



# NATURAL HEALING THROUGH THE LAWS OF HEALTH

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

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## COVID-19 PROTOCOL

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

The Coronavirus Covid-19 is the key focus in this paper. Covid-19 is highly contagious, with symptoms ranging from mild to severe and unto death for some. If your condition gets progressively worse, causing difficulty to breathe, contact your primary health care provider.

It is currently the flu season and it is quite easy to contract the flu at this time however; you should avoid getting sick because the early symptoms of Covid-19 can start out as a common flu but it can have grim consequences.

**Say a prayer as you apply these natural remedies,  
that God will bless your faith in His Healing Power.**

At the very beginning of any symptom of a virus or Coronavirus, such as sudden onset of chills, severe headache, pains in the back or elsewhere, soreness of the throat and fever, **take 5-10 drops of Wild-crafted essential oil of Oregano in water and follow this protocol.**

### **START WITH A PURGE**

Thoroughly evacuate the bowels with a PURGE. Ensure you have proper elimination daily until the end of the illness. Purge options are any of the following:

Super Colon Cleanse – 6 capsules only

Or Cascara Sagrada – 4 capsules only

Or a Warm Garlic Enema

### **AT MORNING**

#### **VITAMIN C ESSENTIAL**

**CAMU CAMU POWDER** – 2 teaspoons to 1 cup juice or water, drink daily

*or*

**CAMU CAMU CAPSULES** – 500 MG - 10 capsules

*Or before Breakfast*

**LEMON** - 4 whole small lemons in water daily as lemonade – *use a straw to drink*

For further information, please visit us at [www.nhtlh.com](http://www.nhtlh.com)

**VITAMIN D3 SUPPLEMENT** – 10,000 iu daily ESSENTIAL

or

**SUNLIGHT**

Daily sunlight exposure between 10:00 am and 2:00 pm for 1 – 1 ½ hours if dark skin or 30 minutes to 45 minutes if light skin. Sit or walk in the sunlight.

**OREGANO WILD-CRAFTED ESSENTIAL OIL**

5 drops to 1 glass water

*Caution: very hot so drink quickly and avoid liquid touching and burning your lips*

**DURING THE DAY**

**CINCHONA BARK** ESSENTIAL - *inhibits virus cell replication*

***(USE ONLY IF YOU HAVE BEEN DIAGNOSED WITH COVID-19 OR EXPOSED TO A PATIENT WITH IT)***

Directions: Bring to boil 4 cups of water then add 1 teaspoon of Cinchona Bark and let it boil for 15 minutes. Next, draw or steep for 40 minutes. Strain and drink 6 oz daily for five days.

Repeat and drink for next one to five days only.

***Caution: do not exceed the 6 oz for daily serving for more than 10 days or increase this recommended dosage of cinchona bark– it contains Quinine which is toxic to humans***

**PAPAYA SEEDS**

*has Quinine properties* - Take 12 seeds, blend it to a powder, quickly eat all of them. They taste hot. Take 12 seeds every second day thereafter.

**MULLEIN** ESSENTIAL

Add 2 tablespoons of mullein herb to 4 cups hot boiled water and steep for 40 minutes to 3 hours. Strain and Drink daily in between meals.

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

**AT LUNCH**

**PROBIOTIC** *BIO-KULT PROBIOTIC* ESSENTIAL

1 capsule per day for week one

1 capsule per meal for week two

2 capsules per meal for week three and beyond

**MULTIVITAMIN** ESSENTIAL

**VM 100 COMPLETE / ACTIVE 55**

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

## **AT AFTERNOON – 4:00 PM**

### **VITAMIN C ESSENTIAL**

**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 daily as lemonade – *use a straw to drink*

## **AT NIGHT BEFORE BEDTIME**

### **GOLDENSEAL ESSENTIAL**

**POWDER** – 1/8 teaspoon in water – drink before bedtime

**or CAPSULES** – 1 capsule at night

*and Alternate with or use instead oregano*

### **OREGANO WILD-CRAFTED ESSENTIAL OIL ESSENTIAL**

5 drops to 1 glass water

*Caution: very hot so drink quickly and avoid liquid touching and burning your lips*

### **VITAMIN C ESSENTIAL**

**CAMU CAMU POWDER** - 2 teaspoons 1 cup juice or water, drink daily

*or*

**CAMU CAMU CAPSULES – 500 MG** - 10 capsules

*or*

**LEMON** - 4 whole small lemons in water daily as lemonade – *use a straw to drink*

## **REMEDIES FOR SPECIFIC CONDITIONS**

### **GINGER**

*For boosting immunity, fight respiratory problems, relieve stress*

6 to 8 inches of ginger in 4 cups of water, boil for 15 minutes then cover and draw or steep for 40 minutes.

### **GARLIC**

*For lung congestion, tightness of chest (caution if on blood thinners or if you have low blood pressure)*

2 garlic cloves thoroughly blended in 2 cups of hot water. Drink all at once. You may vomit with the first drink and bring up mucus, but drink again.

## **ONION**

*For lung congestion and tightness of chest*

Eat 1 medium raw onion

## **FOUR BANDITS ANTI-GERM OIL**

Hand sanitizer and Germ killer. Mix drops of oil with water

*Ingredients: Essential oils of cinnamon leaf, eucalyptus, oregano, clove, rosemary, sage, lavender, ravensara, lemon, camphor, peppermint, lemongrass, thuja, peru balsam, litsea cubeba, and black pepper.*

## **ACF ADVANCED EXTRA STRENGTH IMMUNE RESPONSE**

*Boosts immune system – take at first sign of flu-like symptoms*

2 tablespoons daily

## **CHILDREN'S ACF ADVANCED IMMUNE RESPONSE**

*Boosts immune system – take at first sign of flu-like symptoms*

2 tablespoons daily

## **N-ACETYLCYSTEINE (NAC)**

*Boosts immune system and eliminate flu-like symptoms*

Take 2 - 600 mg NAC capsules or tablets per day

## **ZINC LOZENGES**

*Antioxidant and toxic to viruses, use if exposed to covid-19 person(s)*

1-15 mg lozenge take every two hours but do not exceed 100 mg daily

## **IODINE FORTE** – use as directed

*Antimicrobial, antiviral, antioxidant, spray on mask and hands for protection*

## **CHARCOAL**

*Adsorbs virus, bacteria and toxins*

6 plastic teaspoons to 16 oz water. Drink 2 more 8 oz glasses of water.

## **ELDERBERRY**

*To alleviate cold and cough, boosts your immune system*

1 teaspoon of Elderberries in 12 oz of hot water, draw for five minutes and drink daily

*Caution: reduce dosage amount if you are experiencing nausea or diarrhea*

This can be a stressful time for many.

**TO MANAGE STRESS: IT IS BEST TO COMBINE THE ASHWAGANDHA WITH LICORICE ROOT TO RESET YOUR ADRENAL GLANDS**

**LICORICE** (DO NOT USE IF YOU HAVE HIGH BLOOD PRESSURE)

*Anti-inflammatory and immune boosting*

2 capsules at morning and 2 capsules at night

or 1 teaspoon powder to 10 oz water, boil for 15 minutes and draw for 40 minutes, strain and drink

**ASHWAGANDHA**

**POWDER** – 2 tablespoons 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

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**GUIDANCE NOTES**

**DIET AND LIFESTYLE**

It is vitally important to practice a healthy Diet and lifestyle. See our website for more information of the Laws of Health to follow.

Especially at this time to boost your immune system and keep it in great shape, eat no fish, chicken, turkey, lobster, shrimp, dairy in any form, animal cheese, milk, butter, sugar, or unhealthy snacks.

**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.**

**FIBER**

Eat fiber foods to promote bowel activity. Fruits and vegetables such as granola, oatmeal, rice.

**HEADACHE**

**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.

### **FEVER AND PAIN RELIEF**

Fomentations should be **applied to the chest twice a day**, with a cold chest compress between the applications. Therefore, apply a wrung heat pack to chest for 3 minutes, then using a cold rag, friction over the area for 30 seconds. Repeat three times.

### **HOW TO FIGHT A FEVER of 101° – 104° F (essential remedy – very helpful)**

**Do not use if person is a Diabetic, paralyzed, unconscious, place an ice pack over heart to prevent a heart attack.**

A short hot bath and the hot blanket pack are efficient for combating the fever by inducing sweating and for relieving the pain in the back and the legs. **Hot blanket pack.** For an existing fever, wrap the patient in a sheet wrung out of hot water. 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. Put an ice pack over the heart 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.

### **DECONGEST LUNG AND NASAL PASSAGE WAYS**

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