

Common Cold

Program



On Downloadable Video

Matthew Scott

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Program Notes

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Introduction

These notes support the downloadable videos at: www.chinese-holistic-health-exercises.com

While Western medical methods offer little in the way of lasting relief or prevention for the common cold, the self-massage and other techniques in this 15-20 minute program are easy to do and often provide quick relief from symptoms such as blocked nose, sore eyes and headache.

Regular use will help prevent further colds too.

As soon as you feel you're getting a cold, start doing the program morning and night. You should also follow the dietary and lifestyle advice at the end of the program - failure to adjust your diet in particular when you have a cold, will lengthen your recovery time. For cold prevention do the program once a day.

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Points to note before you start

1. Each exercise and technique in the program is shown in a separate video clip to minimize download time for people without high-speed Internet. For the same reason, each clip has been kept as short as possible, but long enough for you to clearly see how to do the exercises and techniques, e.g. you'll see 3 full repetitions of an exercise, not all 10 or 15 reps. However, these written notes give you complete step by step instructions, including how many reps/sets you should do, and lists of benefits and tips for each exercise and technique.

2. **Important:** None of the information or exercises on the website or in these notes is intended to replace professional medical advice, diagnoses or treatment. You should always consult your health professional before starting or changing an exercise or dietary program, particularly if you're in poor health and/or haven't exercised for some time.
3. If you have any questions or concerns please let me know via the contact form on my website. I'm here to help you get the absolute most out of every exercise and technique.

You should follow the order shown below. Watch each video clip first to see how it's done, then refer to the notes for full instructions.

Exercise 1: Bellows Breath (Sitting)

Time: 2-3 minutes

Benefits: Expels stale air and impurities from your lungs; floods your system with fresh oxygen; energizes and calms you; balances you emotionally; firms and tones your abs; an essential exercise for city dwellers, smokers, to relieve and prevent colds and flu and to wake you up in the morning, or anytime you feel tired or dull-headed.

How

The emphasis is on fast, forceful exhalations through your mouth and slow, smooth inhalations through your nose. Sit on the front edge of a stool or chair, with your back straight and hands on knees. Empty your lungs completely by exhaling through your mouth with a loud whooshing sound. As you exhale lean forward till your head is above your knees. As you inhale through your nose return to the upright position. Fill your lungs to no more than half full though. That's one repetition.

Immediately begin another rep by exhaling through your mouth and leaning forward. Do 10-20 continuous reps, then sit up straight and take several slow, deep, in/out breaths through your nose to balance your breathing. That's one round. Do 2 or 3 rounds per session and finish off

with several more slow, deep, in/out breaths through your nose to once again balance your breathing.

Tips: If you feel dizzy or breathless while doing the Bellows (likely if you're in poor health or are unfit), stop, take some slow, deep, complete breaths and try again or later; you may initially find that you can only do a handful of reps without coughing or feeling dizzy - persist with this superb exercise though and you'll be very thankful; the Bellows can be done as a single exercise on its own anytime of day or night.

The Bellows can also be done standing. The steps are the same except you stand with your feet parallel, about shoulder width apart, and hands on hips. As you exhale forcefully through your mouth, sink your weight into your legs, curl your upper body and pelvis slightly forward and pull in/tighten your abs. Relax as you straighten up and inhale.

2. Head Pressure Point (Gb20)

Time: 1-2 minutes

Benefits: Relieves a blocked, heavy head from colds and sinus problems; also relieves neck pain, headache and sore eyes.

How

Standing or sitting. Put your hands on your head and use your thumbs to locate the depressions at the base of your skull, about 6cm (2 inches) out from the middle of your neck. The points are just to the outside of the large muscles running down the side your neck. Press your thumbs in and slightly upward in the direction of your eyes. Press till you feel no more than a comfortable pain, then hold the pressure while you knead the points in very small circular movements for 1-2 minutes.

Tips: If the points are very tender ease off the pressure a bit; close your eyes and focus on the points as you press them.

3. Forehead Rub

Time: 1-2 minutes

Benefits: Relaxes your face; calms your mind, relieves a stuffy, heavy head.

How

Rub your hands together briskly to charge them with energy and warm them up. Close your eyes and use the tips of your fingers to rub across your forehead from the middle to the sides and from top to bottom. Focus on the area you're rubbing.

Tips: Do it anytime you have a frontal (forehead) headache, or feel stressed; instead of rubbing just to the sides of your forehead, continue down over your temples, past your ears, and along your jaw line to your chin.

4. Temple Rub

Time: 1-2 minutes

Benefits: Relieves headache in the temple area; calms your mind.

How

Briskly rub your hands together to warm them and charge them with energy. Close your eyes and use the tips of your index and middle fingers to gently press and rub your temples, i.e. the area about 3-4cm (1 inch) back from the outside corner of your eyes. Focus on the points as you rub them.

Tips: Add a drop of liniment to each temple before rubbing to help relieve headache in this area - be careful not to get the liniment in your eyes though.

5. Nose Rub

Time: 1-2 minutes

Benefits: Clears stuffy, blocked nose and sinuses.

How

Briskly rub your hands together to warm them and charge them with energy. Close your eyes and use the tip of your middle fingers to rub up and down between the area next to your nostrils and the corner of your eyes. Focus on the area you're rubbing.

Tips: Add a tiny amount of Vick's Vaporub or similar to the area to help open your nasal passages - be careful not to get any in your eyes though; you can also use the palm of one hand to rub the tip of your nose 15-20 times in clockwise circles then anticlockwise circles.

6. Neck and Shoulder Pinch

Time: 2-3 minutes

Benefits: Relaxes you by relieving tension in your neck and shoulders; also effective for stiff neck pain.

How

Rub your hands together briskly to charge them with energy and warm them up. Use your left hand to grasp and pinch the flesh along the left side of your neck, from top to bottom, 3-5 times, or more. Repeat on the right side with your right hand. Then use your right hand to grasp and pinch your left shoulder and upper back a dozen or more times. Reach as far down your back as you can. Grasp as much flesh as you can in all areas and pinch as hard as is comfortable. Repeat on your right shoulder and upper back with your left hand.

Tips: With or without your shirt on is okay - directly grasping/pinching your flesh is a stronger technique though; if you're particularly tense or irritable or have a sore neck and shoulders then do the technique for longer, say 5 minutes, or have someone do it for you.

7. Arm Pressure Point (Pe6)

Time: 2-3 minutes

Benefits: A major point in Chinese acupuncture and acupressure therapy; calms your mind; strengthens your heart; boosts circulation; relieves nausea, vomiting, motion sickness, insomnia and carpal tunnel syndrome.

How

This point is located on the inside aspect of both forearms, two thumb widths (your thumbs) up from the skin crease that runs across the base of your wrist. The point lies between the two main tendons that run up your forearm. Measure the two thumb widths, then clench a fist to make the tendons appear, and mark the spot with a pen or your thumbnail. Relax your hand to press the point. Use the tip of your thumb, or nail, to press the point till you feel a comfortable pain. Hold the pressure as you knead the point in a very small circular motion for 1-2 minutes. Gently release, then repeat on your other arm.

Tips: Press this point anytime you feel nauseous, or have an upset stomach, or need to relax. Marking acupressure points with a pen the first few times helps you remember their location; if a point is very tender slightly release the pressure.

8. Hand Pressure Point (Co4)

Time: 2-3 minutes

Benefits: A major point in Chinese acupuncture and acupressure therapy; moves your qi (vital energy) and blood; moves your bowels; relieves head and face pain, e.g. headache, toothache, sinus pain.

How

The point is located on both hands, about 3-4cm (1.5 inches) in from the edge of the webbing between your thumbs and index fingers. Put your left thumb on the right hand point and your left index finger on the other (palm) side of the webbing to create a pinching technique. Squeeze and massage the point in very small circular movements for 1-2 minutes. Repeat on the other hand.

Tips: Press and knead these points anytime you have pain in your head or face.

To enhance the effects of the Common Cold Program

- The *moment* you feel you're getting a cold avoid *all* junk foods, especially cakes, candy, biscuits, white bread, pastries, anything fried, all pasteurized dairy products, soft drinks, and also stop or greatly reduce the amount of meat you eat - your body needs to cleanse itself and these foods and drinks will only hinder the process.
- Eat mostly fruits and lightly steamed vegetables, and plain rice and pasta, and drink only fruit and vegetable juices, e.g. lemon juice (pure or mixed 50/50 with water – NO honey or sugar added), carrot juice or pure water - no coffee or alcohol
- Brush your skin twice daily with a natural bristle brush to help your body eliminate waste and toxins. For a **free skin brushing report** see: <http://chinese-holistic-health-exercises.com/interesting-health-articles.com>
- Reduce emotional stress and physical activities to further help your body recover
- Absolutely do not smoke, and avoid second hand smoke while you have a cold
- Men, especially over 40, should not ejaculate when sick as it robs the body of vital essence and energy needed in the healing/cleansing process

Other programs by Matthew Scott

Chinese Long Life Exercise Program

<http://www.chinese-holistic-health-exercises.com/at-home-exercise-program.html>

Long Life Evening Program – for better sleep

www.chinese-holistic-health-exercises.com/natural-remedies-for-insomnia.html

Stop Headache Program

www.chinese-holistic-health-exercises.com/headache-pressure-point.html

Stiff Neck Program

www.chinese-holistic-health-exercises.com/neck-exercise-program.html

Other websites by Matthew Scott

Chinese Health Exercises

www.chinese-holistic-health-exercises.com/

Chinese Herbal Remedies

www.chinese-herbal-remedies.com/