



East Village  
**ACUPUNCTURE**  

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**& MASSAGE**

## *Wind cold + Wind heat – Holistic Remedies*

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Wind, cold and heat are three common pathogens which can enter the body from the exterior.

**Wind-cold:** Chills, aversion to cold, stiffness (especially of the neck), headache, and white or clear-colored phlegm

**Wind-heat:** Sore throat, feeling warm and/or agitated, yellow or green-colored phlegm, and aversion to heat.

A third type of cold, which usually occurs in the autumn, is wind dryness. There may be a combination of fever and chills with a dry throat and dry cough.

### **Lifestyle Recommendations**

- Wear scarf on windy days and keep your feet warm. If you notice that your feet are cold, take a few minutes to soak them in hot water, and put on clean, dry socks.
- Get more sleep especially during the times of season change.
- Frequent hand washing.
- Limit acidic foods and incorporate more alkaline rich foods.
- Avoid all dairy products (even nonfat), orange and tomato juices, beer, sugar and cold drinks are considered to be “damp” foods. They tend to cause mucus buildup, which easily turns to phlegm, and provides a friendly environment for viral and bacterial growth. Wheat, bananas, and oats also have damp properties. Fluids should be warm or room temperature.

- For **wind-cold symptoms**, ginger, cinnamon, garlic, cayenne pepper and onions are all warming foods with detoxifying properties. For **wind-heat symptoms**, peppermint tea is cooling.
- Get acupuncture. When you start feeling “off” acupuncture frequently can stop the cold in its tracks / shorten the course of illness.

### Acu Points

Moxa on ST36. 1 minute on each side daily.

