

## **Cold Symptoms: A Timely Tip that really works!**

If you feel **any** symptoms at all that you may be 'coming down' with a cold or flu then immediately do the following:

*Drink 1.5 to 2 litres of Orange Juice (if possible add the juice of a lemon or two) and consider it your meal whether breakfast, lunch or dinner.*

*Don't consume anything else for two hours prior or for two hours after this 'meal'.*

*You will not be hungry and you will 'throw' the cold before it has a chance to take 'hold' and make you suffer for a week. The vitamin C that is in the OJ helps but the main result of this 'treatment' is that the quick consumption of all this Orange Juice has an alkalizing effect on your system. An alkaline body cannot get a cold!*

Then:

Know that the hot studio room with its infrared heat has wonderful 'healing' qualities so do come and just lay there and soak in the heat.

