

# C o l d s & F l u



Colds and flu are caused by an infection with a virus and commonly affect our nose, throat and chest (our respiratory tract). Cold and flu viruses are always changing - this season's cold or flu virus will probably be different from last year's virus. This is why you can get a new cold or flu each year. Cold and flu viruses are spread by touch, for example, by your hands, or through the air when you talk, sneeze, cough or breathe. Antibiotics don't kill viruses. Your own immune system is your best defence.

## **Signs & Symptoms**

Symptoms start 1 to 4 days after catching the virus and may include:

- dry or sore throat – may be the first sign, coming a day or so before other symptoms
- runny nose – clear and watery to start with, then mucus gets thicker
- blocked nose (nasal congestion)
- headache – all over head or all around eyes and nose
- sneezing – your body's attempt to clear nasal passages
- cough – may be dry or productive (producing phlegm)
- fever – feeling hot, then cold, often with shivers as well
- aches – sore, aching muscles and joints often occur with flu
- hoarseness – rough voice as virus causes swelling of vocal cords (voice box)

## **Risks**

Colds and flu may develop into something more serious, especially when a bacteria attacks on top of a virus.

- otitis media (middle ear infection) - common in children when infection spreads up the nasal passages to the middle ear
- sinusitis – infection spreads up to the sinuses
- bronchitis – infection spreads into the airways of the lungs
- pneumonia - infection travels down through airways into the lungs.

Yellow, white or green mucus after a couple of days of cold/flu is usually a result of your immune system fighting the virus. Yellow or green mucus that develops 4-5 days after your initial cold/flu symptoms may be due to a bacterial infection.

Your cold is more likely to get worse or develop into something more serious if your immune system is low eg. if you are tired, run down, have another illness, are poorly nourished, elderly or very young.

## **TCM Drug Free Pain Control**

Acupuncture works in a preventative capacity as well as dealing with the problem initially. The following regime is always followed, but each type of ailment is unique to the individual and so will be treated according to the individual cause.

- All treatments take into consideration the psychological effect the ailment has on you and your lifestyle
- Acupuncture
- Herbs which are prescribed in pill or raw form depending on the individual palate and case
- Cupping/Moxibustion
- Massage
- Exercise
- Dietary advice

What a relief! A drug-less alternative to the ailment you have been experiencing. And it has been proven for thousands of years. TCM works because it establishes your body's equilibrium by correcting your energy imbalances.

TCM works in a curative and preventative manner. Incidentally, the frequency and duration of your treatment will vary according to your individual condition. Generally speaking, the longer a patient has had a particular condition, the longer it will take to treat.

TCM has a strong sense of commitment and purpose to each patient; this is why we are the only clinic offering one hour treatments with each appointment and an extremely high success rate.

If we can be of further assistance please do not hesitate to call.

*masters of TCM Pty Ltd*

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