

COVID-19 USING NATURAL REMEDIES

SOME EARLY SIGNS

- Runny nose
- Sore throat
- Fever
- Cough
- Fatigue
- Loss of sense of smell and taste
- Difficulty breathing, shortness of breath
- Tightness in the chest
- In severe cases
 - Pneumonia
 - Severe acute respiratory syndrome
 - Kidney failure
 - Even death

WHAT TO DO IF SOMEONE IN YOUR HOME TESTED POSITIVE

- Take immediate steps to prevent further spreading and to protect the rest of the family
- Everyone in the home should ALWAYS wear a mask
- Apply social distancing in every aspect of the word...better safe than sorry
 - If possible no one should sleep together...sleep on the floor if necessary
- Use disposable dishes when eating
- Monitor your condition and seek medical help if your condition worsens
 - Note: applying an antibiotic does not help with a virus. It could weaken your immune system and make the situation worse

PROTOCOL FOR CHILDREN

- Herbs & Vitamins
 - Elderberry
 - Mullein
 - Vitamin C – Camu Camu
 - Vitamin D₃ or daily direct sunlight exposure between 10:00 am and 3:00 pm. Sit or walk in the direct sun for 1 ½ hours if your skin is dark; 20-30 minutes if your skin is light
- Drink lots of fluids (water and natural juices high in Vitamin C)
- Make a Honey & Onion Syrup
 - Cut a small-medium onion into rings
 - Cut the rings in half
 - Create a layer of onion rings at the bottom of a glass
 - Pour about a tablespoon of honey over the onion
 - Repeat until all the onion is finished
 - Allow to sit overnight to form a syrup, then strain
 - Alternatively, you can simmer the onions on the stove with the honey for 15-20 minutes. Allow it to cool then strain it
 - **Apply dosage** depending on the age of the child:
 - From ¼ teaspoon to 1-2 teaspoons several times throughout the day
- Vaporizer with eucalyptus, peppermint or onion

APPLY THESE PROTOCOLS EACH TIME YOU LEAVE YOUR HOUSE & COME BACK IN

- When going out ALWAYS wear a mask to **protect others from you**
 - Unless you've been tested, no one knows if they have the virus
- Take off your shoes before you enter the home, spray them and leave them at the door
 - Use a spray that contain at least 70% alcohol solution
- Don't touch or sit on anything with the clothes you wore when you left the house
 - Take off your clothes at the door and put them in a garbage bag
 - Wash the clothes as quickly as possible. If you're living in a small confined space, wash those clothes **immediately in hot water**
- Clean down everything you bring in from the outside with that same alcohol-base spray
- Spray-down other frequently used objects in your home
 - For example: doorknobs, light switches, faucet handles, remote controls, etc.
- **Pause and think** before-hand HOW you will do what you normally do without thinking
 - For example: how will you turn off the faucet after you've washed your hands
 - Use a barrier to turn off the faucet
- Approach your bathroom habits differently
 - When coming in from outside, immediately take a shower ending with hot & cold contrast shower
 - Include washing your hair
 - After brushing your teeth, store your toothbrush in water mixed with salt
 - If you live with other family members, keep your towel and other personal items separate
 - Gargle
 - Irrigate your sinuses

INTERMITTENT FASTING

- Having two (2) meals per day instead of 3
 - Space out your meals at least 5-6 hours apart
 - For example: Breakfast at 9 am, second meal at 2 pm
 - Other than water, some plain warm tea or warm lemon water, nothing else should be taken into your system
- This gives your stomach time to rest and be better prepared for the next meal
- Benefits of Intermittent fasting
 - Boosts your immune system
 - Helps loose body fat

ANTIVIRAL ANTIBIOTIC ANTI-INFLAMMATORY SOUP

- 1-3 Bulbs of garlic
- 1 Medium-large onion
- Handful of Cilantro
- Handful of parsley
- Pinch of dried oregano
- Pinch of pink Himalayan salt or Celtic salt
- Boil for 5 minutes in 32 ounces of water then blend on high speed
- Add 1/2 teaspoon of powdered turmeric
- The juice of 1 fresh lemon
- Makes 4 cups. Drink 1-2 cups a day

Note: “Let your food be your medicine, and your medicine be your food”. Be mindful of everything that goes into your mouth. Ask yourself “will this boost or weaken my immune system (sugar, greasy, processed and refined foods weakens the immune system)

ACTIVATED CHARCOAL

- Activated Charcoal absorbs virus, bacteria and other organisms out of the body
 - Because of its high absorption rate, do not take within 2-hours of taking any medication (neither 2 hours before nor 2 hours after)
- Mix 6 plastic teaspoon in 1-2 cups of water
 - Never use a metal spoon because the charcoal can draw toxins out of the metal
- Drink the mixture followed by 2 cups of plain water to prevent constipation

GARGLE

- Mix ½ teaspoon of Pink Himalayan or Celtic salt with 8 ounces warm water

SINUS FLUSH

- Mix ¼ teaspoon of Pink Himalayan or Celtic salt in 8 ounces of warm water
- Pour in your Netti Pot
- Follow instructions to flush your sinuses

STEAM VAPOR INHALATION

- Boil water in a pot
- Pour the water in a basin
- Apply 1-2 drops of essential oils such as eucalyptus or peppermint
 - Alternatively, you can also use onion, fresh thyme-or just the plain water will do
 - Note: It's the steam that is beneficial
- Put a towel over your head, then lean over the basin, enclose your head over the basin with the towel and allow the vapor and steam to enter your sinuses
- Come up periodically for fresh air

Caution: Be careful when coming up and down with the towel. Remember the water is **very hot** and you don't want it to tip over onto your lap

HOT & COLD CONTRAST SHOWER

- It is believed that the COVID-19 virus cannot survive in warm temperatures
- The Hot & Cold Contrast Shower raises the body temperature and forces the body to produce more white blood cells
- It boosts your immune system and vitalizes your tissues and cells
- Stay under the hot shower for **3 minutes** but only as hot as you can bear it
- After 3 minutes, switch to cold shower for **30 seconds**
- Repeat 2 more times for a total of 3 sessions

Caution: diabetics and people with poor circulation need to exercise caution

“Knowing that if you have the faith of a mustard seed, your faith can move mountains”

DISCLAIMER

*This information provided is for general educational purposes only
No medical care, diagnosis or treatment is provided*