

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

SYMPTOMS OF INFECTION OF CORONAVIRUS

- Runny nose
- Sore throat
- Fever
- Cough
- Shortness of breath or tightness in chest
- Breathing difficulties
- Fatigue
- 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

For more information contact: www.nhtlh.com

- 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?

- Take precautions and practice good hygiene.
- 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.

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 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 or **use a vitamin D supplement 2,000 to 5,000 iu daily.**

REST increases your body's ability to **kill harmful bacteria, assist natural killer cells formation and 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 and increase your 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 toxins or viruses through your kidneys.**

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

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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 – 200 mg, selenium – 100 mg, magnesium – 400 mg, vitamin C – 300 mg daily, 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

For more information contact: www.nhtlh.com

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** 2 teaspoons three times daily (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. Vitamin C supplement from natural source 3,000 mg daily

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 (quinine component)

- 1 orange sliced
- 1 grapefruit sliced
- 3 lemons sliced
- 1 medium onion, peeled and sliced
- 3 bulbs of garlic, cut in skin
- 6 slices ginger and 1 teaspoon licorice root

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

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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: any one of 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 if a root boil for 15 minutes then draw for 40 minutes to 4 hours and drink 4 cups daily.

- 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.

CINCHONA BARK ESSENTIAL - *inhibits virus cell replication*

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

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 2 oz three times daily for five days. You need to drink only 6oz per day. 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

Other 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.
- Tea from - heated grapefruit

Anti-malarial and respiratory helping herbs

7 leaves to 4 cups of hot water, draw for 40 minutes to 3 hours then drink 4 cups daily

- Soursop Leaves - Inhibits virus spread
- Mango Leaves – cold, bronchitis, and asthma
- Wonder of the World Tea – relieves cold, flu and headaches
- Bitter melon eaten – for cold, coughs and respiratory problems
- Castor Oil Pack – helps to break up mucus in the lungs

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 or citrus peel 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.**

Contrast Showers for 5- 15 min

3 minutes hot water followed with 30 seconds ice-cold water, alternate 3 times.

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. Contrast Showers helps to:

- 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

HOT FOMENTATION FOR FEVER (Essential)

An excellent treatment begins immediately with the onset of fever or sore throat or flu-line symptoms, or one-half to two hours before if the fever onset is predictable – feeling chilled:

1. First a very warm water **Garlic 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.

Herbs for reducing a fever: *lemon juice with chamomile, ginger, sage, rose hip, bayberry, red clover*

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, washed handkerchiefs 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 plates**, 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.

MAINTAIN SANITARY CONDITIONS

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

All Purpose Cleaner

- 1 tsp borax
- 1/2 tsp washing soda
- 1 tsp liquid castile soap
- essential oil (10 drops lemon, lavender, or orange)
- 2 oz 70% alcohol

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
- 2 oz 70% alcohol

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)
- 2 oz 70% alcohol

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
- 1/4 teaspoon of Vitamin E oil
- 2 oz 70% alcohol

Mix well. Pour into a small bottle

The days in which we live are solemn and important. The Spirit of God is gradually but surely being withdrawn from the earth.

Plagues and judgments are already falling upon the despisers of the grace of God. The calamities by land and sea, the unsettled state of society, the alarms of war, are portentous. They forecast approaching events of the greatest magnitude.

The agencies of evil are combining their forces, and consolidating. They are strengthening for the last great crisis. Great changes are soon to take place in our world, and the final movements will be rapid ones.—*Testimonies for the Church 9:11. – {Christian Service 52.2}*

KEY TAKE-AWAYS FOR CORONAVIRUS

In the moment as you feel the onset of a flu, sore throat, or 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. Take contrast showers regularly
6. Sleep and rest so your body can recover
7. Drink garlic, onion, grapefruit, orange tea
8. Go on a fruit fast for a few days, especially when fighting a fever
9. Keep isolated to avoid spreading your virus
10. Antibacterial soaps and other antimicrobial products significantly contribute to antibiotic-resistant bacteria.

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