

What To Do If You Feel a Cold [or Flu] Coming On...

Understanding a few basic principles about food chemistry can help you and your family stay healthy year-round. You'll need to try the foods described in this article because you will never hear about them from cold and flu experts.

by **Mary Jo Fahey**

Everyone has had a cold or the flu. It usually starts with a feeling of decreased energy and what doctors call “malaise” or a general sense that you are unwell. Most people do not realize that they can move quickly at this early stage and use the principles of food chemistry to knock out an infection before it starts.

Key Underlying Strategy for Killing All Bugs

All of the body’s invading organisms prefer an alkaline environment that can be influenced by the foods that you eat or the beverages that you drink. Bugs prefer an alkaline environment, which means that you can inhibit or prevent their growth with acid-forming foods such as apple cider vinegar, black tea and peanut butter.

Learning about acid and alkaline with respect to food can be very confusing because acidity or alkalinity can change once a food is metabolized. It’s the minerals in foods that are left behind after digestion that are important when it comes to killing bugs.

Digestion Breaks Food Down into Molecules

The process of digestion breaks down food that the body cannot use into smaller, simpler molecules. The foods you’ll need to kill bugs are those that leave high concentrations of chloride, phosphorus, or sulfur behind. These minerals are used to make acids such as hydrochloric acid, phosphoric acid, and sulfuric acid that can eliminate bugs. Alkaline-forming foods leave high concentrations of magnesium, calcium, and potassium behind. These minerals are used to form alkaline compounds (or bases) such as magnesium hydroxide, calcium hydroxide, and potassium hydroxide [Note: Pay close attention to the name of the compound in the BBC report described in the next section].

BBC Report: Bugs Thrive in Alkalinity

In November, 2003, the *BBC* reported that scientists found microbes *thriving* in highly alkaline run-off



[Optional Stock Photo Caption] Colds and flu can be halted by eating the right food at an early stage when you first feel an infection coming on.

This free-of-rights photograph is available at [istockphoto.com](https://www.istockphoto.com). Photos are purchased with credits that cost \$1.50:

File # 9780161

Small 849 × 565 px 11.8” × 7.8,” 72 dpi, 3 credits

Medium 1698 × 1131 px 5.7” × 3.8,” 300 dpi, 6 credits

Large 3888 × 2592 px 13.0” × 8.7,” 300 dpi, 12 credits

from steel mills in the Lake Calumet region of southeast Chicago. The alkaline groundwater was created when steel slag was dumped into wetlands and lakes. When slag is exposed to water and air, a lime compound called calcium hydroxide is formed.

Groundwater Microbes Are Related to Flu Bugs

Genetic analysis on the bugs found near Chicago revealed that they are related to *Clostridium* and *Bacillus* that can cause cold and flu-like infections in humans. Providing these organisms with an alkaline environment in the human body causes them to thrive much like their genetically related cousins in the alkaline groundwater near Chicago.

Connecting the Dots

The strains of *clostridium* and *bacillus* that cause cold and flu-like symptoms in humans are not a threat as long as the body’s acid-base chemistry is balanced. However, if there is a shift toward alkalinity, like the shift that occurred in the Chicago’s groundwater, environmental conditions in the body favor an overgrowth of bugs. If the overgrowth overwhelms the immune system, a cold or the flu will take hold. Examples of *clostridium* and *bacillus* that cause flu-like symptoms include:

Clostridium

Every year, millions of Americans suffer from flu-like symptoms due to toxins produced by *Clostridium difficile*. An infection from *Clostridium difficile* can cause diarrhea, abdominal pain, severe inflammation of the colon (colitis), fever, an elevated white blood count, vomiting and dehydration. In an alkaline environment, *Clostridium* infections can swiftly overwhelm the immune system.

Bacillus

Pfeiffer's bacillus, that is found in the nasopharynx of approximately 75% of healthy children and adults, can cause acute respiratory infections. With the right environmental conditions, this microorganism can change from a benign visitor to a destructive invader.



[Optional Stock Photo Caption] Citrus fruits such as lemons and limes are the worst possible choices for fending off colds. Even though they are acidic, their end-products after digestion are very alkaline.

This free-of-rights photograph is available at [istockphoto.com](https://www.istockphoto.com). Photos are purchased with credits that cost \$1.50:

File # 5918190

XSmall	359 X 334 px	5.0 X 4.6,"	72 dpi, 1 credit
Small	718 x 669 px	10.0" x 9.3,"	72 dpi, 3 credits
Medium	1435 x 1338 px	4.8" x 4.5,"	300 dpi, 6 credits
Large	2295 x 2142 px	7.7" x 7.1,"	300 dpi, 12 credits

Understanding the pH Scale

The scientists who discovered the highly alkaline water near southeast Chicago used a pH scale that measures the acidity or alkalinity of a fluid or substance. The pH of the groundwater measured 12.8 which is almost to the top of the pH scale that ranges from 0 (most acidic) to 14 (most alkaline). Although pH may remind you of a chemistry course that may not have been your favorite subject, acid-base food chemistry is extremely important when it comes to keeping the body healthy.

Home Remedies That Are Not Effective

When you feel a cold or flu coming on, the worst thing you can do is eat or drink alkaline-forming foods. Here are some old-fashioned cold remedies with details about why they don't work:

Tea with honey and lemon

Although black tea is acid-forming, citrus fruits are highly alkaline-forming and the lemon cancels out the potential bug-killing action of the acid-forming black tea in this recipe.

Garlic

Garlic will disappoint you as a natural cold remedy because it is an alkaline-forming food.

Ginger Tea

Ginger is alkaline-forming and not a good choice for thwarting bugs that cause infections.

Chicken Soup

Chicken is only mildly acid-forming and will not provide enough of a pH shift to keep bugs in check.

Acid-forming Food in the First Few Hours

At the first sign of a cold, you will need an acid-forming food to counteract your body's alkaline shift. Apple cider vinegar is my favorite acid-forming remedy. I have used it for years and I always receive positive reports from people who are willing to try it as a cold remedy. Bragg's raw, organic, unpasteurized and unfiltered apple cider vinegar is superior to the processed brands sold in supermarkets because minerals have not been removed. A natural vinegar can be identified by the sediment that forms at the bottom of the bottle. People who ferment vinegar call this sediment the "mother" because it contains the beneficial bacteria that are responsible for fermentation.

Bragg apple cider vinegar is named after an early pioneer in the health food industry named Paul Bragg [1895 – 1976]. You'll find it at your local health food store as well as Whole Foods and supermarkets such as Woodman's that have natural foods sections. Bragg apple cider vinegar comes in sixteen and thirty-two ounce glass bottles and a gallon-size bottle that is made of high density polyethylene plastic [HDPE] that does not leach.

Patricia Bragg, Paul’s daughter-in-law, who now runs the company, has created a vinegar drink recipe for energy that may also be used for halting a cold. She recommends using this energy drink three times a day:

- 1 to 2 teaspoons of Bragg Vinegar
- 8 ounce glass of water
- [Optional] 1 to 2 teaspoons of raw honey or organic maple syrup.

Avoid Alkaline-Forming Foods

One of the most important concepts to learn about acid-base food chemistry is that acids and bases neutralize or cancel each other out. This means that the acid-forming food that you eat will not be effective if you simultaneously eat or drink an alkaline-forming food. The list below contains a short summary of acid and alkaline forming foods. Herman Aihara’s book, *Acid and Alkaline*, published by the George Ohsawa Macrobiotic Foundation [1986] is the most accurate book that I have found containing details about acid and alkaline-forming foods.

Acid and Alkaline-Forming Food Chart

Keep this chart in your kitchen this winter, try emphasizing foods on the acid-forming list and pay attention to your energy levels as well as resistance to colds.

Acid-Forming [Use]	Alkaline-Forming [Avoid]
Apple cider vinegar [strong]	Citrus fruit [strong]
Peanut butter [strong]	Seaweed [strong]
Other nuts [medium]	Coffee [medium]
White flour foods [medium]	Sea salt [medium]
White sugar [medium]	Non-citrus fruit [medium]
Flesh meats [medium]	Fruit juice [medium]
Rice [medium]	Wine [medium]
Bread [medium]	Milk [medium]
Eggs [medium]	Green vegetables [strong]
Cheese [medium]	Green tea [strong]
Seafood [medium]	Maple sugar [strong]
Chocolate [strong]	Brown sugar [strong]
Walnuts [strong]	Flax seed [medium]
Coconuts [strong]	Other seeds [medium]
Tomatoes [medium]	Processed honey [weak]
Corn [medium]	Chick peas [medium]
Root vegetables [weak]	Aduki beans [medium]
Beer [medium]	Kidney beans [medium]
Whiskey [strong]	Olive oil [medium]
Raw Honey [weak]	Soda water [medium]
Black beans [weak]	Ginger [medium]
White beans [weak]	Mustard [medium]
Pinto beans [weak]	Cinnamon [medium]



[Optional Stock Photo Caption] By staying warm, your body’s energy reserves can be used to fight your infection—particularly at night.

This free-of-rights photograph is available at istockphoto.com. Photos are purchased with credits that cost \$1.50:

File # 10592271

Small	849 × 565 px	11.8” X 7.8”	72 dpi, 3 credits
Medium	1698 × 1131 px	5.7” X 3.8”	300 dpi, 6 credits
Large	2716 × 1810 px	9.1” X 6.0”	300 dpi, 12 credits

[Optional] Stay Warm To Conserve Body Energy

You don’t need to be a doctor or a nurse to know that the temperature of a healthy human body is 98.6 degrees Fahrenheit. When you are exposed to temperatures lower than 98.6, the body’s energy reserves will be tapped to maintain the 98.6 degree temperature. If you dress warm and use extra covers at night, your body will not need to work as hard to maintain a stable temperature. By staying warm, your body’s energy reserves can be used to fight your infection.

[Optional] Body Repair Occurs at Night

Staying warm is particularly important during catabolism that occurs from 4:00 p.m. to 4:00 a.m. Catabolism is a breaking down process in the body—that is needed for repair.

Understanding the connection between body repair, alkalinity and the necessity of staying warm at night requires a review of what constitutes an acid and a base. Svante August Arrhenius (1859 – 1927), who is considered to be one of the founders of physical chemistry, developed the following definition of an acids and bases:

An acid is a substance that increases the concentration of hydrogen ions (H+), which are carried as hydronium ions (H3O+) when dissolved in water, while bases are substances that increase the concentration of hydroxide ions (OH-).

The reason Patricia Bragg calls her apple cider vinegar recipe an “energy drink” is because the hydrogen ions produced by acid-forming foods are used in the body’s energy production pathways. Vinegar is acidic and it is also an acid-forming food. Hydrogen ions provide the energy needed to convert adenosine diphosphate (ADP) to adenosine triphosphate (ATP). All cells in plants, animals and humans use ATP for energy. If humans do not consume acid-forming foods, they experience low-energy due to shortages of ATP.

The conversion of ADP to ATP occurs during the day when the body is in an anabolic [or, growth] cycle from 4:00 a.m. to 4:00 p.m.. Daytime metabolism is dominated by hydrogen ions and energy that build-up rather than break-down.

In acid-base chemistry, acids and bases neutralize each other [or cancel each other out]. Limiting alkalinity to thwart the growth of microbes requires a conservation of energy [or conservation of hydrogen ions] and the ingestion of acid-forming foods that *produce* hydrogen ions. With enough hydrogen ions, you’ll be able to cancel out the alkalinity that makes bugs flourish.

At night, hydroxide ions [in bases], called reduced donors, take part in oxidation-reduction reactions that break down large molecules during catabolism. Nighttime metabolism is dominated by hydroxide ions. Not only are bases [and hydroxide ions] being used in catabolism, the by-products of catabolism are also alkaline [including microbes that are dissolved in the repair process]. The alkalinity that results from the break-down of microbes at night will overwhelm [and cancel out] the body’s hydrogen ions creating a deficit. With fewer hydrogen ions, the body will shift to an alkaline state causing more microbes to flourish and low energy.

[Optional] Killing Larger Invaders

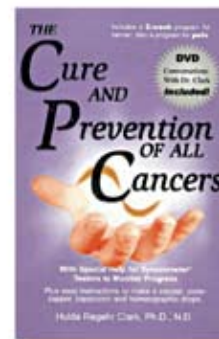
Acid-forming foods that kill microbes will make larger parasites [round worms and flatworms] unhealthy but they won’t kill them. Larger parasites cause diseases that mainstream medicine considers to be incurable. Two independent researchers in the United States have

discovered parasites in thousands of people who have cancer, heart disease, multiple sclerosis, diabetes, as well as dozens of other disorders. What’s significant is that the discoveries of these two researchers have overlapped for the last twelve years! Dr. Hulda Clark self-published books about parasites-as-a-cause-of-disease for fifteen years. She died at the age of eighty one on September 3, 2009 but her books will continue to be published by her son Jeffrey Clark. Dr. Simon Yu, a St.Louis, Missouri-based M.D., accidentally discovered parasites-as-a-cause-of-disease twelve years ago while on assignment with the U.S. Army Reserves in Bolivia. His book, called *Accidental Cure*, will be published in late 2009.

[Optional] Killing Parasites With Herbs

Taken together, black walnut hulls, wormwood and cloves, kill the adult and developmental stages of one hundred different parasites. It is important to kill all stages of the parasite’s development at once because leaving one of the developmental stages will cause others to grow in your body.

Herb	Source	Target Parasite
Black walnut hull tincture	Black walnut tree	Adult and young worms
Wormwood	Artemisia schrub	Adult and young worms
Cloves	Clove tree	Eggs



[Optional Photo Caption] For fifteen years, Dr. Hulda Clark self-published books that described parasites-as-the-cause of disease. In 1999 she received the prestigious “Scientist of the Year” award from the international Association for New Science.



[Optional Stock Photo Caption] Cloves kill parasite eggs as well as pseudomonas, staphylococcus, streptococcus, malaria, tuberculosis, cholera, scabies, candida and shigella.

This free-of-rights photograph is available at istockphoto.com. Photos are purchased with credits that cost \$1.50:

File # 7420799

Small	837 × 573 px	11.6" X 8.0"	72 dpi, 3 credits
Medium	1673 × 1148 px	5.6" X 3.8"	300 dpi, 6 credits
Large	3432 × 2356 px	11.4" X 7.9"	300 dpi, 12 credits

These herbs are the three major herbs that Hulda Clark recommends in most of her books. While she recommends taking them in capsules, I like adding them to black tea [See: Recipe for Anti-Parasite Tea]. Black walnut hull and wormwood tinctures are sold in health food stores and ground cloves are sold in stores that sell bulk herbs from companies such as the Frontier Co-op [Note: the Frontier Co-op Web site has a store locator, www.frontiercoop.com]. I also add fresh thyme that kills hook-worms, roundworms, threadworms and skin parasites as well as Cryptococcus neoformans, Aspergillus, Saprolegnia, Salmonella typhimurium, Staphylococcus aureas, and Escherichia coli. Gary Young, who founded Young Living Essential Oils, says thyme also kills viruses. Many food stores sell fresh thyme in their produce department. Wal-Mart superstores sell a brand of fresh thyme called Melissa's but it's almost a dollar more than packages of fresh thyme sold at Whole Foods.

[Optional] My Discovery of a Strongyloide Worm

In 2008, Dr. Simon Yu, who is mentioned in this article, found a roundworm in my body called a strongyloide. Strongyloides are very good at hiding

in the body and can survive for fifty or sixty years. If they are not discovered, they can eventually cause congestive heart disease. Dr. Yu uses a sound resonance device invented in Germany in the 1950s to find parasites. When he told me the news, he said that over ninety percent of his patients have parasites. As a result of this surprise discovery, I drink anti-parasite tea every day.

[Optional] Recipe For Anti-Parasite Tea

Earl Grey is my favorite black tea for an anti-parasite tea recipe. Organic brands are preferable and Tazo Earl Grey is at the top of my list of non-organic brands. I make enough for at least two cups of tea. To make more than two cups, add water to your pan. The tea and herbs are surprisingly strong and can make several more cups of tea beyond this two-to-three cup recipe.

- 2-3 cups of water [in a pan]
- 2-3 tea bags to match the # of cups of water
- 48 drops of black walnut hull tincture
- 12 drops of wormwood tincture
- 2-to-3 quarter teaspoons of ground cloves
- 2-to-3 sprigs of fresh thyme



[Optional Stock Photo Caption] Thyme kills hook-worms, roundworms, threadworms and skin parasites as well as Cryptococcus neoformans, Aspergillus, Saprolegnia, Salmonella typhimurium, Staphylococcus aureas, Escherichia coli and viruses.

This free-of-rights photograph is available at istockphoto.com. Photos are purchased with credits that cost \$1.50:

File # 8536347

Small	837 × 573 px	11.6" X 8.0"	72 dpi, 3 credits
Medium	1673 × 1148 px	5.6" X 3.8"	300 dpi, 6 credits
Large	3432 × 2356 px	11.4" X 7.9"	300 dpi, 12 credits

Mary Jo Fahey writes books for alternative medical doctors and believes that papers can attract readers who are seeking news that they will never see or hear on television. She lives in Madison, Wisconsin and may be reached through e-mail at maryjoFahey@tds.net.

Article length = 2,224 words [not including charts]
Publication rights: one-time, non-exclusive

Source for stock photo: www.istockphoto.com



[Optional Stock Photo Caption] Wormwood tincture works to anesthetize a worm so that it loosens its grip on the intestines. It is effective against roundworms, hookworms, whipworms and pinworms.

This free-of-rights photograph is available at istockphoto.com.
Photos are purchased with credits that cost \$1.50:

File # 5865032

Small	788 × 609 px	10.9" X 8.5"	72 dpi, 3 credits
Medium	1575 × 1219 px	5.2" X 4.1"	300 dpi, 6 credits
Large	2684 × 2078 px	8.9" X 6.9"	300 dpi, 12 credits



[Optional Photo Caption]
Raw, organic, unpasteurized and unfiltered apple cider vinegar is superior to processed brands sold in supermarkets because the minerals have not been removed.

Source: Bragg Web site