

## The Common Cold

We often hear the expression, “It started with the common cold.” It is very likely that the cold in question has been ignored and so has caused, in some cases, other problems.

There are many causes of the common cold but all too often it is the result of a virus. The nose, mouth and throat may become infected and inflamed, causing swelling, and sometimes such a viral infection leads to a secondary infection resulting in nasal discomfort, ranging from a watery to a thick mucous discharge. In such cases common symptoms are a runny nose, sore throat, sneezing, watery eyes and headaches. When a person’s immunity is low and the natural reserves are low, an ordinary common cold can result in a general debility such as a chronic infection, allergic disorders, injury to the mucous membranes and other similar chronic conditions.

Sometimes the cold is accompanied by a fever, but with some basic care the overall condition can soon be brought under control. On the whole, the sick person will be feeling much better within four to seven days. It is important to obtain sufficient rest, sleep and relaxation. If you are cold, take a hot bath or a hot footbath to get the circulation going again and so raise the body temperature.

Try at all times to keep the nasal passages clear so that you can continue to breathe through the nose. Steam inhalation with the addition of a few drops of Eucalyptus essential oil has a soothing effect on an inflamed respiratory tract and will aid the breathing.

As for dietary management, try to keep your diet very light. Make sure you drink plenty of fluids, especially fruit juices that are rich in vitamin C. Eat plenty of fresh vegetables and we would also advise taking a natural vitamin C supplement at such times. The first thing we usually recommend in cases of the common cold is Alfred Vogel’s marvelous remedy, Echinaforce®. In cases of flu, colds, bronchitis and many other types of infection, Echinaforce® offers a tremendous benefit to the immune system and enhances the body’s own reserves.

