

## Under the weather

It is not a coincidence that a cold is called a “cold”. As the temperature drops we need more inner warmth to maintain the rebuilding of our beings. It is very easy not to wrap up enough.

There are two areas in particular that can get neglected: The neck and the kidney area. (That bit of our backs that escapes between low jeans and shot tops.) In both cases silk is a wonderful solution. Silk scarves can be as discreet or as flamboyant as you like. (Try wearing blue at your throat to encourage you to speak your truth.)

Silk vests seem to jump into action in a draught but not overheat you in a warm room. If you haven't discovered Patra, have a look at their website for reasonably priced silk underwear: [www.patra.com](http://www.patra.com) (please quote Vivien Ray Joyful Health if you order.)

### **And if the cold does get you?**

It is the lower half of the body that is most involved in repair and renewal. When we get a cold, the processes that should be quietly getting on with themselves in our digestion overflow into the chest and head, filling the nose, irritating the lungs and making our brains turn to cotton wool.

So by warming up our “insides”, we can help to redress the balance. We need to eat more cooked foods and have warm drinks. This is the time of year for thick warm soups. Put in a pinch of cayenne pepper and some grated root ginger to warm you on the way down.

Ginger tea is a good inner warmer. Thinly slice about an inch cube of root ginger and put it with half a pint of boiling water into a pan with a tight fitting lid (not aluminium) simmer for five minutes. You can leave the ginger in the water and use a little of the mixture with extra hot water and some honey when you want a drink.

If you can't shake off the cold then more drastic measures are called for.

### **Ginger Bath**

(Probably not a good idea if you have blood pressure problems)

The natural way to get rid of infection is by running a fever, but as we get older that seems to become increasingly difficult. So this bath will stimulate a fever.

First prepare your bed with a towel over the sheet and a couple of hot water bottles so it will be toasty to get into. Then run a hot bath. As hot as is comfortably bearable.

Put half a pint of ginger tea in the bath. Have another mug of ginger tea to drink while you are soaking.

Now sit in the bath up to your waist so you really warm the bottom half of your body. If possible add more hot water as you need to to keep really warm. (The room needs to be warm too.)

Stay put for ten to fifteen minutes, then briefly submerge the rest of your body, get out, wrap yourself in a towel and get into bed straight away. You don't dry yourself, hence the towel in the bed.

Rest in bed for at least an hour. AND --- this is the tricky bit, don't read, don't watch TV, don't listen to the radio or any other sneaky thing you think I haven't put on the list. DO NOTHING. Do nothing for an hour. Shocking.

You will probably feel uncomfortable if you do have a raised temperature, and you may well sleep a deep and healing sleep.

If you are going to do this in the evening, then start at least an hour and a half before your normal bedtime so that you create a specific time for the healing sleep. (Borrowing from your ordinary sleep is another way to cheat on the process.)

Many of my clients have found this an effective way to shift a lingering cold. Please let me know how you get on if you try it.

**And if all else fails then there is a specific lymphatic stimulating craniosacral therapy treatment so book a session and plan a rest after your appointment.**

