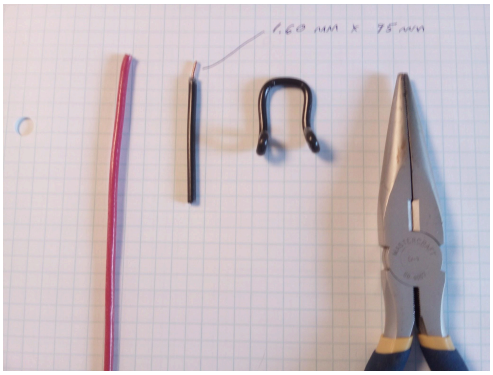
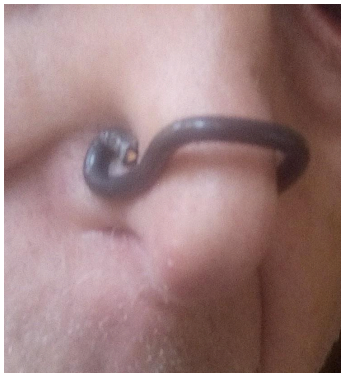
A Cold Quick Fix (rev 08_3_2023)





This is about a quick fix for colds and COVID-19 and variants. If you have some of the symptoms, have been tested positive, and are not interested in the details here is what you can try. The treatment should be applied when symptoms occur for best results. It is a simple enhancement of the immune system with no pills, no injections, and low to no cost. It requires that you breathe through your mouth and block your nose, for at least 1.5 - 2.5 hours. If you are uncomfortable with this, read no further. For you people that are still with me here is what to do.

Get some equipment.

· First try opening and breathing through your mouth, and then gently pinch the back of the nose to close the lower valves like the nose clip in the photo. To block my nose, I made a simple nose clip using house electrical wire leaving the insulation on with needle-nose pliers and the copper wire diameter and length. Nose clips are available online at Ebay and Amazon for quantity or, in sports stores and in Canada what we call drug stores. Only a light pressure is required to close the nose valves. Some alternatives are a piece of wide medical or hockey tape, bandages, the top of a clothes pin, etc.

- · A thermometer
- · Some way to keep time. TV
- · Pad and pencil.
- · A way to keep your body warm and your head in particular. A sweater, head covering, light coat, sauna, warm bath, sun in moderation, skipping for 5 minutes or, physical activity to increase your body temperature if needed.
- · Maybe some way to heat your sinuses around your nose if they are bothering you. I use a heating pad but hand, foot, and body warmers pad wrapped in a layer of cotton cloth will work. Follow the instructions on the package. The local price where I live is about $1 per pad.
- · You may need some nose tissue of some sort.

- · You will need to be hydrated so have a supply of water, tea, coffee but not alcohol.
- · Some entertainment to divert your mind.

Pre-treatment

- · If you have taken any cold or anti-fever pills that contain acetaminophen (Paracetamol), Ibuprofen, and Aspirin, wait until they stop being effective. Some last 12 to 24 hours. Fever is your friend and best defense mechanism.
- · Get warm until you perspire. Measure your temperature orally under and at the back of your tongue. Your reading should be 37 ^{0}C or 98.6 ^{0}F for your core temperature to be (38-39 ^{0}C) or (100.4-102.2 ^{0}F). This method reads low by almost 1 C to 2 F. If you don't have a thermometer but an apparent temperature that will be a good start.
- I found that by resting my back against a heating pad near the highest setting would increase the core temperature to the 38-39 ^{0}C temperature range. If you live in a warm country, going outside and sitting in the shade may be sufficient.
- · Find a warm place where you can be comfortable for 1.5 to 2.5 hours. Note that if you use a hot tub make sure the water temperature is below 39.4 ^{0}C or 103 ^{0}F and set an alarm for 2 hours. You don't want to cook.

- If you have a cough or sore throat, try gargling with a cup of hot water, green tea, acidic black tea or coffee. Swallow the liquid after gargling, hydrating is good for you.

Treatment

- · Start when you are warm and comfortable.

- Breathe through your mouth.

- · Block your nose so that no air can come in or leave using one of the nose blockers mentioned above. Your nose produces a unique oil that should be cleaned with soap and water for the tape to stick.
- · Record your time and temperature.
- · Sip fluids as needed
- · Stay warm and comfortable for about 1.5 to 2.5 hours. If you wish you can unblock your nose for a few minutes (2-5), particularly if necessary to swallow. At first, it takes about 10-15 minutes for your nasal cavity and throat to reach core temperature. This is the start of the demise of cold

viruses. The duration time for this to happen depends on the upper limit of the particular cold virus. COVID-19 seems to be sensitive to temperatures just above 37.5 ^{0}C and rhinoviruses slightly higher. My personal experience with the latter is a duration time of about ½ hour with the temperature about 39 ^{0}C when I used a hot bath. Recently (2023) I was infected with one of the COVID-19 variants and it took 2 days and 5 applications of nose blocking to remove the viruses.

- · If your sinuses, nasal cavity, and phlegm are clear you are done.
- · If your sinuses are blocked in any way, this is a good time to add heat to them. Concentrate the heat to the forehead just above the nose and the top of the nose then both cheeks just below the eyes, 15 to 10 minutes at each location.
- My advice is to repeat the process the next day if not completely cleared after the first treatment.

Note: For the best results this treatment should be applied as soon as any of the symptoms appear. Waiting a few days will help to build up your immune system but on the downside, your smell sensors located at the top of the nasal tract will have more damage. As the viruses multiply the channels that connect to your hearing and eye can become compromised and this is when strange sensations start to happen. If you wait too long before applying this treatment and your fever rises too high (above 39 C) then you are in trouble and must take measures to cool your body quickly.

For more information, you can click on the link on the right How to Cure Common Cold(6) or look at a few of the previous posts.
www.alanrskitalk.com

Good luck,

Alan Robb, Ph.D. (aka AlanR the engineer)

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