

Supporting Immunity in Damp-Cold

COVID Update. Örebro, Sweden 29.10.2020
YOU WILL BECOME SICK IN THIS WEATHER
UNLESS YOU ARE EXTREMELY CAREFUL
... and how to prevent it 😊.

I took a little shopping trip this evening and was quite surprised how 'foggy' the air was (dimmig, suddig) .. that is how much wetness there was in the air, and how cold it was.

We have moved away from the råkallt, bitter cold; but it is now wet and cold or 'damp-cold' as one says in Chinese Medicine. Walking out of the supermarket, after just a 10 minute visit, I really noticed this and as breathed in how the wet and cold entered into my lungs

The issue here is two things:

1. Swedes both genetically and according to life patterns learnt as children, your bodies and habits understand the movement of Summer warm – Autumn cool & dry – Winter cold and very cold, as a dry cold; and you can readily adjust clothing and habit. However, you do not manage so well in the damp cold and when it fluctuates from cold to warmer and then cold again.

The main strategy against that, further than wearing the right clothing, is the idea that you need to **put a 'fat layer' around the body**. And one achieves this through the image of the 'English breakfast' - everything fried, even the bread and the tomatoes 😊.

Fried food which is a bit heavy and sticky; or if you wish a slightly lighter version something like Stekt strömming (fried Baltic herring) or bread-crumbed food (panerad). The latter also being the idea of adding a layer of oil and thickness into the outer layers of the body.

Dry cold can be protected against with good clothing, movement and eating typically winter warming foods such as soup, stews, meats. However, dampness .. due to the water content, very easily penetrates .. Consider if you have ever burnt yourself with hot steam in the kitchen, how much more 'sticky', painful and penetrating compared to a straight 'burn' on a hot pan or side of the oven.

Wet or dampness, whether cold or hot, penetrates and so one must create a layer on the outside with the sticky fried foods. Yes, one does need a way to ensure these fatty foods do not make one too lethargic in digestion, in body & movement and in the blood vessels and for this one uses the English black tea (look out for article coming soon).

The other layer is with clothing ... use wool. Wool works in two ways. Firstly, due to the 'holes' between the fibres, heat and even sweat or outer damp, is caught in the garment and so prevents both cold and the cold of the damp entering.

So, for underwear use woollen linens, of whatever thickness or quality remembering that it must: a) *tuck under your butt* no gaps at the waist b) *be long in the leg, like grannies knickers*

so, half way down the leg or to the knee if you are inside; or full length to the ankle (with no gap to the sock) if outside. (and c) you wear whatever fashionable or sexy undies under the woollen linen).

For outer wear, the wool works both in the fashion of trapping your internal heat, trapping external damp and the natural oiliness of wool also helps with both heat and protection.

- 2. The energetic nature of the COVID virus is damp and sticky.** Remember how difficult it was for those who became sick in Spring to become better ... it was like getting bad flu, but then it would not get out of the body. This was specially in those who held too much `excess` as fluid, as weight; or from wrong diet, such as cheeses, cold milks, cold liquids and frozen or tropical foods (yoghurts can be OK; bananas are a disaster ***no cold milk and bananas for children; absolutely no cold liquids, frozen foods or milk products for children under age 5 during the cold months).***

So, if the *virus is the nature of cold-damp creating stagnation* and is an airborne respiratory disease.

And the *seasonal weather is cold-damp creating stagnation,* heaviness even phlegm in the lungs

It will be so very easy to get sick !! This might firstly be just as a general seasonal respiratory problem, but because the immunity is burdened from this pathological process : ***it will be so easy for the Corona virus to enter.*** What one will hear in the news, is that the virus `seems to have become more contagious` , with an increase of more severe cases, even deaths.

Further, if one does catch either a seasonal respiratory issue or even the COVID-19 virus, *because* :
a) it is the beginning of the winter b) the nature of this winter is cold-damp - not an Autumnal dry cool, but lots of damp c) we know it is going to suddenly get more cold mid-November d) because we know it is going to be stormy wet and cold the beginning of next year *it is very probable that one will keep such infection during all the months of winter through until April of the next year.*

Have no question that COVID will be with u (globally) for all of the next of next year and into 2022.

The climate dominating 2021 is damp and then cold-damp, for respectively first and second halves of the climatic year (beginning February and then August); with the winter of 2021/22 being a `real winter` with colder temperatures and more real snow. It should start early and be a good full winter.

BUT, WE KNOW WHAT TO DO; which is this:

- Strengthen your immunity: Clothing, diet, regular habits and with whatever method you believe in to strengthen your own immunity ... supplements, herbs or old wives tales
- Ensure you are connected in with me for a) regular check-ups b) the correct herbal medicine.
- If the weather is cold and damp: Layers of outer fat with the `English fried breakfast concept`, plus black tea. I actually do eat this now; with some (ecological) baked beans and at weekends, for a treat, pure sheep-meat sausages from [Saker and Ting](#), Brevens Bruk. And a choice between Irish Breakfast or Scottish Morning black tea ☺
- If you think you are about to become sick due to this seasonal cold and damp, you need to do 2 things: warm the body and move the damp stagnation:

- Most immediately, when you arrive home or awake in the morning: ginger tea.
The most important of which is getting the strength correct!!

Recipe for Ginger Tea:

The art is to differentiate which level of the body you wish to effect & make the strength accordingly:

Qi is more subtle, immaterial, on the outside and relates to the most outer parts of the immune system and those areas of more sensitive tissues found there like the skin, nose, throat.
Symptoms like feeling cold and shivery, light headache, some cough, runny nose.

Remedy: Boil a cup of hot water. *Grate (riva) a small piece of fresh (raw) ginger; then squeeze 5 – 10 drops into the warm water.*

The effect will be to open up the surface of the body; release the cold; move the damp. Possibly, you will sweat to release the pathogen.

‘Blood’ (energetic) is more heavy, material, on the inside and relates to the more inner parts of the immune system and those areas like the fatty tissues (of the skin), the lungs, digestive system, respiratory immunity etc.

Symptoms like ‘having a cold’; coughing, phlegm; heaviness in the digestion system; body is phlegmatic feeling; tiredness, with heaviness

Remedy: Cook a small pan of water *with 2 – 3 slices of fresh (raw) ginger*. Bring to the boil and then simmer for about 10 minutes. Use your intuition to know how strong it will be; use honey to taste.

The effect will be to stimulate movement of the ‘Qi of the Blood’ (*which causes the blood to move; blood is just sticky stuff – think Qi = Oxygen ☺*); this stimulates bodily functions, clears phlegm and warms the body.

If you sweat as a consequence of the strength of the tea = this is too strong; it should only stimulate.
If you sweat as a consequence of the cold pathogen releasing from the body; this is correct strength

- Sauna is perfect .. make sure you sweat; no beer, but a little toddy of whisky for bed. Showering is also good, make sure it is super warm; and stimulate & rub your skin to ‘open and release’.

100% do not ever, ever think of doing this ridiculous cold showers or winter bathing during this weather.

This can be suitable during some winters and types of cold weather ... the real winters with snow, dry cold and cold-cold *but never in such damp-cold; you can actually cause your own death.*

- Obviously, warm foods: soups, stews, warming chai type drinks.
Definitely, using a few spices but those which warm and move, not open.

Warming & Moving: Ginger, Black Pepper, Nutmeg, Cloves.
Ingefära, svartpeppar, muskot, kryddnejlika

Opening = do not use: Chili; Cinnamon; Thai food; XS of any Spices
Chili; Kanel; Thai mat; XS av starka kryddor

- Definitely a little toddy – a warm drink, with some whisky, brandy, or some glogg.

And, if you do not manage it yourself : contact me and I will fix it ☺

Daoist-Doc

‘Stay Well, Play Hard’

Chang Xuan Ren 暢玄人

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