

# **Natural Remedies for the Corona Virus and Strengthening of the Immune System**

## **HEALTH PRESERVATION AND LEARNING MINISTRY**

### **Medical Missionary**

**Email: [healthylylivinggen1v29@gmail.com](mailto:healthylylivinggen1v29@gmail.com)**

**Health Preservation and Learning Ministry, specializing in Natural Remedies and Health consultation. Teaching and training those who willing to use God's eight laws of health to assist in their recovery and prevention of all diseases and improving the immune system . These are Nutrition, Exercise, water, sunlight, temperance, air rest and trust in God.**

**God promise to us in 3 John 2: "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth."**

**MEDICAL DISCLAIMER: The information provided in this program is designed for health educational purposes only and reflected Biblical life-style principles designed by God for our health and wellbeing. Therefore, it is not to be use as medical advice or used to diagnose or treat any kind of diseases or illnesses; rather it reflects the convictions of Bible-believing Christians in regards to our Biblical teaching and understanding of how to cooperate with God's eight laws of health. Therefore, the use or misuse of any information contained herein is at the sole discretion of the user, and the writer is not liable for any negative effects, and will not accept any praise for any positive result and recommended that all praises given to God the Father our Creator. For diagnoses, or other treatments, please consult with your medical provider and for healing please contact the Great physician Jesus Christ of Nazareth.**

### **THE CORONA VIRUS PREVENTION**

#### **What is the Corona Virus?**

The Corona Virus is an infectious disease caused by a newly discovered coronavirus. This virus is expressed as a genetic material or agent that made to replicate, it carries a protein covering to shield it from exposure to the immune system, this is why it doesn't matter who it attacks, young or old, strong immune or poor immune, once you come in contact with it, it started to replicate and attack your respiratory organ and causes lung pneumonia which if not treated with high oxygen flow can decrease your breathing and leads to respiratory failure and death. It is highly contagious, and requires frequent hand washing with soap and water or hand sanitizers. Wearing a mask or facial covering is very beneficial and has the potential to prevent exposure to the virus by coughing, sneezing or close contact with persons who are carrying the virus. Also, some people do not even show symptoms who are carrying the virus; so let us all use God's wisdom to keep us safe.

Please do not wait until you are infected before starting to use some of these remedies; prevention is better than cure by far.

If you don't have the corona virus, still begin with the charcoal. Charcoal is an agent that can take out poison or absorb the drugs and inorganic substances that do not belong into the body, especially from the intestinal wall, bacteria and toxins. It was used in the World War to place in gas masks to counteract the effects of chemicals such as anthrax, viruses, and arsenic.

The only thing that we can use to fight radiation and chemical agents such as arsenic, anthrax etc, is taking charcoal.

Every single day we should use charcoal. Also, it is vital that you drink lots of water when using charcoal and/or take some form of laxative, i.e. cascara, or magnesium oxide, or an enema.

## CLEANSING STEPS

### Step 1: CHARCOAL

Drink 1 Tbsp. of charcoal in an 8 oz. Mason jar of lukewarm water. Shake it up and drink it. Drink 1.5-2 more glasses of water. Wait 2 hours before taking any form of medication or herbal teas to avoid any interaction. You can drink the charcoal every morning with plenty of warm water.

On the first sign of a Virus or Cold or any infectious disease this is a quick cleanse with charcoal.

You can drink the charcoal last thing at night, or first thing in the morning away from all other medicine. If you drink the charcoal at night, you DO NOT have to drink it in the morning. Just drink 1 liter of warm lemon water, however, you want to take the 1 day cleanse with the salt, and this is one time only, proceed to mix and drink the salt and baking soda with lemon. Add 1 tsp of baking soda and 1 tsp of pink salt (Himalayan salt). Squeeze ½ of lemon in 1 liter warm water and drink slowly within 5 mins. This might cause some nausea especially if you drink it fast.

Baking soda with lemon gives you sodium citrate. Mix and drink slowly on an empty stomach. Drink some plain warm water before to help prevent nausea. If you get nauseous, slice some ginger and chew on it and swallow the juice to help prevent the nausea. **REMEMBER THIS IS A ONE TIME DRINK OF THE SALT AND BAKING SODA. YOU CAN DO IT AGAIN IN 2 WEEKS OR AFTER YOU THINK YOU ARE GETTING OVER THE VIRUS.**

Boil a pot of ginger tea (Grated ginger and add to hot water and allow to simmer)-You will feel thirsty after the salt mixture so hydrate yourself with this ginger tea, you can drink as much as you needed.

After you started having bowel movements, please start drinking the ginger tea to prevent dehydration and to replace electrolytes. After you have almost emptied your bowels, you can have plenty of warm lemon water and then a fruit drink to replace your losses and thirst. This drink is recommended: ½ of grapefruit peel, ½ lemon, 1 or ½ lemon with skin, 3 pcs garlic, and dash of cayenne pepper and 1 teaspoon of organic olive oil, blend in 1 teacup of water. This drink is high in Vitamin C, and you can take your another 5000mg of vitamin c capsule with this drink. High dosage of Vitamin C, will help to improve your immune system and fight off all viruses and infection. Our body does not store vitamin C for long, so it is recommended that you take another 5000mg later to fight this virus. So you should take at least 6- 1000mg per day along with this drink

## **Step 2: Herbs**

**Clove Tea-** Boil 1 tsp of any herb in 1 cup of water. You may have to grind the clove up and then measure it.

Drink twice-three times per day if you have the virus; drink only twice for prevention. Drink one cup in the morning and one in the evening, drink for at least 2 weeks.

**Goldenseal-** Capsule or liquid; My experience was that the capsule worked more effectively than the liquid for easing pain and infection , when taken with 2 Echinacea capsules.

**Echinacea-** Two(2) Echinacea and two (2) Goldenseal in the morning and evening. If you do not have the virus, take only the Echinacea for prevention for 20 days to build your immune system. If you have the virus, do them both x 10 days.

Wait 30 minutes to take **Astragalus-** 3 capsules three times a day as directed via the bottle. Powerful for the lungs. It will clear the lungs of mucous, and is good for colds and flu also.

**Grapefruit Seed Extract-** Very high in Vitamin C, antibacterial, anti-inflammatory. Very powerful! Take twice a day. ½ tsp in 4 oz. of warm water and drink.

**Licorice-** There are capsules or dry herbs. Antiviral, antimicrobial, anti- flu.

**St. John's Wort-**For cold and flu; anti-inflammatory properties.

**Lemongrass-** This is a dry herb or essential oil; Add peppermint leaves and ginger. Drink as a tea. Lemongrass has some properties that helps to fight all viruses.

## **Step 3: Green Drink**

**Green drink-** cilantro, celery, carrots, wheat grass, kale, garlic, ginger, chlorophyll, spirulina, raw apricot seeds helps to build immune system. These helps to pull heavy metal from your system.

## **Step 4: Vitamin C Drink**

**Vitamin C Drink-** A citrus drink, ½ orange, 1 lemon, ½ lime, ½ grapefruit, 3 pieces of garlic, dash of cayenne, and 1 tsp of olive oil (organic cold press), 6 oz. of water. Blend and drink. You can take your vitamin C capsules with this drink. Only 6000-10,000 mg of oral vitamin recommended. After you take this, wait 15-20 min.

Take grapefruit seed extract, high in vitamin C and an antibacterial, antimicrobial; Take and mix ½ tsp. in 4 oz. of water. *Take twice a day.*

Make sure you are taking B Complex, Zinc, Vitamin D, Iodine, Selenium, and Vit E daily.

## **Step 5: Cough Tonic**

**Cough Tonic-** 1 chopped onion, 1 whole head of garlic chopped, ginger must be two finger lengths, ½ tsp. powder turmeric, 1 lemon with the skin (wash well), ½ tsp. cayenne pepper, and 4-5 pieces of leek. Use 2 Tablespoons of honey. 1 tsp of clove oil, 1 tsp of eucalyptus oil, 1 tsp

of oregano oil, 1 tsp of peppermint oil, 1 tsp of sage oil, 1 tsp of rosemary oil, 1 tsp. pine needle oil; 1 teacup of water and blend into a drink.

Keep in the refrigerator in a jar; **Take 2 Tablespoons three times a day**; Pour out the amount you will take to get to room temperature. Do not take cold.

### **Step 6 -Steaming Face:**

#### **Steaming Face**

Take a wide pot, not too tall (to avoid burning yourself); Fill up ½ the pot with water; ½ onion chopped, regular sea salt (1 tsp); peelings of either oranges or lemon; 1 Tablespoon of Turpentine oil (non-toxic), and 1 tsp of cayenne pepper. If you do not have Turpentine oil, use the eucalyptus oil. Make sure your towel is ready to cover your head, tissues, and have a garbage bin nearby. Make sure the stove is down low and the pot is covered until you are ready to steam your face with your head covered with the towel. You will be sneezing, coughing, etc. Do this 15-20 minute or so. This is a high steaming. Put your face over it and take deep breaths to help the airway. Do a lot of coughing to clear the airway. Use Kleenex or paper towel to clear away the mucus.

**\*Do not have anything on the stove or in the area for sanitation reasons.** Make sure the kitchen is cleaned.

After this treatment, wash your hands immediately. Clean-up your area and disinfect to avoid others from being infected.

After 15-20 minutes of steaming, have some warm salt water to rinse and gargle the throat. If the virus comes up, you want to wash it out. Wait 10 minutes or so to cool yourself down. You will be sweating. Take a shower because you will be sweating. Wash your hair also.

After the steam, exercise your lungs by tapping your ribs, top of lungs, rib cage, etc. (percuss) which helps to mobilize the secretions.

### **Step 7- Fever**

If you are getting a fever:

#### **Fever Bath**

Fill tub up with hot water that you can tolerate; Add 1 full cup of Epsom salt, and 2 cups of baking soda. This helps to alkalinize the system. The water will open up the pores. You must put an ice pack on your head. When the blood gets hot, the blood will rush too fast to the brain. The ice causes vasoconstriction. Stay in for 30 min. Check temperature. It may go up to 104 degrees F. Then start letting out the hot water. **\*\*Do not stand up too fast; Bring water to drink (lemon water- 1 liter) to replace fluids loss.**

Splash cold water over yourself to help cool yourself down. You must be feeling okay as you begin cooling down. If you do not do this slowly, you may pass out. If someone is there to assist, make sure they are nearby. If not, make sure someone knows that you are doing this treatment just in case you pass out.

**\*\*Even when you are steaming your face, make sure you let someone know that you are doing this. Any cardiovascular issue patients should be careful with the facial and bathing steam treatments.**

When you come out of the bathtub, you will wrap yourself in the bath towel and the sheet; take a cold cloth on your forehead and go and lie down for one (1) hour. Do not move around because your body has been dilated. Cover your face with something because you will be sweating. Then you can take a regular shower to remove the toxins.

Consuming a Wholesome diet with lots of fruits and vegetable would be more favorable for improving the immune system and staying away from eating all flesh.

Not all understand these principles. Many who seek the Lord's healing mercy think that they must have a direct and immediate answer to their prayers or their faith is defective. For this reason, those who are weakened by disease need to be counseled wisely, that they may act with discretion. They should not disregard their duty to the friends who may survive them, or neglect to employ nature's agencies for the restoration of health. Those who seek healing by prayer should not neglect to make use of the remedial agencies within their reach. It is not a denial of faith to use such remedies as God has provided to alleviate pain and to aid nature in her work of restoration, it is not denial of faith to cooperate with God, and to place themselves in the condition more favorable to recovery. (Ministry of Healing) pg. 92-93.

Thank you and may God bless you all who come in contact with this information.