

### **How the Chinese deal with Colds and Flu's.**

Ever wondered if there is a really effective way to treat a cold when you think you're getting one? Well, the Chinese have been doing it for hundreds of years and I'd like to tell you how...

The Chinese are more sophisticated in their description of the different *types* of colds that people get, and differentiate them into various types - the most common types being a *hot* 'cold' and a *cold* 'cold'.

#### **Some Symptoms of a cold 'cold'**

*Feeling cold* especially up the back of the neck and head

*Sneezing* with a blocked runny nose (clear mucous)

Often follows catching a 'chill'

*Itchy throat*

*Clearish mucous*

#### **Some Symptoms of a hot cold**

*Feeling hotter* perhaps with a temperature – feel like kicking off the blankets

*Sore throat*

Dry mouth and throat

Perhaps *yellowish or greenish mucous*

Basically the approach taken in China is to treat a *hot* 'cold' with herbs that are cold in nature and to treat a *cold* 'cold' with hotter herbs. So for example if someone had a *cold* 'cold' they might drink Ginger tea (a herb considered to have hot energies) whereas mint tea or other 'cool' herbs might be more appropriate for a *hot* cold.

Over the years Chinese herbalists have put together an extensive range of herbs to specifically address the different types of colds that we get, and having personally used them for many years I can say that I have found that they are very effective.

The herbs can be obtained from a qualified herbalist. Obviously it is best to have some 'in' in preparation, rather than waiting for the inevitability!

You should consult a health professional if symptoms persist or worsen.

*To find out more contact: The Novara Centre, 01 2761745. e: [info@thenovaracentre.ie](mailto:info@thenovaracentre.ie)  
w: [www.thenovaracentre.ie](http://www.thenovaracentre.ie)*