

Colds and Flu

What is a cold?

Common Cold (*Coryza*) is an acute condition that affects only the upper respiratory tract (mainly the nose). It is the most common respiratory disorder in many parts of the world.

Signs and Symptoms of a Cold

Runny nose (with *clear* mucus); blocked nose; sneezing; sore throat; watery eyes; coughing; headache (sometimes); and slight fever (sometimes).

What is the Flu?

Flu (*Influenza*) is also an acute and contagious condition that affects the respiratory system. It is often confused with the common cold, but flu is much more severe. Flu usually lasts for four to five days, but the complications can be longer lasting and more serious, especially with lung infections such as bronchitis and pneumonia.

Signs and Symptoms of Flu

Fever and extreme coldness (chills/shivering/shaking); body aches (especially joints and throat); nasal congestion (with *yellow – green* mucus); runny nose; coughing; headaches; fatigue; irritated, watery eyes; and diarrhea (usually in children).

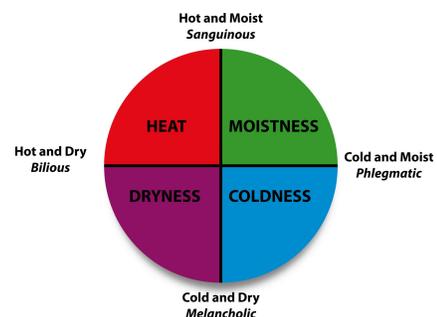
What Causes Colds and Flu?

The common cold and flu are due to infection from certain viruses.

Risk factors include exposure to cold and rainy weather, and an immature immune system, especially in children.

The Tibb View on Colds and Flu

According to Tibb, colds and flu are associated with **coldness with moistness** as they typically develop in cold months of the year. Symptomatically colds and flu presents with excessive mucous production such as a runny or congested nose, and productive coughing. Due to the weakened immune system, Physis is unable to prevent the virus infection, but actively fights it in order to restore the body back to health within 4 days (for a cold) or 21 days (for the flu). Although all temperamental types can be affected with colds and flu, people with a phlegmatic dominant/sub-dominant temperament are more at risk due to their innate qualities of coldness and moistness.



Treatment and Management of Colds and Flu

Treatment and management is aimed at **reducing the excess coldness with moistness** associated with colds and flu, by implementing Tibb Lifestyle Factors that will **increase the qualities of heat and dryness**. This assists Physis in addressing both the symptoms and the causes of colds and flu.

Tibb Lifestyle Factors

Food and Drink

- Eat **mostly Hot & Dry foods** – such as chicken, oily fish, garlic and onion, **followed by Hot & Moist foods** – like flavoured with spices like ginger, turmeric and black pepper.
- Eat **less of Cold & Dry foods** – such as lemon, oranges and yogurt and the **least amount of Cold & Moist foods** - like milk, cucumber and rice.
- Avoid dairy products, margarine, fried foods and all sugars;
- Avoid solid foods for three days.
- Sip hot chicken, beef or mutton soup spiced with garlic, ginger, black pepper and salt for three days.
- Drink at least 2 litres of warm water per day.

Other Lifestyle Factors

- Remain as active as possible unless you have a fever in which case bed rest is strongly advised.
- Mix a solution of 1 cup warm distilled water, ½tsp of sea salt and a pinch of bicarbonate of soda. Use a squeeze spray bottle to instil the solution in the nostrils, one side at a time. Repeat this procedure 3-4 times a day as necessary for relief from stuffiness.
- Avoid exposure to cold and wet weather.
- Use steam inhalations to promote drainage and ease pressure. Use a pot of hot water and add a few drops of eucalyptus or rosemary oil. Put your face over the pot and cover with a towel. Breathe in deeply. Do this several times a day for 5-10 minutes.
- Massaging the chest and throat with a heating ointment (such as Blackseed Rub) will ease congestion and help eliminate phlegm.

Medication

Herbal Remedy

- 2 grams fenugreek seeds, 1 gram cinnamon, 1 gram cloves, 2 grams fresh ginger. Boil in 2 cups of water until 1 cup remains. Strain and mix in 2 tsp of honey and drink. Repeat the same 3 times a day.
- Ginger and honey tea: Grate 2 cm piece of ginger to a pot of 2 cups of water. Bring to the boil, then add 1tbsp of honey. Drink it whilst hot.

Tibb Medication

Tibb Flu-Relief capsules or syrup - This provides relief from body aches & pain, reduces phlegm, and lowers fever. This medication is associated with qualities of **heat with dryness** and is effective in restoring harmony in conditions linked with coldness and moistness such as colds, flus and congestion.

Septogard tablets or syrup – This boosts the immune system to prevent and fight infection. Septogard is associated with qualities of **heat with dryness** that will assist in the elimination of excessive phlegm associated with respiratory infections. An increase in **heat** is also needed to activate the immune response.

Kofcare or Chest-eeze syrup - This eases breathing, reduces cough, regulates phlegm production, and soothes inflammation. These cough syrups are associated with qualities of **heat**.

For an in-depth understanding on the Tibb philosophy and all illness conditions download our latest book "**Healing with Tibb**". For further information: temperament

<http://www.tibb.co.za/principles/>; diet charts: <http://www.tibb.co.za/food-drink/> For recipes:

“**Cooking for your body type**” is available for free download For information on Tibb products visit <http://www.tibbherbals.com/>

COLD & DRY FOODS

MEATS	beef, biltong (beef), crabs, fish, knuckles, mussels, ostrich, oysters, pork, snails, tripe, veal
VEGETABLES	brinjal (egg plant), brussel sprouts, cabbage, cauliflower, green beans, mushrooms, peas, potatoes, sauerkraut, tomatoes
FRUITS	(all sour fruits), apples, cherries, coconut, grenadilla, grape fruit, lemon, lime, naartjies, oranges, pineapple, plums, prunes, pomegranate, raspberries, strawberries, sultanas
NUTS	peanuts
GRAINS & SEEDS	barley, beans (all types), corn, cornflour, couscous, lentils, linseed, maize, mielie meal, mielies, millet, peas, popcorn, poppy seeds, samp, sesame seeds
DAIRY PRODUCTS	egg white, sour milk, yogurt
OILS	coconut oil, corn oil, sesame oil
SPICES, HERBS & SEASONING	basil, prunes, poppy seeds, tamarind
DRINKS	sour fruit juices, tea (black), coffee, ice, sour milk
FLAVOURANTS	
CONDIMENTS & SPREADS	balsamic vinegar, peanut butter, pickles, tomato sauce, worcestershire sauce, vinegar
CONFECTIONARY & DESSERTS	
CEREALS	cornflakes, mielie meal, millet

COLD & MOIST FOODS

MEATS	Duck, rabbit
VEGETABLES	Bean curd, beetroot, baby marrow, butternut, broccoli, carrots, cucumber, gem squash, Indian gourd, lady fingers, lettuce, okra, patty pans, pumpkin, radish, sprouts, soya beans, tofu, turnips, zucchini,
FRUITS	Apricot, cranberries, figs, kiwi fruit, litchis, melons, mulberries, paw-paw, pears, pineapple, prickly pears, quince, spanspek, watermelon
NUTS	Macadamia nuts
GRAINS & SEEDS	Cucumber seeds, melon seeds, pumpkin seeds, rice cakes, rice, sago, semolina, watermelon seeds, linseed
DAIRY PRODUCTS	Coconut milk, cows milk, goats milk, buttermilk, butter, rice milk, soya milk, Butter, margarine
OILS	
SPICES, HERBS & SEASONING	Cardamom, coriander, cumin, vanilla
BEVERAGES	Glucose, sugar cane juice, milk shakes, ice-cream, water, rooibos
SWEETENERS	Fructose, glucose, rose syrup
CONDIMENTS & SPREADS	
CONFECTIONARY & DESSERTS	Custard, ice cream, rose syrup, sago
CEREALS	Pronutro, rice crispies

HOT & DRY FOODS

MEATS	Chicken, lobsters, prawns, all small bird meat, Oily fish
VEGETABLES	Bitter gourd, celery, fenugreek, green pepper, garlic, leek, mustard, onion, parsley, red pepper
FRUITS	Avocado, Grapes
NUTS	Cashews, hazel nuts, pecan nut, walnuts
GRAINS & SEEDS	Chickpeas, fenugreek seeds, gram flour, mustard, seeds, papad
DAIRY PRODUCTS	Eggs
OILS	Mustard Oil
SPICES, HERBS & SEASONING	Aniseed, cinnamon, cloves, celery seed (ajmo), garlic, lavender, mustard seeds, nutmeg, oregano, paprika, parsley, peri-peri, red chilli, rocket, saffron, tarragon,
BEVERAGES	Alcohol, Grape juice, Herbal teas
FLAVOURANTS	Pungent and bitter flavourants
CONDIMENTS & SPREADS	Chili sauce, mustard sauce, peri-peri sauce
CONFECTIONARY & DESSERTS	
CEREALS	

HOT & MOIST FOODS

MEATS	Buck, goat, goose, lamb, liver, mutton, turkey,
VEGETABLES	Artichokes, asparagus, chives, ginger, olives, spinach, squash, spring onions, sweet potato, turnips
FRUITS	Bananas, dates, guavas, mangoes, peaches, papaya,
NUTS	Almonds, brazil nuts, pistachios, apricot kernels
GRAINS & SEEDS	Bread, bu'gar wheat, flour, pasta, rye bread, sunflower seeds, wheat
DAIRY PRODUCTS	Condensed milk, cheese, cream cheese, mothers milk (for babies), clarified butter, lecithin,
OILS	Castor oil, olive oil, sunflower oil
SPICES, HERBS & SEASONING	Bay leaves, black pepper, cayenne pepper, dill seeds, dried ginger, fennel, green masala, marjoram, mint, sage, salt, soya sauce, thyme, turmeric, watercress, white pepper
BEVERAGES	Green tea, hot water, juices (see fruit), Herbal Teas
FLAVOURANTS	Honey, molasses, sugar, salt
CONDIMENTS & SPREADS	Mayonnaise,
CONFECTIONARY & DESSERTS	Biscuits, cakes, chocolate, liquorice, vermicelli
CEREALS	All bran flakes, bran, honey smaks, muesli, nutri-k, nutritic, oats, puffed wheat, taystee wheat, weetbix