

Cold, Flu, Sinus Infection?

Working With Your Immune System Speeds Recovery

© Mike Macy, CST

Here are nine simple ways to avoid catching colds and the flu: 1) Drink plenty of water; 2) Get plenty of rest; 3) Wash your hands often; 4) Eat healthy food and saturate your body with nutrients; 5) Cultivate healthy relationships; 6) Exercise appropriately ; 7) Exercise your soul; 8) Get bodywork; and 9) Dress appropriately. It's never too late to embrace the above steps. Even if you are already sick. There are also some very powerful measures you can take to speed your recovery. One of the most powerful is to work directly with your immune system. We'll get to that in a moment.

At the very first sign of a cold, take action. Don't pretend it's not a cold. Surrender to reality, but don't give up. Instead, prepare for battle. As you are at your most contagious when first coming down with a bug, this would be an ideal time to take to bed—to speed your recovery, prevent the cold from morphing into something worse like pneumonia, and spare family, friends, and co-workers.

Nutritional supplements and homeopathic and non-prescription medications can be very helpful. If you have any insight into your emotional situation, a naturopath may be able to concoct a remedy specifically for you that addresses the energetic issues that made you susceptible in the first place. Ideally, you've already laid in a stash of your favorite remedies for just such an occasion. Don't have favorite remedies? I've listed a few of my favorites at the end of this article. Food is medicine, and certain foods are bad medicine. Same with water: While hydration is critical, water laced with chlorine and fluoride is murder on immune systems, and you should consider an alternative water source if possible.

Colds are rarely just colds. Pretending otherwise increases the likelihood of a long, miserable slog. At the very least, getting sick suggests that your immune system is less than optimal. Perhaps, your self-care has slipped or stress has been elevated or prolonged. Address those issues as best as you can, and you'll recover that much quicker.

Introducing Dr. Thymus and IU (the Immune University)

Your best ally in fighting colds and the flu is your thymus gland, the headquarters of your immune system. Most anatomy texts largely ignore the thymus, and conventional medicine virtually dismisses it. Don't make that mistake. This diminutive gland is like having your own inner physician on board, and a really good one at that which is why I often call it Dr. Thymus.

The Immune System functions much like a modern university, in three ways: It has an extensive collection or library of every pathogen you've ever been exposed to. Second, it has laboratories

where snippets of DNA from your body, your lungs, stomach, etc., are continuously examined to determine if they are from self or other, and if from other if they are pathogenic or allergenic. And finally, it has classrooms where immune cells are trained for specific tasks, or retrained once those tasks have been accomplished. Furthermore, the immune system has an extremely varied student body: some immune cells are generalists like liberal arts majors, other are highly specialized like doctors and chemists. Some are large and complex. Others are simple and small. The latter are particularly important because they can pass through the blood-brain-barrier and snuff pathogens that have managed to invade your central nervous system or help eliminate metabolic wastes and dead nerve tissue. And of course, stem cells may simultaneously be the simplest and most important immune cells of all, with their ability to differentiate into any tissue, like nerve and brain cells, which may have been damaged in shipping and handling. When you see what these immune cells can do, you may think of them as highly gifted student athletes.

All of this information isn't just academic. It's highly practical. You can work directly with Dr. Thymus and the IU faculty, staff, and student body right now to tackle any number of health challenges. The protocol described is great for colds and flu, but can be used to repair just about anything, thanks to its access to stem cells.

Working with thymus strengthens your entire immune system, which it almost certainly needs--otherwise you wouldn't have become sick in the first place. Plus it also will help you gain more control of your health and life. You'll be moving from passive bystander to active participant in important ways. Thymus' intelligence, accuracy, speed and effectiveness never ceases to amaze me. For example, I've seen it identify pneumonia-causing pathogens and clear fluid (pneumonia) from lungs in minutes. As you work with thymus, you'll gain a whole new appreciation for your body, its design, and inherent wisdom.

The thymus gland lives in a rough neighborhood--between your sternum, heart and lungs--where obtaining adequate space, blood supply, and energy can be a challenge. Address these basic needs first, before asking thymus to help you. In addition to being rude, doing otherwise is counterproductive.

Taking Care of Thymus (Always do this first)

Preliminaries

Lie down, if possible, with a pillow under each elbow, if possible.

Place the heel of one hand on your upper sternum, and the heel of the other hand atop the first.

Ask thymus if it will talk to you. If you hear a "yes" in your mind, ask it how it is doing. If it has challenges, ask how you can help.

1) Ask thymus if it has enough space. Ask thymus to (attract) your hands wherever they need to go to optimize thymus' space.

Even if you don't feel anything, stick with it for five or ten minutes. Even if you can't find and release all the restrictions crowding your thymus, it will appreciate and reward your effort.

2) Repeat all of step 1, this time focusing on thymus' blood supply.

3) Repeat all of step 1, this time focusing on thymus' energy. If thymus wants more energy, invite it to pull all the energy it needs from the universe through your hand. (If you are really sick or exhausted, ask someone to help channel universal energy into your thymus.)

4) Ask thymus what are the most important things you can do to help it. If you get an answer, be sure to comply. Ignore thymus' advise at your own expense.

When thymus is ready to go to work, it will feel bubbly or tingly, as if you had your hand over a freshly poured carbonated beverage.

Working With Your Immune System

1a) Ask thymus to send immune cells to the problem area (lungs, throat, nasal passages, sinuses, etc.) to look for any cells or substance that looks out of place or different and report back with a physical description of those cells (shape, color, geometry or other distinguishing characteristics. (Any description will be immensely helpful. Think in terms of a kindergartener's refrigerator art.)

1b) Ask thymus to send to the problem area whatever immune cells are most effective for dealing with the cells described.

1c) Give thymus five to ten minutes to accomplish this.

1d) Re-check: Ask thymus if all the cells of that description are gone. If not, or if not sure, (virus and bacteria are very good at morphing and hiding) ask thymus what you can do to help and how long it will take to complete the job.

1e) Check for other pathogens. (Repeat step 1a) If you get a description of another pathogen, repeat steps 1b-d.

1f) Ask thymus to repair any damaged tissues, if appropriate (in your best interest).

If your illness is in multiple parts of your body (for example, lungs, upper respiratory tract, sinuses), repeat these steps for each part, as the germs may be different in different parts of the body and your immune system will need an accurate description for each pathogen.

1g) When all done, thank thymus for its help. Again ask thymus what you can do to make it's job easier. Take your medicine: Follow Dr. Thymus' orders!

You can use similar protocols to eliminate adhesions, scar tissue, toxins, and emotional toxins. The beauty of working with thymus is that you don't need to know the names of the various immune cells or what they are good for (It would be inappropriate to tell thymus how to do its job

anyway, even if you thought you knew.) Don't rush. A slow methodical approach is best. Give thymus at least a fraction of the hour or three you would have otherwise spent in going to the doctors. It may take several sessions to beat your cold. And get in the habit of working with your thymus regularly.

A sante': Best wishes for a fast and complete recovery.

A CranioSacral Therapist in Anchorage, **Mike Macy** works with thymus, internal organs, blood vessels, nerves, and substructures of the brain to locate and address the causes of acute, chronic, and mysterious health challenges

Some Favorite Non-Prescription Cold and Flu Remedies

Homeopathics: Coldcalm and other Boiron products work well.

Herbal preparations: Echinacea, goldenseal, various Chinese herbs

Vitamin C with Zinc

Nutraceuticals: FluBan, Oil Of Wild Oregano, Capsicum powder

Flora: Colostrum and probiotics (acidophilus plus other helpful internal organisms) .

Foods: Garlic, ginger root, vegetable juices

Essential Oils: Young Living's Thieves or do Terra's On Guard for prevention & R.C. (Respiratory Congestion), Eucalyptus, tea tree oil

Sore throat: Gargle with hot, salt water, and if pain is excessive aspirin

Sinus infections: Use a Netti Pot and Netti drops, dissolved aspirin and acidophilus

Extreme or chronic sinus infections can be fatal; therefore, when in doubt, consult a health professional.

Inner ear infections: Gently traction ears laterally

Evil Jungle Prince With Chicken Soup*

When I was young, people generally went to bed when they got sick. If they were lucky, someone took care of them, maybe even made them their favorite foods. As an adult, I've had to do this for myself. One of my favorites is a soup loosely adapted from Mekong, in Honolulu, perhaps the first Thai restaurant in the US. With a cold generally—unless you have digestive issues, the spicier the better. With a little practice, you can make this in 20-30 minutes.

To 2 quarts boiling water, add:
Four cubes, organic bouillion
One Onion, diced and browned in olive oil
Half a bulb of garlic, diced and browned in olive oil
At least a thumb's length of fresh ginger, root, sliced thin
One chicken breast,** diced, browned in olive oil
A spear or two of lemon grass, sliced
A cup of dried rice, cooked or 8 oz. of fettucine cooked
Serve in bowls, salt and pepper to taste.
Just before eating, add fresh basil and or cilantro, chopped.
Enjoy!

* For the original recipe, see [Keo's Thai Cuisine](#).

** Vegetarians could substitute tofu and miso for chicken