than modern western medicine. Modern western medicine concludes that it is either a viral or bacterial infection. If it is a viral infection than nothing is prescribed, however, if it is a

bacterial infection antibiotics are used to eliminate the bacteria. In TCM, the cold or flu is broken down into symptoms to determine a pattern. The pattern is then given a name such as Cold, Wind, Heat, Dryness, or a combination like Wind-Cold.

The names of the exterior patterns may be simple in nature but are very effective when developing a treatment plan. The following chart will help you understand the difference between the patterns.

The Patterns

Cold	Wind	Wind-Cold	Wind-Heat
Body aches No sweating Severe headache Aversion to cold	Slight body aches Slight sweating Less severe headache Slight avers. to cold	Light fever Aversion to cold Chills Severe body aches Severe headache No sweating No thirst Clear urine Runny nose Slight dry throat Wheezing Cough	High fever Slight or no chills Slight body aches Back of head pain Slight sweating Thirst Dark Urine Sore throat Yellow to dry-nasal mucous Cough

These are just four different variations of a cold or flu. In fact, they are the most basic variations. Most disease patterns are based on these four and will later transform into a variety of other patterns if they are not treated quickly. This is why some over-the-counter

products you may take are not as effective each time. The cause of the disease, time of year, and where it is located in the body all play a role in diagnosis and treatment. For example, Echinacea works sometimes, but not always. Also, in December when it is

colder, the body may need stronger diaphoretics than in the summer. In Western Medicine they would be categorized into different strands of bacteria or viruses. Therefore, making an early diagnosis and correct treatment are very important in overcoming a cold or flu.

WHAT TO DO IF I CATCH A COLD OR FLU

First, call me and let me know your symptoms. I may be able to give you a simple remedy over the phone if you are unable to come in. Simple remedies include taking a warm shower and drinking a couple strong cups of ginger tea with cinnamon. That method would be used for the Cold pattern or the Wind-Cold pattern from above. There are different remedies for Wind-Heat or Wind patterns. Those remedies would be fresh mint, honey and lemon tea and avoiding any spicy food. It may also include watermelon juice. Of course, vitamin C and Zinc are always recommended. Avoiding sugar

is a must. For all of the above cases, it is important to massage down both sides of your spine, until the skin turns red. Also, take a day off work. One or two days off work is better than being sick for three weeks. Coming into the office would be the best method. Acupuncture and Chinese Herbal Medicine are extremely effective in the treatment of a cold or flu. If caught early enough, the symptoms may be eliminated within a day or two.

Good Luck !!!!

Check out my website for other info at:

Goodmanacupuncture.com

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