

Re: Feeling cold – shivering

> Many thanks
> Chris

Bill who is no expert says quite smoking #1. Consider circulation aspects aka heart problems. This in Chinese Philosophy would be considered very YIN ? Perhaps a bit of acupuncture in conjunction with conventional medicine ?

Use it all.

Wishing you health from afar.

Bill

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Garden Shade Zone 5 S Jersey USA in a Japanese Jungle Manner.39.6376 –75.0208

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–Baruch Spinoza

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• **References:**

◆ **Feeling cold – shivering**

◇ From: Paul

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