

Colds, Flues, Coughs, Shortness of Breath, Sore Throats, Headaches

Also, What is Covid really and what can
be done about it?

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Colds & Flues

- What is a cold anyway?
- It's an immune stress condition caused by less than optimal diet, a nice way of saying you've been eating poorly too long and it's cold outside.
- Your body manufactures most of the viruses and bacteria you're exposed to.
- Bacteria and the immune system break down the toxins produced by the bad diet and products of inflammation make you feel bad the inflammation is over.

Treatment of Colds and Flues

- Rest
- Lots of water
- Water fasting if you're brave enough. Water fasting releases 70% of the energy you lose to digestion back to your immune system
- Allicin capsules from garlic and IAG powder from the larch tree.
- These plant based medicines reduce microorganism load, improve immunity and shorten your healing time, the food based medicines like garlic don't hurt your probiotics.

Coughs and Shortness of Breath

- Coughs and Shortness of Breath are signs of either bronchitis or pneumonia
- Bronchitis is simply inflammation of the bronchial tubes that line the lungs. It occurs for the same reason that colds and flues do but may come from the dry air of winter, smoking, or environmental toxicity like working around chemicals

Coughs and Shortness of Breath

- Bronchitis feels like a cold or flu with coughing. Pneumonia is different.
- Pneumonia is inflammation of the lung tissue itself and is far more serious.
- Bronchitis will almost always be self-limiting.
- Pneumonia can and does cause death.

Coughs and Shortness of Breath

- Bronchitis requires the same treatment as colds and flues with extra help to contain the coughing.
- When there is coughing there is excess mucous in the bronchioles, the tubes of the lungs. Reducing the mucous will help
- Mucinex is a plant based medicine you can find at any grocery store or pharmacy, just follow the directions.

Coughs and Shortness of Breath

- If the coughing is super bad, an actual anti-tussive drug may be required, see your family doctor for that prescription. If your coughing doesn't let you sleep you should get that Rx.
- Shortness of Breath is caused by congestion in the lung tissue as in pneumonia. This symptom should really be paid close attention to and may require oxygen which can be achieved through hyperbaric treatments by certain alternative physicians and some hospitals.

Shortness of Breath

- If the lungs can't take up oxygen because they're infected, well, dealing with the infection is number one.
- Allicin and IAG powder are your first lines of defense. You should always keep these 2 bottles on hand, you have an amazing piece of technology there, even though it's really just a sophisticated plant based medicine.

Pneumonia

- Shortness of Breath IS pneumonia and it can be “walking” pneumonia because it’s a mild virus or “bed ridden” pneumonia because it’s a serious bacterial infection of your lungs.
- So getting control of the infection, whatever the cause is paramount. The nice thing about Allicin is that it doesn’t care what is infecting you it knows how to remove it. Bacteria, virus, fungus, parasite, yeast, no difference to Allicin.

IAG

- People sometimes ask me why I ALWAYS include IAG powder when someone is infected.
- The answer is based on the difference between the two substances. Allicin in an immune booster by providing antibody like activity when you can't produce enough.
- IAG boosts YOUR OWN immune system to make killer T-cells that clean up the dead cells that accumulate. Allicin doesn't do that.

Sore Throats

- There are 2 main types of sore throats: bacterial and viral.
- One cool test to determine which one predominates in your throat is to take a large teaspoon of honey into your mouth, warm it up with your tongue until it's a liquid and gargle on your back for 2 minutes. If the sore throat is gone after 5 minutes it's bacterial.

Sore Throat

- Honey is an osmotic antibiotic.
- It causes the bacterial cells to swell up with water and explode.
- Pretty cool huh?!
- If it's viral, this therapy won't work.
- So just take the Allicin in the way it's recommended for if the honey gargle fails using the dosage written in the instructions you receive.

Sore Throat

- Take the IAG powder as well.
- I've had many people who did this only one time and their sore throat never came back. Rose has had both bacterial and viral sore throats, ask her for her experience with them.
- Still, you must change your eating habits, eat less animal food, drink more water, not fluids, water and get more rest.
- Stop burning the late night oil, take it easy.

Covid and What Can Be Done

- So, you listen to the daily CNN reports, the CDC reports, The Biden White House reports, the Pfizer reports and you think, wow, these guys really understand what's going on with this Covid.
- I can see that they really care about me, they're just trying to save my life during this time when this serious pandemic has begun.

Covid and What Can Be Done

- Well, that can't be right, that doesn't make sense. The world's been faced with infections before, every winter until now 40-60 thousand people die of a viral infection known as influenza.
- I wonder what doctors who don't believe in the mainstream narrative think about all this?
- They aren't the CDC, but many of them are well trained, some are actual virologists, but they go around saying things different then the other guys.

Covid and What Can Be Done

- Ok, so what do they say?
- Well, they point to the CDCs own November 2020 report that only 6% of the entire people who died of the flu last year died of the actual SarsV-2 corona virus. 6%! That's about as many as died in 2019 of the regular flu.
- Think about that carefully. This covid IS supposed to be a natural virus that morphed to hurt humans from a bat in China we're told. But it's not that powerful. It hasn't by itself killed more than the regular flu.

Covid and What Can Be Done

- So, what else do these non-traditional guys say?
- Well, the other 94% of the people that died last year were unfortunately dying from heart disease, strokes, diabetes, kidney disease, cancer and auto-immune diseases. Well, if those people were going to die in 2019 anyway, why did hospitals administrators coerce physicians to call them covid deaths in 2020? Follow the money.

Covid and What Can Be Done

- I'm probably preaching to the choir at this point, I would bet most of you already know this but what you may not know is how Fauci, the CDC and Big Pharma schemed to deal with "covid".
- So before I explain what I believe is going on here I need to give you a little background.

Covid and What Can Be Done

- Most people don't know that it was Fauci himself who first began working on the Covi-Sars 2 virus. To be clear the venerable Dr. Fauci bioengineered the corona virus by coding the genetic material in the natural corona virus. The corona virus has been on the earth amongst all animals and humans for millenia. But in 2002 he decided to change it to do what HE wanted it to do. A few years later Congress discovered that he and others were doing this bioengineering and got scared.

Covid and What Can Be Done

- Fauci took a natural corona virus and gave it a “gain of function”, additional genetic codes that would cause more than usual harm to the respiratory system. Congress told him and any others doing this research they had to stop. The Congress created a moratorium on gain of function research. Being the law abiding guy that he is, Fauci said OK but kept on filing for and patenting the virus he had achieved to that point. He actually bribed the U.S. patent office when at first they refused to honor his patents. He also shared the patents with several other virology institutes in Europe and China.

Covid and What Can Be Done

- Well, the Chinese Virology Institute in Wuhan, that received the Covi-Sars 2 virus from Fauci was ordered by the Chinese Communist Party to use it as a senior citizen depopulation control tool.
- So, being good little comrades, the Wuhan Virology Institute released it into to Wuhan population and let it spread naturally throughout their country and eventually into the rest of the world.

Covid and What Can Be Done

- OK. So you say, well I don't believe that, no one would EVER do something like that, you know, purposefully release a virus that specifically targets the weak and immunocompromised individuals in a society.
- I mean, well that's just cruel, heartless, and just doesn't happen in the world.
- Really? They did it Nazi Germany to the Jews.

Covid and What Can Be Done

- Do most of you know of the Nuremberg Code of Ethics? The exact code signed by most nations of the world AFTER the atrocities committed by the Nazis in WW2?
- Well wake up America, our president and state governors like Inslee have just recently violated that very code, a code nations all over the world signed to create a safe and nurturing world for the future of mankind.
- You have a link to the Nuremberg Code in the reference page you received.

Covid and What Can Be Done

- I'm talking about the so-called vaccine now.
- It was released to the public for free and encouraged about 8 months ago.
- How long did it take for them to develop this vaccine? If you figure they had to start just after the virus was first released in December of 2019 and it would take a year as it was administered one year later but you would be wrong. Moderna began developing the vaccine August of 2019, 5 months before there was even ONE Covid case.
- How long did it take on average for every other vaccine in the history of vaccines, about 20 years, 20 years a vaccine would typically be administered to the willing public.

Dangers of the Covid jab

- I hope you noticed I'm generally NOT referring to this jab as a vaccine, unless I'm describing it from THEIR point of view.
- It's does not fulfill the requirements of the name vaccine.
- A vaccine gives the patient "remembered" immunity for a certain period of time.
- This jab does no such thing.
- This jab was supposed to stay at the injection site and release spike proteins into the circulation. They didn't even get that right.

Dangers of the Covid jab

- This jab is actually described as only giving a possible reduction in severity of symptoms.
- Even the drug companies admit people can contract covid after getting the jab.
- Well, to be fair, many people, many children even, get whooping cough and other diseases after being vaccinated. But this is still different.
- The drug companies themselves admit you will get ZERO short or long term immunity from this jab. I would advise you to think about that very closely before you consider receiving it.

Dangers of the Jab

- It is well known now that the mRNA material can be found in every tissue, gland, and organ, including the brain. The developers say they didn't want this to happen because spike protein can be quite toxic if it's produced everywhere rather than at just the injection site tissue.
- So far there have been many symptoms reported to VAERS, the Vaccine Adverse Event Reporting System.
- The first symptom is DEATH.

Dangers of the Jab

- If you read Harvard journals about the actual probable nationwide extent of reporting the deaths for any vaccine to VAERS, so far in the last 6 months about 100,000 deaths from the covid vaccine have occurred even though only about 10,000 have officially been reported.
- This is because doctors and patients get confused about what caused what, get busy with more pressing matters, or are just too heartbroken to do report it. Depression often trumps doing something that might help others in the long run.
- Other side effects of the vaccine include: infertility, menstrual irregularities, cancer, auto-immune diseases, heart damage...well, you get the gist.

Government Mandates

- Recently Inslee COMMANDED state workers and medical workers to get stuck or be fired. That's against the Nuremberg code of ethics. That makes President Biden and Governor Inslee criminals and traitors.
- Don't want to hear a health professional call the defacto president or the defacto governor a criminal? Convince me they're not or convince them to stop their criminal behavior...I just might forgive them if they do.
- But honestly, what are the chances of Fauci, Biden, Inslee, Gates or Big Pharma of stopping this depopulation train when these sociopaths believe they're just doing the right thing for the world? Certainly doing the money thing for themselves.

Dr. David Martin

- David Martin M.D. has followed Fauci through his patent applications for 20 years. David presented the facts to an attorney Reiner Fuellmich who's working on a class action suit to bring down Covid criminals. In his 80 minutes presentation to Reiner and his team he explained that Fauci from 2002, a man who couldn't convince enough Americans to get the influenza vaccine, decided to simply wage bio-warfare on the American public, believe it or not, by crafting a virus that he hoped would kill more Americans than the natural influenza virus did. That may sound harsh but it sure seems to be the truth.

Dr. David Martin

- David also describes how Peter Daszak, president of EcoHealth Alliance, said in 2020 and I quote: “We have to create public hype to get the public to accept the medical countermeasure of a pan-Corona Vaccine and investors [Big Pharma] will follow”. As you probably know, Tony Fauci and other government physicians own patents they can transfer to pharmaceutical companies while they then walk the companies through the regulatory steps to get a drug or vaccine to market. These physicians then receive royalties for their efforts, a direct conflict of interest for a government official to profit from its own research.

Covid and What Can Be Done

- I hope this doesn't offend anyone.
- This is just a historical and legal fact.
- So, what do you do if your livelihood is threatened by an insane, criminal governor or president?
- You do what you can to see if you can get a religious exemption or a medical exemption.
- The state of Washington is making this hard to do but it's what you can try to do.

Covid Jab Exemption Form

- I hold religious beliefs and support the Nuremberg Code of Ethics and seek religious exemption from the “Covid-19 Vaccination Requirement” imposed by either Proclamation 21-14 or by you, my employer.
- I request this exemption and accommodation under the Free Exercise Clause of the First Amendment to the United States Constitution, the Americans with Disabilities Act and Civil Rights Act of 1964, the Washington Law Against Discrimination (WLAD) and Section 2 of the Governor Inslee’s Proclamation 21-14, based upon my sincerely held religious beliefs and the Nuremberg Code of Ethics.
- Proclamation 21-14 specifically provides that even “Health Care Providers and Workers for State Agencies **are not required to get vaccinated against COVID-19** if they are entitled under the Americans With Disabilities Act (ADA) Title VII of the Civil Rights Act of 1964 (Title VII), the Washington Law Against Discrimination (WLAD), or any other applicable law to a disability-related reasonable accommodation or a **sincerely held religious belief** accommodations to the requirements of this order..”.
Proc. 21-14(2)

Covid Jab Exemption Forms

- You can pickup one of these complete exemption forms at the front desk
- Only use them if you have to, don't ask for one if you don't need to and draw attention to yourself unnecessarily.

Treatment vs. Vaccination

- Most progressive, reasonable, common sense physicians are TREATING rather than encouraging people to take a potentially dangerous genetic material into their body that can only reduce symptoms if it actually does that at all. It could easily weaken your killer T-cell system that cleans up the dead cell debris once an infection dies down. This can lead to death.
- Treating is nearly ALWAYS the smarter thing to do than vaccinate for anything.

Dr. Bryan Ardis

- Dr. Ardis's father-in-law was admitted to a hospital for Covid symptoms. He never left.
- Tony Fauci researched the drug Remdesivir which had a success rate of only 50% in African Ebola patients because it causes kidney failure. He decided to promote that drug to ICU physicians around the U.S.
- If you get into the ICU and are given Remdesivir, 30% of you will experience kidney failure.
- The second drug Dexamethazone will add 4% and the third drug Vancomycin will add 10%. That's almost half.
- When you're kidneys fail, fluid builds up around your heart and lungs and you die.

Treatment vs. Vaccination

- It's true, we eliminated Small Pox with a life-saving vaccine. It's possible but hasn't been proven yet that a vaccine eliminated Polio but it's more likely DDT caused polio, it's a neurotoxin capable of producing identical symptoms, but it's more likely that the Congressional banning of DDT ended Polio.
- But in general treating sick people and educating them to eat better and exercise more is the BEST MEDICINE.

Best Covid Treatments

- Some people really like Ivermectin for Covid.
- It's actually quite effective if given in the correct human dosage and form, not the kind you can buy for horses, please don't do that and try to get the dose right. Two people I know tried and got very sick.
- Physicians who use proper human doses of Ivermectin and know its effectiveness are nonplussed at the resistance they're getting from the FDA. Oh, how surprising.
- Ivermectin will kill the virus and improve the function of the hemoglobin molecule damaged by the covid virus.
- It does though kill ALL your good bacteria.

Best Covid Treatments

- Hydroxychloroquin, a form of quinine, is very effective as well especially when taken with reasonable amount of the mineral zinc.
- Emergency room Physicians in Southern California going back a year and half were having great success with it.
- You can make a natural form of this drug, that is make quinine by boiling grapefruit rinds.
- Unfortunately, this drug or even it's natural form, quinine, also kills off ALL your good bacteria.

Best Covid Treatments

- Allicin and IAG powder are my favorites because they do NOT harm ANY of your good bacteria.
- Garlic has been around since the Agricultural Revolution of 10,000 B.C.
- Our good bacteria have grown up with garlic, so a natural détente has occurred and your good bacteria, very important for increasing your white blood cell count, will go about unscathed by Allicin.
- Allicin also fixes the hemoglobin molecule so you can transport oxygen properly.
- Together Allicin and IAG Larch tree powder remove pathogens and repair the immune system in over 22 different ways.

Conclusion

- Treatment is the preferred action to take when sick.
- Vaccines should only be used when everything else has been tried and only after proven to be safe and effective, after many years of development, not just approved by the FDA...which frankly can not be trusted anymore to have our backs. The days of reasonable vaccine research may over.
- The government is supporting Big Pharma over it's former mission to protect you and only you can protect yourself from the Government.

References

- You can download this entire Power Point presentation at www.rickmarschall.com
- Citations for Allicin and IAG Larch powder can be accessed at www.rickmarschall.com
- Dr. Robert Malone, Inventor of mRNA technology discusses the Spike Protein | Interview 718,852 views Jul 8, 2021 about 54 minutes <https://youtu.be/9E2UkhCWosg>
- Dr. Robert Malone, Inventor of using "RNA as a drug" and core mRNA and DNA vaccine technologies. 298,505 views Jul 27, 2021 about 2.5 hours <https://youtu.be/nYkUePQMfKE>
- Dr. David Martin interviewed by attorney Reiner Fuellmich explains his 20 years following the virus patents, greed, and the apparent depopulation drive: <https://forbiddenknowledge.net/there-is-no-variant-not-novel-no-pandemic-dr-david-martin-with-reiner-fuellmich/>
- Dr. Bryan Ardis: <https://www.thedrardisshow.com/pages/dr-bryan-ardis>
- Dr. Bryan Ardis tells the story of his father-in-laws death and how hospitals are killing people (short) https://www.bitchute.com/video/BKBpP5bIJ21B/?fbclid=IwAR0p3I4tXhnyuUGWeYcGfuLq0Z_k-u-r7tVIUA-0aonS1DvluIKLA6vOXRE
- Reiner Fuellmich speaks about going after Covid criminals with a class action lawsuit: https://youtu.be/QBie_mrytmw
- Dr. Li, a Wuhan virologist left China and came to America to whistleblow how the Chinese Party unleashed the bioengineered virus to depopulate China: <https://www.youtube.com/watch?v=U023FSiOdf0>
- Nuremberg Code of Ethics: <https://www.ushmm.org/information/exhibitions/online-exhibitions/special-focus/doctors-trial/nuremberg-code>