



## You Don't Catch Colds... You EARN Them!

Most of the time, it's pretty easy to cure a cold, and just about any other acute ailment, too. Basically, all you have to do to get rid of a cold is to remove the cause.

Oh, you think. That means we've got to get rid of the virus. Well, that would be true if the virus was the real cause of the cold, but it isn't. Yes, I know we've all been taught to think that you caught a cold because you got infected with a virus, but we need to do a little "unlearning" here to understand and look a little deeper.

You see, there are *two* theories out there about germs and disease, not just one. The theory that says germs cause disease was advanced by Louis Pasteur, and it's become the most popular, so most people accept it without question.

But, the approach we're about to teach you is based on the theory advanced by a contemporary of Pasteur named Antoine Beauchamp. Interestingly, Pasteur didn't discover "germs," Beauchamp did, and Beauchamp's research showed that germs lived in diseased tissue.

Pasteur plagiarized Beauchamp's research, but gave it a different twist, because Pasteur believed that germs made the tissue diseased. Today, most people believe Pasteur's theory, even though Pasteur is reported to have admitted on his deathbed that Beauchamp was right.

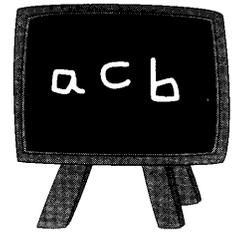
But, if Pasteur was right, and germs alone cause disease, then why is it that a group of people can all be exposed to the same microbe and some will get sick and some won't? We say it's because some of the people are immune, but what that really means is that some people didn't have an environment in their tissues that was favorable to serve as a host for the infection. In other words, their tissues were healthy!

You can only "catch" a cold when your system is weakened in a manner that makes you susceptible, so isn't it smarter to focus on creating a body that's immune rather than worrying about trying to kill all the microbes? If we can do that, we can not only cure colds and flu rapidly, we can also learn to prevent them.

A simple analogy that will help you understand this concept is flies. Do flies cause garbage piles? Of course not. Are flies found in garbage piles? Of course, because flies are scavengers and feed off of decaying organic matter. In the same manner, germs are associated with diseased tissue, not because the germs made the tissue weak, but because the germs were drawn to the weak tissue.

The lesson is, keep your internal environment clean and you'll rarely catch colds, flu or anything else. So, consider doing a cleanse in the fall or early winter to "winterize" your immune system against cold and flu season.

## Curing a Cold is as Easy as A-C-B!



The coughing, sneezing, runny nose, watery eyes and other cold-related symptoms are all generated by the immune system trying to throw off both the microbes and the toxic material that creates the host environment for the disease. (See sidebar.) When you try to suppress these symptoms, even with natural remedies, you're working against what the body is trying to do.

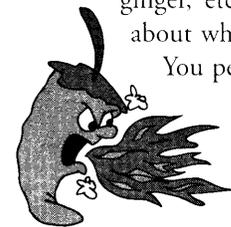
Healing colds is as easy as A-C-B, which stands for Activate, Cleanse and Build. Basically, what you want to do is give the body an energy boost to help it push what is causing the irritation out of the system—that's A for Activation. Then, you want to help the body get rid of what is irritating it by opening up the various channels of elimination in the body—that's C for Cleansing. Finally, as soon as you start to feel better, you want to replenish the nutrients the body used up in fighting the disease and bring your internal environment back to a state of health—that's B for Building.

Let's take a closer look at each of these steps.

### Activate

The Chinese have a concept in their system of medicine called the wei qi (pronounced "way chee"). This is an energy system, like the energy shields around a space ship, that protects the body from disease. This energy pushes outward on the surfaces of the mucus membranes lining our lungs and digestive tract and our skin.

Herbs with a pungent taste, such as capsicum, horseradish, ginger, etc. help generate this wei qi energy. Think about what happens when you eat these spicy foods.



You perspire, your nose runs, your eyes water and mucus clears from your throat and lungs. Eat enough of these spicy foods and they'll even promote evacuation of your bowels.

In short, these pungent herbs activate the energy that helps the body discharge whatever is irritating it. That's why they're your best friends when you have a cold.

As soon as you feel a cold or flu coming on, stop eating, start drinking lots of liquids and starting taking some of these pungent herbs. A good formula to use is **HCP-X**, also known as Herbal Composition Powder. Composition is an herbal formula for colds, flu, fever and other acute ailments that was developed 200 years ago and is still as effective today as it was then.

HCP-X works faster if you brew it into a tea using 2-3 capsules per cup of water. Sip the tea frequently until you start to feel better. If you can't stand the taste of the tea, you can get a similar benefit by taking 2 capsules every 1-2 hours with plenty of warm or room temperature water. (Do not drink cold water when you're sick!)

Composition is too strong for kids, so children can use liquid **CC-A with Yerba Santa**. Give a small dose (about 1/4 to 1/2 teaspoon every 15-30 minutes with plenty of water. Adults can also use this blend in a larger dose.