

The Seven Things to Do for a Viral Upper Respiratory Illness

1. Drink **fluids** to the point of passing urine every 30-60 minutes (water, herbal teas and juices).
2. Give yourself **hourly steam treatments** when you are not asleep. Boil water in a saucepan with 2-4 drops of either Tea Tree Oil or Eucalyptus Oil (alternating each hour). Breathe in the steam until the pot cools (2-3 minutes).
3. Put a **vaporizer** at your bedside (make sure to clean it frequently, because it can build up with germs).
4. Take **guaifenesin** at the maximum dose allowed (be sure to get plain guaifenesin with no other active ingredients in the product).
5. **Rest** (get a doctor's note, if necessary, to stay home from work or school). Allow people to take care of you.
6. Drink **miso soup** three times a day (unpasteurized brown rice miso, aged at least 18 months). Add boiling water to a coffee mug in which you have placed several small pieces of dried wakame seaweed, if available. Then stir in a generous teaspoonful of miso paste. Never boil the miso since this kills its favorable properties.
7. Do **Jin Shin Jyutsu**. Several Jin Shin Jyutsu self-care holds and flows (series of holds) will help you to support your immune system. You can learn more about these in Alice Burmeister's book, [The Touch of Healing](#). Especially focus on the *Spleen Flow* and the *Main Central Flow*.

Also use the *Immune Boosting Hold*:

For the right hold, place the left hand over the right shoulder and right hand on right groin. Do this for 20 minutes minimum. For the left hold, place the right hand over the left shoulder and left hand on left groin.

