



## Chicago Chiropractic & Sports Injury Centers Dr. Alden Clendenin DC, CCSP

### An Extremely Effective Cold and Flu Treatment

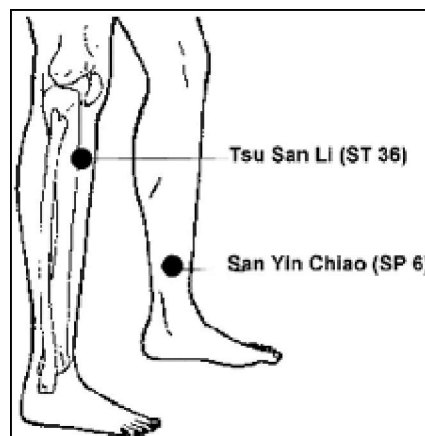
Some years ago, a group of esteemed scientists from the People's Republic of China was invited to visit the United States by the American scientific community. This event would usher in an exchange of ideas and an opportunity for two great nations to corroborate on a number of issues vital to the health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

Over a period of nearly 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 a variety of issues - from nuclear medicine, to micro-surgery in medical research and treatment approaches. The visit culminated with a banquet at Princeton University in honor of the Chinese scientists, attended by a virtual "who's who" of the North American scientific world.

During the banquet, the moderator of the event posed a question to the chief Chinese scientist: What was the most significant thing he had learned in America and what impressed him the most about the U.S. that he would return to China and share with his colleagues? The scientist rose from his chair, 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 furthest thing from anyone's mind. It was not what they were expecting to hear.

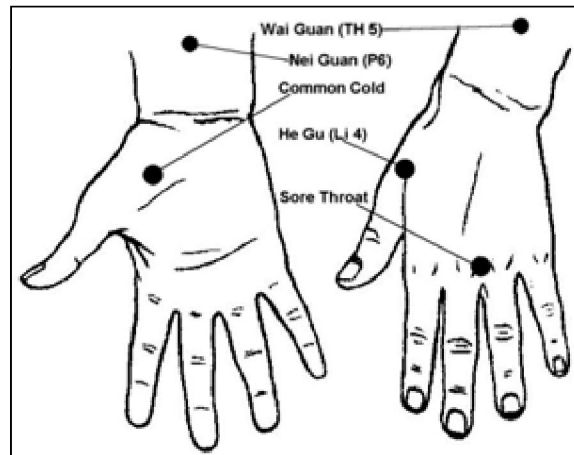
Even though the names of devastating influenza are often Asian, and China has been credited or blamed with the development of some of the most deadly flu epidemics in the world, the Chinese, through effective acupuncture approaches, have had a major impact in altering the extreme symptomology that accompanies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

The following illustrated acupuncture approach is extremely effective not only in alleviating the symptoms associated with cold or flu, but also, if used early enough, in potentially preventing the symptoms and condition from developing at all.





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One of the key points is the "miracle," or "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 to palpation. The "sore throat" point is perhaps one of the most dynamic, for seemingly miraculous elimination and lessening of pain from sore throat almost immediately.

Additionally, LI 4, ST 36 and SP6 are extremely effective points for boosting the immune system and are three of the most powerful 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 induce abortion. If there is a question of pregnancy, eliminate these two points; otherwise, they are quite dynamic. They are historically used to promote delivery in the ninth month as the contents of the uterus are expelled.

Lastly, TH 5 and P 6 are, without question, two of the most effective points in terms of affecting the immune system and building vital resistance. 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.

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