

Why Suffer?

There is a Cure for the Common Cold (and Flu)



You've heard that old lie which says, "There is no cure for the common cold?" Well, of course there is a cure for the common cold! If there was no cure, then how did you recover from your last cold? Obviously, the body knows how to cure a cold because it does so all the time. So, why do people say there's no cure for the common cold? It's because they don't know how to support the body in fighting off the cold.

You see, most people treat colds using methods that actually interfere with what the body is trying to do to cure the cold, and this prolongs the length of the cold instead of shortening it. These methods can also make you sicker in the long run.

In contrast, if you know the right way to treat a cold (or flu or any other acute ailment), you can dramatically shorten the length of time it takes to recover. How much? Well...

...most of the time you can be over a cold or flu in 24 hours or less.

But that's not all! If you start using effective methods the moment symptoms appear, you can sometimes be over an acute ailment in just a few hours. Even more importantly, using these methods strengthens the immune system so you're less susceptible to getting a cold the next time around. But, before we share some tips on how to do this, we want you to know the approaches that don't work, and why they don't work.

First, OTC (over-the-counter) cold and flu medications don't help you get over a cold faster. Why? Because, by their own admission, all these medications do is suppress symptoms, and that's the last thing you want to do. You see, the symptoms are created by your immune system trying to cure you of the cold, so suppressing the symptoms is actually making the immune system work harder, and prolonging the length of your suffering.

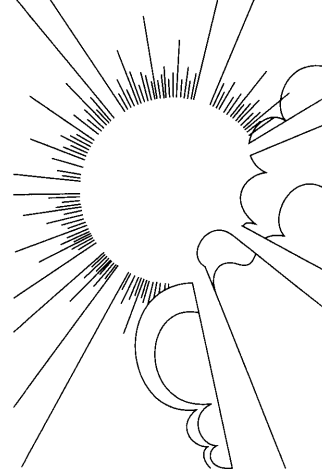
Second, you don't "feed a cold." That's a misinterpretation of Hippocrates' famous saying, "Feed a cold, starve a fever." (Inside, we'll explain what it really means.) You see, eating any kind of heavy food when you're acutely ill will also interfere with healing. Take a lesson from children and animals, they usually have no appetite when they have a cold or flu. You don't need to "eat to keep up your strength" and fasting or using only liquid foods will enhance recovery time.

And, finally, skip the antibiotics, too. Colds and flu are viral disorders and antibiotics are only effective against specific strains of bacteria. So, they're completely ineffective for colds and flu. Doctors only prescribe them as a placebo because people want to take something, although doctors may use the weak, and very unscientific, justification that they are preventing "secondary infections."

Antibiotics aren't a "harmless" placebo either. Using antibiotics destroys friendly bacteria in your colon, which weakens your immune system and makes you more prone to get sick again. Antibiotics should be reserved for serious bacterial infections.

***So, now you know what DOESN'T work—
Look inside to learn what DOES work....***

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