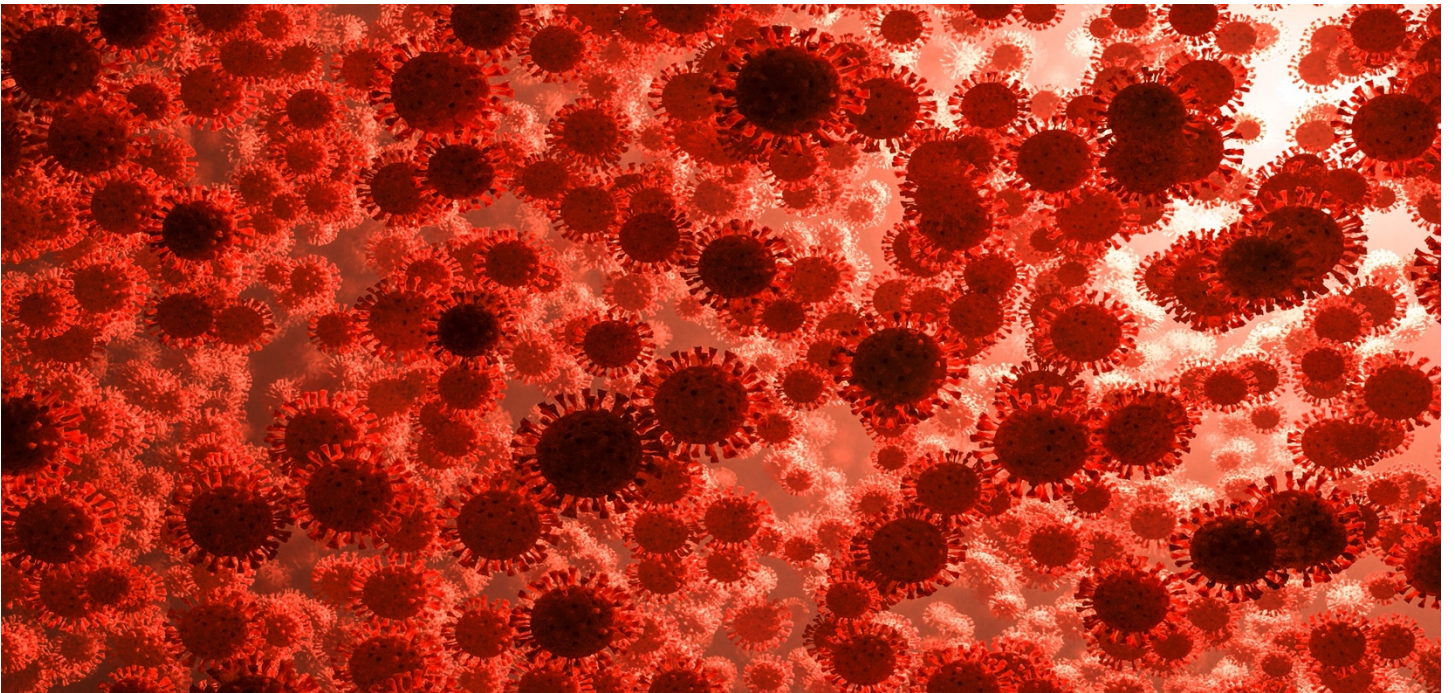


THERE SHALL BE PESTILENCES... MATTHEW 24:7

NATURAL HEALING



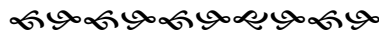
COVID-19 AND VARIANT STRAINS

NATURAL HEALING THROUGH
THE LAWS OF HEALTH

COVID-19 AND VARIANT STRAINS

By
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2021

*If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for **I am the LORD that healeth thee.***
Exodus 15:26



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

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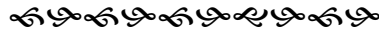
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NONE OF THESE DISEASES COVID-19 AND VARIANT STRAINS PROTOCOL



"GOD HAS PLEDGED HIMSELF to keep this (your) living machinery in healthful action, if the human agent (you) will obey His laws and cooperate with God."—*Letter, January 11, 1897*

Always study and teach the use of the **simplest remedies**, and the **special blessing of the Lord** may be expected to follow the use of these means which are within the reach of the common people.—*Letter 100, 1903 (2SM 298.5)*

A thousand shall fall at thy side, and ten thousand (unspecified large number) at thy right hand; but it shall not come nigh thee. Psalm 91:7

Whatever danger there may be, it will not touch the one whose confidence is in God. Under the protection of God, he is safe. This is the conviction that gives man the steady eye of faith in his hour of supreme danger. 3BC 843

The Lord has provided **antidotes** for disease in simple plants, and these can be used by **faith** with no denial of faith...for by using the blessings provided by God for our benefit we are cooperating with Him. *2 Selected Messages p. 289*

The Lord has given some **simple herbs** of the field that at times are beneficial; and if **every family were educated in how to use these herbs in case of sickness, much suffering might be prevented**, and no doctor need be called. These **old-fashioned, simple herbs, used intelligently**, would have recovered many sick who have died under drug medication. *2 Selected Messages p. 294.1*

Influenza and Diet – August 13, 1894

Those who EAT MEAT DO NOT recover from the attack as readily as those who do not eat meat.

Children do not seem to suffer so much as the adults and the aged. 9LtMs, Lt 30, 1894, par. 13

Behold, I give unto you **power to tread on serpents and scorpions, and over all the power of the enemy**: and nothing shall by any means hurt you. Luke 10:19

Heal me, O LORD, and I shall be healed; save me, and I shall be saved: for thou [art] my praise. Jeremiah 17:14

OVERVIEW

Covid-19 is unlike any cold or flu you may have experienced in the past. It is a simple yet complex virus with the potential to kill if not handled in a timely manner. Boosting your innate immune system is one great way to have a strong defense in your favor. If you contract the virus and administer the suggested nutraceuticals early, you can overcome the sickness and feel better in a short time. However, if the viral load is allowed to grow with little or no intervention, you will have a harder fight to overcome it and may need to be hospitalized.

We have identified four stages of Covid-19 which can help you to identify where you are in your infection and what kind of intervention will be required.

Four Stages in Covid-19 Intervention



Stage 1

Stage 2

Stage 3

Stage 4

STAGE 1
Creation of Inflammatory response to infection
Herbal Approach:
Super Flu Bomb
Oregano Oil / Goldenseal
Cinchona bark
Zinc
Vitamin D3
Vitamin B / Multivitamin
Vitamin C
Probiotic
Licorice or Ashwagandha
Steam Inhalers – essential oils of peppermint, eucalyptus, oregano
Plant-based diet
Oxygen therapy

STAGE 2**Virus replicates/attacks blood and organs (you have the virus for more than a week)****Herbal Approach:**

Super Flu Bomb

Oregano Oil / Goldenseal

Cinchona bark

Zinc

Vitamin D3

Vitamin B / Multivitamin

Vitamin C

Probiotic

Licorice or Ashwagandha

Steam Inhalers – essential oils of peppermint, eucalyptus, oregano

Plant-based diet

Oxygen therapy

Anti-inflammatory Tea

STAGE 3**Hospitalization, oxygen therapy, ventilator****Herbal Approach:**

Vitamin D3

Vitamin C

Oregano Oil

Zinc

Probiotic

Steam Inhaler with essential oil of peppermint, eucalyptus, oregano

STAGE 4**Trust in Divine Power****Approach:**

Much prayer

Fasting

POWERFUL NATURAL VIRUS KILLERS

There are some natural herbs and supplements which are helpful to boosting the immune system and if utilized well, can provide great relief for prevention as well as recovery from Covid-19 and the variants.

OREGANO OIL (wild-crafted, food grade)

is antiviral, antibiotic, antiviral, antifungal, anti-inflammatory, antioxidant, antidiabetic, anticancer and anti-microbial. Caution: avoid if you are pregnant, on blood thinners or have bleeding disorders, allergic to plants of the Lamiaceae family, mint, thyme, rosemary. It may decrease blood sugar levels.

Essential Oils of Oregano: Biological Activity beyond Their Antimicrobial Properties. www.mdpi.com/1420-3049/22/6/989/htm

VITAMIN C. Reports from Ruijing Hospital in Shanghai, China, treated 50 cases of moderate to severe COVID-19 cases with high dose intravenous VITAMIN C (IVC).

Moderate cases were given IVC doses of 10 grams daily while severe cases as measured by pulmonary and coagulation status were given 20 grams daily for 7 to 10 days. None of the IVC patients died, and most IVC patients reduced hospital stay by 3-5 days.

Hospital treatment of serious and critical COVID-19 infection with high-dose Vitamin C | Cheng Integrative Health Center

Blog <http://www.drwlc.com/blog/2020/03/18/hospital-treatment-of-serious-and-critical-covid-19-infection-with-high-dose-vitamin-c/?fbclid=IwAR3qzrI-tjYloYMIqGORWUfoionQPWNYjFrRyv-GQ18Rg3GSG9Sn-Z7Ln58>

VITAMIN D3. Some interesting facts about vitamin D3 in the blood, it is identified as an antiviral item. Optimizing vitamin D in the body ahead of time can build the innate and adaptive immune system.

Lin, C.J.; Martin, J.M.; Cole, et. al *Are children's vitamin D levels and BMI associated with antibody titers produced in response to 2014–2015 influenza vaccine?* Hum. Vaccines Immunother. 2017, 13, 1661–1665.

Vitamin D, blocks cellular entry of viruses, prevents cell death induced by the virus and inhibits the production of new infectious particles and ultimately diminish the spread of the virus in the host.

Kota, S.; Sabbah, A.; Chang, T.H.; et. al *Role of human β -defensin-2 during tumor necrosis factor- α /NF- κ B-mediated Innate antiviral response against human respiratory syncytial virus.* J. Biol. Chem. 2008, 283, 22417–22429. [CrossRef] [PubMed]

Nutrients 2020, 12, 2879 15 of 16 63. Pang, T.; Cardoso, M.J.; Guzman, M.G. of cascades and perfect storms: *The immunopathogenesis of dengue haemorrhagic fever-dengue shock syndrome (DHF/DSS).* Immunol. Cell Biol. 2007, 85, 43–45. [CrossRef] [PubMed]

NOTE: Some people may not be tolerant to taking large amounts of Vitamin D3 at the start, especially if they are deficient or not accustomed to taking it in a supplemental form. They may feel like they are getting a headache or dizzy or a weird feeling in the head. Therefore, start with a smaller dosage such as 2000iu and work your way up weekly until you are able to tolerate more.

ACF IMMUNE SUPPORT - by Buried Treasure is a good combination to work against the Covid-19 Virus. It is made with 1,000 mg of Vitamin C with Citrus Bioflavonoids, Zinc, Rutin, Echinacea. Elderberry extract, Goldenseal, Myrrh, Thyme, Purified Silver and more. Double the dosage. Of course you can look for a similar supplement which is available in your area.

ZINC Chelate: Preventative – 30-50 mg daily or upon First Symptoms - Use 90-100 mg daily
Inhibits the virus ability to reproduce, supports a robust immune response and acts as a powerful antioxidant and prooxidant, neutralizing the oxidative stress caused by the toxic overload of iron that has been dumped into the blood from burst red blood cells.

Retrieved 20 January 2021, https://www.researchgate.net/post/Is_a_combo_of_chloroquine_and_Zinc_a_cure_for_coronavirus

Vitamin B COMPLETE maintains the integrity of the blood cells and support immune function.

IODINE is antiviral, antigerm and antibacterial.

LICORICE – 8 antiviral compounds which prevents viruses from replicating.

Those who are pregnant, on steroid medication, has high blood pressure, heart, liver, and kidney disease, diabetes, and pregnant women should not use whole licorice. (Yeh, 2013)

GINGER – has ten antiviral and antiparasitic compounds

TURMERIC – has anti-inflammatory, immune boosting, antiparasitic compounds

GOLDENSEAL – has antibacterial, antifungal compounds

ONIONS AND GARLIC – powerful antiseptic, antiparasitic, antibacterial, antiviral compounds

CAYENNE – prevents coagulation of blood

HONEY – antibacterial, antiviral, antifungal, antioxidants

MULLEIN - *Mullein clears mucus or inflammation in your lungs, relieves pain in the lungs and protects it from damage*

Add 2 tablespoons of mullein herb to 4 cups hot boiled water and steep for 40 minutes to 12 hours. Strain and drink daily in between meals.

LUNGWORT - (Lobaria, lichen, lung lichen, lungmoss, oak lungwort, oak moss, sticta, tree lungwort)

Used for cough, wheezing, pain in the chest walls, sinus congestion and frontal headache, sneezing, fever, muscle pain from respiratory infection, back of neck, shoulders, cervical or occipital pain.

Add 2 tablespoons of Lungwort herb to 4 cups hot boiled water and steep for 40 minutes to 12 hours.

Strain and Drink daily in between meals. Use while symptoms last.

PURE SOFT WATER – maintains acidic pH to support adequate oxygen in the blood, supports absorption of vitamin C in the body

THE PROTOCOL

The following recommendations, when utilized, have helped many individuals to boost their immune system, prevent as well as recover from severe acute respiratory syndrome. If you contract Covid-19 or its variant strains, utilizing these therapies immediately can help to give quick recovery and prevent the onset of serious advanced conditions.

Ensure you obtain these items and keep them in your home, so in the event you or a family member need it, you will be prepared to handle the situation.

Do not take this virus for granted, it is not ordinary and it can cause serious health complications or even death. **Act quickly, hit it Hard, Fast and Frequent** aiming to recover in the shortest possible time.

USE UPON FIRST SYMPTOMS

Upon First symptom, such as:

- Fever
- Cough
- Sore throat
- Runny nose
- Shortness of breath
- Chest tightness
- Breathing difficulties
- Loss of taste and smell (Zinc deficiency)
- Fatigue
- You may feel the onset as if it is a common flu but in 7 to 10 days you can develop severe conditions, pneumonia, severe acute respiratory syndrome, less oxygen to vital organs which can shut down and result in death

Build your immune system:

- ✓ Eat a total plant-based diet
- ✓ Exercise everyday
- ✓ Sleep early before 10:00pm in a dark room
- ✓ Get adequate sunlight daily
- ✓ Keep your surroundings clean and aired

USE UPON FIRST SYMPTOMS - BEGIN IMMEDIATELY TO TAKE ANY OF THE FOLLOWING ITEMS, THEN TAKE A PURGE FOR EACH DAY WHILE SYMPTOMS LAST, USE THE SUPER FLU BOMB AND/OR THE RECOMMENDED SUPPLEMENTS.

OREGANO OIL (wild-crafted, food grade)

- Use 10 drops in 1 tablespoon of olive oil or 1-2 tablespoons of pure honey or 8 oz juice or water.

VITAMIN D3

Use 30,000 iu twice times daily to equate 60000iu daily for three days - take at morning and lunchtime

ACF Fast Relief – Rapid Immune Recovery - double the dosage

made with 1,000 mg of Vitamin C with Citrus Bioflavonoids, Zinc, Rutin, Echinacea. Elderberry extract, Goldenseal, Myrrh, Thyme, Purified Silver and more.

CHILDREN’S ACF Rapid Immune Recovery – use as often as needed

ZINC Chelate - Use 90-100 mg daily

- Zinc inhibits the virus ability to reproduce
- Zinc supports a robust immune response
- Zinc acts as a powerful antioxidant and prooxidant – neutralizing the oxidative stress caused by the toxic overload of iron that has been dumped into the blood from the burst cells
- Restores loss of taste and smell

Vitamin B COMPLETE

use 2 tablespoons twice daily for 14 days then 2 tablespoons daily

LIQUID IODINE

Apply one spray into the mouth once daily or use as directed on the packaging

COVID POSITIVE/INFECTIOUS DISEASE BEHAVIOURS

- Apply social distancing and take immediate steps to prevent further spread
- Isolate if you are infected and Quarantine for 10-14 days if you are exposed to an infected person
- Everyone in the home should wear a mask
- Use disposable dishes when eating and wash sheeting and clothing separately
- Monitor the condition of the sick and seek medical help if condition worsens and respiratory problems persist.

START WITH A PURGE

Take purge with warm water, next drink 8oz of warm water every 15 minutes for the next hour.

Continue with the Purge each day while the symptoms last.

Use a Probiotic four hours after taking any purge.

USE ANY ONE OF THE FOLLOWING PURGE OPTIONS:

- **Super Colon Cleanse** – 2-6 capsules or 1 scoop or 1-2 teaspoons of Powder to 1 glass of water (*Health Plus*) or
- **Cascara Sagrada** (*Nature's Way capsules*) – 2-6 capsules or 1-2 teaspoons of Powder or
- **Senna** – 1-3 tablespoons of leaves or pods or 1-2 teaspoons of Powder or 2-6 capsules or
- **3 tablespoons castor oil (Hexane free) with 1/4 cup lemon juice or**
- **Aloes capsules with the Latex** – 2-6 capsules or 1-inch fresh aloes with the yellow substance and blend in 1-ounce water (caution choose another option if you are allergic to the latex) or
- **Salt Water** - 2 teaspoons of sea salt, 1 liter of hot filtered water in a glass jar with a lid, 2 tablespoons of fresh lemon juice or one cup of lemon water – drink within 5 minutes. Try to hold for 30 minutes then respond with the urge to stool. (do not use if you are hypertensive or salt sensitive)

RESTING POSITION

To support breathing rest on your left side or in a prone position on your abdomen. Rest is important to recovery, but do not sleep so much that you cannot take the nutraceuticals.

VOMITING

1-2 PROBIOTIC with meal until the vomiting stops

GINGER TEA or PEPPERMINT TEA or LEMON BALM TEA

NASAL SWABBING

Smear COCONUT OIL or OLIVE OIL before being swabbed

Rinse with SALINE SOLUTION afterward. Salt water, sea water, hot steam solution (sage, oregano oils)

IODINE – smear a small amount of iodine in the nostrils (*if you feel a burning sensation, it means you have used too much*)

PROTOCOL OPTIONS

WE RECOMMEND THAT YOU LOOK AT THE FOLLOWING SUGGESTIONS AND WORK WITH THE OPTION THAT BEST SUIT YOUR NEED, DEPENDING ON ANY UNDERLYING HEALTH CHALLENGES YOU MAY HAVE.

THE ORIGINAL SUPER FLU BOMB COVID PROTOCOL

Ingredients

TURMERIC - 6 inches root (3 tablespoons powder)

GINGER - 6 inches root (3 tablespoons powder)

GARLIC – 10 cloves

ONIONS – 2 medium

LEMON – squeeze 6 or 12 tablespoons lemon juice

CAYENNE PEPPER – 1 teaspoon or 5 opened capsules (at least 90,000 heating units)

HONEY – 5 tablespoons (do not use if you are Diabetic)

WATER - 2 cups hot water

Consume 4-6 tablespoons every 15 minutes while the symptoms last then three times daily for the next two weeks. However, if you had the virus for more than one week take 6-8 tablespoons every 15 minutes.

Super Flu Bomb Preparation:

- Chop up all ingredients, then BLEND together in 2 cups of HOT BOILING water.
- Next cover and let it draw/steep for 40 minutes to 12 hours.
- If you have a powerful blender, consume the fine pulp, if not, you may need to strain it.
- Consume 6 tablespoons every 15 minutes

READ: SUPER FLU BOMB BASIC INSTRUCTIONS

- Consume 4-6 tablespoons every 15 minutes
- However, if you had the virus for more than one week take 6-8 tablespoons every 15 minutes
- Keep any excess refrigerated and allow to cool before drinking.
Pause for 2 hours before and after lunch when you will take a Probiotic.
- **After symptoms ceases, continue the use of the Super Flu Bomb**
– 3 tablespoons – 2 to 3 times daily with your meal for up to 2 weeks.
- If you have a weak stomach or acid reflux, use slippery elm or marshmallow before consuming the super flu bomb
- If you are **daily exposed due to your work**, continue with use of Super Flu Bomb – 3 tablespoons – 2 to 3 times daily with your meals. (Remove the cayenne pepper for long term use).
- Once there are **others in the home**, who are exposed, let them take caution by using the Super Flu Bomb for 7-10 days.

FLU BOMB SYRUP

Select your choice of Flu Bomb combination and add 1/2 cup of honey, which will preserve and help it to last longer. This may also be used as a preventative for the virus, just leave the cayenne out.

Ingredients

TURMERIC - 6 inches root (3 tablespoons powder)

GINGER – 6 inches root (3 tablespoons powder)

GARLIC – 10 cloves

ONIONS – 2 medium

LEMON – squeeze 6 or 12 tablespoons lemon juice

CAYENNE PEPPER – 1 teaspoon or 5 opened capsules (at least 90,000 heating units)

HONEY – ½ cup (do not use if you are Diabetic)

WATER - 2 cups hot water

Consume 4-6 tablespoons every 15 minutes while the symptoms last then three times daily for the next two weeks. However, if you had the virus for more than one week take 6-8 tablespoons every 15 minutes.

Super Flu Bomb Preparation:

- The **honey** preserves the mixture and helps it to last longer
- Chop up all ingredients, then **BLEND** together in 2 cups of **HOT BOILING** water.
- Next, let it draw for 40 minutes minimum or up to 12 hours then strain and add the honey.

IF YOU HAVE HIGH BLOOD PRESSURE

Ingredients

TURMERIC - 6 inches root (3 tablespoons powder)

GINGER – 6 inches root (3 tablespoons powder)

GARLIC – 10 cloves

ONIONS – 2 medium

LEMON – squeeze 6 or 12 tablespoons lemon juice

HONEY – 5 tablespoons (do not use if you are Diabetic)

WATER - 2 cups hot water

Consume 4-6 tablespoons every 15 minutes while the symptoms last then three times daily for the next two weeks. However, if you had the virus for more than one week take 6-8 tablespoons every 15 minutes.

Super Flu Bomb Preparation:

- Chop up all ingredients, then **BLEND** together in 2 cups of **HOT BOILING** water.
- Next, let it draw for 40 minutes minimum or up to 12 hours.

IF YOUR BLOOD PRESSURE DROPS LOW

IF BLOOD PRESSURE DROPS LOW AS A RESULT OF USING THE SUPER FLU BOMB – here are some options to take the blood pressure back up:

- **Reduce Garlic to 5 cloves** in the mixture and **add 2 tablespoons Licorice Root Powder** to mixture.
- **ADD Licorice Root***
- **2 tablespoons Licorice Root Powder to 10 oz water**, boil for 15 minutes and draw for 40 minutes, strain and sip during the day until you feel better (alternatively – take **5 Licorice capsules** – take 1 to 3 times a day depending on how you feel)
- **LICORICE, GINGER, CAYENNE TEA**
Slice 6 inches of Ginger and 2 tablespoons Licorice Powder to 10 oz water, boil for 15 minutes and draw for 40 minutes strain then **add ½ teaspoon Cayenne pepper** then sip until you feel better. (substitute Licorice powder with 5 capsules Licorice taken 1 to 3 times a day depending on how you feel)
- **SALT BROTH for drop in blood pressure**
4 tablespoons Pink Himalayan Sea Salt mix in 8oz water. Sip the drink until you feel better.

*Those who are pregnant, on steroid medication, has high blood pressure, heart, liver, and kidney disease, diabetes, and pregnant women should not use whole licorice.

IF YOU HAVE LOW BLOOD PRESSURE

Ingredients

TURMERIC – 6 inches root (3 tablespoons powder)

GINGER – 6 inches root (3 tablespoons powder)

GARLIC – 5 cloves

ONIONS – 2 medium

LEMON – squeeze 6 or 12 tablespoons lemon juice

CAYENNE PEPPER – 1 teaspoon or 5 opened capsules (at least 90,000 heating units)

* **LICORICE ROOT POWDER** – 2 tablespoons or 5 capsules 3 times daily

HONEY – 5 tablespoons (do not use if you are Diabetic)

WATER – 2 cups hot water

Consume 4-6 tablespoons every 15 minutes while the symptoms last then three times daily for the next two weeks. However, if you had the virus for more than one week take 6-8 tablespoons every 15 minutes.

Super Flu Bomb Preparation:

- Chop up all ingredients, then **BLEND** together in 2 cups of **HOT BOILING** water.
- Next let it draw for 40 minutes minimum or up to 12 hours.
- If you have a powerful blender, use the fine pulp, if not, you may need to strain it.

*Those who are pregnant, on steroid medication, has high blood pressure, heart, liver, and kidney disease, diabetes, and pregnant women should not use whole licorice.

IF YOU HAVE DIABETES

Ingredients

TURMERIC – 6 inches root (3 tablespoons powder)

GINGER – 6 inches root (3 tablespoons powder)

GARLIC – 10 cloves

ONIONS – 2 medium

LEMON – squeeze 6 or 12 tablespoons lemon juice

CAYENNE PEPPER – 1 teaspoon or 5 opened capsules (at least 90,000 heating units)

WATER – 2 cups hot water

Consume 4-6 tablespoons every 15 minutes while the symptoms last then three times daily for the next two weeks. However, if you had the virus for more than one week take 6-8 tablespoons every 15 minutes.

Super Flu Bomb Preparation:

- Chop up all ingredients, then BLEND together in 2 cups of HOT BOILING water.
- Next let it draw for 40 minutes minimum or up to 12 hours.
- If you have a powerful blender, use the fine pulp, if not, you may need to strain it.

IF YOU HAVE GASTRITIS, GERD, ACID REFLUX, STOMACH ULCER

Ingredients

TURMERIC – 6 inches root (3 tablespoons powder)

GINGER – 6 inches root (3 tablespoons powder)

GARLIC – 10 cloves

ONIONS – 2 medium

WATER – 2 cups hot water

Consume 4-6 tablespoons of this mixture every 30 minutes while the symptoms last then take three times daily for the next two weeks.

Super Flu Bomb Preparation

- Chop up all ingredients, then BLEND together in 2 cups of HOT BOILING water.
- Next let it draw for 40 minutes minimum or up to 12 hours.
- If you have a powerful blender, use the fine pulp, if not, you may need to strain it.

Keep any excess refrigerated and allow to cool before drinking.

Take 4 capsules of Slippery Elm or Marshmallow root or 1 teaspoon of powder to 4 ounces of Slippery Elm or Marshmallow root. In-between meals. Note, take these items two hours away from supplements or medication.

FOR GASTRITIS OR ULCERATED STOMACH:

- Consume Super Flu Bomb every 30 minutes. Note, you remove Cayenne pepper and Lemon juice from the Super Flu Bomb ingredients.
- Alternatively cook and take Super Flu Bomb **Soup**, removing cayenne pepper and lemon juice.

FOR HEALING GASTRITIS OR STOMACH ULCER:

To soothe the stomach and prevent heartburn:

- Take **Slippery Elm or Marshmallow Capsules** – 4 capsules in-between meals and at least 2 hours away from medication or supplements
- Take **Slippery Elm or Marshmallow Powder** – 1 teaspoon to 4 ounces water in-between meals and at least 2 hours away from medication or supplements

To Heal Gastritis or Ulcerated stomach:

- Juice $\frac{1}{4}$ of raw cabbage and consume 4 ounces of juice, 30 minutes before consuming any food.
- Use for 7 days. If you are on hypothyroid medication, add 2 capsules of kelp or liquid iodine with food.
- Consume within 20 minutes of preparation.

IF YOU ARE ON BLOOD THINNERS

DO NOT USE THE FLU BOMB AND CAYENNE PEPPER

OREGANO OIL – 10 drops in 1 Tablespoon Olive Oil -2 times daily – morning and evening

or **GOLDENSEAL POWDER** – 1 teaspoon or 2 capsules 3 times daily

CAMU CAMU POWDER – 2 tablespoons 3 times daily

or **VITAMIN C CAPSULES WITH BIOFLAVONOIDS** – 3000mg 3 times daily

B-COMPLETE – 2 tablespoons 2 times daily

VITAMIN D3 – 20000iu twice daily for 7 days then 10000iu daily (reduce the amounts if it is too strong)

ZINC Chelate – 90mg to 100mg daily

LIQUID IODINE – use as directed

PROBIOTIC – 3 capsules per day – take 15 minutes before a meal

IF YOU HAVE AN AUTOIMMUNE DISEASE

DO NOT USE THE FLU BOMB

OREGANO OIL – 10 drops in 1 Tablespoon Olive Oil -2 times daily – morning and evening

GOLDENSEAL – 1 teaspoon or 2 capsules 3 times daily

ACF Advanced Immune Response by Buried Treasure – 2 tablespoons – 3 times daily

CAMU CAMU POWDER – 2 tablespoons – 3 times daily or Vitamin C with Bioflavonoids – 3000mg 3 times daily

LIQUID IODINE – use as directed

B-COMPLETE by Buried Treasure – 2 tablespoons 2 times daily

VITAMIN D3 – 20000iu three times daily for 7 days then 10000iu for 8 months (if too strong for you start with less)

ZINC Chelate -90mg to 100mg daily

PROBIOTIC – 3 capsules per day – take 15 minutes before a meal

IF YOU HAVE ARTHRITIS AND MULTIPLE SCLEROSIS

REMOVE THE CAYENNE PEPPER AND FOLLOW THIS SUPER FLU BOMB

Ingredients

TURMERIC – 6 inches root (3 tablespoons powder)

GINGER – 6 inches root (3 tablespoons powder)

GARLIC – 10 cloves

ONIONS – 2 medium

LEMON – squeeze 6 or 12 tablespoons lemon juice

HONEY – 5 tablespoons (do not use if you are diabetic)

WATER – 2 cups hot water

Consume 4-6 tablespoons every 15 minutes while the symptoms last then three times daily for the next two weeks. However, if you had the virus for more than one week take 6-8 tablespoons every 15 minutes.

Super Flu Bomb Preparation:

- Chop up all ingredients, then **BLEND** together in 2 cups of **HOT BOILING** water.
- Next let it draw for 40 minutes minimum or up to 12 hours.
- If you have a powerful blender, use the fine pulp, if not, you may need to strain it.

IF YOU HAVE RENAL FAILURE (SUPER FLU BOMB)

Ingredients

TURMERIC – 6 inches root (3 tablespoons powder)

GINGER – 6 inches root (3 tablespoons powder)

GARLIC – 10 cloves

ONIONS – 2 medium

LEMON JUICE – squeeze 6 or 12 tablespoons lemon juice

CAYENNE PEPPER – 1 teaspoon or 5 opened capsules (at least 90,000 heating units)

HONEY – 5 tablespoons (do not use if you are Diabetic)

WATER – 3 cups hot water

Consume 4-6 tablespoons every 15 minutes while the symptoms last then three times daily for the next two weeks.

Super Flu Bomb Preparation:

- Chop up all ingredients, then **BLEND** together in 2 cups of **HOT BOILING** water.
- Next let it draw for 40 minutes minimum or up to 12 hours.
- If you have a powerful blender, use the fine pulp, if not, you may need to strain it.

IF YOU HAVE RENAL FAILURE (SUPPLEMENTS)

OREGANO OIL – 10 drops in 1 Tablespoon Olive Oil -2 times daily – (morning and evening)

VITAMIN D3 – 10000iu daily (if too strong for you start with less)

ZINC Chelate – 30 – 50 mg daily

CAMU CAMU POWDER – 1 tablespoon, twice daily

or **VITAMIN C WITH BIOFLAVONOIDS** – 200mg, daily

PROBIOTIC – 3 capsules per day – take 15 minutes before a meal

VITAMIN B-COMPLETE – 1 tablespoon twice daily

Note: Vitamin C importance in chronic kidney disease: <https://pubmed.ncbi.nlm.nih.gov/23106569/>

RENAL FAILURE TEA TO PROTECT THE KIDNEY WHILE YOU USE THE SUPER FLU BOMB (ESSENTIAL)

Use while infected with Covid-19 and continue to use to improve the Kidney function

Follow the Renal Failure Diet Plan on our website <https://nhtlh.com/counseling-sheets>

- Take a bag and mix equal parts of **Parsley, Uva Ursi, Cornsilk powder** then scoop out 2 tablespoons (1 handful of Cornsilk may replace the cornsilk powder)
- Add 1/8 teaspoon of Goldenseal powder or (Oregano oil – 7 drops in olive oil with 1 tablespoon of olive oil or nectar juice, taken twice daily)
- Next, add 40 ounces of hot water to the herbs and steep for 40 minutes to 3 hours
- Drink 4 cups daily – refrigerate any remaining tea and allow to cool before consuming

--00—00—00—

SUPER FLU BOMB SOUP

Ingredients

TURMERIC – 6 inches root (3 tablespoons powder)

GINGER – 6 inches root (3 tablespoons powder)

GARLIC – 10 cloves

ONIONS – 2 medium

LEMON – squeeze 6 or 12 tablespoons lemon juice

CAYENNE PEPPER – 1 teaspoon or 5 opened capsules (at least 90,000 heating units)

THYME, OREGANO, CILANTRO – 1 tablespoon each

SALT – add salt to taste

WATER – 3 cups hot water

* If the person has not been eating, add potatoes.

Super Flu Bomb SOUP Preparation:

- Chop up all ingredients, then **BLEND** together in 2 cups of **HOT BOILING** water.
- Bring to a **BOIL** on the stove top and consume when warm.

Consume a bowl of soup three times daily while symptoms last then once daily for two weeks
Keep any excess refrigerated and allow to cool before consuming.

--00—00—00—



PREGNANCY

CAUTION: DO NOT USE OREGANO OIL IF YOU ARE PREGNANT

IF YOU ARE PREGNANT (SUPPLEMENTS)

For prevention and if you contract Covid-19

TAKE ON MORNINGS

ACF Advanced Immune Response by Buried Treasure – use as directed

PRE-NATAL – use as directed

VITAMIN D3 – 10000iu daily (reduce the amounts if it feels too strong for you)

KELP or DULSE – 1/8 teaspoon daily

ZINC Chelate – 30 -50mg daily

PROBIOTIC – 1 capsule taken 15 minutes before a meal

IF YOU ARE PREGNANT (SUPER FLU BOMB)

Do not take close to the delivery time of the baby

Ingredients

Combine the following:

GINGER – 2 inches root (1 tablespoon powder)

GARLIC – 4 cloves

ONIONS – 1 medium

LEMON – squeeze 2 or 4 tablespoons lemon juice

ECHINACEA – 1 teaspoon

CAYENNE PEPPER – 1/8 teaspoon or 1 opened capsule (at least 90,000 heating units)

HONEY – 4 tablespoons

WATER – 2 cups hot water

Consume 4-6 tablespoons every 15 minutes while the symptoms last then three times daily for the next two weeks. However, if you had the virus for more than one week take 6-8 tablespoons every 15 minutes.

Super Flu Bomb Preparation:

- Chop up all ingredients, then BLEND together in 2 cups of HOT BOILING water.
- Next let it draw for 40 minutes minimum or up to 12 hours.
- If you have a powerful blender, use the fine pulp, if not, you may need to strain it.

Caution with Pregnancy Recommendation

- **Ginger, Garlic, Onions, Cayenne Pepper, Echinacea are usually safe to use in pregnancy**
- **Do not use close to delivery time as some items can thin the blood**
- **Consult your health care provider to see if these recommendations are safe for you to use**

Some Causes of Miscarriages

The causes of miscarriage vary widely and seem to have no detectable cause at all.

In most cases, miscarriage occurs as a result of:

DISCLAIMER. The health information in these documents and lectures are for general education and is not intended to substitute for any medical advice. No medical cure, diagnosis, or treatment is provided.

- A physical problem with the baby or mother, such as a birth defect or chromosomal abnormality in the fetus,
- A weak cervix or a maternal disease that makes her body unable to properly support the developing baby,
- Alcohol and heavy caffeine use, can increase the risk of miscarriage.
<https://healthfully.com/493338-cayenne-pepper-miscarriage.html>

IF YOU ARE BREASTFEEDING

BREASTFEEDING MOTHERS AND OREGANO OIL – take 10 drops at morning and evening

How to use oregano oil while breastfeeding?

1. Express the breast milk first. Refrigerate for later feed.
2. Breastfeed baby.
3. Take the oregano oil right after, once baby is full.
4. Feed baby with expressed milk for the next feed.

At least 5 hours should pass after taking the oregano oil before putting baby back on the breast again.

Tip: Express extra feeds as much as possible in step 1 to make the process easier.

For example, if the baby's feeding schedule is every 3 hours then it may look like this:

4:00am – express breast milk and refrigerate for later use at 8:00am

5:00am – breast feed baby

6:00am – take 10 drops of oregano oil with 1 tablespoon of olive oil

8:00am – bottle feed with expressed milk

11:00am – breastfeed baby and express milk for use later at 5:00pm

2:00pm – breastfeed and express milk to use later at 8:00pm

5:00pm – bottle feed baby with expressed milk and ½ cap PB8

6:00pm – take 10 drops of oregano oil with 1 tablespoon of olive oil

8:00pm – bottle feed baby with expressed milk

11:00pm – breastfeed baby

12:00am -3:00am (Break)

ANTI-INFLAMMATORY / STEROID TEA

Useful to stop virus replication

TURMERIC POWDER – 2 tablespoons powder

HOLY BASIL – 2 tablespoons

LICORICE POWDER – 1 teaspoon *

ASHWAGANDHA POWDER– 1 teaspoon

PEPPERMINT – 2 teaspoons

MULLEIN – 1 tablespoon

LUNGWORT LEAVES – 1 tablespoon

Add ingredients in a pot of 4 cups of hot water, simmer for 15 minutes then steep for 4 to 12 hours and drink daily

**do not use Licorice if you have high blood pressure or if you are pregnancy.*

Other anti-inflammatory herbs:

Ginger, rosehip, elderberry, fennel, thyme, white willow bark, resveratrol, orange peel, fenugreek

CINCHONA BARK AND WORMWOOD

Natural Hydroxychloroquine and Natural Ivermectin respectively – *inhibits virus cell replication*

Coronavirus attacks red blood cells, similar to the way malaria does. *Quinine in Hydroxychloroquine* helps Zinc to enter cells to destroy viruses. Hydroxychloroquine *when* administered in conjunction with Zinc is found to be effective against COVID-19.

CINCHONA BARK and WORMWOOD Tea Directions:

- Bring to boil **4-8 cups of water**
- Add **1-2 tablespoons of Cinchona Bark and Wormwood Powder**
- Boil for 15 minutes
- Next, draw for 40 minutes to 12 hours.
- Strain and drink ½ cup three times daily
- Repeat and drink for seven days.

Cinchona bark (Grobe, 2021) and Wormwood (Zhou, 2021) is effective when used in combination or in isolation. Zinc used with these items are found to be quite effective.

If you do not have Cinchona bark you can use

QUERCETIN CAPSULES – 500mg once or twice per day

other Quinine properties

PAPAYA SEEDS

- Take 12 dried seeds, blend it to a powder or chew the fresh seeds. They taste hot.
- Take 12 seeds every second day thereafter.

GRAPEFRUIT (do not use if you are on High Blood Pressure medication)

1 Grapefruit sliced with skin heated for 3-5 minutes in 3 cups water

Antibacterial, Antifungal, Antiviral, Effective for pulmonary TB, Boost immunity, Increases Interferon

ASHWAGANDHA FOR STRESS

POWDER – 1 tablespoon in 4 cups water, boil for 15 minutes and draw or steep for 40 minutes, strain and drink during the day.

Or **CAPSULES** – 2 capsules at morning and 2 capsules at night

or **EXTRACT** – 20 drops to 4oz water

HIGH DOSES OF ASCORBIC ACID (VITAMIN C) FOR COVID-19 & VARIANTS

ADULTS

Initial onset of symptoms:

3000 to 5000 mg in one dose, followed by 1000 mg every 30 to 60 mins for the following 3 hours.

Repeat this cycle until symptoms subside.

Mild cases:

2000 to 5000 mg in one dose, followed by 1000 mg every hour for the following 4 – 6 hours. Repeat this cycle until symptoms subside.

Severe/critical cases:

10,000 mg in one dose, followed by 2000 mg every 15 to 30 mins for the following 2 hours. Repeat this cycle until symptoms improve.

Ages Under 9

Initial dose – 200 mg per 10 lb. body weight

Subsequent doses – 100 mg per 10 lb. body weight

Take every hour for the following 4 – 6 hours. If symptoms worsen, take every 15 to 30 mins for the following 2 hours. Repeat until symptoms improve.

Ages Between 10 – 15

Initial dose – 300 mg per 10 lb. body weight

Subsequent doses – 200 mg per 10 lb. body weight

Take every hour for the following 4 – 6 hours. If symptoms worsen, take every 15 to 30 mins for the following 2 hours. Repeat until symptoms improve.

Above 15 – use same amounts as for an adult

PAIN IN THE CHEST WALLS, SINUS CONGESTION

LUNGWORT – (Lobaria, lichen, lung lichen, lungmoss, oak lungwort, oak moss, sticta, tree lungwort)

Take 2 tablespoons of Lungwort herb to 4 cups hot boiled water and steep for 40 minutes to 12 hours.

Strain and drink daily in between meals.

Useful for:

Cough – wheezing, spastic/wracking, or irritated, especially when accompanied by pain; may be acute or chronic

- Pain in the shoulders, back of neck, cervical or occipital areas; with or without cough, but especially indicated when recurring cough is present
- Pain in the chest walls that accompanies cough; may be dull and feel like a bruise, or sharp and shooting
- Sinus congestion with frontal headache, sneezing, conjunctivitis, and/or irritation of the upper trachea
- Pulse that is weak but wiry and tense
- Helps alleviate fever and muscle pain that accompanies respiratory infection with spastic cough

MULLEIN

Add 2 tablespoons of mullein herb to 4 cups hot boiled water and steep for 40 minutes to 12 hours. Strain and Drink daily in between meals.

PNEUMONIA

Seek medical intervention. However, when at home, take care of yourself to avoid further progression.

SUPER FLU BOMB – use as directed in this paper

LUNGWORT – Take 2 tablespoons of Lungwort herb to 4 cups hot boiled water and steep for 40 minutes to 12 hours. Strain and drink daily in between meals.

CINCHONA BARK – use as directed in this paper. **WORMWOOD** is also a good option.

OREGANO OIL – 1 tablespoon of olive oil with 10 drops of oregano oil

or **GOLDENSEAL** (do not use if pregnant)

- **POWDER** – 1 teaspoon in 2 cups of hot water, boil for 15 minutes and draw for 40 minutes
- or **CAPSULES** – 5 capsules (500 mg)
- or **EXTRACT** – 15 drops

STEAM INHALATION – warm vapor inhalation of plain hot water or with peppermint oil, eucalyptus oil or oregano oil drops for 15 minutes every hour

FOMENTATION – apply to chest and back for 15 minutes every 2 hours, follow with a **DRY**

BLANKET WRAP (see instructions below)

WARM WATER – sip frequently to keep hydrated and loosen phlegm

FRESH PURE HOT AIR TO INHALE – to supply the lungs with oxygen

RESPIRATORY CONGESTION OIL RUB

Mix together:

1 tablespoon carrier oil (olive, coconut, grape seed, almond oil)

7 drops of any of the following oils: eucalyptus, rosemary, thyme, pine, frankincense.

Rub into back and chest. This helps to relieve coughing and congestion. It can also be used on sore throat when rubbed on the neck.

HERBAL COUGH INFUSION FOR DRY COUGH

Use to moisten the lungs and expel trapped mucus.

2 tablespoons mullein

2 tablespoons marshmallow (mix in a little cool water first then add)

1 tablespoon licorice

1 1/2 teaspoons lobelia leaves

4 cups of water

Add licorice to water and simmer for 15 minutes. Next, switch off the heat and add the remaining herbs to the pot and cover for 3 hours.

Drink the infusion during the day.

HERBAL COUGH BLEND FOR WET COUGH

An expectorant and decongestant formula for wet coughs where there is a lot of mucus production and sinus drainage.

2 tablespoons dried orange peel

1 tablespoon tulsi or licorice root

2 teaspoons thyme

Add orange peel or licorice root to water and simmer for 15 minutes. Next, switch off the heat and add the remaining herbs to the pot and cover for 3 hours.

Drink during the day.

IMMUNE BOOSTING FORMULA

Used to strengthen the immune system.

1 tablespoon astragalus root or Asian ginseng or tulsi

1 teaspoon ginger, grated

1 tablespoon lemon juice

1/4 cup honey

Boil astragalus and ginger or Asian ginseng for 15 minutes then add tulsi, if at hand. Next draw for 4 hours. Add lemon juice and 1/4 cup honey. Stir thoroughly and refrigerate.

ONION POULTICE UNDER FEET FOR CHILDREN OR ADULTS

Onions absorb from the skin into the bloodstream – antiviral, antibacterial, antifungal, antimicrobial

Supplies:

- 1 Fresh onion
- Knife
- Cheesecloth, gauze or paper tissue
- Olive oil
- Onion Poultice

Directions:

1. Slice the Onion.
2. Place sliced onion into the middle of the cheesecloth, gauze or paper tissue
3. Apply olive oil to the bottom of the feet
4. Apply the onions in wrapping. Be careful not to let the raw onion touch the soles of the feet, as it could blister the feet.
5. Next bandage the feet, put a sock on; this can be left on overnight.

WHAT TO DO IF YOU HAVE COVID AND SHORTNESS OF BREATH

QUERCETIN 500mg twice daily or **ONION** – eat one medium

STEAM INHALATION

Fill a basin with hot water, next add the drops of essential oil of peppermint, eucalyptus, or oregano or menthol crystals. Plain hot water is also helpful.

Lean over the basin to inhale the steam, and cover the head and the basin with a sheet.

Inhale the steam for 20 minutes. Afterward, splash cool water to your face to close your pores.

SUPER FLU BOMB – use as instructed

OREGANO OIL – 10 drops in 1 tablespoon of olive oil twice daily

LOBELIA LEAVES – 2 tablespoons to 4 cups of hot boiling water, steep for 40 minutes then strain and drink mouthfuls at a time. Use while symptoms last (not for long term use).

Useful for fever, cold, infection, inflammation, also chew the fresh leaves for a sore throat.

CHILDREN'S COVID-19 PROTOCOL

GENERAL HERBAL DOSAGE FOR CHILDREN

Consider the age, sex and size of the child. It is always safer to start with a smaller dose and if, that works well, increase it slowly to the normal dosage for children.

Where a child has to take a herb, give him only part of that which an adult would receive: Assuming 150 pounds for an average adult, if the child is 50 pounds, then 150 divided by 50 = 1/3 of the adult dose.

CHILDREN'S ACF IMMUNE SUPPORT by Buried Treasure

Children's Formula minimum recommendations

- 6 – 12 months – 1 teaspoon 3 times daily
- 12 – 24 months – 2 teaspoons 3 times daily
- 2-5 years – 1 Tablespoon 3 times daily
- 6-12 years – 2 Tablespoons 3 times daily



WILD-CRAFTED OREGANO OIL &/OR ACF SUGGESTIONS FOR COVID-19

AGE	DOSAGE (administer with a syringe for under 5 years)
6 – 12 months	Children's ACF – 1 teaspoon 3 times daily
13 months – 24 months	1 drop oregano oil in nectar juice or olive oil once daily, Children's ACF as directed, Probiotic (PB8 vegetarian) - ½ capsule every other day
2 – 4 years	1 drop oregano oil in nectar juice or olive oil, morning and at night, Children's ACF as directed, Probiotic (PB8 vegetarian) - 1 capsule daily
4-5 years	2 drops oregano oil in nectar juice or olive oil, morning and at night, Children's ACF as directed, Probiotic (PB8 vegetarian) - 1 capsule daily
6 – 9 years	3 drops oregano oil in nectar juice or olive oil, morning and at night, Children's ACF as directed, Probiotic (PB8 vegetarian) - 1 capsule daily
10 – 12 years	5 drops oregano oil in nectar juice or olive oil, morning and at night, Children's ACF as directed, Probiotic (PB8 vegetarian) - 1 capsule twice daily
13 – 15 years	7 drops oregano oil in nectar juice or olive oil, morning and at night, Children's ACF as directed on the bottle, Probiotic (PB8 vegetarian) - 2 capsules twice per day
16 years and above	10 drops oregano oil in nectar juice or with 1 tablespoon olive oil, morning and at night, Children's ACF as directed on the bottle, Probiotic (PB8 vegetarian) - 2 capsules per meal

SUPER FLU BOMB (under 5 years)

Ingredients

Combine the following:

TURMERIC - 6 inches root (3 tablespoons powder)

GINGER - 6 inches root (3 tablespoons powder)

GARLIC – 3 cloves

ONIONS – 2 medium

LEMON – squeeze 6 or 12 tablespoons lemon juice

AGAVE – 5 tablespoons (HONEY may be used for 2-5 years children but not for those under 24 months)

WATER - 2 cups hot water

Consume 1 tablespoon every 15 minutes while the symptoms last then three times daily for the next two weeks.

Super Flu Bomb Preparation:

- Chop up all ingredients, then BLEND together in 2 cups of HOT BOILING water.
- Next let it draw for 40 minutes.
- If you have a powerful blender, use the fine pulp, if not, you may need to strain it.

SUPER FLU BOMB (6-10 years)

Ingredients

Combine the following:

TURMERIC - 6 inches root (3 tablespoons powder)

GINGER - 6 inches root (3 tablespoons powder)

GARLIC – 5 cloves

ONIONS – 2 medium

LEMON – squeeze 6 or 12 tablespoons lemon juice

CAYENNE PEPPER – 1/4 teaspoon or 2 opened capsules (at least 90,000 heating units)

HONEY / AGAVE – 5 tablespoons

WATER - 2 cups hot water

Consume 3 tablespoons every 15 minutes while the symptoms last then three times daily for the next two weeks.

Super Flu Bomb Preparation:

- Chop up all ingredients, then BLEND together in 2 cups of HOT BOILING water.
- Next let it draw for 40 minutes.
- If you have a powerful blender, use the fine pulp, if not, you may need to strain it.

SUPER FLU BOMB (10-14 years)

Ingredients

Combine the following:

TURMERIC - 6 inches root (3 tablespoons powder)

GINGER - 6 inches root (3 tablespoons powder)

GARLIC – 5 cloves

ONIONS – 2 medium

LEMON – squeeze 6 or 12 tablespoons lemon juice

CAYENNE PEPPER – 1/2 teaspoon or 3 opened capsules (at least 90,000 heating units)

HONEY – 5 tablespoons

WATER - 2 cups hot water

Consume 3 tablespoons every 15 minutes while the symptoms last then three times daily for the next two weeks.

Super Flu Bomb Preparation:

- Chop up all ingredients, then BLEND together in 2 cups of HOT BOILING water.
- Next let it draw for 40 minutes.
- If you have a powerful blender, use the fine pulp, if not, you may need to strain it.

SUPER FLU BOMB (Original) (15 years and above)

Ingredients

Blend the following:

TURMERIC - 6 inches root (3 tablespoons powder)

GINGER - 6 inches root (3 tablespoons powder)

GARLIC – 10 cloves

ONIONS – 2 medium

LEMON – squeeze 6 or 12 tablespoons lemon juice

CAYENNE PEPPER – 1 teaspoon or 5 opened capsules (at least 90,000 heating units)

HONEY – 5 tablespoons (do not use if you are Diabetic)

WATER - 2 cups hot water

Consume 4 tablespoons every 15 minutes while the symptoms last then three times daily for the next two weeks.

Super Flu Bomb Preparation:

- Chop up all ingredients, then BLEND together in 2 cups of HOT BOILING water.
- Next let it draw for 40 minutes.
- If you have a powerful blender, use the fine pulp, if not, you may need to strain it.

DAILY SCHEDULE IF YOU GET COVID-19 OR VARIANT STRAINS

IN THE MORNING

VITAMIN C

I use lemon juice freely. It is the best thing you could use for rheumatism, for your head, and for malaria
{2MR 48.1}

- **LEMON**

For Coronavirus: Early MORNING drink 2-4 glasses of warm water with 1 large lemon juice

For Immune boosting: Early MORNING drink 2-4 glasses of warm water with 2 tablespoons of lemon juice.

Always use a STRAW when drinking lemon to protect the enamel of your teeth.

If you drank the lemon juice without a straw, rinse your mouth with water then brush your teeth.

- **CAMU CAMU POWDER** – 2 teaspoons to 1 cup juice or water, drink daily
- *Or* **CAMU CAMU CAPSULES** – **500 MG** - 10 capsules
- *Or* **LEMON** - 4 whole small lemons in water as lemonade – *use a straw to drink*
- *Or* **VITAMIN C** with **BIOFLAVONOIDS Capsules** – 3000mg

ALTERNATE THE USE OF OREGANO OIL OR GOLDENSEAL

OREGANO WILD-CRAFTED ESSENTIAL OIL

10 drops in 1 tablespoon of olive oil or 1-2 tablespoons of pure honey or 8 oz juice or water. *Caution: this item is very very hot so stir and drink quickly and avoid any liquid touching and burning your lips*

- *You may use a straw to drink if it is in liquid*
- *Use with breakfast and at night before bedtime.*
- *This may cause young ladies to menstruate.*
- *Do not use if Pregnant.*

Or

GOLDENSEAL (do not use if pregnant)

- **POWDER** – 1 teaspoon in 2 cups of hot water, boil for 15 minutes and draw for 40 minutes
- **or CAPSULES** – 5 capsules (500 mg)
- **or EXTRACT** – 15 drops

VITAMIN D3 SUPPLEMENT –30000iu (take with meal) for 7 days then reduce to 10000iu *daily for eight months (use less if it feels too strong for you)*

ZINC Chelate - Use 90-100 mg daily

VITAMIN B COMPLETE – use 2 tablespoons twice daily for 14 days then 2 tablespoons daily

LIQUID IODINE - follow instructions on the bottle.

SUNLIGHT

Sit in the sun between 9:00 am and 3:00 pm for 1 – 1 ½ hours if dark skin or if light skin 7 ½ minutes to 45 minutes. Sit or walk in the sunlight.

DURING THE DAY

SUPER FLU BOMB TAKE EVERY 15 MINUTES

Except 2 hours before and after Lunchtime when you will be taking a Probiotic.

MULLEIN

Add **2 tablespoons of mullein herb to 4 cups hot boiled water and steep for 40 minutes to 12 hours.** Strain and Drink daily in between meals.

Mullein clears mucus or inflammation in your lungs, relieves pain in the lungs and protects it from damage

AT LUNCH

PROBIOTIC *BIO-KULT PROBIOTIC or PB 8 vegetarian or Other*

1 capsule per day for week one

1 capsule per meal for week two

2 capsules per meal for week three and beyond

LIQUID B COMPLEX or

MULTIVITAMIN / VM 100 COMPLETE / ACTIVE 55

2 tablespoons daily (includes B vitamins, Magnesium, Selenium, Zinc)

VITAMIN D3 –30000iu (take with meal) for 7 days then reduce to *10000iu daily for eight months* (start with less if you cannot tolerate the full dose)

If you are not accustomed to taking vitamin D3, start with 2000iu for 7 days, then increase by 2000iu weekly until you can tolerate 10000iu daily for 8 months

Sit in the sun between 9:00 am and 3:00 pm for 1 – 1 ½ hours if dark skin or if light skin 7 ½ minutes to 45 minutes. Sit or walk in the sunlight.

IN THE AFTERNOON

AFTERNOON – 4:00PM

VITAMIN C

- **CAMU CAMU POWDER** – 2 teaspoons to 1 cup juice or water, drink daily
- *Or* **CAMU CAMU CAPSULES – 500 MG** - 10 capsules
- *Or* **LEMON** - 4 whole small lemons in water as lemonade – *use a straw to drink*
- *Or* **VITAMIN C** with **BIOFLAVONOIDS** Capsules – 3000mg

AT NIGHT BEFORE BEDTIME

VITAMIN C

- **CAMU CAMU POWDER** – 2 teaspoons to 1 cup juice or water, drink daily
- *Or* **CAMU CAMU CAPSULES – 500 MG** - 10 capsules
- *Or* **LEMON** - 4 whole small lemons in water as lemonade – *use a straw to drink*
- *Or* **VITAMIN C** with **BIOFLAVONOIDS** Capsules – 3000mg

OREGANO WILD-CRAFTED ESSENTIAL OIL

- 10 drops in 1 tablespoon of olive oil or 1-2 tablespoons of pure honey or 8 oz juice or water.
Caution: this item is very very hot so stir and drink quickly and avoid any liquid touching and burning your lips
- *You may use a straw to drink if it is in liquid*
- *Use with breakfast and at night before bedtime.*
- *This may cause young ladies to menstruate.*
- *Do not use if Pregnant.*

Or

GOLDENSEAL (do not use if pregnant)

- **POWDER** – 1 teaspoon in 2 cups of hot water, boil for 15 minutes and draw for 40 minutes
- **or CAPSULES** – 5 capsules (500 mg)
- **or EXTRACT** – 15 drops

EXAMPLE OF DAILY PROTOCOL FOR AVERAGE ADULT WITH COVID-19 SYMPTOMS AND NO UNDERLYING CONDITIONS– what to take morning, noon and night

MORNING	
Vitamin C	Camu Camu, Lemon or Vitamin C capsules
Oregano Oil or Goldenseal	10 drops Oregano oil (see directions)
Zinc	90-100mg
B Complete or Multivitamin	Use as directed
Liquid Iodine	Use as directed
Vitamin D3	2000iu and up to 30000iu
Sunlight	Between 9:00am and 3:00pm
DURING THE DAY	
Super Flu Bomb	Take every 15 minutes or as advised
Mullein, Cinchona bark tea, Lungwort, Lobelia	See directions
LUNCHTIME	
Probiotic	Use as directed
B Complete or Multivitamin	Use as directed
Vitamin D3	2000iu and up to 30000iu
Sunlight	Between 9:00amd and 3:00pm
AFTERNOON	
Vitamin C	Camu Camu, Lemon or Vitamin C capsules
AT NIGHT	
Vitamin C	Camu Camu, Lemon or Vitamin C capsules
Oregano Oil or Goldenseal	10 drops Oregano oil (see directions)

NOTES:

Steam Inhalant at least 3-5 times daily

Hot foot bath or Fomentations as required.

If you are in Stage 3 add the Anti-inflammatory Steroid tea

AFTER COVID CARE

Studies show that after one overcome the covid virus, the spike protein can hide out in your muscles or tissue and this leads to many complications. Many individuals experience varied physical dysfunctions, memory issues, brain fog, muscular or nerve pains, fatigue, insomnia, dry cough, chills or sweats, headache, loss of smell or shortness of breath.

It would be wise to continue with certain nutraceuticals after being sick with Covid-19 to prevent or address some of its potential residual effects in the body.

AFTER COVID RECOVERY CLEANSE

Helpful to prevent blood clots, remove dead viral and spike protein cells.

Take for the 90 days after recovery from covid virus

COLON CLEANSE – 2 capsules, three times daily for 10 days or take a Purge

LIQUID B COMPLEX – take as directed

PLANT ENZYMES – take as directed

PROBIOTIC – take one capsule per meal

TURMERIC – 2 capsules with breakfast and lunch

BLOOD, LIVER AND LYMPHATIC CLEANSE (choose one of Burdock, Dandelion, Milk Thistle, Red Root, Echinacea) – 2 capsules three times daily

CLEANSE TEA OPTION – make a combination of Cinchona bark, Turmeric and blood-liver cleanse.

Turmeric 1 tablespoon powder or 2 inches of grated root

Cinchona bark – 1 tablespoon

Choose one blood-liver-lymph cleanse- Burdock or Dandelion or Milk Thistle – 2 tablespoons

Set 4 ½ cups (36 ounces) of boiling water add Turmeric and blood-liver herb of choice, simmer for 15 minutes then draw or steep for 4 hours. Strain and drink mouthfuls at a time in between meals.

AFTER COVID FATIGUE

Improve your energy levels with these recommendations

COLON CLEANSE – 2 capsules, three times daily for 10 days or take a Purge

CoQ10 CAPSULES – use as directed

LIQUID B COMPLEX – take as directed

GLUTATHIONE CAPSULE – 500mg daily

MINERAL SUPPLEMENT – use as directed

COCONUT WATER drink is also helpful

EPSOM SALT BATH – 1-2 cups of Epsom salt to a bath tub of very warm water, soak for 10 minutes.

PREVENTION PROTOCOL

Prevention is better than cure. Here are some items which can help as you work among infected persons or as a maintenance of your immune defense.

Vitamin C (ascorbic acid) (lemon, oranges, grapefruit)

13 Years and older - 3,000mg divided into two (2) or three (3) doses per day

Children 6 - 12 years - 1,000mg per day

Children 2 - 5 years - 500mg per day

Magnesium (any form) (1 handful of pumpkin seeds, sunflower seeds daily)

13 Years and older - 500mg

Children 6 - 12 years - 300mg per day or just below bowel tolerance

Children 2 - 5 years - 200mg per day

Selenium (3 brazil nuts daily)

13 Years Old and Up - 200mcg per day

Children 2 - 12 years - 100mcg per day

Quercetin - 500 mg daily (1 medium onion or 4 cloves of garlic in food)

Vitamin D3 - 5000iu daily (get sunlight for 30mins to 1 hour between 9am and 3pm daily)

B-Complex - especially methylated B9 and B12. Use as directed. (grains, legumes, nuts, seeds)

Ashwagandha - 1-2 capsule at 7:00pm nightly (cut stress from your life)

Liposomal Glutathione - 250 mg daily (eat cooked cabbage, kale, Brussels sprouts, broccoli)
or N-Acetyl Cysteine - 600 mg daily

Omega-3 – 1000mg (flaxseed oil capsules) (2 tablespoons ground flax seed or chia seeds daily)

Blackseed oil – 2 teaspoons or 2 capsules on mornings (cook with Cumin)

If you have Covid take 5 capsules twice daily)

Zinc – 30 – 50 mg daily (handful of pumpkin seeds daily)

Astragalus – 3 capsules 1-2 times daily

Pranax Ginseng – 2 capsules two times daily or 2 teaspoons to 12 ounces of water, boil for 15 minutes and draw for 40 minutes to 4 hours. Drink 1/2 cup three times daily. (Wu, 2004) (Alsayari, 2021)
may provide protection from acute respiratory illness and pneumonia or reduce its symptoms

GENERAL GUIDANCE NOTES

DIET AND LIFESTYLE

It is vitally important to practice a healthy diet and lifestyle.

Go on a total plant-based diet which will reduce inflammation and boost your immune system. Eat simple food to boost your immune system and help your body to focus on healing rather than on digesting. Eat fiber-rich foods to promote bowel activity. Eat lots of fruits and drink fruit juices.

GRAINS, FRUITS, NUTS AND VEGETABLES constitute the diet chosen for us by our Creator.

Counsels on Diet and Foods p 310 art. 471

ELIMINATE ALL FLESH FOOD (NO CHICKEN, TURKEY, FISH, SHRIMP, LOBSTER, CRAB, CONCH, LAMB, BEEF, AND THEIR BY-PRODUCTS (NO MILK, CHEESE, EGGS, BUTTER, ICE CREAM, SAUSAGES) FROM YOUR DIET.

ELIMINATE ALL DAIRY FOODS, ICE-CREAM AND EGGS Use milk drinks from plant-based sources such as almonds, cashews, rice etc.

AVOID THE USE OF STIMULATING SUBSTANCES – NO TEA, COFFEE, CHOCOLATE, COCOA

AVOID THE USE OF ALL ENERGY DRINKS

AVOID THE USE OF CONDIMENTS (NO VINEGAR - KETCHUP, MUSTARD, MAYONNAISE, BARBEQUE SAUCES, VEGGIENAISE, NAYONAISE, SALAD DRESSINGS, PICKLES, ETC.), AND SPICES, (CINNAMON, NUTMEG, CLOVES, CURRY, HOT SAUCES, CAYENNE PEPPER, BLACK AND WHITE PEPPERS, ETC.) used instead coriander, cardamom, turmeric.

DO NOT USE BAKING SODA OR BAKING POWDER.

NO SUGAR, CRYSTALIZED SUGAR, SPLENDA, SWEET & LOW, EQUAL OR ADDITIONAL ARTIFICIAL FLAVORS, SWEETENERS AND COLORS.

Eat OMEGA-3 FATS: ground flax seed and chia seeds, olives, pistachio, pumpkin seeds, sunflower seeds.

EAT GLUTEN FREE: NO WHEAT, RYE, BARLEY, SPELT, BULGAR, KAMUT, OATS.

WALK OUTDOORS DAILY for at least 30 minutes to 1 hour to boost your immune system.

GET SUNLIGHT EXPOSURE DAILY BETWEEN 9:00AM AND 3:00PM.

SLEEP BEFORE 10:00PM NIGHTLY.

DRINK ADEQUATE WATER DAILY.

GLUTEN-FREE/WHEAT-FREE/INFLAMMATION-FREE/FREE FROM ALLERGIES/ASTHMA/SINUS DIET

Using this food guide, you will clear your body of sinus, allergies, asthma, migraine, skin rashes and other skin conditions, mucus, inflammation, joint aches and pain, arthritis, yeast infection, small intestinal bacterial overgrowth and more.

Eat **organic** as much as you can.

Meat

No flesh at all. This includes fish, chicken, turkey, beef, pork, cattle, goat, sheep, shrimp, lobster, conch, crab, all shellfish products and all of their byproducts: milk, cheese, butter, eggs, ice-cream, sausage

Grains

These can be eaten: Rice, Organic cornmeal, Millet, Buckwheat, Sorghum, Teff, Quinoa, Amaranth
No wheat, rye, barley, spelt, kamut, oats

Ground Provision / Roots / Tubers

All can be eaten

Beans

All can be eaten except soy and it's by products like chunks, soy curls, mince, lecithin. Make sure you watch lentils and red beans: if there is an allergic reaction with their use, you might have to use an organic form or eliminate completely

Vegetables

All veggies can be used except for Carrot and Celery. Lettuce and water cress leaves can be eaten raw but ALL VEGETABLES MUST BE STEAMED UNTIL TENDER

Fruits

All fruits can be used except:

Banana and its family - plantain, finger rose, bugament

Melon and its family - Watermelon, honeydew, cantaloupe, cucumber, pumpkin, zucchini, butternut, table squash

Papaya, avocado, kiwi, strawberry, currant, raisins

Nuts

All nuts can be used except: peanut and walnut

Restriction on the flesh, grains and their by-products should be maintained, as they are not the best food for humans. Restriction on the nuts, fruits and vegetables are for 3-4 months then they can be reintroduced into your diet one at a time and see if there are any adverse reactions, if yes, hold off on that food for a while longer, if no reaction, keep in the diet.

DISCLAIMER. The health information in these documents and lectures are for general education and is not intended to substitute for 40 any medical advice. No medical cure, diagnosis, or treatment is provided.

HYDROTHERAPY AND HOT APPLICATIONS

CAUTION FOR HOT APPLICATIONS - Do not use if person has diabetes, is paralyzed, unconscious, lupus or has a rapid pulse or a weak heart; place an ice pack over heart to prevent a heart attack.

WATER

Keep hydrated to reduce fever, or to increase oxygen and promote elimination of toxins through the kidneys and skin. Drink lots of water daily to the amount of three or four quarts. Drink a glass of water every thirty minutes, when awake.

HEADACHE

1. Apply a Cold compress (cold rag/cloth) to the head.
Best to wet the hair thoroughly and apply the compress to cover the entire back part of the head as well as the front part.
2. Apply a Hot Foot Bath (see instructions and cautions below)

SORE THROAT

COLD COMPRESS

- Apply ice cold water to the rag and fold the rag to 1 ½ inches wide around neck
- Cover the external part of the rag completely with plastic
Use a scarf to wrap and hold the covered cold rag in place. Keep on for several hours or overnight.

HOT SALT WATER GARGLE can also be done regularly and for a few days after symptoms subside.

CHARCOAL POWDER or GARLIC crushed in a little water can also be used to gargle or drink to inhibit the growth of bacteria and viruses in the throat.

STEAM INHALATION

DECONGEST LUNG AND NASAL PASSAGE WAYS (improves breathing)

You will need:

3 drops Peppermint oil, 3 drops Eucalyptus oil, 5 drops Oregano oil, 1-2 Menthol crystals

Fill a basin with hot water, next add the drops of essential oil and menthol crystals.

Lean over the basin to inhale the steam, and cover the head and the basin with a sheet.

Inhale the steam for 20 minutes. Afterward, splash cold water to your face to close your pores.

If you have no oil, use 2 tablespoons dried mint leaves, thyme, oregano, sage, rosemary, eucalyptus leaves or citrus peels with chopped onions into a bowl of hot water.

SALINE NASAL IRRIGATION – *rinses the sinuses*

(saline solution in a neti pot can also be used or docking your head in sea water)

Obtain commercial saline solution or make your own by boiling 1 cup of water and adding 1/2 teaspoon pink Himalayan sea salt, shake and strain. Use the warm solution (110°) three times daily.

Nasal saline drops

- Wash your hands with soap and water.
- Get the appropriate dosage in a clean nasal dropper.
- Blow your nose to clear the nasal passages.
- Lie down on a bed or couch.
- Place the dropper just past the opening of the nose.
- Gently squeeze the bulb to administer the saline solution.
- Hold in that position for about five minutes to allow the medicine to flow into the nasal passages.
- Next sit up and blow the nose. Repeat on the other side of the nostril.
- Rinse the tip of the dropper with warm water and soap to clean.

Nasal saline irrigation

- Use a hand-held bulb syringe, four to ten ounces size or neti pot with hot water (110°) or saline solution.
- Bend over a sink or basin to catch the run-off water.
- Squeeze the bulb with a steady stream, allowing the run-off to escape through the opposite nostril into the sink.
- Use one quart or more of water or saline solution.

FEVER AND PAIN RELIEF

- Hot Fomentations should be applied to pained area.
- Apply a wrung heat pack for 3 minutes, then using a cold rag, friction over the area for 30 seconds. Repeat three times.
- A hot water bottle can be applied to a concentrated pained area (chest or back).

IMMUNE BOOSTING HOT AND COLD CONTRAST SHOWER

- Begin shower with the hot water, then quickly raise the temperature to a level of tolerance. Hold there for 3 minutes
- Turn the valves quickly to full cold temperature and hold there for 30 seconds
- Repeat cycle for 3 times hot then cold and end with cold water.

Dry well and rest for 15-30 minutes to complete the therapy.

CHEST AND BACK FOMENTATION FOR A FEVER OF 101° F – 104° F

An excellent treatment begins immediately with the onset of fever, or one-half to two hours before if the fever onset is predictable – feeling chilled:

- Firstly, TAKE A PURGE.
- A warm fomentation should be laid on the bed for the patient to lie upon.
- Apply **very hot Fomentations to low chest and upper abdomen for three minutes.**
- Remove the hot fomentation to the chest and apply a **cold mitten friction (ice-cubes cold)**
- Repeat this procedure three times of 3 minutes hot followed by 30 seconds cold
- End with cold friction.
- Apply a cold mitten friction to the rest of the body, starting with the upper extremities, chest and abdomen proceeding to the lower extremities. Repeat this procedure.
- Next, turn the patient and end the treatment with a **cold mitten friction to the back.**
- Follow this phase of treatment with a Sleep for 1 to 1½ hours.

INDUCE SWEATING – TO REDUCE FEVER

Dry heating sheet pack

- Wear a light undergarment and wrap in dry sheet
- Next, cover and wrap in wool or flannel blanket

Helpful to the elderly, the young and feeble and early or acute stage of pneumonia

Peppermint tea can also induce perspiration.

HOT BLANKET PACK TO FIGHT A FEVER OF 101° F – 104° F

- For an existing fever, wrap the patient in a sheet wrung out of hot water. A dry sheet may be used if one cannot tolerate wet heat.
- A dry woolen blanket should be applied outside the wet hot sheet. The duration of the pack should be **twelve to fifteen minutes.**
- Keep the head and face cool with a cold compress to the head wrapped around the head.
- For a weak heart or feeble pulse, put an ice pack over the heart for 15 minutes if the pulse is rapid, you may sip water with a straw.
- For high temperatures, the duration of the pack should be shorter, for four or five minutes.
- When completed, dry the skin and put on dry clothes. Sleep for 1 hour for recovery.

FULL IMMERSION BATH TO IMPROVE RESPIRATION AND REDUCE FEVER

Suitable for children and adults.

A brief exposure to a hot water bath or fomentations will often treat the underlying infection, bring the blood to the surface, relax the muscles, increase the depth of respiration and reduce the fever.

For Fever, give a full immersion bath in very warm water as hot as the person can bear.

Children's bath should last for 5 to 10 minutes.

Adult's bath should last for 20 minutes.

EPSOM SALT BATH

Fill a bath tub with warm water then add 1-2 cups of Epsom salt and soak for 10 minutes.

This helps with detoxing and for fighting fatigue thus improving energy.

HOT FOOT BATH FOR REDUCING A HEADACHE OR FEVER

The hot foot bath is one of the most useful of all hydrotherapeutic measures. Perhaps if we had only one hydrotherapeutic measure available to us, we will certainly use the hot foot bath. It has many uses and is inexpensive and effective for: relief of headache, sore throat, congestion in the lungs or anywhere, aids in sweating, prevents or shortens a cold or influenza, warms a chilled person and relieves abnormal pain.

Hot Foot Bath can be useful for:

Shorting colds or influenza, headache, chest congestion, decreases internal congestion anywhere, stop nose bleeds, pelvic cramps, toothache, fatigue, nervous tension or fever.

Some precautions for a hot footbath:

Do not do a hot foot bath where there is a loss of sensation in extremities e.g. if someone is paralyzed, unconscious, diabetic or have poor circulation.

What equipment will you need for a hot footbath?

- Hot kettle
- Pitcher for ice water
- Bucket deep enough to cover feet 3 – 8 inches above the ankles
- Wash cloths
- Face towel, Towel
- Blankets
- Sheets
- Bath thermometer useful
- Brown paper bag
- Plastic bag to protect flow

Steps for doing a hot footbath:

1. Place plastic bag to protect the floor
2. Towel on top of the plastic bag
3. Place bucket with hot water on top of towel
4. Cover chair with blanket all the way to the floor so that it can cover the bucket
5. Add a sheet on top of the blanket
6. Fill container with ice water and two wash cloths and set near the work area
7. Get patient to sit
8. Explain treatment to patient
9. Before patient put feet in water, start with a prayer
10. Carefully place feet in cold water
11. Always have your hand at the side of the feet between the feet and the water
12. Ask patient if water is too hot... If too hot, add a little cold water
13. Wrap the sheet around the patient covering the bucket
14. Next wrap the blanket around the patient covering the blanket
15. Wait for patient to start sweating then add cold compress to the forehead
16. You can also add a cold compress to the neck
17. Let patient sit for 20 minutes
18. Give patient water to drink
19. Keep adding hot water to maintain temperature
20. Always place your hand to the side of the feet to test temperature yourself and mix the water
21. Ask patient if he/she is okay
22. Always check on the cold compress to keep it cold
23. To end – remove blanket then sheet
24. Raise the feet pointing up and pour cold water over feet
25. Dry the feet especially in between the cold
26. Let patient rest for 30 minutes to 1 hour
27. Note that if patient cannot sit for a long time, it may be done while lying down.

PERSPIRATION TO REDUCE A FEVER

Seek to induce sweating.

- Take a hot and cold contrast shower
- Do a steam inhaler with peppermint, eucalyptus and oregano essential oils
- Take a hot blanket bath or steam bath
- Take the Super Flu Bomb every 15 minutes
- Take a hot tea which can help to induce sweating. Make a hot tea with a combination of any THREE of the following:

Catnip aerial parts	Garlic bulb	Lemon balm aerial parts	Ginger rhizome
Cayenne fruit	Goldenrod aerial parts	Linden flower	Sage aerial parts
Elder flower	Hyssop aerial parts	Peppermint leaf	

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HOPE

Many are the afflictions of the righteous: but the Lord delivereth him out of them all.
Psalm 34:19

Why are thou cast down, O my soul? And why art thou disquieted within me? Hope thou in God:
for I shall yet praise Him, who is the health of my countenance, and my God. Psalm 42:11

Casting all your care upon Him; for He careth for you. 1 Peter 5:7

For further information, please contact us at
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