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Tips for a Common Cold

When one is about to catch a cold, symptoms such as sore throat, runny nose, stuffy nose, fever, or feeling extremely colder than usual, may occur. At the very early stage of a cold, one can try to prevent the cold from getting worse by trying to promote a slight sweating. Chinese Medicine has been successful in treating colds for thousands of years despite the bacterial strand. Its main principal is to promote a slight sweat which will release the pathogenic factor out of the body without exhausting the body.

Below are tips to promote slight sweating to prevent a cold from getting worse at the early stage:

1. Boil several slices (~5-6 slices) of ginger for 15-20 minutes to make a ginger drink. Sugar can be added for better taste. Drink it warm and try to get a slight perspiration. The spicy taste of the ginger will help disperse the cold from the body.
2. Light exercising to break a slight sweat. Avoid profuse sweating or over exercising because it may cause the cold symptoms to get worse as this will over fatigue the body.
3. Dress warmly or cover oneself with extra blankets to promote some sweating.
4. Drink some very hot soup to try to get a slight perspiration.

If the above methods do not work, then the cold may have entered a deeper level and would require either herbs or acupuncture to disperse it.