

# How to Deal with a Cold

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Today we are going to discuss ways people catch colds and how to deal with them. A change in the weather, for example, can contribute to a cold. Holidays with rich foods and late nights usually mean more colds.

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Worldwide, billions of people get colds each year. On the average, children get 6-8 colds each year and adults average between 2-4.<sup>1</sup>

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A true cold is a mild infection confined to the upper respiratory passages and is caused by one of 200 known cold viruses.<sup>2</sup>

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Cold symptoms typically include:

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## Cold Symptoms

- Nasal congestion



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Nasal congestion

## Cold Symptoms

- Nasal congestion
- Runny nose



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Runny nose

# How to Deal with a Cold



Sneezing



Scratchy-sore throat



Headache



and General discomfort (with little or no fever.)



To understand how to **prevent** a cold we need to know how colds are **transmitted**.<sup>3</sup>

Cold viruses can be transmitted by:



Shaking hands with someone who has a cold or by touching objects contaminated with secretions from the nose or mouth.

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Breathing in infectious particles in the air from a cough or sneeze of an infected person.



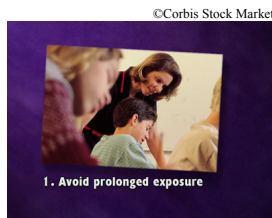
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A sneeze explodes from the mouth and nostrils at 40 mph (65 km/h), compared to 5 mph (8 km/h) for breathing. Hitching a ride on every small droplet expelled by that sneeze are countless viruses, looking for whoever is nearest.<sup>4</sup>



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Here are six recommendations that can help you to **prevent** a cold.<sup>5</sup>



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Number 1, Avoid prolonged, close exposure to people with colds. Keep your hands away from your eyes, nose or mouth. These are entryways for virus.<sup>6</sup>



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Number 2, Sneeze or cough into a paper tissue and throw it away immediately.

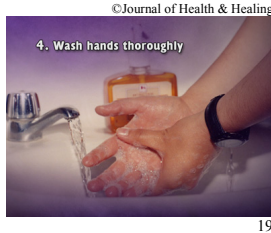


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Number 3, Clean environmental surfaces that others often touch, such as doorknobs, telephones, handrails or armrests.<sup>7</sup>

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Number 4, Wash your hands vigorously for ten seconds under running water, especially before meals. This is an effective way to keep from getting a cold. It also helps prevent you from spreading the germs to others. Cold germs can survive on your skin for several hours.<sup>8</sup>



Number 5, Staying indoors during the winter months may actually contribute to catching a cold. The viruses have more opportunity to spread among people. The lower humidity during the colder months help cold-causing viruses to thrive and may also dry the lining of the nasal passages, making them *more* susceptible to infection.<sup>9</sup>

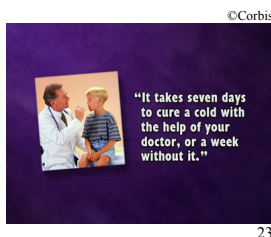


Number 6, Maintaining a healthy immune system will also help protect us from colds. Obtaining adequate rest is important.



Plenty of fresh air and sunshine are two of God's natural doctors. Sunshine kills germs; and moderate exercise increases the number of friendly white blood cells.<sup>10</sup>

What if you have the misfortune to “catch” a cold?



Have you ever heard the saying, “It takes seven days to cure a cold with the help of your doctor, or a week without it”?

Fortunately, you can shorten a cold's duration and reduce the uncomfortable symptoms. At the first sign of a cold, quick action is the key.



Here are some simple **steps in treating a cold:**

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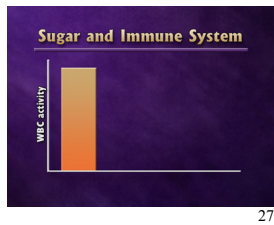
# How to Deal with a Cold



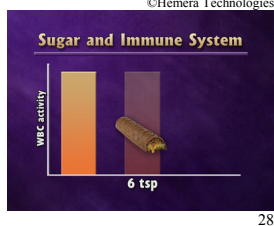
Number 1. Drink plenty of water. Enough that the urine is quite pale, usually 8-12 glasses daily. Extra water helps replace fluid loss from increased sweating and excessive nasal and bronchial secretions.



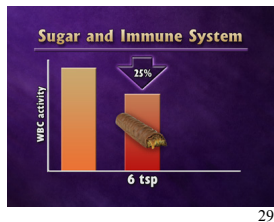
Number 2. Eat wisely. Do you “starve a cold and feed a fever?” Actually it’s fine to eat moderately during a cold, the body still needs nutrients for functioning. Eat whole grain breads and cereals and fresh fruit and vegetables rich in vitamins and minerals.



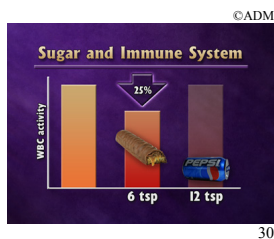
One study found that...



...eating a medium candy bar containing just six teaspoons of sugar decreased the white blood cells’ ability to destroy bacteria by...



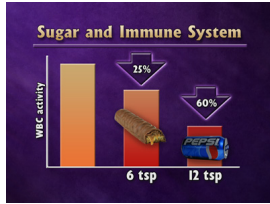
...25 percent for about five hours.<sup>11</sup>



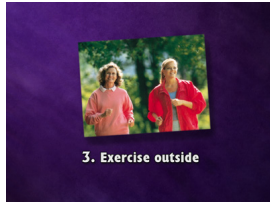
When snacks containing 12 teaspoons of sugar were eaten (a typical size soft drink) the white blood cells’ abilities were reduced



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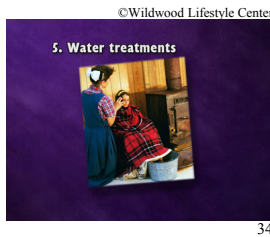
60 percent.



Number 3. Exercise outside. Moderate exercise in the open air improves the immune system. Walking is one of the best overall exercises. Dress to keep from chilling, especially the limbs, hands and feet.



Number 4. Get extra sleep. Go to bed early or take a nap in the morning. The immune system can't function well when you are overtired. Often some extra sleep is exactly what your body needs.



Number 5. Water treatments. Another step in treating a cold is the use of water externally.



For example a hot footbath. If symptoms are a scratchy-sore throat or headache, put the feet in hot water for 20 minutes and apply a cold cloth to the head. End each treatment by pouring cold water over the feet and drying them thoroughly.

Another effective treatment is a



hot and cold contrast shower. At the first signs of chills or achiness, or general discomfort take a

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three-minute hot shower followed by



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30-60 seconds of cold.



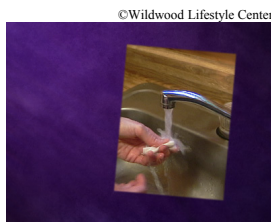
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Repeat the cycle three times, ending with cold. This can boost your immune system so that the white blood cells are more effective in destroying germs.



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**A Heating Compress** is an excellent treatment to prevent or help heal a sore throat or cough. At bedtime take a piece of thin cloth, like a handkerchief,



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and wet it in cold water, wringing out the excess.



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Wrap the cloth around the neck loosely.

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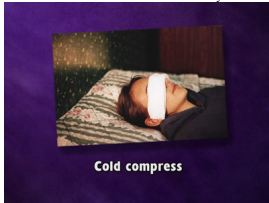
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Next take a woolen sock or piece of wool cloth and wrap it around the neck on top of the first cloth, pinning it securely in place. Wear the compress all night. The moist cloth underneath will heat up and increase circulation and healing to the area.

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Cold compress

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For nasal stuffiness use an ice-cold compress across the bridge of the nose along with a hot footbath, this combination decongests the sinuses.

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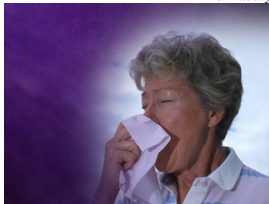


Sinus bowl treatment

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Another alternative is a **sinus bowl treatment**. Take a bowl of hot water and place your nose in the water with your mouth over the edge of the bowl for breathing. Treat your sinuses with hot water for three minutes, adding water periodically to keep the water hot. Next, immerse your nose in a bowl of cold water for 30-60 seconds. Repeat the hot and cold cycle three times, ending with cold.

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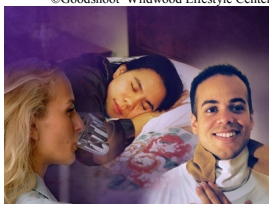
Studies have found that adults who have colds blow their noses...



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an average of 45 times a day for the first three days.<sup>12</sup> This blowing action tends to push infected mucus back into the sinuses, making a cold worse and perhaps leading to sinus infection. The cold compress or sinus bowl treatment is a safer alternative for nasal congestion.

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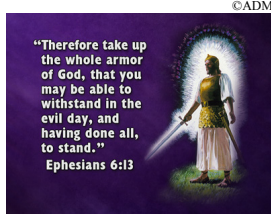


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Obviously there are many things we can do to diminish the effect and duration of a cold. Colds can make us feel miserable but if we are diligent in using these simple natural remedies we will usually experience relief.



## How to Deal with a Cold



“Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand.”  
Ephesians 6:13

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Fighting a cold reminds me of what the apostle Paul once pointed out in Ephesians 6:13,

“Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand.”

The key is perseverance! To overcome a cold one needs vigorous efforts until it is fully overcome. May the Lord bless you and keep you in good health.

<sup>1</sup> Tamar Nordenberg, FDA Consumer, Oct. 1996, p. 17.

<sup>2</sup> FDA Consumer, October 1996, p.17.

<sup>3</sup> FDA, Ibid.

<sup>4</sup> Ellen Michaud, Alice Feinstein, Fighting Disease, Rodale Press, Emmaus, PA.,1989, p 2.

<sup>5</sup> FDA, Ibid.

<sup>6</sup> Nutrition Action, Center for Science in the Public Interest, Mar. 2002, p.7

<sup>7</sup> Nutrition Action, Ibid.

<sup>8</sup> Nutrition Action, Ibid.

<sup>9</sup> FDA, Ibid

<sup>10</sup> Gary A. Thibodeau, PhD, Structure & Func. of the Body 10th ed, Mosby Year Book Inc. Missouri, 1997, p 260.

<sup>11</sup> **Add reference and summary of study done at Loma Linda Univ. School of Health.**

<sup>12</sup> Hendley, Owen, Univ. of Virginia, meeting of the Amer. Soc. of Microbiology, reported by Reuters, San Francisco, Sept. 29, 1999.