



KINGDOM *of* HEALTH

Immunity Boosting Basics

Foundations of Immunity

Deep Breathing - Wim Hof Breathing Method

[App](#)

[Official Wim Hof YouTube](#)

[YouTube Playlist](#)

Meditation

[Eye Poking Yogi](#)

Hydration

Nutrition

Sleep

Exercise

Sunlight

Foods

Bone and/or Herb Broth - see recipes below

Cayenne Pepper

Cinnamon

Celery Juice

Clove

Garlic

Ginger

Herbs: Basil, Oregano, Parsley, Rosemary, Sage, Thyme

Honey

Lemons

Onions

Shiitake & Maitake Mushrooms

Turmeric



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Essential Oils

100% Pure & Therapeutic Grade brands like Young Living, DoTerra, Aura Cacia, Eden's Garden & Now Foods

Eucalyptus

Lavender

Lemon

Melaleuca (Tea Tree)

Oregano

Peppermint

Thieves

Thyme

Teas

Organic Chamomile

Organic Echinacea Plus

Organic Lemon Balm

Organic Nettle

Organic Rosehips

Holy Basil or Tulsi

Supplements

Micro - C

Echinacea

Elderberry

Lemon Balm

Nettle Leaf

Oil of Oregano

Olive Leaf

MaryRuth's Organic Liquid Probiotics

Pro-Bio Probiotic

Tao in a Bottle - (NOT to be taken with Lithium)

Zinc



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Medical Medium Healing Broth

Ingredients:

- 4 carrots, chopped or 1 sweet potato, cubed
- 2 stalks of celery, roughly chopped
- 2 onions, sliced
- 1 cup parsley, finely chopped
- 1 cup of shiitake mushrooms, fresh or dried (optional)
- 2 tomatoes, chopped (optional)
- 1 bulb of garlic (about 6-8 cloves), minced
- 1 inch of fresh ginger root
- 1 inch of fresh turmeric root
- 8 cups of water
- Optional: Chili peppers or red pepper flakes

Directions:

Place all the ingredients in a pot and bring to a gentle boil. Turn heat down to low and allow to simmer for about an hour. Strain and sip for a mineral rich, healing and restorative broth or leave the veggies in to enjoy as a light healing soup.



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Rebecca Katz' Magic Mineral Broth

This is my Rosetta stone of soup, a broth that can be transformed to meet a myriad nutritional needs, serving as everything from a delicious sipping tea to the powerful base for more hearty soups and stews. So no matter what a person's appetite, it can provide a tremendous nutritional boost. This rejuvenating liquid, chock-full of magnesium, potassium, and sodium, allows the body to refresh and restore itself. I think of it as a tonic, designed to keep you in tip-top shape.

Ingredients:

Makes 6 quarts

- 6 unpeeled carrots, cut into thirds
- 2 unpeeled yellow onions, cut into chunks
- 1 leek, white and green parts, cut into thirds
- 1 bunch celery, including the heart, cut into thirds
- 4 unpeeled red potatoes, quartered
- 2 unpeeled Japanese or regular sweet potatoes, quartered
- 1 unpeeled garnet yam, quartered
- 5 unpeeled cloves garlic, halved
- 1/2 bunch fresh flat-leaf parsley
- 1 (8-inch) strip of [kombu](#)*
- 12 black peppercorns
- 4 whole [allspice](#) or [juniper](#) berries
- 2 bay leaves
- 8 quarts cold, filtered water
- 1 teaspoon sea salt



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*Kombu is a mineral-rich seaweed (in the kelp family) that adds an umami or savory flavor to stocks and broths. Kombu is usually found in the Asian section of a grocery store near the nori (seaweed sheets) that are used for sushi. Store dried Kombu in a cool dark area in your pantry. [You can also order it here.](#)

Directions:

Rinse all of the vegetables well, including the kombu. In a 12-quart or larger stockpot, combine the carrots, onions, leek, celery, potatoes, sweet potatoes, yam, garlic, parsley, kombu, peppercorns, allspice berries, and bay leaves. Fill the pot with the water to 2 inches below the rim, cover, and bring to a boil. Remove the lid, decrease the heat to low, and simmer, uncovered, for at least 2 hours. As the broth simmers, some of the water will evaporate; add more if the vegetables begin to peek out. Simmer until the full richness of the vegetables can be tasted. Strain the broth through a large, coarse-mesh sieve (remember to use a heat-resistant container underneath like glass or stainless steel), then add salt to taste. Let cool to room temperature before refrigerating or freezing.



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Immune Support Roller Blend

Ingredients & Supplies:

5 ml Glass Roller Bottles

Fractionated Coconut Oil

15 drops Oregano

15 drops Thieves (Cinnamon, Eucalyptus, Rosemary, Clove, Lemon)

10 drops Thyme

10 drops Melaleuca (Tea Tree)

10 drops Lemon

Directions:

1. Add each essential oil to the tube, and then fill the rest of the way with Fractionated Coconut Oil.
2. Insert the roller ball (and cap!) and shake well.
3. Apply to the spine and soles of the feet as needed.



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Wellness & Immune Boosting Acupressure Points

Each wellness acupressure point fortifies your body's vital systems: the lymph, digestive, eliminatory, respiratory, nervous, reproductive, and endocrine systems. Discover how to find and use these eight potent points for yourself and others. These points provide extraordinary benefits for enhancing your wellness.

Love Yourself Well.



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