

# What Causes a Cough and Why Phototherapy Helps

## Integrated NWT Wellness Version (Red + Blue + Near-Infrared) Including Previous Medical Conditions

A cough often shows up when the body is responding to more than one layer of noise at the same time. That noise can come from the environment, dry air, dust, smoke, pollen, or from the body's own history, such as previous experiences with conditions like asthma, pneumonia, or other respiratory challenges. These past experiences can make the system more sensitive to certain types of input, causing the throat to tighten, the sensory layer to react, or the deeper system to work harder to stay organized.

When you feel that familiar tightening in the throat, the tickle that won't settle, or the deeper sense that the system is under strain, the body is signaling that multiple layers are involved. Within the Five Pathways framework, this often reflects a combination of **three pathways working together**:

### Red Light – The Physical Tension Pathway

Red interacts with the body's surface-level tension patterns. When the throat or chest tightens, whether from environmental irritants or the body's memory of past challenges, Red offers a grounding, steady signal that helps soften that physical noise. It doesn't "treat" a cough; it simply helps the system release surface tension so clarity can return.

### Blue Light – The Sensory Irritation Pathway

Blue interacts with sensory overwhelm. When the airways feel irritated or overstimulated, like the tickle that shows up with smoke, dust, pollen, or heightened sensitivity from past experiences, Blue provides a cooling, clarifying signal that helps quiet the sensory layer. It supports the system in settling irritation without force or pressure.

### Near-Infrared – The Deep System Pathway

Near-infrared interacts with the deeper, slower-moving patterns of the body. When the system is under strain from environmental overload, fatigue, or a history of respiratory challenges, NIR provides a deep, integrative signal that helps the system reorganize from the inside out. It supports the foundational layer that influences how the body responds to both surface and sensory noise.

Together, these three pathways create a layered support system:

**Red softens the surface. Blue quiets the sensory layer. Near-infrared supports the deeper system.**

When all three layers settle, the body often finds it easier to regain clarity and reduce the internal noise contributing to the coughing response.

# Is There a Required Order When Using Red, Blue, and Near-Infrared Together?

Within the NWT Wellness system, the Five Pathways are designed to be **modular, responsive, and emotionally intelligent**. That means the practitioner is never locked into a rigid sequence. Instead, the order of use follows the same principle that guides the entire system:

**Start with the layer of noise that is speaking the loudest.**

When Red, Blue, and Near-Infrared are used in unison, the practitioner simply identifies which layer—surface tension, sensory irritation, or deep-system strain—is presenting most clearly. That layer becomes the entry point.

From there, the general flow follows the natural logic of the pathways:

## 1. Begin with the dominant layer of noise

- If the throat or chest feels tight → **Red (Physical Tension Pathway)**
- If the airways feel irritated or overstimulated → **Blue (Sensory Irritation Pathway)**
- If the system feels strained or burdened from deeper patterns or past experiences → **Near-Infrared (Deep System Pathway)**

This honors the body's own communication rather than imposing a sequence.

## 2. Move to the next layer only if the system still feels unsettled

Once the first layer softens, the practitioner may introduce a second pathway if needed. Often, the system shifts enough that additional layers become clearer or unnecessary.

## 3. Finish with the deepest layer if the system calls for it

Near-infrared is frequently used last **unless** the deep system is the primary source of noise. NIR acts like the “integration layer,” helping the system reorganize after surface and sensory layers have settled.

## The NWT Wellness Principle

**The order is not fixed. The order is responsive.**

The practitioner listens, observes, and follows the body's cues, not a protocol.

## In practice

- Sometimes only **one** pathway is needed.
- Sometimes two pathways work beautifully together.
- Occasionally, all three are used, but always in a way that respects the body's pacing and clarity.

# NWT Wellness Version: Light-Based Points That Support the Body During a Cough

When the body is dealing with a cough, it's usually responding to layers of noise, surface tension, sensory irritation, or deeper system strain. Certain areas of the body tend to gather that noise, especially around the hands, chest, and throat. By introducing clear, wavelength-based signals to these areas, you help the system settle, organize, and find its way back to ease.

Instead of “relieving” a cough, these points simply give the body a cleaner signal to work with. When the system receives that signal, it often becomes easier for it to soften tension, quiet irritation, and regain clarity in its own way.

These points are part of how NWT Wellness practitioners support the body's natural organization during a coughing response, offering structure without force and clarity without pressure.

## How Many Points Do You Actually Need?

Even though we reference multiple light-treatment areas, it's important to remember that the body rarely needs every point in order to settle. These points simply represent *options*—places where noise tends to gather and where a clean signal can be especially helpful. In practice, the system often responds beautifully to just one or two well-chosen points.

The goal is not to “treat” every area. The goal is to offer the body a clear signal and let it show you where it can reorganize most easily. When the right point is used, the system often shifts quickly, making additional points unnecessary.

At NWT Wellness, fewer points with the right intention always outweigh more points with force or pressure. The work stays simple, grounded, and responsive to what the body is asking for in the moment.

## CV-22 (Heavenly Chimney)

- **Location:** Located in the hollow at the base of the throat, right above the sternum (breastbone). You can easily locate this point by placing a finger where your collarbones meet.
- **Benefits:** Helps ease throat irritation, reduces coughing fits, and opens up the airways for easier breathing. It's especially helpful for dry coughs and hoarseness.

## LI-4 (Hegu Point)

- **Location:** Found on the hand, in the webbing between the thumb and index finger. To locate it, press the area where the two bones meet — it should feel slightly tender.
- **Benefits:** Widely known for relieving headaches and pain, Hegu Point also helps reduce coughing, clear phlegm, and strengthen the immune system.

## ST-36 (Leg Three Miles)

- **Location:** Found on the lower leg, about four finger-widths below the kneecap and slightly to the outside of the shinbone.
- **Benefits:** Strengthens the immune system, improves digestion, and supports lung function, helping to reduce coughs related to colds or weak immunity.

## BL-13 (Lung Shu Point)

- **Location:** Located on the upper back, about one and a half inches from the spine, at the level of the third thoracic vertebra, near the upper shoulder blade area.
- **Benefits:** Supports lung function, relieves cough, and helps alleviate asthma and bronchitis symptoms. It also strengthens overall respiratory health.

## GV-14 (Great Hammer)

- **Location:** Found at the base of the neck, just below the last cervical vertebra (C7), the prominent bump you feel when you tilt your head forward.
- **Benefits:** Clears heat from the body, reduces fever, strengthens the lungs, and eases coughing caused by colds and flu.

## Ren-17 (Chest Center)

- **Location:** Located in the center of the chest, at the level of the fourth rib, midway between the nipples. You'll find it in a slight indentation.
- **Benefits:** Helps open the chest, improves breathing, and relieves coughs caused by congestion. It's also great for reducing anxiety and promoting relaxation.

# **Additional Supportive Practices That Pair Well With Light-Based Work**

Light-based signals often work beautifully on their own, but many people also enjoy pairing them with simple, natural practices that help the body settle and reduce environmental or sensory noise. These aren't treatments; they're gentle ways of creating more clarity and comfort while the system does its own work.

## **Herbal Teas**

Warm herbal teas can offer a soothing, grounding experience when the body is dealing with throat or chest noise. Herbs like thyme, marshmallow root, or aniseed have long been used in traditional wellness practices because they create a warm, calming environment for the system. Steeping the herbs in hot water and adding a touch of honey can create a comforting ritual that helps the body settle.

## **Steam Inhalation**

Warm steam can help soften the internal environment when the system feels tight or irritated. Simply breathing in gentle steam, while keeping a safe distance, can create a sense of openness and ease. Some people like to add a drop of eucalyptus to the water for a clearer, more refreshing experience.

## **Warm Salt-Water Gargles**

A warm saltwater gargle can help the throat feel more settled by creating a soothing, cleansing sensation. It's a simple way to reduce surface-level noise in the throat and support the body's natural sense of clarity.

## **Honey in Warm Water**

Honey has a naturally calming quality and can create a smooth, coating sensation that many people find comforting when the throat feels irritated. Stirring a small amount into warm water or tea can offer a gentle, grounding experience. (Honey should not be given to children under one year old.)

## **Ginger**

Ginger has a warming, steadying quality that many people enjoy when the body feels reactive or unsettled. Slicing fresh ginger and simmering it in water creates a warm, supportive tea that can be enhanced with honey or lemon if desired.