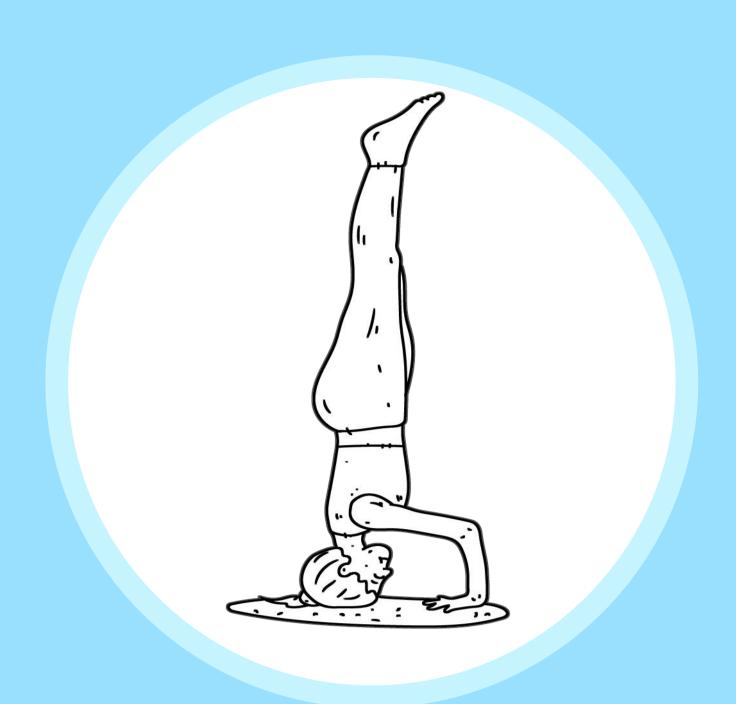
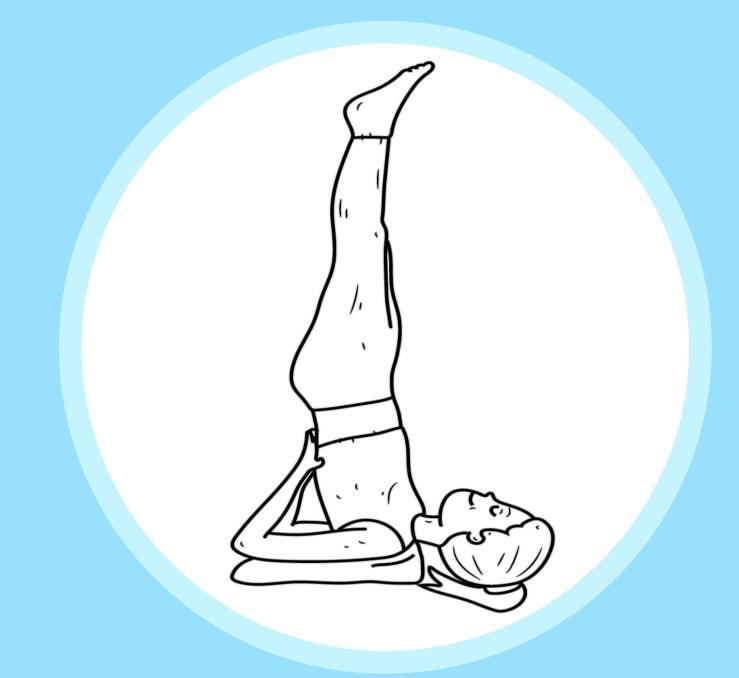
## Cold (p. 1 of 4)



Sirsasana (head stand)



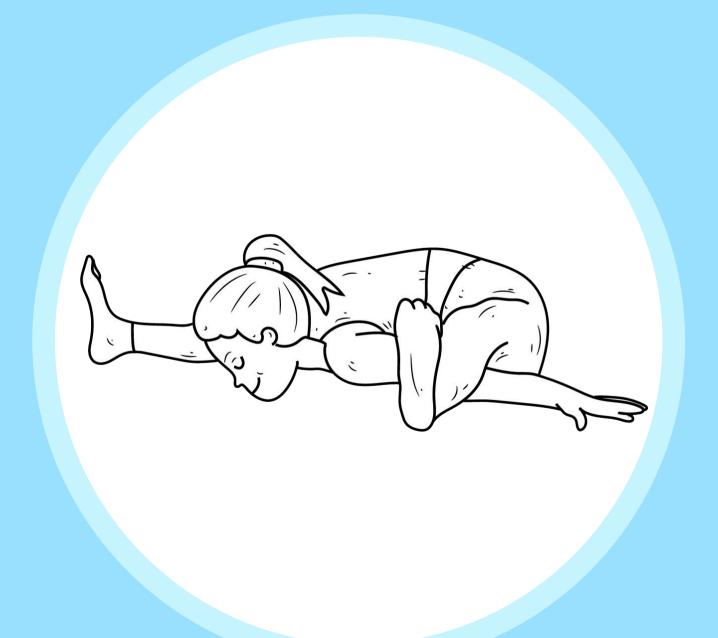
Sarvāngāsana (shoulder stand)



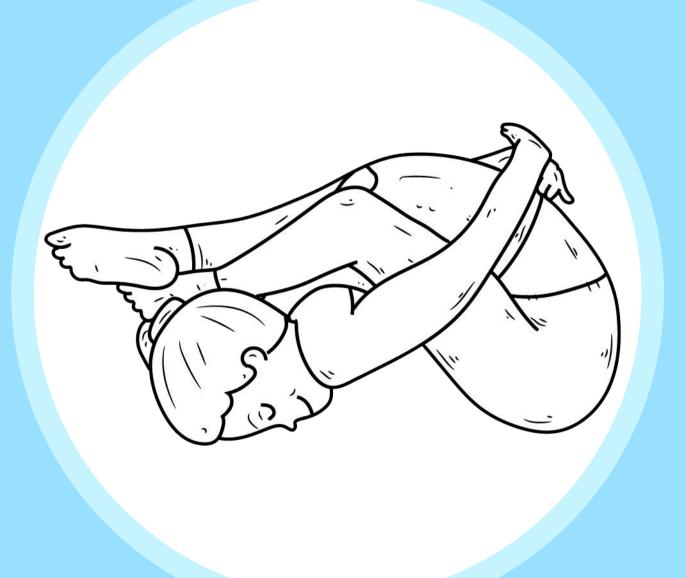
Uttānāsana (forward fold)



Paschimottānāsana (staff)



Kūrmāsana (turtle)

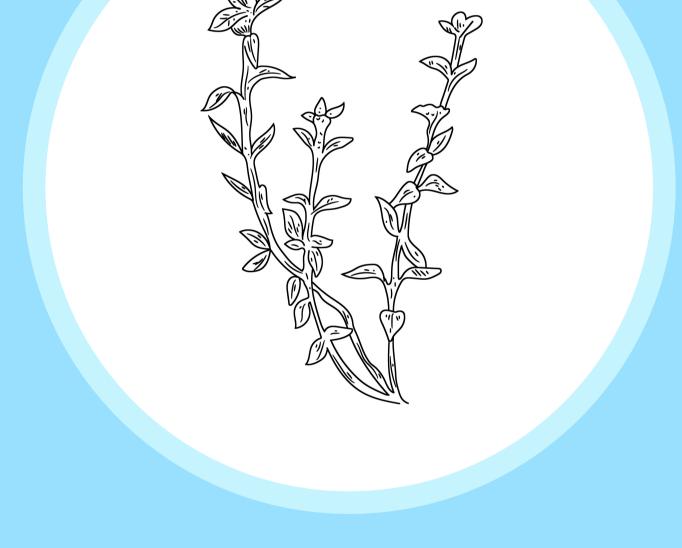


Supta Kūrmāsana (full turtle)

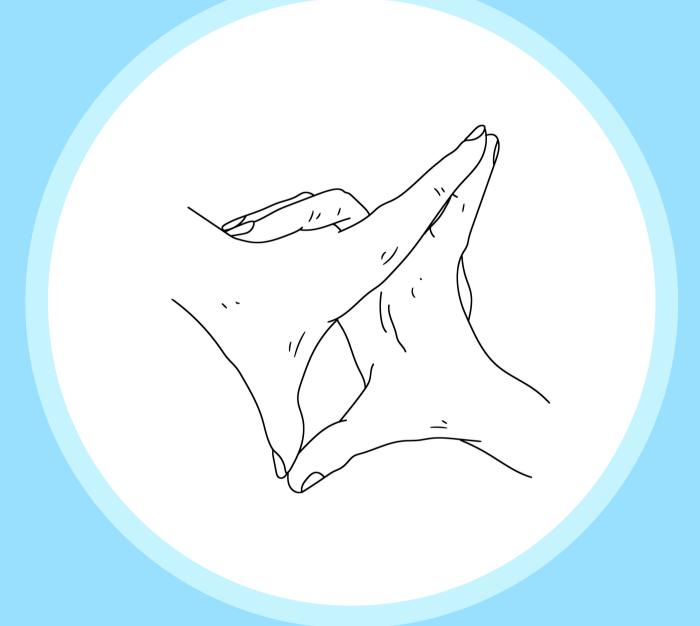
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## Cold (p. 2 of 4)

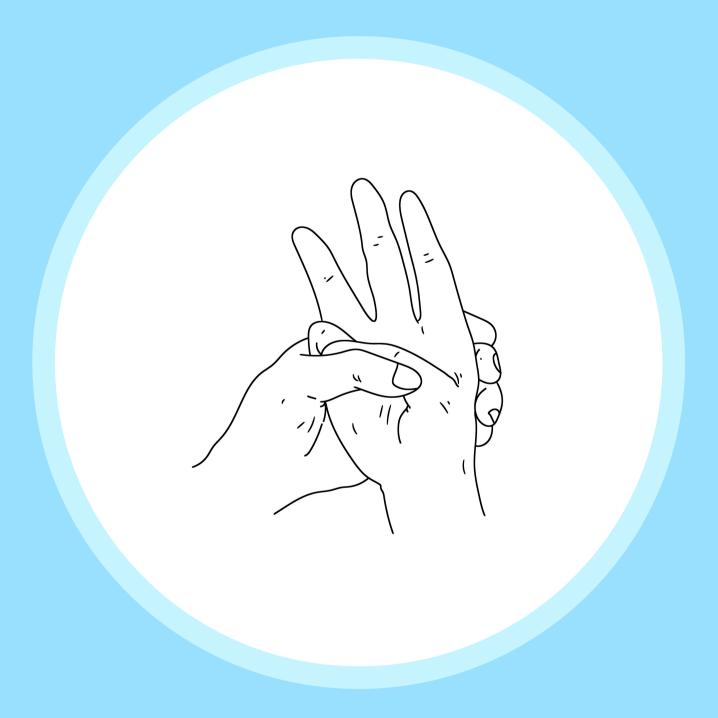




Thyme



Uttarabodhi Mudra



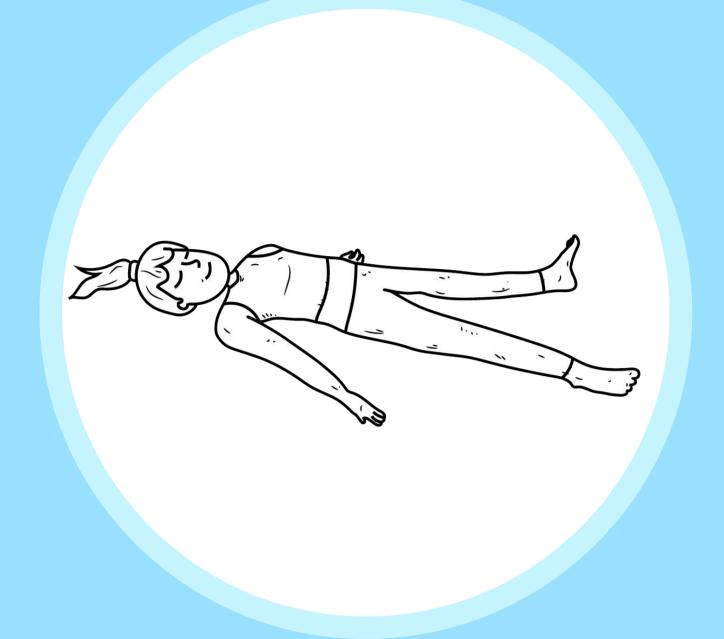
Varuna Mudra



Vīrabhadrāsana II (warrior two)

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## Cold (p. 3 of 4)



Śavāsana (corpse)



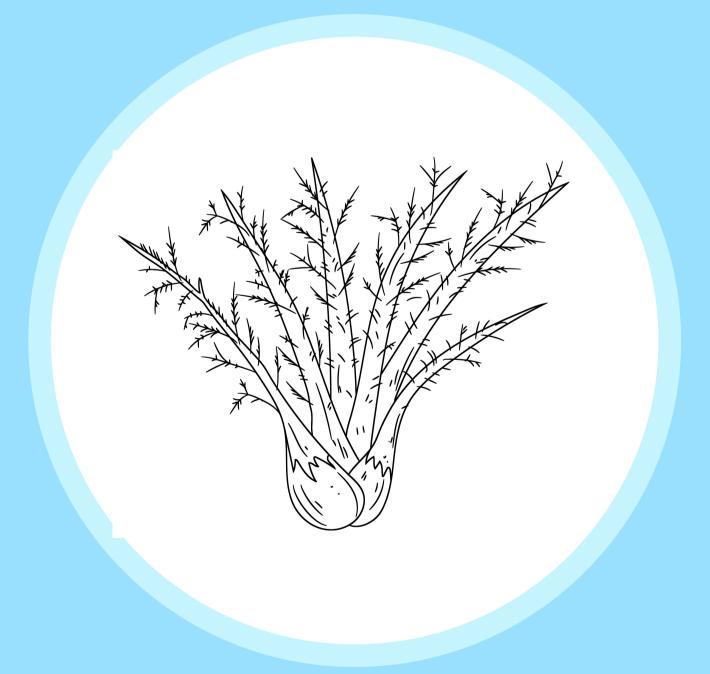
Zinc in First 24 Hours.



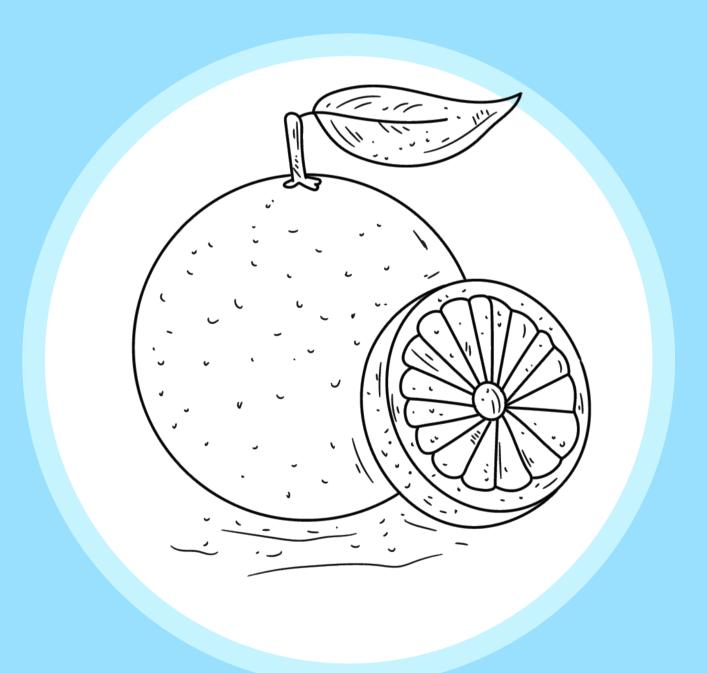
Ginger, Cinnamon, Lemongrass Tea



Ginger, Cinnamon, and Cardamom Tea



Fennel Seed



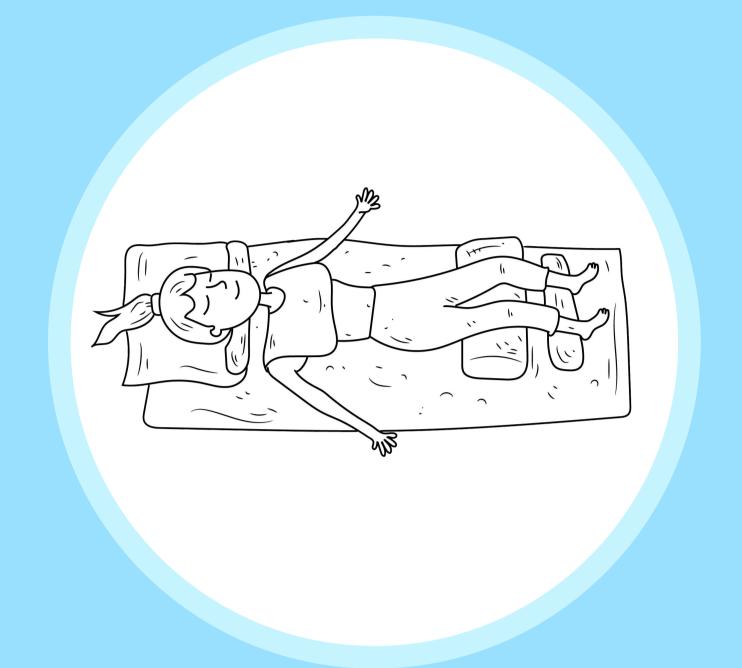
Vitamin C

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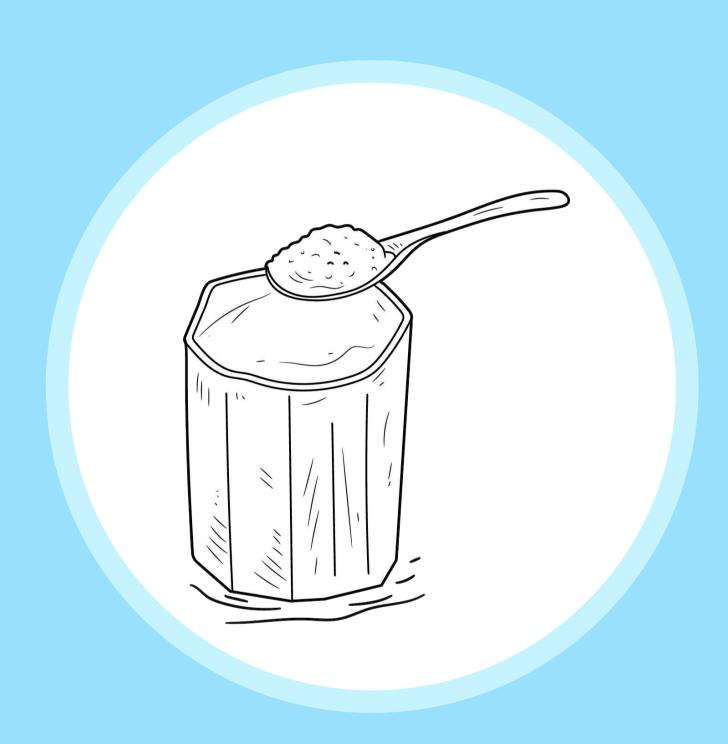
## Cold (p. 4 of 4)



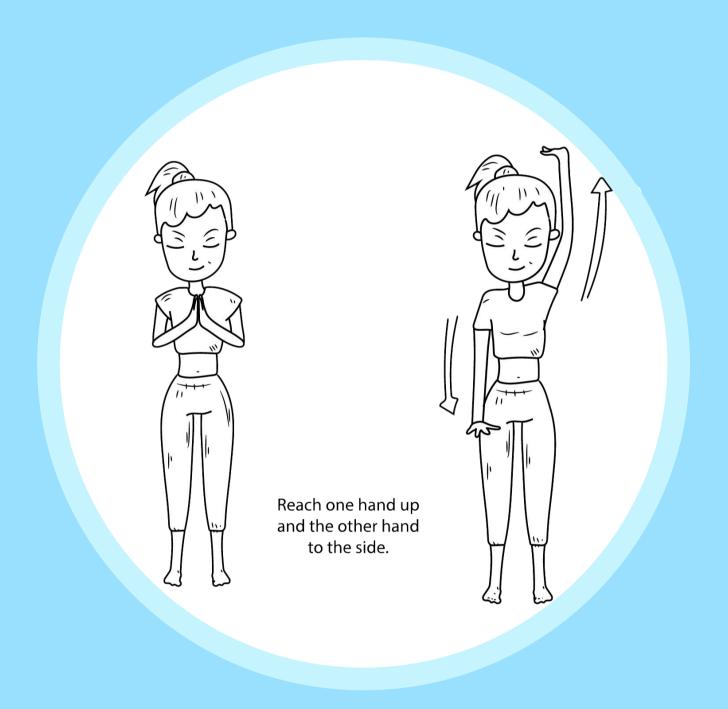
**Avoid Dairy Products** 



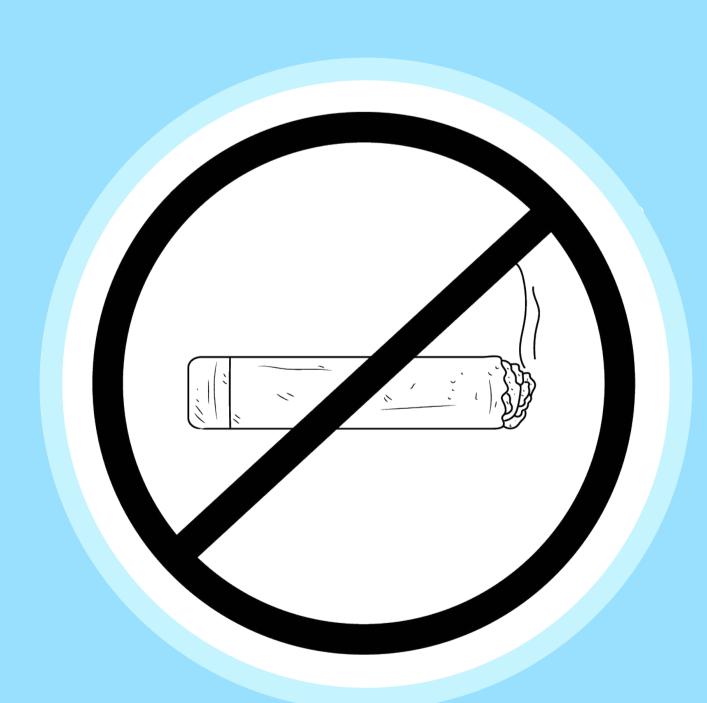
Rest



Gargle Salt Water



Pluck the Stars on Each Side



Don't Smoke

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