


Preventive Care and Treatment of Common Cold

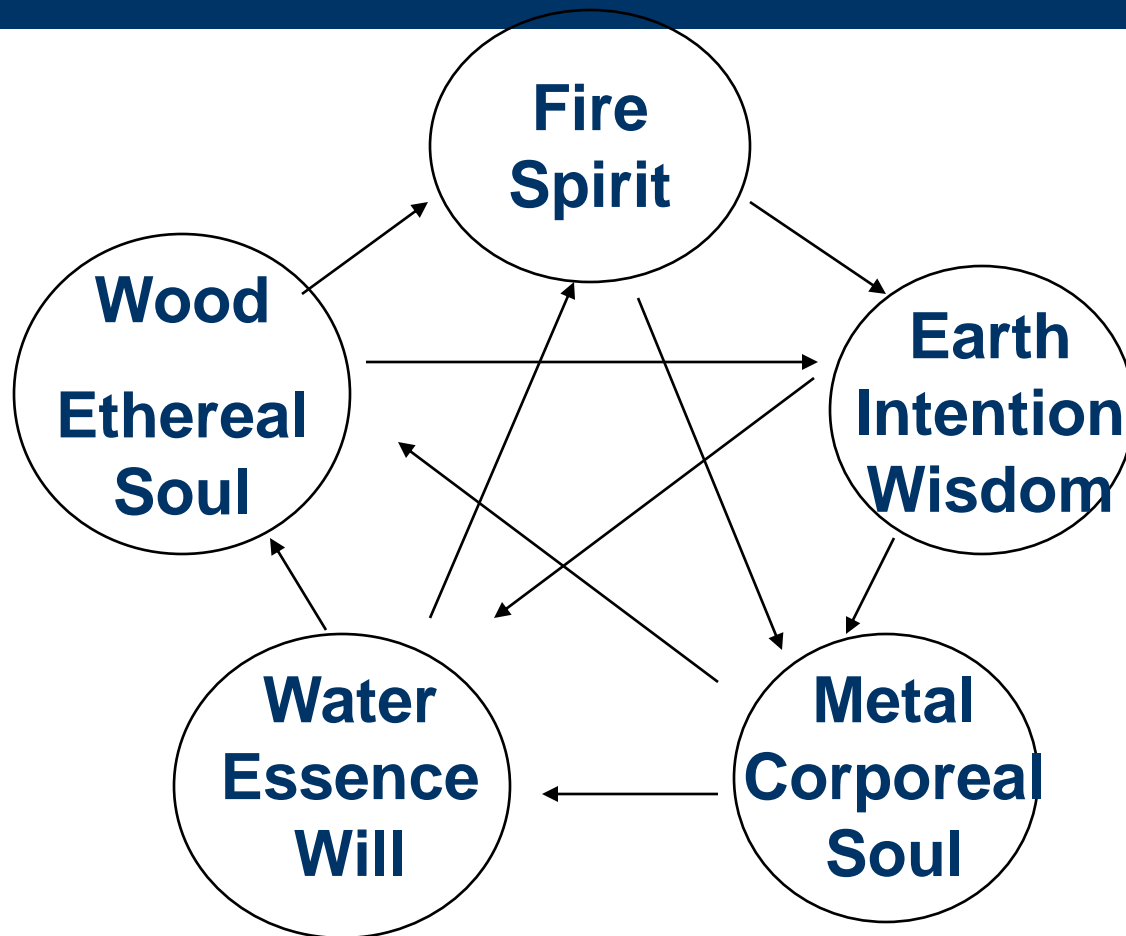
T. Koei Kuwahara Lic. Ac.
President of the Ki Science
Institute



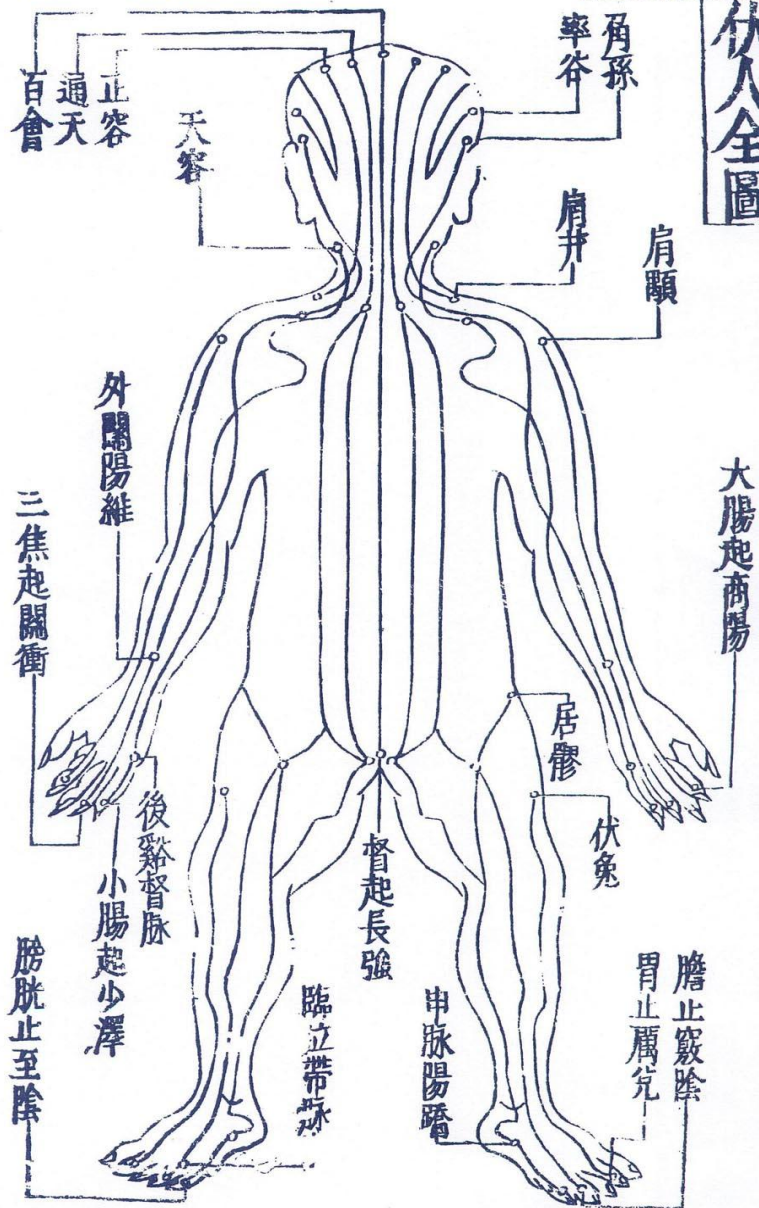
What is the Common Cold.

- The ki flow of the body becomes mal-distributed, causing aversion to cold (in areas where ki does not circulate) and fever (in areas where heat stagnates).

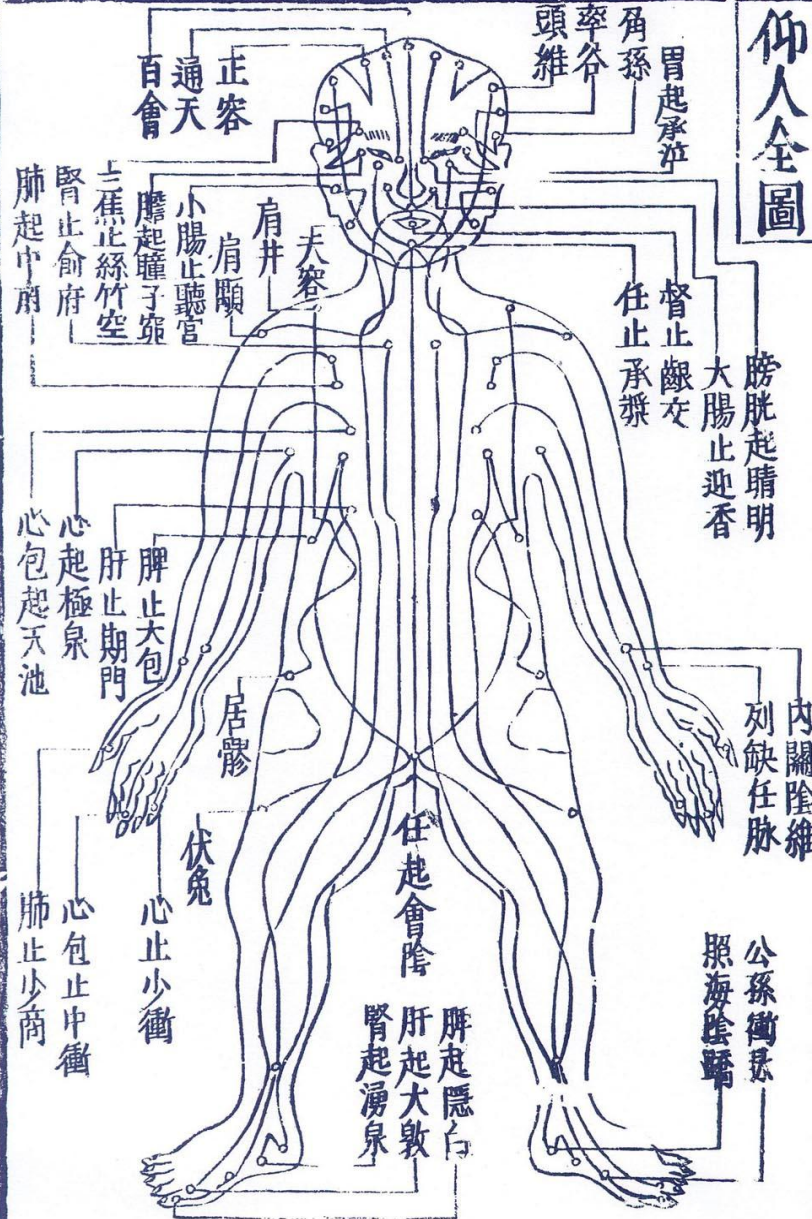
Generative and Controlling Cycles



伏人全圖



仰人全圖



十四經發揮卷中 十四經脉氣所發篇

手太陰肺經之圖



How does it developed.

- If the person develops Lung deficiency—the circulation and release of yang ki in the external areas of the body will deteriorate and lead to aversion to cold and fever.

Cause of weak defense system (Lung deficiency)

- (1) Emotional damage: (sadness, melancholy, depression, sluggishness)
- (2-1) Shallow breathing: Because of tight muscle around Lung it come from stress
- (2-2) Lack of aerobic exercise
- (3) Cold or windy weather, Chilling after sweat
- (4) Overeating and,or Over consumption of animal meat and Junk foods.

Prevention is better than cure.

- Study from development of symptoms it come from natural healing.
- Keep your Lung active and at all times proper

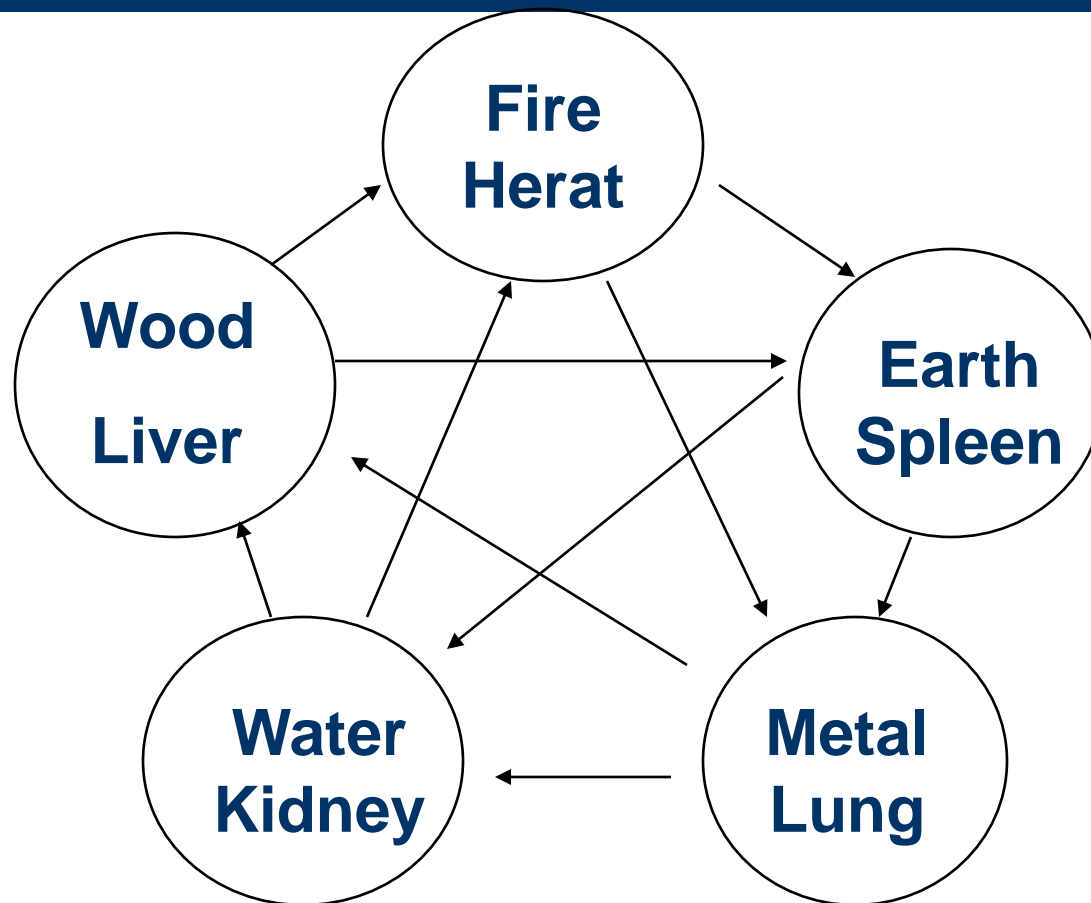
Regimen

- Natural Mind Posture (live in harmony with nature)
- Purana Ex
- Yoga breathing Ex
- Brisk rubdown with a rough towel
- Stimulate Lung meridian points to make greater efforts
- Moderate eating keeps the doctor away
- Cure Cold with a vegetarian diet (Macrobiotics).
condiment vegetable and warming foods

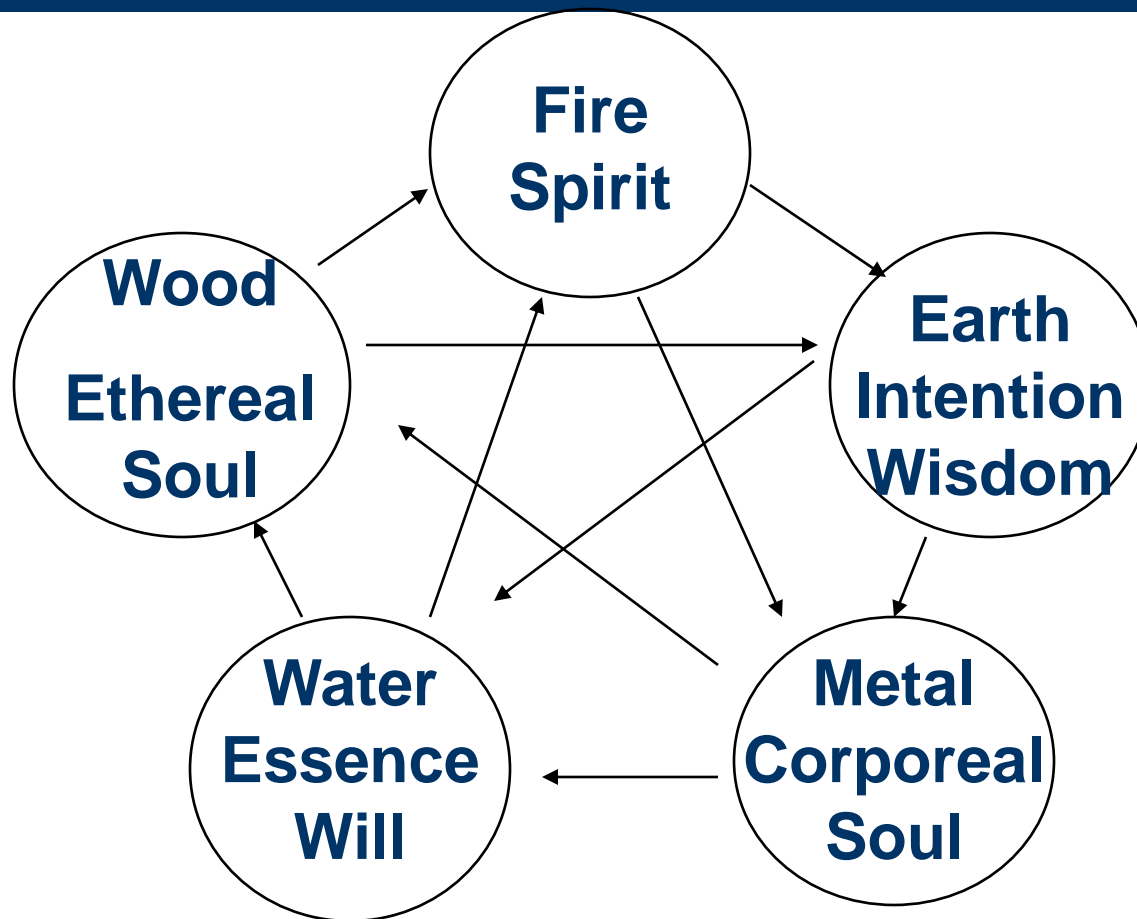
Spiritual element of the Lung / *Haku* (魄) Corporeal Soul

- The corporeal soul is essential ki that is stored in the Lung. In terms of the activities of the psyche, it is related to vigor or vitality.
- The corporeal soul can be said to be the same as ancestral ki. It is the ki that collects in the chest and is the driving power for respiration and the circulation of blood. This is also called yang ki of the chest or ki of the chest center (CV-17).

Generative and Controlling Cycles



Five Phases and Five Spirit



Think of what the best thing would be to do when you come down with a four stage of cold

- Stage 1. Lung deficiency greater yang channel excess heat pattern → Lung deficiency yang brightness channel excess heat pattern
- Stage 2. Spleen deficiency Stomach excess heat pattern /Spleen deficiency Stomach deficiency heat pattern
- Stage 3. Spleen deficiency Liver excess heat pattern
Liver deficiency cold pattern
- Stage 4. Spleen deficiency cold pattern/Lung deficiency cold pattern → Kidney deficiency cold pattern

Stage 1. 風邪

- **Aversion to cold / fever**
- Dieter: 220. Miso-Scallion Drink: 215. Daikon No.1 or Radish No. 1 255. Hot Apple Juice or Flesh Green sour Apple and Juice 221. Ginger Tea:
- Acu-Moxa therapy: stimulate tip of the finger (esp. thumb and index finger), Brisk rubdown with a rough towel
- Exercise: Purana Ex, half-fasting, Give an enema,
- Bathe: sweat out a cold with Footbath or half-body bath or whole-body bath

Stage 2.風邪

- **Aversion to heat / Fever / loss of appetite**
- **Dieter: 215. Daikon No.1 or Radish 222. Lotus Root Tea: 248. Lotus-Kuzu Tea: 246. Ame-Kuzu (Grain-Sweet Kuzu): 218. shiitake tea 219. Daikon-shiitake-kombu tea**
- **Acu-Moxa therapy: stimulate tip of the finger and toe (esp. thumb, index finger and first, second toe)**
- **Exercise: half-fasting, Oki-Yoga Breathing EX.**
- **Bathe: high fever with sweating: Give someone a low-temperature(about 3 degree lower than their body temperature) bath**

Stage 3. 風邪

- Alternations between chills and fever, dry cough, hives, rash / Heat in the upper half of the body and cold in the lower half
- Dieter: 222. Lotus Root Tea
- Acu-Moxa therapy: stimulate tip of the finger and toe (esp. thumb, ring finger, first and forth toe)
- Exercise: Oki-Yoga Breathing EX.
- Bathe: sweat out a cold with Footbath or half-body bath

Stage 4 風邪

- **Aversion to cold / diarrhea / sore throat**
- Dieter: 205. Mu Tea: 245. Umeboshi-Kuzu- and Ume-Sho-Kuzu: 303. Kinpira: 105. Tekka:
- Acu-Moxa therapy: Bottom Foot massage,
- Exercise: Oki-Yoga psyche up EX.
No.7.8.9.10.(Ex5-1.2)
- Bathe: sweat out a cold with Footbath

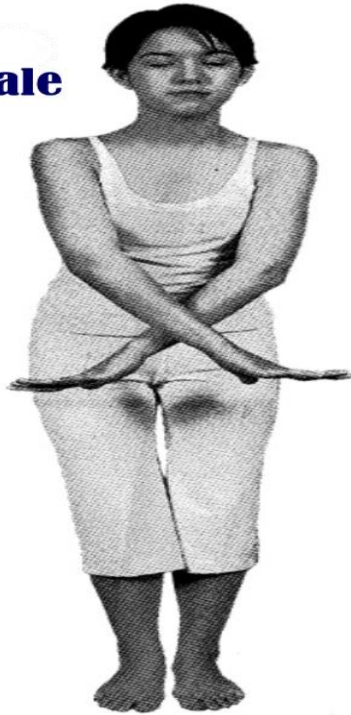
Footbath

- Footbath: Soak your foot(up 5 cm above ankle) into the hot (about 107 degree) water about 10 minutes, then compare color of the feet. You soak one-side foot again into hot water until it show you same redness with other side. Only you can use this method when you find there feet is cold.
- With special drink

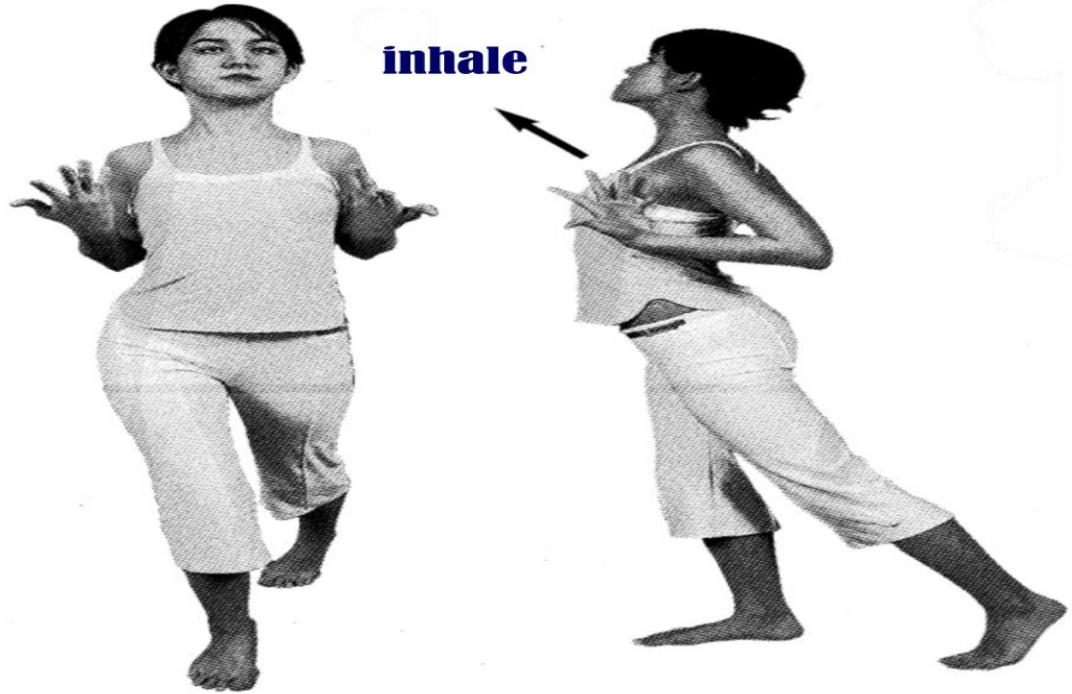
OKI-DO BREATHING EXERCISE 1

① back-and-forth

exhale



inhale



② right-and-left

exhale



inhale



OKI-DO BREATHING EXERCISE 2

③ twist



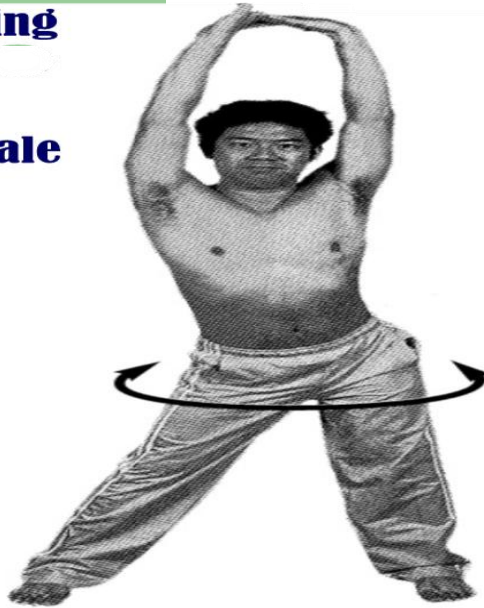
④ up-and-down



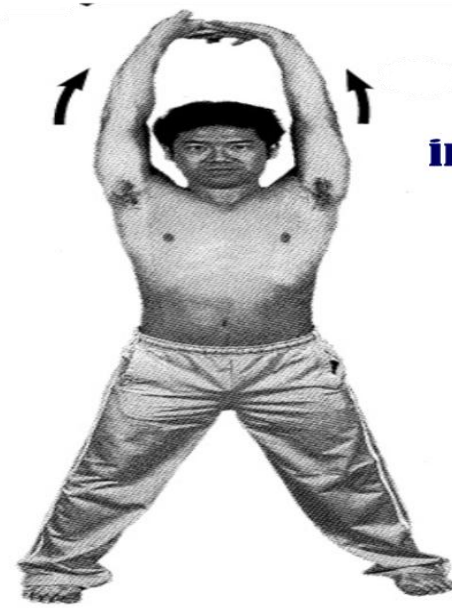
OKI-DO BREATHING EXERCISE 3

⑤ spinning

exhale



inhale



⑥ knee bending-fling up

exhale

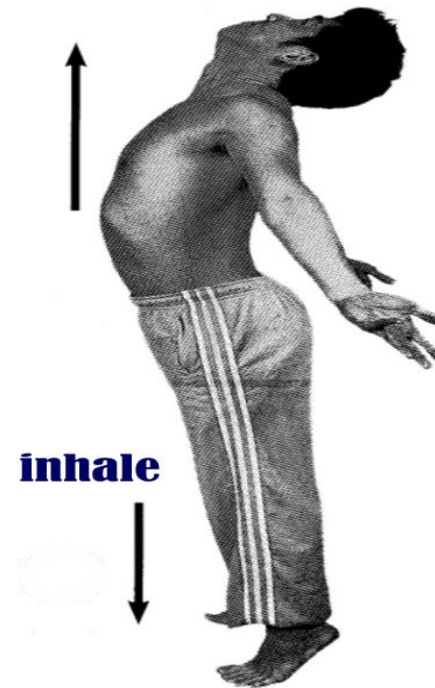


inhale

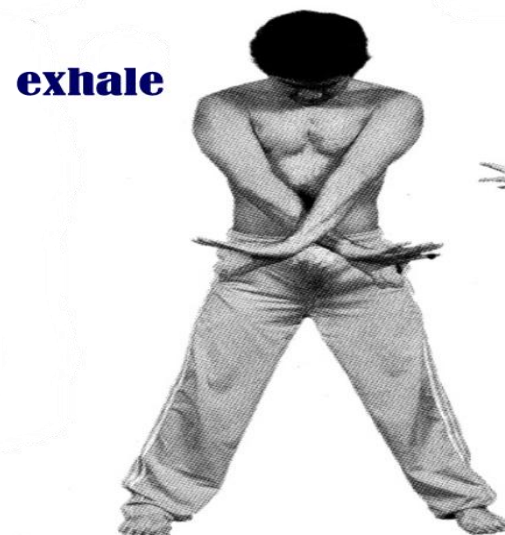


OKI-DO BREATHING EXERCISE 4

⑦ vertical stretch



⑧ spread-eagle with squat



①

inhale

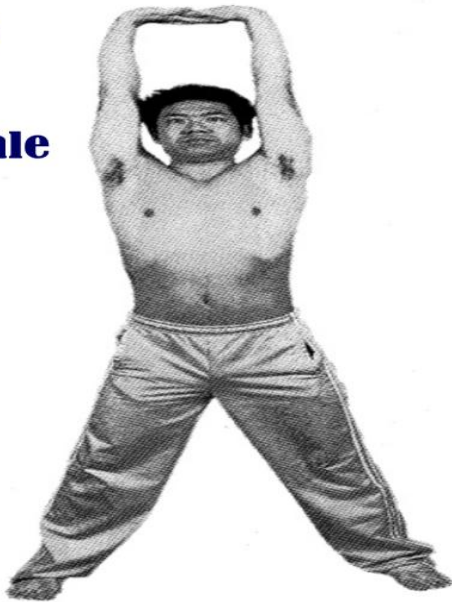


**exhale
and push breath to Hara**

core strengthen and psyche up method

②

inhale



**exhale
& Hara making**

