

The Quickest Way to Get Over the Flu

Modern medicine knows that people can come in contact with the germs that cause the flu and not get it due to a great immune system. **What do colds have to do with the cold weather?** Why is the flu season during the cold weather? What is the fastest way to get over the flu and how do you avoid them altogether?

If your immune system is strong enough then you will not get the flu. When a person's health is too low, the body's intelligence tries to raise it. Its job is to constantly try to make the person healthy and fit, not fat. Its only goal is the best health possible. But people have many other priorities like entertainment, fun, being sociable, making money and being admired.

So when your health (immune system) drops too low, the body's intelligence tries to force you to do something about it. Your health and immune system are proportional to how clean or free of toxins the body is. Toxins include the body's metabolic waste. The body is constantly getting rid of toxins but sometimes it gets backed up. **Things that help the body detoxify are heavy sweating caused by heat or exercise, sleeping, fasting and eating a light and healthy diet.** The opposite things, like lack of sleep, causes the body to get backed up with these toxins.

During cold weather people get less sunlight which means less vitamin D (which is good for the immune system). Also **people sweat a lot less during the cold weather** so saunas can help to cause more sweating. **The skin is one of the 4 excretory organs of the body** which also include the lungs, liver and kidneys. The colon is an organ of elimination. It is not an excretory organ since it is outside the body proper. That is medical talk.

With *Bikrams Hot Yoga*, you do yoga exercise in a room that is 100 degrees Fahrenheit so this causes you to sweat a lot. Americans have a tendency to over eat and under sleep especially around the holidays. I saw on the forums before Thanksgiving that more people are asking about what to do about a cold.

So the body's intelligence allows you to get sick so you will do the things that you were unwilling to do, like taking off work, eating less and sleeping more. **Then after the flu, you are healthier than you were before the flu.** If you do not do these things then the flu can last a long time.

The quickest way to get over a cold or the flu is fasting, according to Mark Twain and I. That causes the body to detoxify at the fastest rate possible. The book, *Prescription for Natural Healing* (by James Balch M.D. and Phyllis Balch CNC), says "When you feel a cold or illness coming on or are just depressed-- fast!" If you can't fast, then just eat only fruit, especially fruits high in vitamin C, until you are better. Fruits require the least amount of digestive energy. You already know about getting plenty of rest and drinking enough fluids.

There is an easier type of fasting that has become very popular. Since it is easier and supplies vitamin C in a food form it may be better for colds and flus. When it comes to vitamin pills you should try to avoid them. Studies show that they act differently in the body than vitamins in foods. Ask yourself this. Since vitamin C pills are so cheap (about 8 cents each) and each one (500mg) contains the amount of vitamin C in 7 whole oranges, then no one should never get a cold or the flu. But the vitamin C in one whole orange is better for you than 100 vitamin C pills.

Try to buy organically grown produce until The USA becomes as civilized as Russia where it is against the law (a crime) to sell anything but organically grown produce. This alternate fast is discussed on the fasting webpage. It is called **Master Cleanse, Lemonade Diet or the Master Cleanser Lemonade Fast**. Lemon contains a lot of vitamin C like other citrus fruits (31 mg per lemon). This is an average since organic produce without pesticides has more nutrients than conventional produce. Ask your congressman when they are going to make produce with pesticides illegal since our little children consume them. This is a crime against humanity. Remember, that black people used to be property (slaves) in the USA that you could buy and sell and that was considered acceptable.

The Master Cleanse contains freshly squeezed lemon juice in water, maple syrup and a tiny bit of cayenne pepper. People can skip the cayenne altogether. It helps circulation but is not good for people with thin blood. For more on this, see my website [Colds and the Flu](#)

Copyright 2006 by Chuck Bluestein

About the Author

Chuck Bluestein is a nutritionist, herbalist and an expert on fasting and weight loss. His website has info on colds and flus, losing weight (including water weight), healthy diet, fasting, neck and back pain, enemas, natural healing and how to be happier. [Fasting and The Master Cleanser Lemonade Fast](#)

[Be Happier With Less Stress](#)

