

CORONA VIRUS PREVENTATIVE MEASURES

Level One – Virus Starting to Spread to U.S.

With the Coronavirus being a concern, there are preventative measures we can take to protect ourselves and to help set the stage in our body so our body will be better able to ward off a viral infection. This information sheet contains the information I shared in my video. I hope this will help protect you and your family.

BASIC PREVENTATIVE MEASURES

1. Wash hands thoroughly before eating or after being out in public – especially before touching your mouth, eyes, nose or ears while or after being in public. Wash hands using soap, twice, long enough to sing the happy birthday song each time.
2. Get plenty of sleep. Sleep helps reboot the body and helps boost the immune system. Most of the body's repair work is done while sleeping.
3. Less stress. Easier said than done for some but we need to be aware of the negative effects that continual stress has on the body. If you're able to, lessen your load, slow down, take a moment or two during your day to wind down doing something you enjoy.
4. Healthier Diet. Eat only healthy fats: Extra Virgin Olive oil, Avocado oil, some coconut oil, some butter, and flaxseed oil. Eliminate vegetable oils, canola oil, and other oils high in Omega 6's. Eat lean meats and fish from Alaskan coast weekly. Healthy sugars: Sucanat, date sugar, coconut sugar, rapadura are much better options than white sugar. Eat plenty of fruits and vegetables.
5. Pray: Pray for protection and for guidance.

PROTECTIVE SUPPLEMENTS

As with any other recommendation I give, check with your doctor before starting any new herb or supplement.

These are supplements we're taking every day to help boost the immune system, support the liver, open the lymph, fight off viral infections, reduce inflammation in the body, help the body respond better to stress and help support cellular functions and cellular repair.



Vitamin D3 – 10,000 IU for an adult, once a day, in morning. Half that for teens. 2,000IU for child. 500 - 1,000 IU for toddler.

- Costco Kirkland's brand is great.
- Hi Po Emulsi vitamin D3 from Amazon or most other oil-based liquid vitamin D3's are great options.

Vitamin C – NOW brand ascorbic acid crystals/powder is what we use.

- 1000 mg, in water 2-3 x per day for an adult. 500 mg in water 2-3 x per day for a child. Or, really, however much the bowels can handle – if bloating, gas or diarrhea occur, cut back. Try increasing it bit by bit.

Zinc – Solaray Bio Zinc is what we use – 1 capsule per day for an adult. One may want to purchase chewables or a liquid zinc supplement to give smaller doses, as recommended on the bottle, to children. Or choose any bioavailable, chelated zinc of your choice.

Magnesium – Doctor's Best High Absorption Magnesium – from Amazon. Taking 1 in the morning and 1 before bed. Or just 1 per day.

Magnesium "oil" can also be used topically to help get those magnesium levels up more quickly. Simply mix 1 cup of magnesium chloride flakes (can be purchased from Amazon) with 1 cup of very warm water. Stir until fully dissolved. Cool. Place in jar or spray bottle. No need to refrigerate. Spray a total of 6-8 sprays or more onto the back, torso, arms or legs once or twice a day to help saturate the body with needed Magnesium. (Ancient Minerals or Swanson are good brands for magnesium flakes. But there are plenty of other excellent magnesium flakes options as well that can also be found on Amazon.)

PREbiotics – Purchase prebiotics of your choice. I usually purchase the NOW brand prebiotics but wanted to buy it in bulk so I purchased the "The Granola Market" brand – 2.2 lb bag. Use one tsp. in water, juice, smoothie or food twice a day. I believe that this is a far more potent and effective option than probiotics.

Multi-Vitamin of your choice. Here are a few good options I like:

- Kirkland Brand – Organic Multivitamin from Costco – 1 per day with a meal
- Super Multi Plus – from SpringTreeVitamins.com – 2-2 4 per day with a meal
- XFactor Plus from Plexus – 2-4 per day with a meal

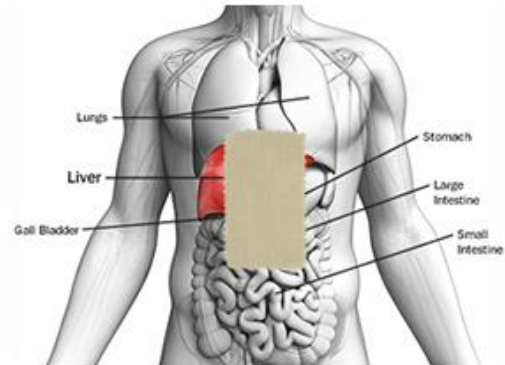
Castor Oil

Soak a piece of material that's been folded in half with castor oil. Spray magnesium oil onto liver area. Apply the soaked material onto the liver area. Wrap up with saran wrap. (Or place a square piece of saran wrap over the soaked cloth that's a bit larger than the cloth and tape down the edges of the saran wrap using first aid tape.) Apply a heat pad to the area. Watch a movie or read a book for 1-2 hours. Then take off. The piece of material can be re-used again and again. Just add more castor oil onto it each time you use it.

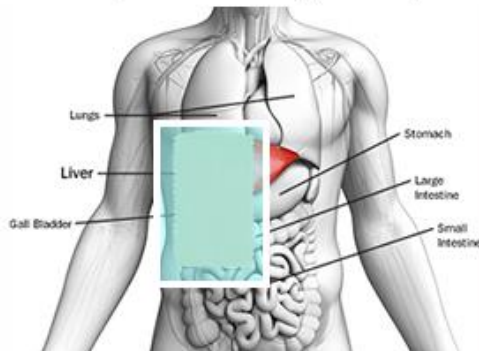
1 Piece of material (non-dyed is best), folded over to create a double layer. Soak with castor oil. Approx. 4"x6" or larger.



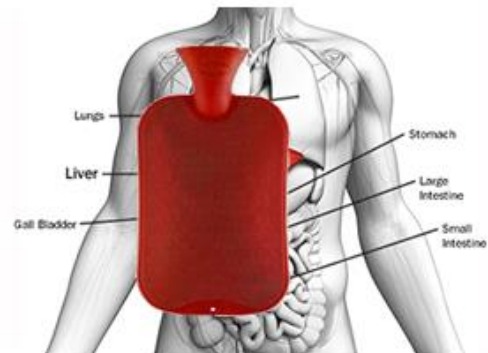
2 Spray magnesium oil onto liver area on right side of body. (Test for skin sensitivity before doing so.) Then lay the soaked material onto the liver area.



3 Apply saran wrap around the body to keep it in place. Or apply a square piece of saran wrap that a bit larger than the piece of soaked material and tape down sides using first aid tape.



4 Apply heat bag to the area. Leave on for 1-2 hours. Or leave on overnight without applying heat throughout the night.



You can also apply the pack to the liver area and leave it on overnight. Consider using a hot water bottle to help heat the area. For toddlers or children, test the skin before applying the magnesium oil. Don't use the heat pad. Simply wrap it up using saran wrap – ensuring that it won't come undone and choke them or cause them any harm – without using the heat pack. For babies, simply rub some castor oil onto the liver area without doing anything else.

Olive Oil

An additional step we can take to help detox the liver and support healthy cellular function and that has a fairly dramatic effect on decreasing inflammation throughout the body is consuming olive oil regularly. Now, keep in mind that the amazing anti-inflammatory effects of olive oil only work if you aren't consuming other, inflammation-causing, cellular health depleting oils/fats like vegetable oils or other oils high in Omega 6's.

You can either add 1-3 tsp.'s of olive oil to your meals or add 1 tsp in your shake or add 1 tsp in a drink – shake it up and swallow it down.

These are the simple and basic and fairly affordable steps we're taking and here's what it looks like for an adult on a daily basis – adjust dosages for children:

1. After getting up – spray a few sprays of the magnesium oil onto body – can be the feet, the arms, legs, back, neck, torso. Wash off after 20 minutes if it's irritating.
2. Morning: Drink water containing 1 tsp olive oil with ¼ tsp vitamin C powder and 1 tsp prebiotics. With this drink swallow down 1 magnesium tablet, 5 vitamin D gelcaps, and 1 zinc capsule.
3. With breakfast – take the multivitamin.
4. Before bed: Drink water containing 1 tsp olive oil, ¼ tsp vitamin C powder, and 1 tsp prebiotics. Swallow down one magnesium tablet with this solution.
5. Before bed: Spray a few sprays of magnesium oil onto body.

Twice a week: Apply castor oil pack to liver area for 1-2 hours.

(Note: Olive oil doesn't need to be added to drink if you're going to use a generous amount in your cooking that day.)

The information and other content provided in this information sheet, or in any linked materials, are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment.