



HOW TO

Protect Yourself Against Covid-19
Using God's Natural Healing
Remedies

©

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Introduction

A simple guide for the working person

I have literally seen the power of herbs transform lives when drugs/doctors have failed. God's simple remedies are superior to man and always will be!

My Covid-19 research began in early 2020 as panic began to sweep the world. A pandemic of fear had arisen and there is only one cure for that. As the year progressed, my business was shut down and I suddenly found myself with extra time, so I poured myself into understanding this new mystery "novel" virus that had the world intoxicated by fear.

After experiencing the power of herbs through my own healing journey, I already knew that natural remedies are both more effective and safer than modern medicine. However, I was ignorant of this virus, maybe it was an exception, perhaps this one was just too deadly for my herbs.

Over that year I spent several hundred hours reading study after study and as I did I was startled by science the news refused to air and I realized two things.

#1. This pandemic was fueled by fear

#2. The Scientific, Medical, and Press communities have a HUGE bias against natural remedies – even those validated and confirmed

So over the course of 2020 I wrote four papers on Covid-19 treatments, based on over two-hundred hours of research. But it wasn't until later that I began to actually coach concerned people. And through these emails, messages, and comments I shared the knowledge I had gathered. My hope was that some people would be helped but I was literally amazed.

The response was overwhelming, there were nights I stayed up until 2AM responding to messages offering clarity and my research on what science was discovering as the best natural treatments for Covid-19. It started out as a personal desire to understand the science which turned into a desire to see lives saved. The media may talk it but they don't care if you live or die!

I am humbled to see the impact of my work and would be remiss to accept any honor or praise since everything I have shared comes from the Creator. He is the Great Physician and it is through His Botanical Pharmacy that lives have been saved, not because of my brilliance.

I would like you to know that this short book is based on both scientific research from journals as well as actual case studies from people who have used these herbs and remedies with extreme success.

I most humbly submit my work to your hands. May you find in these pages hope, peace, and healing.

"Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth." -
3 John 1:2

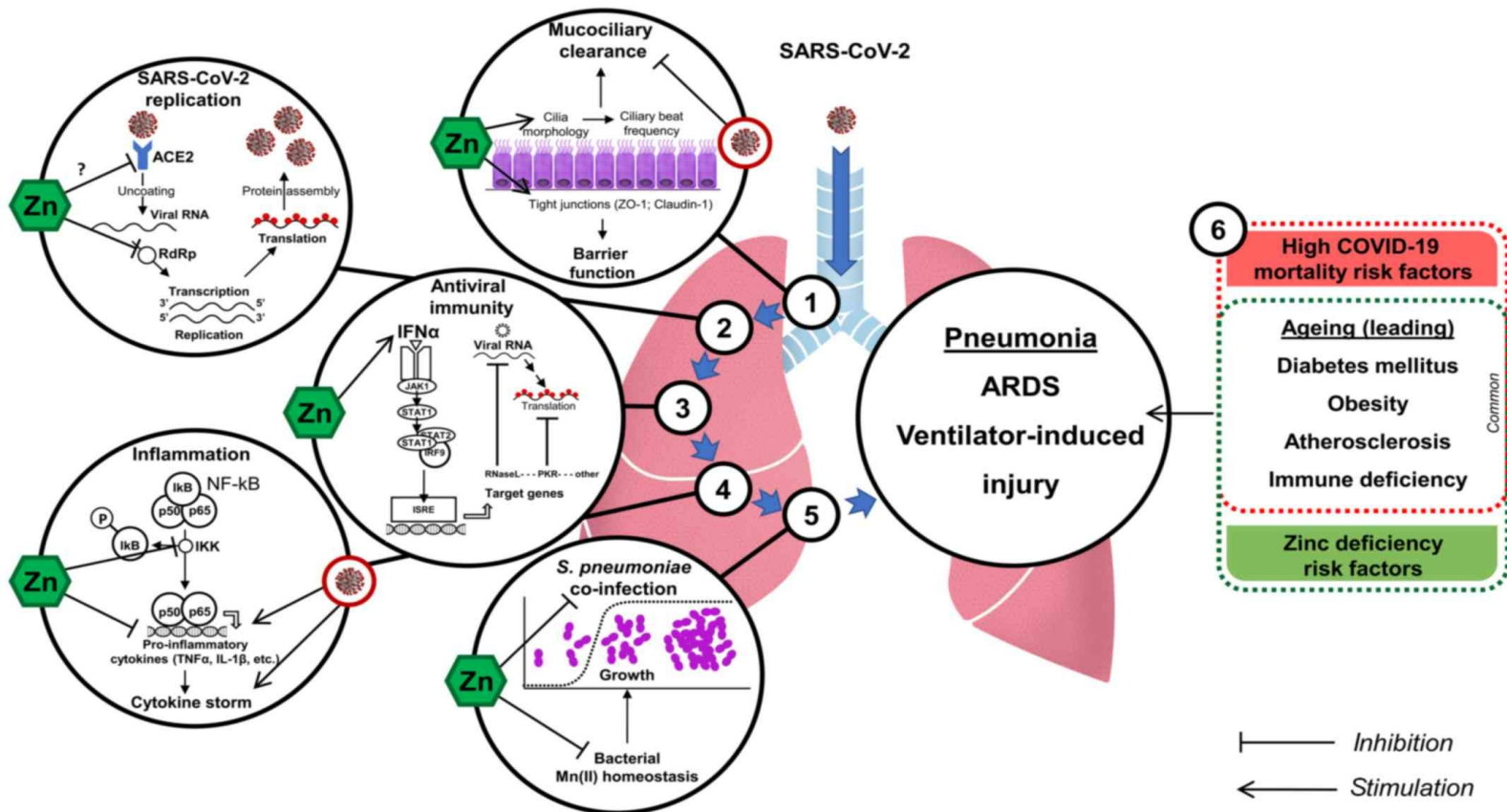
Randall LaCelle _ _ _ _ _



Zinc

Why it works

Almost every treatment that is effective for Covid-19 involves a plant or medication that interacts with or enhances zinc absorption by the body



THE BEST SOURCES OF ZINC

Wheat Germ, Sweet Wormwood (*Artemisia Annua*), Blackberries, Raspberries, Oatmeal, Spinach, Nettle. Holy Basil.



SUPPLEMENT OR PLANT AS SOURCE?

Unlike quercetin, zinc from supplement form has both diminishing returns and a point at which it can become toxic. In plant form there are no toxicity concerns and there is a much greater protection afforded. All minerals in supplement form can create imbalance. We also want to take zinc with an ionophore like black seed, berries, or onions. If you choose a supplement form it should be ideally sublingual. And don't consume more than daily allowance in supplement form.

Black seed and/or wormwood may be consumed as a zinc supplement.



Quercetin

Why it works

Zinc is necessary for immune function and viral suppression but it needs an ionophore(transporter) to get into the cell. quercetin acts as that transporter into the cell



ZINC IS A POTENT COVID KILLER BUT...

Without a transporter (ionophore) like quercetin it can't get into the cells effectively. So quercetin and zinc work really well together. Almost every effective herb acts as a zinc transporter. This is true of black seed, berries, wormwood, as well as drugs such as Hydroxychloroquine and Ivermectin. On top of acting as a transporter for zinc, quercetin plays a host of other mediating factors in fighting viral infection, clearance, and preventing viral replication. Foods high in quercetin are: **All Berries, Black Seed, Black Elderberry, Red Onions, Hot Peppers, Oregano, Cranberries.**



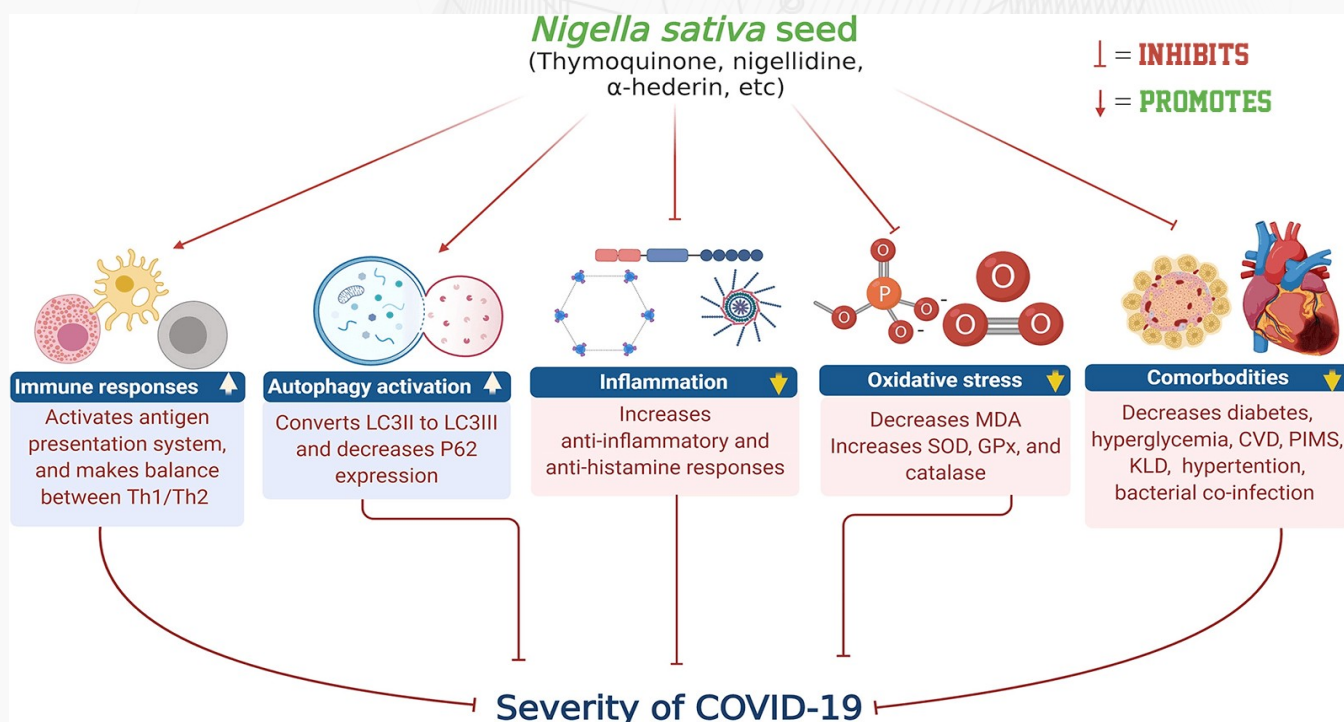
SUPPLEMENT OR PLANT AS SOURCE?

Quercetin supplements are well tolerated even at large doses and can be taken alongside plants. Plants will always be superior because of their synergistic blend of phytonutrients, antioxidants, and other chemicals that work together. The quercetin found in plants is more potent per mg than the isolated component. But if you choose a supplement make it one that at least comes from plants rather than the synthetics sold at most drug stores.



Black Seed Protocol

The Most Effective Treatment for Covid-19 based on Randomized Clinical Trial



In one of the most remarkable studies on Covid-19, we find the most effective treatment based on clinical trial⁽¹⁾

A drug or vaccine based on study data like this would be championed by the media. The study was so groundbreaking that I immediately added it as the primary thrust of my Covid-19 protocol. In the randomized placebo-controlled trial patients were given either black seed powder ground, in capsules, plus honey or placebo capsules.

RESULTS:

The black seed group had a 50% reduction in time to alleviate symptoms. Black seed patients were seeing resolution in 4 days versus 7 days in placebo group. This is incredible but it gets even better. Severe cases were reduced by a whole week (6 days versus 13 in placebo). Black seed group saw clearance of virus 4 days earlier than placebo as well.⁽²⁾

However, what is truly remarkable is the impact on critical and potentially fatal cases. **The severe (ventilator-headed high mortality group) patients who took black seed saw a 50% hospital discharge rate (at day 6) versus 2.8% in placebo.** This is a **1685% relative increase in leaving the hospital from the use of Black Seed and Honey.** **In severe cases, mortality rate was reduced by 80%.** There is NO drug on the market that is this effective! Now, I want you to understand something. The vaccine claimed to be this effective at reducing SYMPTOMS NOT DEATH, black seed literally makes the vaccine look like a joke.

Black Seed Information

What it is and where to get it

Black Seed is often called Black Cumin seed but it is not the same thing as Cumin seed. What we want is called Nigella Sativa

BEST WAY TO TAKE IT

As with all herbs the best form tends to be the freshest form. Potent herbs like cloves and black seed have volatile oils that can be quickly lost after being ground. The majority of case studies we have evaluated have been using either **freshly ground black seed** either as a **tea** or mixed with water/juice and consumed or **cold-pressed black seed oil**. Do the best you can do. But if you have a coffee grinder, grinding the seed fresh is going to be more favorable to buying capsules on say Amazon. The **least potent** form would be pre-ground powder.

BEST SOURCE

Best Black Seed Oil Source

In my most humble opinion BioNatal produces the highest quality black seed oil. They cold press their oil manually which eliminates any issue of heat and also would preserve the most volatile, potent medicinal properties. They leave a sediment of seed in the oil which preserves the remaining properties that would otherwise be lost in a pure oil. This means it may be a little more gritty than other brands. Their prices seem high but you're getting a genuine cold-pressed product that is produced by a small company that understands the delicate nature of these seeds. They do everything in-house in the USA and shut down equipment after 3 hours to ensure genuine cold press quality. I RARELY see this kind of dedication to creating a pure product.

I've heard good things about Shea Terra but considering their prices, Bionatal is the better choice. They are also cold pressed but not in-house. Their products do seem higher quality than average and people are seeing results with them. I have not used or had experience with Gaia black seed oil but have seen success using their other products. If you choose a different brand ensure it is cold pressed.

Black Seed Powder

Whether powder or oil buy black seed that originates in either **Egypt** or **Ethiopia**. **DO NOT** buy black seed from China or India due to quality and contamination concerns. Don't sacrifice quality to save a few dollars.

SpicesInc.com sells 1lb of Egyptian Organic Black Seed for \$15. Lucky Vitamin has Organic Black Seed from Egypt as well. The brand is Kevala. Just make sure it is from Egypt or Ethiopia.

Get a coffee or spice grinder and grind the seeds fresh for each day. If you prefer capsules maybe try the Amazing Herbs brand but be careful of companies making wild claims or not giving their source. If it is \$10 it is probably very low quality, perhaps even diluted.



Black Seed Testimonials

There is no greater joy than to bring healing to others

“But my God shall supply all your need according to his riches in glory by Christ Jesus.” Philippians 4:19

Letter:

"Hello Randall, I would like share my experience using black seed for Covid treatment with you. I hope it will encourage others to give it a try if they get sick. Recently, a huge wave of Covid swept through a group of my family and friends and quite a few of them got quite sick. The symptoms varied for each person, but overall it's a very strange sickness with odd symptoms

Unfortunately, we didn't learn about black seed for fighting Covid till most everyone was already quite sick and then we had to wait till the stuff arrived. Many of us were using quite a few other herbs to treat it in the meantime which definitely seemed to help, but even with that, some were still struggling.

Case 1 - *A woman who was quite frail to begin with, was doing really bad; It seemed to be attacking her brain. I was pretty worried about her. When she finally was able to start on the black seed, she made a very fast turnaround within just a couple days!*

Case 2 - *Another older woman who wasn't in very good health to begin with, was one of the last ones to get sick. Because of that, (the black seed was in by then) she was able to start on the black seed right at the start of getting sick. I was amazed, because she barely got sick at all....she fared better than some of the younger, healthier people! I think her having it to take right at the start of getting sick, made a huge difference.*

Case 3 - *A friend of mine who is about to have a baby, got sick too and had a pretty bad cough. She used many different herbs which did help, but she told me that when she tried black seed to help with the lingering cough, she felt it made a really big difference for her.*

There are quite a few other people I know of as well who felt the black seed really helped them, I just don't have time to mention them all. I really think that if everyone had had black seed to take right at the onset of getting sick, maybe it would have stopped it in its' tracks and everyone wouldn't have gotten so sick. It seemed to definitely make the most difference in those who took it right off the bat when getting sick, even though it still helped those who were already sick.

Lesson learned: Get these herbs BEFORE getting sick!

I want to say thank you to Randall for sharing about the black seed and everything else, I really think it made a huge difference."

Steam Hydrotherapy – Lewis and Clark

The American story we forgot about...



Many times natural remedies saved the expedition from all but certain tragedy

Lewis and Clark had to make an abrupt stop as they traveled through the Wallawalla Indian land towards Idaho, due to William Bratton experiencing excruciating pelvic pain. Captain Clark being a Physician and trained by the most notable Physician in America at the time, gave the man medicine but saw no relief.

Pvt. John Shields, an ingenious blacksmith stepped up and with great detail described a sweat bath treatment he had seen. Lewis placed much faith in Shields ingenuity and so they tried it.

They dug a hole in the ground three feet across and four feet deep. They lined it with rocks and kindled a fire at the bottom to heat the rocks. Once they were hot, the fire was extinguished and Bratton was lowered into a seat they had suspended in the hole.

Over him they quickly arched willow poles, covered these with blankets to hold in the heat. Then water was poured onto the stones which turned to steam and billowed around him. The treatment lasted twenty minutes before Bratton was taken out and **suddenly** plunged into cold water twice. After which he was immediately returned to the sweat hole.

Bratton remained there for another forty-five minutes while drinking copious amounts of peppermint tea. He was finally removed, dried off and covered in blankets. Bratton was nearly pain free and recovered quickly. The treatment had worked so well that Lewis and Clark decided to try it on a nearby Nez Perce Chief who have been unable to move either his arms or legs for **three years**. They repeated three hot and cold treatments after-which the invalid Chief could suddenly move his legs and wiggle his toes. For the first time in three years he washed his own face the following morning.

Hydrotherapy – Contrast Showers

The most under-utilized treatment in disease is water!



The father of Hydrotherapy wasn't a doctor however begged doctors to take up the work. But it was too simple for them.

The use of hot and cold treatments dates back at least to ancient Egypt. They are so powerful that some eastern Europeans still jump in ice cold water as part of their wake-up routine. These people statistically have less disease and tend to be extremely hardy. Hippocrates used water treatments to heal disease, the Romans adopted it and then it became very popular in Europe with the emergence of health spas that did much good.

The father of Hydrotherapy was not a doctor or a professional in any medical field. He was a layman that begged doctors to use his proven discoveries but they had no use for such simple work. There are many herbs like cayenne and ginger that move blood however the most effective is always **Hot and Cold** treatment.

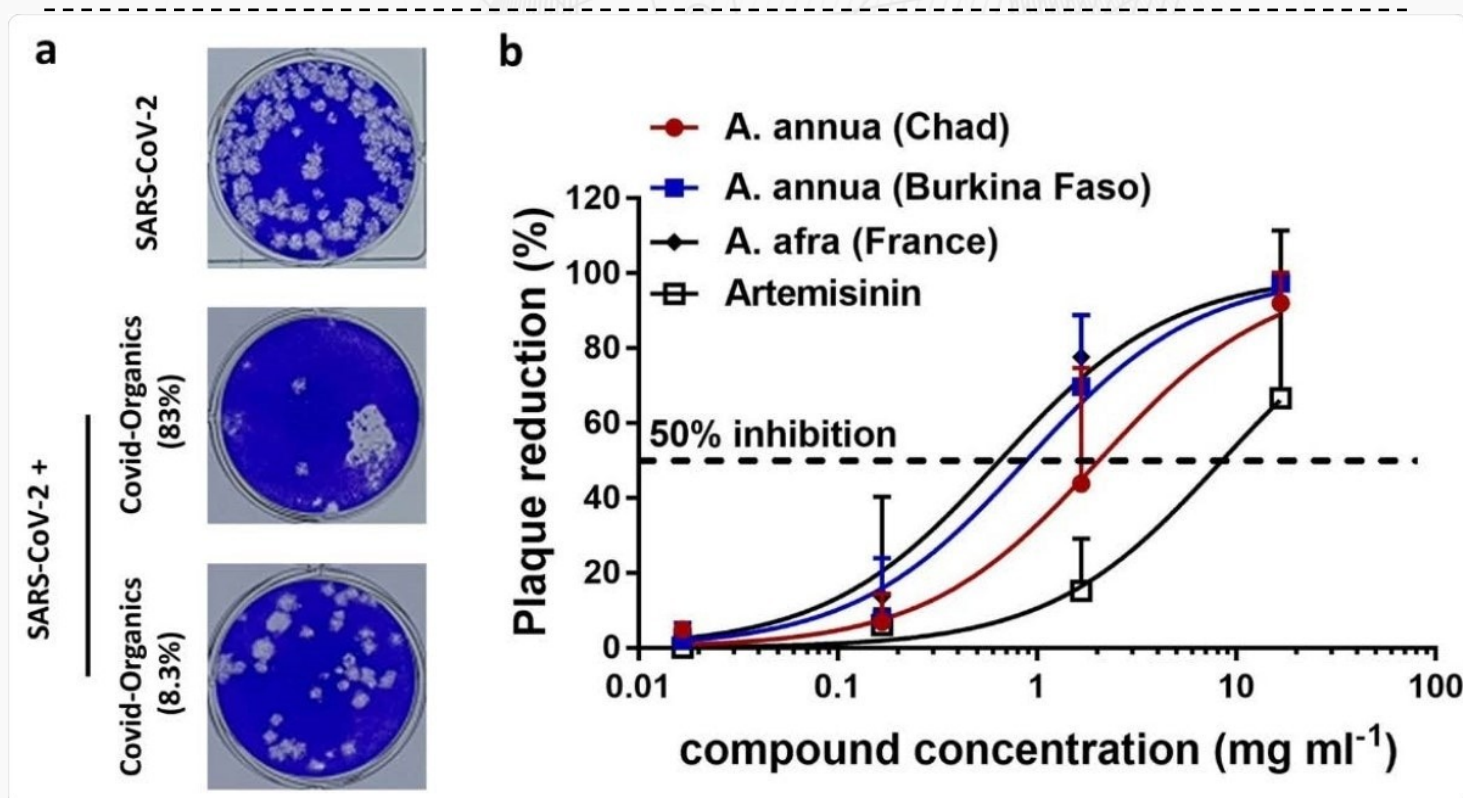
How it works! Hot Water dilates the veins, drawing blood to the surface of the body away from the organs. It also relaxes the muscles, takes pressure off the nerves, and improves lymphatic flow. The calming effect of the hot water on physical and emotional state tends toward sedation.

Cold Water: Has the opposite effect. It contracts the veins and pushes the blood deep into the center of the body. Likewise, muscles are contracted pushing lymphatic fluid away. The nerves are excited and invigorated. The emotional state is awakened and invigorated.

CAUTION: Chlorine and Fluoride are poisons that should be avoided especially while sick. Get a filter for your shower if you have to!

Sweet Wormwood

The antimalarial treatment that saved millions also treats Covid-19



Sweet Wormwood has been referred to as a “*super accumulator of Zinc*” in recent research⁽³⁾

African countries like Madagascar used a wormwood drink called Covid-Organics (see graph above) which helped them maintain some of the lowest mortality rates in the world. Many Africans regularly use antimalarial drugs and herbs so they had an advantage in that, as those are all potent against Covid-19.

There are many mechanisms by which wormwood can prove beneficial for Covid-19 patients. Firstly in its abundant supply of zinc⁽³⁾ which we know is imperative to a successful immune response, preventing replication⁽⁴⁾, and promoting viral clearance⁽⁵⁾. But perhaps even more important than clearing the virus initially is that wormwood was shown to “*stimulate adaptive immunity by generating CD8 and CD4 T-cells responsible for the production of antibodies*”⁽⁵⁾ against SARS-COV-2. It further down-regulates inflammatory markers⁽⁵⁾ associated with cytokine storm and severe Covid-19 cases. Through a series of intricate processes wormwood prevents respiratory failure and promotes long-term immunity.

Antimalarial meds have been the most effective drugs in treating Covid-19. So an antimalarial herb finding efficacy here is not surprising.

Source

What is really interesting about wormwood is that it appears to be much less delicate and prone to loss of potency overtime. I buy the whole herb and powder on Herbco.com. For tincture I would look on Etsy.com. Avoid China sourced due to contamination concerns.

Were Ventilators the right choice?

Just because it is common practice doesn't mean it's the best practice!



Between 80-95% of patients that went on ventilators died in early 2020. Some believe it was because the disease was so deadly, others thought the ventilator settings were too high. But many wonder if the ventilator is just the wrong solution. Northwell Health, NYC's largest healthcare provider found that 88% of their patients that went on a ventilator died.⁽²⁸⁾

Dr. Bushra Mina, the chief of pulmonary medicine at Lenox Hill Hospital in New York City, told Ami that normally when you intubate a patient, their oxygen levels rise very quickly

*"But our experience in these patients is that when you intubate them, they **desaturate**, and you have to do several things to get their oxygen levels up."* - Dr. Bushra Mina

"I don't know the final answer of this disease... but I'm quite sure that a ventilator is not it." Front-line Emergency Covid-19 ICU, Dr. Cameron Kyle-Sidell, Brooklyn NY

In a profound but largely ignored paper published in JAMA, April 2020, researchers found that while ARDS (Acute respiratory distress syndrome) is usually characterized by reduced aerated lung size and lung muscle failure, this is not true of Covid-19.⁽²⁹⁾ Unlike ARDS, Covid-19 patients appear to breathe freely despite poor blood oxygenation. Their warning, though it was given early in the pandemic, was ignored: *"If not expertly and individually managed with consideration of the vasocentric features, a COVID-19 patient with ARDS ("CARDS") **may eventually develop multiorgan failure, even when not of advanced age or predisposed by preexisting comorbidity**"*⁽²⁹⁾

For Covid-19 patients the lungs remain largely uninflamed and full of oxygen for a long time, while blood oxygen levels are dropping. If the lungs are still full and functioning, and the issue lies with blood oxygenation, then why are we treating patients with a ventilator that has 80-95% mortality rate? Since these patients have full or adequate lung function, the act of forcing air (often at very high pressure) into their already full lungs quite literally kills them. Think of it as continuing to blow air into an already full balloon. As the pressure grows the walls of the balloon are damaged and finally burst.

Dr. Kyle-Sidell noted that Covid-19 is not like ARDS, as we mentioned, but more resembling "altitude sickness". Doctors have made light of this by citing autopsies showing lung damage consistent with ARDS. But what if the ventilator caused this damage not the virus?

There has been a lot of speculation, but what we can agree on is that ventilators have been misused in a way that increased mortality rates. In early 2020 this was expected as nobody knew how to treat Covid-19, but as Erin Olszewski vividly details in her book; *Undercover Epicenter Nurse: How Fraud, Negligence, and Greed Led to Unnecessary Deaths at Elmhurst Hospital*, it quickly became evident that the treatment was wrong but her hospital (and many others) refused to change protocols. In April, 2020, Dr. Lorna Breen a NYC medical director took her life after sharing with her family the failures of the medical system to save Covid-19 patients. A lovely, caring Doctor took her life because she felt her hospital had betrayed its patients... and she wasn't the only one. Yet, despite the overwhelming clinical data against their use, ventilators are still the primary treatment for severe cases of Covid-19



Nature's Ventilator

Nature must be aided not forced



Lobelia is a thinking herb which goes to the weakest part of the system, taking with it other herbs, to build and repair the injured area

An entire book could be devoted to what has been termed one of the most incredible herbs ever discovered. While a ventilator forces itself upon the body, lobelia acts by modulating and balancing the system. It has an affinity for the respiratory system and when taken with other lung herbs like mullein bestows a most healing effect not found in the pharmaceutical world.

Patients who take lobelia will find shortness of breath dissipate, a calming of the nervous system, oxygenation of the blood, and a reduction of inflammatory markers associated with cytokine storm.⁽³⁰⁾

The herb has a powerful effect on the whole system. Several drops of tincture will release lock-jaw, will stop seizures, and a very small amount will often stop severe hay fever. The more severe the condition the more pronounced the effect lobelia has.

When combined with mullein the effect on the respiratory system, lungs, and breathing is amplified. These two herbs work in a most beautiful synergy. Rhodiola is used in several protocols for Covid-19 because it oxygenates the blood – however I have no experience using it so have not added it.

Severe cases: For cases where blood oxygen levels are dropping or patient is recommended for ventilator take 5-10 drops of lobelia tincture every 5-10 minutes until patient can breathe freely. Then take 5-10 drops every 1-2 hours as needed. Consume mullein tea every hour. You may add red raspberry leaf or peppermint for taste but no sugar. A fomentation of mullein and lobelia placed on the chest often does much good and has broken pneumonia rapidly, restoring breathing, and lung function. Change fomentation every 30-60 minutes.

Follow the full protocol as far as you are able, as it is designed to provide complete healing from nature. Man cannot heal, only God through nature can.

Natural Remedies - Dosage

Proven effective in actual cases

Key:

P = Prophylactic 😊

T = Therapeutic 😓

R = Residual effects 😲

1



Black Seed + Honey (P, T, R)

Dosage: Black seed: 80mg/kg body weight(2) or about 5 grams for average adult (double dosage if severe). Grind powder fresh & figure 3-4 tsps. For oil, 1 tsp 3 times a day.

Honey: 1gm/kg/day or about 3 tablespoons of honey a day for 150lb adult. 2 tbsps for 100lb adult

2



Contrast Shower (P, T, R)

Contrast Shower – 1 Minute **HOT**, then 30 Seconds **COLD**. Do 7 repetitions, lasting about 14-16 minutes. End on cold except before bed! Repeat 2-3 times a day. Start with as hot and as cold as you can handle and work up.

If you're elderly or prone to fainting from heat, get assistance.

3



Wormwood (Artemesia Annua) (T, R)

Dosage: Whole Herb: 1 Teaspoon or an ounce of wormwood leaves steeped for 10 minutes. The longer you steep the more bitter it will be. Take 2-3 times a day.

Tincture: 1 dropperful twice a day but start with a few drops first dose.

Capsules: 4-8 capsules a day depending on severity

4



Berries (P, T, R)

Berries are high in antioxidants, Quercetin, and a host of other immune boosting components but they have synergy not found in individual supplements like quercetin. Elderberries, blueberries, blackberries, raspberries, and grapes are the best. Study found Saskatoon Serviceberry completely inhibits Coronavirus.

Dosage: 2-5 cups a day. No limit!

5



Fever Bath (T, R)

Prepare a bath with water as hot as you can handle (not scalding), ensure heat is maintained and submerge body in bath, while drinking cup after cup of herbal immune tea. NO SUGAR besides honey allowed. Place cold washcloth on forehead. **Optional:** Cayenne or ginger can be added to the bath but genitals should be coated in petroleum jelly first.

It is advised that somebody be with you during this process. In cases of high fever this will often break the fever and turn the course.

6



Steam Inhalation (T, R)

Step #1 - Boil pure (distilled) water in a pot.

Step #2 – **Choose your antiviral.**

Step #2a – **Essential Oils:** 2-4 drops of Oregano, 1 drop of Peppermint into water. (other options: Eucalyptus and Basil)

Garlic: Smash 4-5 cloves with flat-side of a knife, peel then let sit while water boils. At boil slice cloves, place in boiling water, remove from heat. Carefully begin lowering your head into vapor **safely**, as the heat calms pull a towel like a tent over your head, alternate deeply breathing through nose and mouth

Natural Remedies - Dosage

Proven effective in actual cases

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1



Herbal Teas (P, T, R)

Respiratory Specifics: Usnea & Mullein

Adaptogens: Add an adaptogen such as Licorice root. **Antiviral:** Add an antiviral herb such as Goldenseal, Olive leaf, Oregano, Basil or Thyme. **Calming:** Peppermint.

Nutrient: Add Rosehips and Nettle (or Alfalfa but Nettle is beneficial to the respiratory system) **Tea:** Boil 1 cup of water, remove from heat, place one-ounce of herbs and steep covered 10+mins

3



Deep Breathing (P, T, R)

The most important nutrient to your body is oxygen. Deep breathing is the **single most important** way lymph moves waste out of your body. **Practice** deep breathing, inhale full breath through your nose all the way down to your lungs, then exhale deeply through your mouth. *"shallow breathing hobbles the diaphragm's range of motion and cells never get a full share of oxygenated air"*(6) -**Harvard**

5



Fresh Air/Sunshine (P, T, R)

Walk in the fresh open air (unmasked) for 10-15 minutes 2-3 times a day.

Sit out in the sun for 10-20 minutes.

Before bed, walk barefoot outside in the grass for 5-10 minutes.

Make adjustments based on time of year, geographical location, and ability.

2



Other Herbs Studied (P, T, R)

Japanese Knotweed – Highest inhibition rate of Coronavirus. Specific for Residual effects. **Olive Leaf** - 3rd highest inhibition rate. Amazing overlooked powerful antiviral.

Turkey Rhubarb inhibits replication

Formula for lungs: Mullein, Peppermint, Pleurisy Root.

Citrus ranks very high in inhibition as well. Echinacea, Elderberry syrup, Plantain herb, Black Walnut hull tincture.

4



Be at Peace! (P, T, R)

Fear reduces your CD4+ & CD8+ T-Cells by 20% & 27%. This reduction is enough to turn a mild case severe.(7)

Practice: Spend 5-10 minutes morning & night writing sincere gratitude in a journal.. Spend 20-30 minutes a day reading the Bible and claiming God's promises. Pray and ask for God's peace. Believe it, live it, talk faith!

6



Quercetin/Zinc (P, T)

Dosage: Quercetin - 500-1500mg a day if supplementing. No toxicity concerns but take 500mg 3 times a day rather than 1500mg once daily.

Food sources: No limit on daily quercetin from food! Eat 2-4 cups of berries a day, 6-12 garlic cloves, 2-3 teaspoons of Black Seed

Zinc – Food sources are best. If supplementing do not exceed 15-20mg/day if supplementing



My Protocol

Based on my research and cases I have evaluated this is my recommended protocol

Doing too little is the primary reason natural remedies “fail”. I see people taking a drop of Echinacea and nibbling on an Orange. You’re not an ant! Dose up.

Treatment for moderate to severe cases

Step #1 – Black Seed - Immediately start taking 3-4 tsps of fresh ground powder a day or 1 tsp of cold-pressed oil 3 times a day. **Severe cases:** Double dosage. **Honey:** 3 tbsps a day for avg 150lb adult. 2 tbsps a day for 100lb adult. Adjust accordingly.

Step #2 – Berries – Consume 2-5 cups of berries a day. The more the better. You can make a smoothie if that is easier – but NO sugar added besides honey, also no milk or oil.

Step #3 – Herbal Teas – You should be drinking an herbal tea every 1-2 hrs. For severe cases alternate the following tea formulas every hour. **A.** Usnea, Licorice, Rosehips, Elderberry, Mullein. **B.** Olive Leaf, Nettle, Peppermint, and Plantain (can use mullein). DO NOT skip this part for lack of herbs, use what you have and order the lacking herbs on Etsy or at a local herb shop. Goldenseal or Echinacea are great but are generally expensive to obtain. Try to obtain fresh or at least whole dried-herb. Do not use big-box store tea bags as they lack potency and medicinal value. Use a teaspoon of each herb when making the tea. (1-2 cups of water)

Step #4 – Steam Inhalation Therapy – Should be done every 1-2 hours depending on severity of case.

Step #5 – Contrast Shower – 1 Minute **HOT**, then 30 seconds **COLD**. Do 7 repetitions. Repeat 2-3 times a day depending on severity. Upon waking in the morning and before bed.

Step #6 – Do Fever Bath – in the event of a fever that won’t break or symptoms not improving do the fever bath. Ensure herbal teas are consumed copiously during bath. Do for 20 but no more than 30 minutes. Dry thoroughly and immediately go to bed for at least 1-2 hours. A halved onion attached to bottom of feet can be beneficial for drawing out waste and toxins after a fever bath.

Step #7 – Eat Garlic – 2-8 cloves a day. Smash garlic with flat-side of a knife and let sit for 10 minutes. You may then **either** slice the cloves thinly and swallow it like a pill, **or** make a juice-shot with garlic, ginger, turmeric, cayenne, and lemon **or** you can boil water then simmer garlic, onion, and ginger for 2 hours then consume. Do not boil cayenne or any pepper as the heat will destroy the medicinal properties. **Caution:** Blood thinning meds can interact with Garlic.

Step #8 – Tinctures – Start by taking a couple drops of **Sweet Wormwood tincture**. Over the day build up to ½ dropperful. Day Two: Take 1 dropperful (1ml) twice daily. Wormwood can be taken as a tea but it is very bitter. Back off dosage if nauseous. Wormwood is a potent parasite killer which can create die-off effect. **Black Walnut Hull tincture** should be from green hulls. 10-20 drops a day. **Severe cases:** ½ tsp of **Japanese Knotweed root** tincture 3-6x daily.

Step #9 – Deep Breathing – Every 1-2 hours practice deep breathing ensuring full oxygenation of the cells of the system.

Step #10 – Be at Peace! – Spend time meditating on the Word of God, praying, writing in a gratitude journal. Take a walk for at least 10-15 minutes twice a day. Sit in the fresh air and get 30+ minutes sunlight everyday. Walk barefoot outside in the grass/dirt for 5-10 minutes before bed.

Open your windows and blinds in your home. During the winter at least open them once a day for a few minutes.



Diet – Do's and Dont's!

The proper diet to protect and fight Covid-19

Food doesn't simply provide energy to live, it has the power to heal or destroy life! Improper diet creates disease while proper diet promotes longevity.

PROCESSED FOOD

Processed food creates a burden on the system taking energy and resources away from immune response to break down and digest fake food.

DAIRY/MEAT/PALEO

These diets create disease, promote immune suppression and increase mortality risk when fighting illness(8)

SUGAR/SWEETS

The only sugar allowed is honey or natural sugar in whole fruits.

SODA/SOFT DRINKS

These impair immune function, tax the elimination organs, and create a burden on the brain slowing the whole system.

VEGAN "FOODS"

Vegan "meats", fake butters, mayo, burgers, hot dogs, cheeses, may be fine in moderation when well but not at this time. Avoid completely for prevention or treatment.

COMPLEX MEALS

Eat simple, avoid complex meals with many ingredients.

WHOLE PLANTS

Consume a variety of whole fruits, vegetables, greens, seeds, and nuts.

British Medical Journal in June, 2021 published a study finding those on Plant-based diets have a 73% decreased risk of moderate to severe COVID-19. Those following low carb diets were at high risk.(8)

JUICES/SMOOTHIES

Fresh-squeezed juice or green smoothies instead of food can give your digestive system a rest while still flooding the system with nutrition. Even among those with autoimmune disease we've seen very low risk when doing green smoothies.

FLAXSEED/CHIA

Severe COVID-19 is associated with a cytokine storm which is prevented through high doses of Omega 3 from flaxseed/chia seeds. Also contains melatonin. Easiest taken in smoothies.

LEMON WATER

Drink tons of water to help flush the system of waste. Lemon water (optional: cayenne) in the morning is very beneficial, promoting good bacteria and cleansing the system.



DO NOT DO THESE THINGS

Things you should be avoiding to prevent or treat COVID-19

Your body is well able to protect you from any virus, the only question is; are you helping or handicapping nature in her work of protecting your life?

ASPIRIN

I see protocols with Aspirin included and I am amazed. In double-blind placebo-controlled trial from Oxford Aspirin was found to *"suppress serum neutralizing antibody response", "increase nasal symptoms and signs" and "a trend toward longer duration of virus shedding"*⁽⁹⁾ Don't put that stuff in your body. **Use White Willow tea!**

LISTEN TO THE NEWS

The main stream media has been lying to the world for the entire pandemic. They spread fear, lies, deception, and leave a trail of bodies in their wake. Read the Bible, study science, enjoy your friends but avoid the news.

TAKE STEROIDS

India has shown the detrimental effects of using steroids to treat Covid-19⁽¹⁰⁾. It creates rapid resistance which effects not only Coronavirus mutation but resistance to bacteria and fungal infections that become untreatable⁽¹¹⁾. Use herbs in their whole form which will **never** create resistance.

SMOKING/ALCOHOL

Two of the greatest risk factors for severe Covid-19 and death are smoking and alcohol consumption.

VENTILATORS

It was found during 2020 in NYC your odds of survival as a severe patient were better when you were "denied" a ventilator than if you got one. Ventilators DO NOT save Covid-19 lives. They actually increase mortality. Choose hydrotherapy, deep breathing, and high doses of respiratory herbs instead.

GET VACCINATED AFTER INFECTION

The vaccines offer little benefit and I mean little benefit for those who never had Covid-19 but they offer **ZERO** benefit to anyone who already had Covid-19.⁽¹²⁾ You are 7 times more likely to have severe Covid-19 after vaccination than if you do not get vaccinated.

"vaccinees were also at a greater risk for COVID-19-related-hospitalizations compared to those that were previously infected"⁽¹³⁾

Natural Immunity vs. Vaccine Immunity – Part 1

What does the science actually say?

Jaw-Dropping Academic Study Shows Natural Immunity Superior to COVID Vaccine

Posted on 08/26/2021

Large study of 76K Israelis: Natural Immunity Superior

In a rare study comparing fully vaccinated, partially vaccinated and unvaccinated the results prove the vaccine has failed:

*"This study demonstrated that **natural immunity confers longer lasting and stronger protection** against infection, symptomatic disease and hospitalisation caused by the **Delta variant**,"⁽¹⁴⁾*

The natural immunity offered BETTER protection than vaccine for hospitalization and severe illness. Study - Aug 2020

We knew before the vaccine Natural Immunity works!

"Our collective dataset shows that SARS-CoV-2 elicits **broadly directed and functionally replete memory T cell responses**, suggesting that natural exposure or infection may prevent recurrent episodes of severe COVID-19"⁽¹⁵⁾ – Journal Cell – Aug 2020

*(BMPCs are Bone Marrow Plasma Cells which create life-long immunity)

Now we know it is not only superior but decays slower

Natural infection produces a robust natural immunity superior, according to much research, both in breadth and length of immunity. A very recent study just published out of Israel looking at over 6,000 people found that:

*"In **vaccinated** subjects, antibody titers **decreased** by up to **40%** each subsequent month while in **convalescents** they **decreased** by less than **5%** per month."⁽¹⁶⁾*

We know that antibodies aren't the key but the fact that this study found Natural Antibodies last 700% longer is mind blowing!

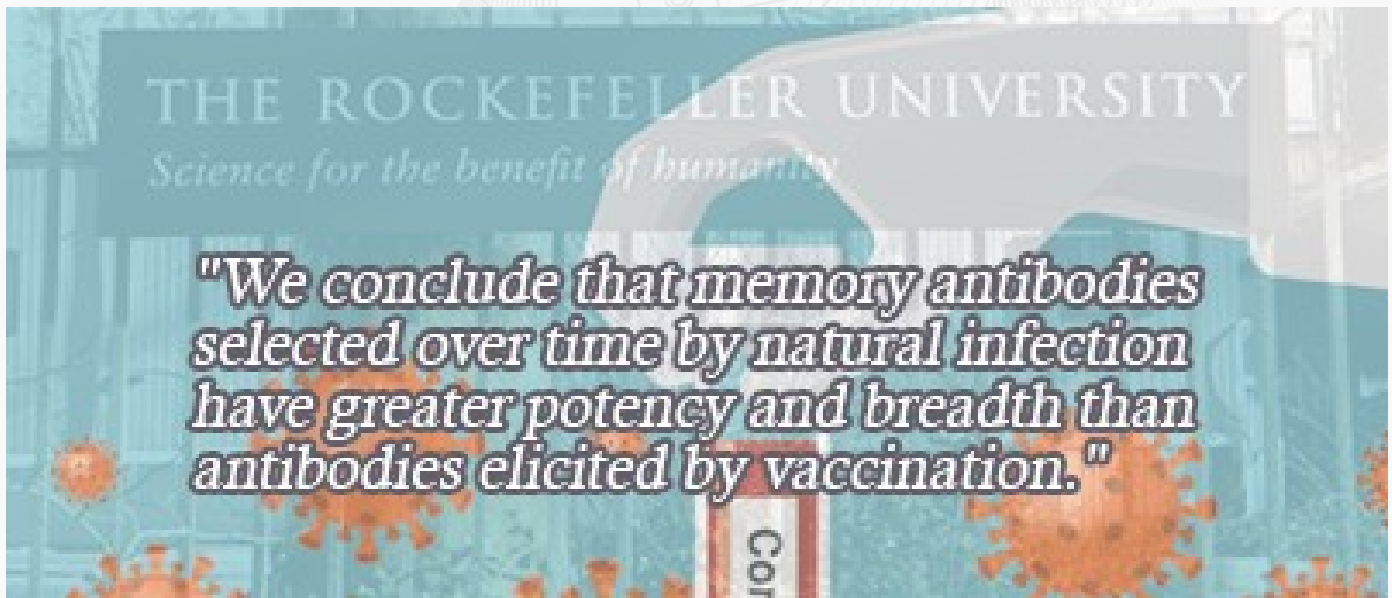
They conclude with a startling statement:

*"In our study, we show that **following vaccination**, the levels of anti-SARS-CoV-2 **antibodies decrease rapidly**, indicating that **BMPCs * may not be created adequately** and therefore [vaccine-induced] anti-SARS-CoV-2 humoral immunity might be transient"⁽¹⁶⁾*

Yet, Journal Nature in a May 2021 study found natural infection produced "**long-lived bone marrow plasma cells in humans**"⁽¹⁷⁾

Natural Immunity vs. Vaccine Immunity – Part 2

What does the science actually say?



Rockefeller Study: Natural Immunity Broader, More Potent

Another paper just published July 29th, and being peer reviewed for the Journal Immunology, found when comparing memory B cells among vaccinated vs unvaccinated that:

"Memory antibodies selected over time by natural infection have greater potency and breadth than antibodies elicited by vaccination."⁽¹⁸⁾

They conclude that boosters would help get the vaccinated up to the same level of immunity as natural infection. Even though I disagree, the fact remains that this study is funded by Rockefeller University and **they are pro-vaccination**. Nonetheless, they found that natural infection is superior in that it produces immunity to all 29 proteins of the Coronavirus whereas vaccination creates immunity only to the spike protein. This means natural infection immunity cannot be fooled by variants and will be much more adaptive to save your life.

Vaccine Immunity DOES NOT grow broader over time. Natural Immunity does

Perhaps the most concerning thing is that vaccines produce initial antibodies and some protection against symptoms **but** that immunity quickly wanes and dies off. In contrast Natural Immunity over time grows stronger and broader. Boosters increase quantitative neutralizing antibodies but **NOT** qualitative such as those observed in convalescents.

Researchers tested vaccine-induced immunity ability to identify variants by pseudo-typing SARS-COV-2 spike protein on HIV-1 but saw no increase in breadth of memory immunity.

They further observed that while **vaccinated** had a **1.9-fold** increase in binding affinity of antibodies between 2-5 months, **convalescents** had a **24-fold increase** between 1-6 months (stronger and lasts longer)

"We conclude that antibody evolution differs in convalescent and vaccinated individuals in that there is less affinity maturation and little increase in breadth between 2 and 5 months after mRNA vaccination,"⁽¹⁸⁾

Natural Immunity vs. Vaccine Immunity – Part 3

What does the science actually say?

RESEARCH ARTICLE

Ultrapotent antibodies against diverse and highly transmissible SARS-CoV-2 variants

Science

AAAS

Journal Science Calls Natural Immunity: “Ultrapotent”

An Aug. 13th, peer reviewed study in the Journal Science calls natural immunity “*Ultra Potent*”(19) and finds that natural infected individuals are actually able to reduce the spread of variants. They state:

*“Our study demonstrates that convalescent subjects previously infected with ancestral variant SARS-CoV-2 **produce antibodies that cross-neutralize emerging VOCs with high potency.** Antibodies isolated from donors infected with ancestral SARS-CoV-2 viruses showed ultrapotent neutralization of emerging VOCs.”(19)*

While vaccine-induced immunity stagnates quickly and stops growing, natural immunity produces “*ultrapotent*”and “*high-potency*” antibodies that identify and stop the spread of variants. VOCs(Variants of Concern) are created by vaccines when resistance occurs and are called “escape variants” - Delta was an escape variant.

Having SARS-CoV-2 once confers much greater immunity than a vaccine—but no infection parties, please

This headline appears in Science magazine Aug. 26th, 2021. The first sentence makes no hesitation:

*“The natural immune protection that develops after a SARS-CoV-2 infection **offers considerably more of a shield against the Delta variant** of the pandemic coronavirus than two doses of the Pfizer-BioNTech vaccine”* (20)

Fortune magazine joins. Aug. 27th, 2021, by calling it “*good news for patients who already successfully battled Covid-19*” but “*shows the challenge of relying exclusively on immunizations to move past the pandemic*”(21)

Often what is not said can be more revealing. In other words, it may be the unvaccinated that are needed to prevent full resistance and untreatable escape-variants.

How Scientific Fraud Blames the Unvaccinated

The media fears you finding truth, that is why they use fact-checker to obscure truth



When they call partially vaccinated “unvaccinated”...

I will start with the solo study among hundreds that is semi-honest. I include it because it gives us insight into why they need to misrepresent the data.

#1. Post-vaccination Infection Among Health-Care workers in Northern California

"partially vaccinated (positive test >14 days after dose 1 and <14 days after dose 2) and fully vaccinated (>14 days after dose 2)"(22)

Key Point: You aren't partially vaccinated until 14 days have passed AFTER your first jab. And you AREN'T fully vaccinated until 14 days have passed AFTER your second jab. This is important!

The only two hospitalized cases in this study were among the partially vaccinated.

They conclude by stating cases were similar among vaxxed and unvaxxed but ignoring the crucial point that it was the partially vaxxed being hospitalized!

#2. Vaccine Status and Covid-19 Mortality (hospital)

This one is really shocking because they have the data, they know who is partially vaccinated and **yet they still commit the fraud.**

They state *"The remaining 53 were considered unvaccinated as they tested positive within 14 days of receiving first dose"*(23)

They openly admit that the reason they moved them to the unvaccinated group was **BECAUSE** they tested positive while partially vaccinated.

#3. Clinical Effectiveness of Vaccination in Solid Organ Transplant Recipients

The opening statement is fairly promising. *"We demonstrate real world clinical effectiveness of COVID-19 vaccination in SOTRs with an almost 80% reduction in the incidence of symptomatic COVID-19 versus unvaccinated SOTRs during the same time."*(24)

Wow, so 80% reduction vs unvaccinated that is great! But... no it is 80% reduction vs partially vaccinated. They mix the unvaccinated with partially vaccinated, again, which skews the numbers. Then they claim no deaths among the vaccinated because they mixed the groups. This kind of reporting of data would not be accepted in any other situation.

How Scientific Fraud Blames the Unvaccinated

The media fears you finding truth, that is the purpose behind fact-checkers much like Hitler's propaganda ministry



#4. Effectiveness of Full Vaccination in Solid Organ Transplant Recipients

There was a **6.12% infection rate among partially vaccinated**.⁽²⁵⁾ No unvaccinated control group. 0.65% infection rate in fully vaccinated. It makes sense that fully vaccinated see less infection because for at least a month they are partially vaccinated and would most likely be infected then.

The key point here is among a sample of 100 studies, the average infection rate is between 1-4%. 4% being a high point. 6% in the vaccinated group indicates a major failing of that vaccine.

#5. COVIDSHIELD Vaccine Effectiveness Among Front-Line Health-Care Workers India

Again, same scenario. You are considered unvaccinated until two weeks after your first jab.

"Individuals were considered unvaccinated (UV) from 16 Jan 21 till their status changed to partially vaccinated. They were deemed partially vaccinated (PV) and fully vaccinated (FV) two weeks after the first and second vaccine dose respectively."⁽²⁶⁾

So we don't miss it let's go over that again. A person is **unvaccinated until their status changes to partially vaccinated.**

And that happens as soon as they get the first jab, right? Wrong! **They are considered unvaccinated all the way until two weeks after the first jab.**

#6. Effectiveness of Covid Vaccine at a Tertiary High-Risk Care Institute

This study has a group called the **non-vaccinated**. The English word non means "**absent**" or "**non-existent**". So saying non-vaccinated literally means **NO VACCINE**! So I expected them to separate the unvaccinated from the people who... well were vaccinated.

*"Partially vaccinated individuals were those who had taken only **one dose and more than 2 weeks had elapsed** after one dose till being tested positive for COVID-19 or till the results were analyzed."*⁽²⁷⁾

*"The non-vaccinated group **included individuals** who either did not receive even a single dose of the vaccine due to any reason **or had received first dose within 2 weeks of testing positive for COVID-19** or till the results were analyzed."*⁽²⁷⁾

So the group that is supposed to NOT be vaccinated includes those who WERE vaccinated up until two weeks after their dose.

Shopping Sources for popular products

Sources for immune herbs/supplements i've seen work

"The physician prescribes but nature alone heals. Foolish the doctor who despises the knowledge of the ancients" - Hippocrates



Zinc by Global Healing

Plant-derived from Guava leaves. No fillers or synthetics.

<https://globalhealing.com/products/zinc>



Quercetin by Global Healing

Plant-derived from Sophora Japonica. No fillers or synthetics.

<https://globalhealing.com/products/quercetin>



Ethiopian or Egyptian Black Seed Oil

They cold-press in-house in the USA and only run the machines for 3 hours a day, which guarantees quality. They also add some sediment back in.

<https://www.bionatal.co/online-store>



Whole Black Seed

Organic whole black seed from Egypt. You will have to grind it when needed but this will last. 1Lb bag is currently \$14.99 which is very reasonable!

<https://www.spicesinc.com/p-9876-organic-nigella-sativa-seeds.aspx>



Sweet Wormwood

Overall I find Gaia products to be good quality and they are independently tested.

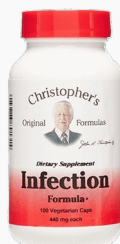
<https://www.gaiaherbs.com/products/sweet-wormwood-certified-organic>



Black Walnut Hull Tincture

This one contains both Wormwood and Black Walnut. If you get this you don't need to buy Wormwood separately

<https://www.gaiaherbs.com/products/wormwood-black-walnut-supreme>



Dr. Christopher Infection Formula

Contains Black Walnut, Goldenseal, Plantain, Lobelia. Take 2 caps every hour while sick.

<https://www.amazon.com/Christophers-Original-Formula-Formerly-Infection/dp/B0007DGNKG>



Echinacea+, Garlic, Cayenne

High potent formula that kicks! Take 1 dropperful every hour when sick.

<https://www.herbdoc.com/echinacea-plus>

Other Sources: For other whole herbs I suggest www.herbco.com www.pacificbotanicals.com or www.etsy.com Frontier and Starwest Botanicals are decent for buying bulk herbs. Herb Pharm is a brand I believe is relatively good. www.fountainvalleyremedies.com/infection-tincture is also a great option. Everything at HerbDoc.com is highly potent.

Note: I am NOT affiliated with any of these companies, have NOT been paid, sponsored, or received any compensation monetarily or otherwise.



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True science is revealed in the beauty, power, and incredible design of nature for the benefit of mankind

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“God has caused to grow out of the ground herbs for the use of man and if we understand the nature of these roots and herbs, and make a right use of them, there would not be a necessity of running for the doctor so frequently, and people would be in much better health than they are today.” - The Place of Herbs in Rational Therapy page 7

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The End...

All good things must come to an end

“Then shall your light break forth like the dawn, and your healing shall spring up speedily; your righteousness shall go before you, the glory of the Lord shall be your rear guard.” Isaiah 58:7, 8

What I ask of you my dear reader!

My book is free, and it is a work of love. The only request I make is that if you use any of the remedies in this book, write me and share your experience. You may email me at:

factcheckyourhealth@gmail.com

Share it!

This little book was created to be shared as a simple quick-start guide for those wanting to protect themselves but not sure where to start. As well as those who have Covid-19 and are looking for education. Please share the link to this book with friends, family, neighbors, and anyone who might read it.

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Dedication: I want to extend a special thank you to the people in my life who pushed me to write this book, encouraged me, and supported me through everything. You know who you are! Sometimes a simple word plants a profound seed. This work is not simply a guide but a reflection of my passion and love of natural healing.

Coaching: I have a limited availability for health coaching. You may email me at factcheckyourhealth@gmail.com to request a coaching session.

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