

# CORONA VIRUS PREVENTATIVE MEASURES

## Level TWO – Virus Spreading Within Own State

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.

*(New Level Two info that has been added to the previously shared Level One info is in red.)*

### Remember 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.

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

***View the supplements and steps shared for Level One - and how to do the castor oil pack – by printing off the Level One information sheet by going to [HealthyPreparedness.blogspot.com](http://HealthyPreparedness.blogspot.com).***

### Level One Measures Continued PLUS a Few Additional Measures as follows:

**Morning:** Spray 4-6 sprays of magnesium oil onto limbs/torso. Wash off after 20 minutes if prickling sensation occurs.

**Apply a few drops of a Thieves essential oil blend onto the bottom of the feet. Apply diluted oil (1 tsp olive oil & 3-4 drops of Thieves oil) onto ears.**

**Breakfast:** Zinc, Multi-Vitamin, Magnesium glycinate (or other magnesium of your choice cut back if you experience loose stools), Vitamin D3.

Take 1 Tbsp. fire cider in water or straight. (Warning! It's strong!! But refreshing and energizing!)  
Half that dose for kids ... if they'll take it.

**Dinner:** Magnesium glycinate – 1 pill

Take 1 Tbsp. fire cider in water or straight. (Warning! It's strong!! But refreshing and energizing!)  
Half that dose for kids ... if they'll take it.

**Before bed:** Spray 4-6 sprays of magnesium oil onto limbs/torso. Wash off after 20 minutes if irritation occurs.

Apply a few drops of a Thieves essential oil blend onto the bottom of the feet. Apply diluted oil (1 tsp olive oil & 3-4 drops of Thieves oil) onto ears.

**Throughout the day (3 x day)** – Drink herbal tea containing vitamin C and the prebiotics.

**Protective** – Wear mask containing the Thieves oil.

Use HypoRedox by spraying it onto the hands / into the air and breathing it in for disinfecting surfaces.

**Extra Details regarding the new information for Level Two is as follows:**

**“Thieves” Essential Oil:**

- doTERRA – On Guard
- Purify Oils (organic) – Immune
- Ameo – Proshield
- Butterfly Express – Le SpiceC
- Nature's Fusions – Dragons Breath
- Young Living - Thieves
- (There are several other great brands out there – this is just a list of some of them that I've used and like.)

**Simple Herbal Tea Mix:**

Mix together equal parts of dried, cut and sifted, organic: Lemon Balm, Elderberry, Burdock root and Licorice root. There are a couple of ways to choose to make it:

**Quick and Easy:** Boil some water. Add 1 Tbsp of dried herb mix to every cup of water. Steep for 30 minutes with lid on. Strain. Drink 2-3 cups per day.

**Overnight, More Potent Formula:** Simmer water. Add 1 Tbsp of dried herb mix to every cup of water. Steep overnight, with lid on. Strain in morning. Drink 2-3 cups per day.

You can add the vitamin C and prebiotics into the tea as mentioned in the video. Sweetening it with raw honey is always a tasty option. For one adult, mix together:

- 3 cups of steeped tea
- ¼ tsp of ascorbic acid powder for an adult, reduce it by half for children. Cut back if gas and bloating or diarrhea occur and work your way up).

- 3 tsp.'s prebiotic powder

Drink 1/3 of this mix morning, mid-day, and evening. Bam! Just like that, three times a day, your feeding your gut bacteria, drenching the body in vitamin C which helps detox the body and helps boost the immune system, and you're giving the body anti-viral properties, boosting the immune system and you're supporting and cleansing the liver!

Reduce the amounts and ingredients as needed for children.

Great places to purchase organic herbs: Amazon, Starwest Botanicals, Mountain Rose Herbs, Herbco.com, Frontier Co-op herbs, Butterfly Express.

### Fire Cider:

## Master Tonic (aka "Fire Cider")

Ingredients: 1/2 onion, 1/4 bunch parsley, 1 cup fresh ginger, 1 cup fresh horseradish, 1/4 cup fresh turmeric, 1/2 to 1 head garlic, pinch of cayenne, & approx. 6-8 cups of raw apple cider vinegar.



**1** Chop into large chunks.



**2** Place in blender.



**3** Add ACV and blend until chunky.



**4** Place in quart jar(s). Fill up rest of way with ACV. Keeps in fridge for 6-12 months.

Can be used for onset of cough's and flu's.

Take 1 Tbsp 3 x day as preventative.

Take 1 Tbsp every ½ hour to clear infection.

Reduce amounts by half for children.

Amount of each ingredient can be adjusted as desired. Or other herbs can also be added into the mix such as Echinacea or elderberry to pack an extra immune boosting or anti-viral punch.

(After putting together, keep at room temperature for 3-4 days. Then transfer to fridge. **Strain** after 2 weeks. Then use as needed. Keep in fridge.)

(Shake jar before using.)

Use 1 T. (straight or in water) as a PREVENTATIVE remedy.  
Use 1 T. (straight or in water) every 1-2 hours for colds, flu's, other illnesses.

[www.HealthyPreparedness.blogspot.com](http://www.HealthyPreparedness.blogspot.com)

### Re-Cap

These are supplements from level one that we'll continue taking 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.



I'll have the 3<sup>rd</sup> video – Corona Virus Preventative Measures Level THREE – coming soon!

Claudia

*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.*