

COVID 19 Perspectives and Protection Strategies

Whatever level things are happening on, the world has already changed in a major way. If we approach this crisis with love, compassion, and thoughtfulness, rather than fear we have the opportunity to expand the global consciousness to a new level of positive awareness. We could be in the birth pangs of the creation of a New Earth. This is an opportunity to go within to find one's meaning and life purpose; and in this waking up process, heal and be healed.

No matter what, the best defense is a good offense, meaning building and strengthening every level of one's Terrain with a full holistic lifestyle upgrade. We now have an excuse to do this. Maintain an intense level of this protocol comprising of antiviral and immunity-building supplements and nutrients and maintain good personal antiviral hygiene. By following this approach there's no need to go into fear, as fear undermines the immune system. Being at peace and in a state of love builds the immune system.

There are still many unknowns about exactly how the Covid19 virus is transmitted and why 50%-70% of people who become Covid19 hosts are asymptomatic carriers. So be proactive with immune support and practical hygiene. See the recommendations below for ways to balance and protect your immune system.

Building and rebuilding our terrain

The healthier you are and the more proactive steps you take, the more you minimize your chances of being seriously affected by Coronavirus. Let's use this situation to improve our overall health habits and wellbeing by:

- 1. Deepening our connection with all life on our living Planet Earth*
- 2. Meditation and prayer*
- 3. Getting enough sleep (8 hours)*
- 4. Minimizing stress*
- 5. Staying hydrated*
- 6. Associating with loving people*
- 7. Exercising moderately*
- 8. Doing breathing exercises everyday to strengthen lung life force.*
- 9. Eating immune-boosting foods, raw colorful vegetables, fruits and eliminate sugars, refined grains while limiting animal proteins*

Viral Specific Supplements

To protect and enhance our natural immunity, here is a COVID-19/ immune protection protocol

<i>Supplement</i>	<i>Dose</i>	<i>Why</i>
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<i>Lugol's solution or a potassium iodide solution or tablet</i>	<i>Take 10 drops in a glass of water 3 times daily (15 minutes or more away from food) or a dropper-full (20 drops) of Liquikelp</i>	<i>Iodine has been shown to destroy SARS and MRSA viruses</i>
<i>Colloidal Silver Three available examples are: Argentyn 23, Nano Silver and Sivercidin</i>	<i>1 teaspoon twice daily</i>	<i>Colloidal Silver has been shown to destroy SARS and MRSA viruses</i>
<i>Red Algae</i>	<i>2 capsules twice daily such as on waking and bedtime (away from food)</i>	<i>Red algae is extremely anti-viral</i>
<i>Zinc-30 – 50 mg chelated form</i>	<i>1 capsule daily</i>	<i>Zinc is important as it has been shown through hundreds of studies that it supports, rebuilds, and maintains many levels of immune system. It blocks viral replication. Zinc protects the cell wall from viral invasion and also protects the mitochondria from being invaded by the virus and being used for replicating the virus</i>

Immune Supporting Supplements

<i>Supplement</i>	<i>Dose</i>	<i>Why</i>
<i>Cordyceps, Reishi, Maitake, Shitake, and/ Beta, Glucan</i>	<i>2 capsules twice daily</i>	<i>For building and protecting the antiviral immune system</i>
<i>Vitamin D</i>	<i>2,000 -5,000 IU daily</i>	<i>For building the immune system. Has been shown to decrease respiratory infections by 40%-50%</i>

Vitamin A	25,000 IU daily	for protecting our upper respiratory mucus membranes and lining
Vitamin C complex	As much as you can take before developing diarrhea	
Thieves by Young Essential Living	Use this blend or individual essential oils listed	When flying or traveling

Recommended Potential Homeopathics

Need to be individualized if infected

- *Bryonia*
- *Gelsemium*
- *Eupatorium*
- *Influenzinum 200c to 1M*
- *Tuberculinum 200c to 1M*

More individualized remedies available through our clinic include

- *Isopathic Sanem remedies*
- *Drainage and elimination remedies*
 - *These are European style homeopathic remedies that aid in elimination of toxins*

Herbs to incorporate into your diet

- *Raw and/ or lightly steamed vegetables and whole fruits*
- *Eliminate sugar and refined grains, alcohol and limit animal proteins.*

The virus enters the cell via a vesicle called an endosome. Once inside, it releases its RNA into the cell cytoplasm and hijacks the cell machinery to produce more viral proteins and thus virus. It also releases an enzyme called 3CL (3-chymotrypsin-like protease). This enzyme attacks and weakens the cell's defense mechanism against these coronavirus attack molecules.

The following herbal remedies that are suggested destroy the coronavirus 3CL enzyme and thus protect the cell's ability to protect itself against the coronavirus. The best nutraceuticals for destroying the 3CL enzyme are quercetin and epigallocatechin gallate, which is found in green tea and green tea extract,

These anti-3CL substances are also found in:

- *Flax seed*

- Citrus peel
- Tickberry leaves
- Orange peel
- Oregano
- Garlic
- Ginger
- Elderberry
- Turmeric
- Echinacea

Essential Oils to protect you from COVID-19:

The most important essential oils, which were key for prevention and healing during the bubonic plague and perhaps for now are:

- Eucalyptus
- Clove
- Grapefruit
- Cinnamon
- Tea tree
- Lemon grass
- Frankincense
- Oregano
- Thieves by Young Essential Living

For Hygiene

A solution made of colloidal silver and any of the above essential oils can be a versatile disinfectant. You can apply to surfaces, or hands and feet after touching contaminated surfaces. Or even place a few drops on the tops of feet twice daily for extra protection.

In general, plain soap and hot water, washing for half a minute is the go-to self cleaning norm

*Best Regards and Best of Health in every way and at every level
March 30, 2020*