

## The Uncommon Cold Cure

With over 200 different viruses known to cause colds and no medical treatment available colds are a real problem. However, there is a natural sure fire way of reducing, eliminating and preventing colds. It is an old concept that worked long before anyone had a clue how good it was. It works because of simple chemistry and is a highly recommended for preventing other health problems.

To culture living things you need to create the conditions in which they need to survive. Different life forms require different conditions. This is the reason you do not find the same mold growing in a dry area of bright sunshine when it normally thrives in a dark moist corner of a basement or bathroom. Most life forms simply can't thrive in extremely adverse conditions. In our case the body acts as a culture medium being dark inside moist and warm. In a similar way most viruses thrive in acid pH blood. To grow viruses you need acid pH blood levels generally in the 4.5-6.5 pH range. To inhibit that growth you would need a healthier more alkaline blood pH of 7.5.

The good news is that you do not need to know any of the details just supplement with calcium, magnesium and potassium (the recommended dose) plus eat vegetables, fruits and berries (as much as you can comfortably)(avoid Blueberries, Cranberries and any berries canned or in sugar). I would minimize the meat, fish, eggs, grains and dairy products because they tend to produce more acidic conditions in the body. Your blood pH will shift quickly and naturally inhibiting all the viruses thus preventing a cold or accelerating your recovery. It has been my experience taking zinc and an adrenal support helps especially if you were under high stress conditions when the cold started.

You can find a detailed acid alkaline chart in my Physical section plus many more self healing ideas covering things from anti-aging to meditation at <http://www.billselfhelp.com> .