

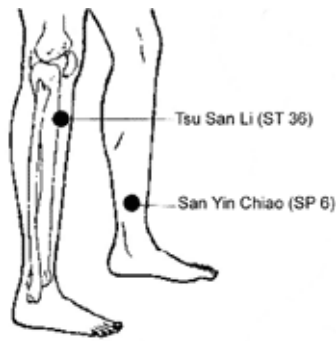
An Extremely Effective, Simple Treatment for Colds and Flu

By John Amaro, LAc, Dipl. Ac. (NCCAOM), FIAMA, DC

Some years ago, a group of esteemed scientists from the People's Republic of China were invited to visit the United States by the American scientific community. This event ushered in an exchange of ideas and an opportunity for two great nations to be able to corroborate on a number of issues vital to the health and welfare of the world.

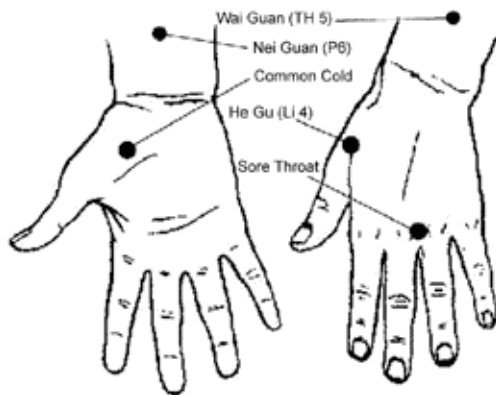
Over a period of two months, the Chinese scientists visited virtually every major research facility in the nation, followed closely by their American hosts, who were furiously taking notes and promoting discussion on matters from nuclear physics to aerospace, medical research and treatment approaches. The visit culminated in a banquet at Princeton University in honor of the Chinese scientists, which was attended by a virtual "who's who" of the North American scientific world.

During the banquet, the moderator of the event posed the question to the chief Chinese scientist as to what he felt was one of the most significant things he had learned in America; what had impressed him the most about the United States that he would return to China and share it with his colleagues who were not present on this historic visit? The scientist rose from his chair, strode to the microphone, gazed over the crowd and stated in understandable English: "The number one thing that has impressed me the most about America is the common belief by the common person that there is no cure for the common cold." The American scientists were totally caught off guard with this statement, as it was perhaps the farthest thing from anyone's mind. It was not what they had expected to hear.



Even though the names of devastating flu are often Asian in character, and China has been credited or blamed with the development of some of the most deadly flu epidemics in the world, the Chinese - through effective acupuncture approaches - have had a major impact in altering the extreme symptomatology that accompanies both the flu and the common cold.

The following illustrated acupuncture approach is extremely effective in not only alleviating the symptoms associated with cold or flu but, if used early enough, may potentially prevent the symptoms and condition from developing at all. All of the points shown may be stimulated with noninvasive stimulation devices such as the *teishin*, electronic stimulation or laser, in addition to needles. One of the most effective approaches to successful treatment is to copy the images below and provide them for your patients for self-stimulation of the points throughout the day. Remember, this may be one of the most powerful effects for cold and flu you will ever learn.



One of the key points is the "miracle" point known as the "common cold" point on the thenar eminence, in line with an imaginary line drawn down the middle of the index finger. If a cold is present, or on the way, this point will be very sore upon palpation. The "sore throat" point is perhaps one of the most dynamic on the body for seemingly miraculous elimination and lessening of pain from sore throat almost immediately. LI 4, ST 36 and SP 6 are extremely effective points for boosting the immune system and are three of the most powerful points on the body for this purpose, when used together. Caution is urged in using these points for any female who may potentially be pregnant, as LI 4 and

SP 6 are classic points known to create abortion. If there is a question of pregnancy, eliminate these two points; if not, they are dynamic. These points are historically used to promote delivery in the ninth month when the contents of the uterus are expelled. TH 5 and P 6 are, without question, two of the most effective points in affecting the immune system and building vital resistance. These two points are my personal favorites. This effect is through the extraordinary meridians.

Since the common cold is the most prevalent medical condition in North America, followed by low back pain, we should all be kept very busy in treating this malady. Colloidal silver has shown to be extremely effective in colds and flu, and is highly urged.

Best Wishes in the "Year of the Monkey!"

Click [here](#) for more information about John Amaro, LAc, Dipl. Ac. (NCCAOM), FIAMA, DC.



Page printed from:

http://www.acupuncturetoday.com/archives2004/may/05amaro.html?no_b=true