

# COVID-19 - CORONAVIRUS

## BUILDING YOUR IMMUNE SYSTEM



### What is Coronavirus?

Coronaviruses (CoV) are a large FAMILY OF VIRUSES that cause illness ranging from the common cold to more severe diseases such as [Middle East Respiratory Syndrome \(MERS-CoV\)](#) and [Severe Acute Respiratory Syndrome \(SARS-CoV\)](#). [A novel coronavirus \(nCoV\)](#) is a new strain that has not been previously identified in humans. [www.who.com](http://www.who.com)

### Symptoms of infection of Coronavirus

- Runny nose
- Sore throat
- Fever
- Cough
- Shortness of breath
- Breathing difficulties
- In more severe cases, pneumonia, severe acute respiratory syndrome, kidney failure, death

### Cause of Coronavirus

- When coronaviruses spread to humans, it is usually via **contact with an animal that carries the virus**.
- The World Health Organization (WHO) said they did not yet know the specific source of the novel coronavirus.

### Who are at risk?

- Healthcare workers caring for patients with COVID-19
- Close contacts of patients with COVID-19.
- Elderly those with underlying medical conditions or low immunity and young children
- Adults over age 50
- About 80% of people who died from the virus in China were over the age of 60, and 75% had pre-existing conditions such as heart disease or diabetes, according to a recent report from China's National Health Commission.
- Points of entry for viruses: mouth, nostrils, eyes

### How can I prevent coronavirus infection?

Avoid close contact with anyone showing symptoms of respiratory illness such as coughing and sneezing.

- Practice Good hygiene
- Avoid touching your eyes, nose and mouth
- Cover your cough or sneeze with a tissue and throw the tissue away
- Clean and disinfect frequently touched surfaces and objects
- Wash your hands often with soap and water

- The proper way to wash your hands is for at least 20 seconds, especially before eating, after going to the bathroom and after blowing your nose, coughing or sneezing.
- Wear masks and Prevention
- Avoid crowded places: supermarkets, malls, cinemas
- Build your immune system

### **What if someone in my household has the virus -- or think they do?**

- Get tested for the novel coronavirus
- If you develop a fever, cough or shortness of breath within 14 days after travel from a country with Coronavirus, or had close contact with someone who has traveled and is showing those symptoms, you should call ahead to a doctor
- Take it seriously, but keep calm.
- An infected person might not show symptoms for up to 14 days after exposure. That's especially worrisome because this novel coronavirus can be transmitted while a person is not showing any symptoms.

<https://edition.cnn.com/2020/01/31/health/coronavirus-asymptomatic-spread-study/index.html>

### **Steps to help prevent the spread of 2019-nCoV if you are sick with it.**

- Stay home except to get medical care
- Separate yourself from other people in your home
- Call ahead before visiting your doctor
- Wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.
- Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can and wash your hands with soap and water for at least 20 seconds. If soap and water are not available, immediately clean your hands with an alcohol-based hand sanitizer that contains at least 70% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.
- Monitor your symptoms
- Seek prompt medical attention if your illness is worsening (e.g., shortness of breath or difficulty breathing). Before seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, 2019-nCoV infection. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people from getting infected or exposed. Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.

### **The virus can live on certain surfaces:**

- Standard cardboard boxes – up to 24 hours
- Plastics – up to 72 hours
- Stainless steel – up to 72 hours
- It lives longer in cold temperature and low humidity

Wash your hands frequently and use alcohol-based cleansers to disinfect surfaces. Rubbing alcohol and diluted hydrogen peroxide kills the virus.

*MIT Technology Review*

<https://www.technologyreview.com/s/615348/heres-how-long-the-coronavirus-can-stay-in-the-air-and-on-packages/>

## **BUILDING YOUR IMMUNE SYSTEM**

The **immune system** is our body's **intelligent** and highly efficient protective process in the body that **protects us from potentially harmful substances** by identifying and killing germs caused by foreign antigens such as bacteria, viruses, fungi, toxins, chemicals, drugs, and foreign particles.

## **HOW TO BUILD THE IMMUNE SYSTEM WITH THE LAWS OF HEALTH?**

PURE AIR purifies the air and increases oxygen in your blood.

SUNLIGHT **helps to kill bacteria, viruses and fungi and build a healthy immune function.** Get adequate **sunlight between the hours of 10:00am and 2:00pm or use a vitamin D supplement.**

REST increases your body's ability to **kill harmful bacteria, assist natural killer cells, build immunity.**

EXERCISE builds your immune system, reduces your risk of having a cold by 50%, increases white blood cells and **flushes bacteria out from the lungs** (thus decreasing the chance of a cold, flu, or other airborne illness). Exercise reduces **Stress which can significantly decrease your immune system. increases the risk of illness.** MORNING EXERCISE, walking in the free, invigorating air of heaven, or cultivating flowers, small fruits, and vegetables, is necessary to a healthful circulation of the blood. It is the surest safeguard against COLDS, COUGHS, congestion of the brain, inflammation of the liver, the kidneys, and the LUNGS, and a hundred other diseases. *Healthful Living p.176*

WATER helps to break up mucus and keep your cells hydrated. Water also **prevents constipation** and aids in **expelling waste matter.**

TRUST IN DIVINE POWER – Immune enhancing - "**God has pledged Himself to keep this living machinery in healthful action, if the human agent will obey His laws and cooperate with God.**"—*Letter, January 11, 1897*

## **HOW TO BUILD YOUR IMMUNE SYSTEM WITH DIET?**

**Total Vegetarians have stronger immune systems than people who eat meat.** Studies of white blood cell samples from vegetarians have shown them to have more than double the cancer cell-destroying ability than nonvegetarians. *Malter M, Schriever G, Eilber U. Natural killer cells, vitamins, and other brood components of vegetarian and omnivorous men. Nutr Cancer 1989;12:271-8.*

**Eat fruits, whole grains, nuts, and vegetables. Eat Fresh LOCALLY Grown Organic**

Plant based foods are the only source of **Provitamin A, Vitamin C and E, and flavonoids**, which are **essential to the proper functioning of the immune system.**

**Vitamin A deficiency is associated with impaired immunity and increased risk of infectious disease.**

Foods Rich in Vitamin A: yellow foods Butternut squash, Cooked carrots, sweet potatoes, cooked dark leafy greens (dandelion, kale, spinach, collards), lettuce, Sweet red peppers, melon

**Cruciferous vegetables** such as kale, broccoli, cauliflower and cabbage support your liver to flush out toxins and immune function.

**Proteins form ANTIBODIES** which can boost your immune system. A protein poor diet weakens the immune system. Source: Organic soybeans, black beans, lentils

- **Zinc, selenium, copper and other trace elements are essential to activate the enzymes that create antibodies.** Source: Molasses, sesame seeds, pumpkin seeds, sunflower seeds, nuts, legumes
- **Increase Fiber**
  - Oats - According to a Norwegian study, **oats contain a type of fiber that has antimicrobial and antioxidant capabilities more potent than Echinacea.**
  - When animals eat this compound, they are less likely to contract influenza, herpes, even anthrax; in humans, it boosts immunity, speeds wound healing, and may help antibiotics work better.
- **Increase omega-3 fats**
  - Omega 3 fatty acids lowers inflammation in the body
  - Good sources of omega 3 are flaxseeds and walnuts
- Coconuts and Coconut Oil - Excellent for Your Thyroid and Your to boost your Metabolism
- **Garlic and Onion has the ability to slow and KILL A VARIETY OF VIRUSES AND BACTERIA,** have the ability to dry out congested nasal passages and prevent mucous accumulation.

**Foods that lower your immune system**

- Sugar, Caffeine, Tea, Tobacco, Alcohol, Carbonated drinks, meat, chicken, fish

**HOW TO BOOST YOUR IMMUNE SYSTEM WITH HERBAL REMEDIES?**

- Goldenseal & Oregano - **alternate each night before bedtime** i.e. on the first night use Golden Seal and on the following night use Oregano Oil  
**GOLDENSEAL POWDER – ½ teaspoon to 4 oz water**  
**OREGANO OIL - 4 drops to one 8oz water**

Note: when using goldenseal, oregano or garlic **you must use a Probiotic some hours after**  
e.g. goldenseal or oregano taken at night, use probiotic in the day

**Probiotic**

1 capsule per day for week one

1 capsule per meal for week two

2 capsules per meal for week three and beyond continuously while fighting the condition

- Increase vitamin C - **Camu Camu Powder** (highest source of vitamin C), lemon, sweet red pepper, guava, orange, kiwi, tangerine, lettuce, strawberries, greens (kale, mustard greens, turnip greens, watercress, chard and spinach). Fresh herbs such as cilantro, chives, thyme, basil and parsley are high in Vitamin C. 1 cup of thyme has 160 mg of vitamin C 1 cup of fresh parsley has over 130 mg.

### **Echinacea**

- Effective **blood and lymphatic cleanser**. Also used for **fevers**, intestinal antiseptic, lymphatic congestion, acute bacterial and viral infections, **prevent and treat upper respiratory tract infections** as well as the common cold

### **Charcoal**

Adsorbs virus, bacteria and toxins

- 6 plastic teaspoons to 8 oz water. Drink 2 more 8 oz glasses of water.

### **Nature's Immune Builder**

- 4 Cloves of garlic
- 2 Lemons
- Ginger about 1 inch
- ½ large onion or 1 medium onion
- 3 – 4 tablespoon honey

\*Add horseradish for a triple threat

**Peel and blend all ingredients.** Add a little bit of water if needed to help with blending. Store in a glass jar in the **refrigerator for up to 7 days**. Best if taken at the first sign of a cold, flu, or sore throat. Adults 1- 2 tablespoons. Several times a day. Children ½ tablespoon.

### **Nature's Flu Tea**

- 1 orange sliced
- 1 grapefruit sliced
- 3 lemons sliced
- 1 medium onion, peeled and sliced
- 3 bulbs of garlic, cut in skin

Put in a pot Add 6 cups of water Boil for 3-5 minutes

Next, pour in colander to strain and let cool - add honey if desired

Drink 2oz. 3-4 times daily, or 1 cup daily

### **Onion Cough Syrup**

1. Slice onion in half to make little half rings.
2. Place onion in a saucepan and cover it with honey.
3. Cook gently for 30 minutes or so until the honey is nice and warm and the onions turn soft.

### **Cough Syrup**

- 1 cup boiled honey
- 8 drops of Eucalyptus oil

Mix the above ingredients in a small jar and bring to a boil.

When needed, take 1 tablespoon every 30 minutes as needed. One teaspoon for children.

### **Remedy for coughs:**

Warm foot bath with eucalyptus leaves. 2 Selected Messages p. 301

**Other helpful herbs:** Olive Leaf Extract, Turmeric, Astragalus Root, Mullein leaf, Peppermint  
2 tablespoons dried herb to 4 cups of hot water, draw for 40 minutes to 3 hours then drink 4 cups daily

**Cinchona bark** whose key ingredient is quinine is successful in fighting Malaria and appear to fight Coronavirus

Natural sources of Quinine:

- **12 Papaya seeds** Take 12 seeds, crack outer shell, quickly swallow all of them. They are very bitter. Take 12 seeds every second day thereafter.
- **Heated grapefruit**
- **Cinchona bark**

### **Herbs that fight respiratory issues, malaria, influenza, asthma, bronchitis:**

- Soursop Leaves - Inhibits virus spread  
*7 leaves to 4 cups of hot water, draw for 40 minutes to 3 hours then drink 4 cups daily*
- Mango Leaves
- Wonder of the World Tea
- Bitter melon eaten
- Castor Oil Pack
- Ginger root Tea – caution this elevates blood pressure
- **Four Bandits Anti-Germ Oil** applied externally is known to prevent contracting viruses.  
*Essential oils of cinnamon leaf, eucalyptus, oregano, clove, rosemary, sage, lavender, ravensara, lemon, camphor, peppermint, lemongrass, thuja, peru balsam, litsea cubeba, and black pepper.*

## **HOW TO BOOST YOUR IMMUNE SYSTEM WITH HYDROTHERAPY?**

### **Decongestion Vapor**

Make a tea by placing a handful of dried thyme, oregano or eucalyptus leaves or a few drops of their essential oil into a bowl of hot water. Lean over the bowl, covering both your head and the bowl with a towel. **Inhale the steam.**

### **Alternating Hot and Cold Showers for 5- 15 min**

This is a vigorous tonic and physical stimulant. The hot dilates the blood vessels and pulls inner congestion to the surface also bringing nutrients and fresh blood supply.

The cold constricts the blood vessels. Allowing the impurities that were pulled to the surface are now able to circulate through the body through the cleansing organs.

- 3 minutes hot water followed with 30 seconds ice-cold water, alternate 3 times.
- Induces sweating and a general warming of the body
- Strengthen the immune system

- Reduce fever
- Prevent or shorten Cold/Flu
- Relieve Headache
- Chest congestion
- Promote relaxation

#### Method

- Place feet in as warm of a water as you can take for 20 minutes with a cold compress on the forehead and end with the cold water been poured over the feet to close off the pores.

#### Contraindications or precautions for a hot foot bath

- Loss of sensation in extremities e.g.: if someone is paralyzed, unconscious, diabetic or have poor circulation

### Hot Fomentation for Fever

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:

1. First a very warm water **enema**
2. Two quick **very hot fomentations** of three minutes each to the low chest and abdomen.
  - a. A warm fomentation should be laid in the bed for the patient to lie upon and a **hot fomentation to the low chest and abdomen** for three minutes. Remove the hot fomentation to the chest and apply a **cold mitten friction (ice-cube cold)** to the rest of the body, starting with the upper extremities, chest and abdomen proceeding to the lower extremities. Repeat this procedure.
  - b. Next, turn the patient and end the treatment with a **cold mitten friction to the back**.
3. Follow this phase of treatment with a Rest of 1 to 1½ hours.

The next portion of the treatment is **alternating hot and cold fomentations to spine**.

1. Apply a **hot fomentation to the spine** for about three minutes, then one-minute cold compresses. Repeat this hot fomentation to the spine three times;
2. Next, give a **hot foot bath** with alternating **hot and cold spray to the liver and spleen** area. The patient may stand in the hot foot bath in the shower while the hot and cold spray is being administered to the midsection. Give the hot spray at about 110 degrees and the cold spray at about 40 to 50 degrees. Continue the treatment for 10 to 20 minutes. The patient should be quite warm during this part of the treatment.
3. End this treatment with a **vigorous cold mitten friction** for five minutes while sitting in a bathtub, the water at about 70 to 80 degrees. One may substitute a cold mitten friction in bed for a debilitated patient, or a salt glow followed by a cool cleansing shower at about 90 to 94 degrees.
4. Let the patient **rest** in bed to react for one to one and a half hours.

### HOW TO BOOST YOUR IMMUNE SYSTEM WITH HYGIENE?

Make it a habit to practice Good Hygiene

- The principal means for transferring a virus is through contact with an infected person or objects
- Cover the mouth and nose when sneezing, using a tissue or handkerchief to cover your nose and mouth.
  - Tissues should be disposed of with care,
  - handkerchiefs washed quickly in hot water.

- Avoid touching your face, especially the eyes, mouth, and nose  
How long can germs live on your hands? 3 hours
- **Wash hands regularly** - Proper hand washing using warm soap and water for 20 seconds
- **Keep your finger nails short**
- **Use clean plate**, or make sure serving utensil does not touch plate
- Avoid giving out pencils, paper, and other items, and refrain from borrowing pencils, paper, etc. when a cold or flu season is in full swing.
- **Clean shared objects** regularly to prevent transmission of the virus.
- **Wash children's toys** when children are sick.
- **Keep towels separate** for each member of the family and for guests. Viral germs can live for hours on cloth towels.
- **Use paper towels instead of cloth ones** when there are sick people in the house.

According to the Centers for Disease Control and Prevention (CDC), **people touch about 300 different surfaces every 30 minutes**

## **MAINTAIN SANITARY CONDITIONS**

### **All Purpose Cleaner**

- 1 tsp borax
- 1/2 tsp washing soda
- 1 tsp liquid castile soap
- essential oil (10 drops lemon, lavender, or orange)

Add ingredients to spray bottle. Add 2 cups of warm water. Cover bottle and shake well.

### **Natural Lysol**

- Fill a spray bottle with water,
- Add 10-20 drops of essential oil of rosemary
- Add 10-20 drops of essential oil of lavender

Spray around the house or office. Can be used to clean countertops, tables, bathroom, etc.

**This mixture was found, in the French state hospital system, to be as effective as standard hospital sanitizer.**

### **Natural Hand Sanitizer I**

- 6 ounces water
- 10 drops of tea tree essential oil
- 1 teaspoon castile soap
- 1 teaspoon of vitamin E or aloe vera gel (optional)

Pour in a spray bottle and spray on hands, then rub.

### **Natural Hand Sanitizer II**

- 10 drops lavender essential oil
- 30 drops tea tree essential oil
- 8 ounces 100% pure aloe vera gel

- ¼ teaspoon of Vitamin E oil

Mix well. Pour into a small bottle

### **Alcohol Based Hand Sanitizer**

8 oz aloe Vera gel

2 oz 70% alcohol

20 drops tea tree essential oil

10 drops eucalyptus essential oil

10 peppermint essential oil

1/4 tsp vitamin E oil

Mix well

**Over-washing can easily reduce the protective oils in your skin and cause your skin to crack—offering easy entry for bacteria and viruses into your body.**

**Antibacterial soaps and other antimicrobial products significantly contribute to antibiotic-resistant bacteria.**

The physical surroundings in the cities are often a peril to health. **The constant liability to contact with disease**, the prevalence of foul air, impure water, impure food, the crowded, dark, unhealthful dwellings, are some of the many evils to be met. *Adventist Home p. 135.2*

It was not God's purpose that people should be crowded into cities, huddled together in terraces and tenements. In the beginning He placed our first parents amidst the beautiful sights and sounds He desires us to rejoice in today. **The more nearly we come into harmony with God's original plan, the more favorable will be our position to secure health of body and mind and soul.** *Adventist Home p. 135.3*

### **KEY TAKE-AWAYS FOR CORONAVIRUS**

In the moment as you feel flu-like, sore throat, onset of a fever

1. Drink wild-crafted oregano oil in one glass of water
2. Take a warm garlic enema or  
Six capsules Supper colon cleanse or 3 tablespoons of Castor oil and 1/4 cup of lemon juice
3. If you have a fever apply the hot fomentation to back and abdomen
4. Apply hot water bottle to the lower back and upper abdomen. Cover with warm blanket to maintain heat.
5. Rest for one to one and a half hours
6. Drink garlic, onion, grapefruit, orange tea
7. Go on a fruit fast for a few days
8. Keep isolated to avoid spreading your virus

For more information contact: [www.nhtlh.com](http://www.nhtlh.com)