

The Sugar Cure

Keep a teaspoonful of sugar in the mouth and move it around slightly until it is dissolved after a minute or two, then spit it out and take another teaspoonful. Fine sugar is best for this purpose as it dissolves faster. Continue with this for several hours until the cold symptoms, such as mucus congestion of the nose and sinuses, have disappeared and you can easily breathe through the nose. This also tends to remove any headaches and other discomfort.

I have found that a heavy cold can be stopped in about 4 hours using this method - a light cold may require less time. For influenza or other persistent mucus congestion this may have to be repeated for several days. The sugar draws mucus dissolved in lymph fluid into the mouth and so gradually clears the head spaces. As a precaution, if you feel that you are susceptible to getting colds, or if you have a runny nose or other congestion of head spaces, you may use the sugar cure for one or two hours and repeat it once a week or as required.

Sugar held in the mouth does not damage the teeth as it is too concentrated for bacterial activity, just like pure honey applied to wounds. It is only after one stops the sugar cure, and remaining sugar gets sufficiently diluted in the mouth that it will encourage bacterial growth, but by then one can rinse the mouth with water. Someone who cannot or does not want to use sugar may also try salt instead, or mix salt with sugar, or use honey.

The effectiveness of the sugar cure shows that it is not the rhinovirus that is the main factor in triggering a cold but rather the presence of mucic acid congestion. This is also confirmed by findings that some individuals are carriers of this virus without getting a cold, while in others cold symptoms may be triggered by cold air without the presence of viruses.

While antimicrobial treatment may ease any symptoms attributable to the virus, as with zinc acetate, it does not stop the typical mucus discharge of a cold until the congestion has been cleared. Nevertheless, with a heavy cold, influenza and other respiratory infections it may be beneficial, in addition to the sugar cure, to use an antimicrobial such as MMS or Lugol's solution for a day or two before switching to high doses of vitamin C.

Using the sugar cure periodically is especially important for elderly individuals who are or have been regularly using milk products and now have a respiratory disease, hearing problems such as deafness, or eye diseases such as cataracts or glaucoma, or poor blood circulation to the brain and dementia, or a combination of any of these. As they are no longer protected by frequent colds they either need to avoid lactose-containing products or regularly use the sugar cure. With chronic congestion of the head spaces and respiratory system it is advisable to use in addition other home remedies for draining mucus, such as postural drainage, nasal irrigation and steam inhalations.

To read the complete article go to <http://www.health-science-spirit.com/cold.htm>