

Covid-19 2020

September 2021 UPDATE

Many are so excited to see 2020 EXIT and are wanting to welcome 2021 with open arms. (** and now 2021 is almost over, and looking to 2022. WOW!!) While reflecting on 2020 (2021), I am feeling compelled to share some information that has not made 'main stream media'. It is my hope that it will help welcome 2021 (2022) with healthy insights and positive preparations, as we continue to deal with Covid-19 for an extended period of time.

**Covid 19 with the Delta Variant is prevalent here in September 2021.

With all the latest media hype attacking the Non-Vaccinated, Please allow me to share my perspective, so you don't clump me into the "ignorant/uneducated category". But if you would allow me to share an alternative perspective that you will not hear from mainstream media. Also, as you all may know by now, that I believe God created an incredible 'machine'; The Human Body. There is still soooo much we do not know about this magnificent body, yet we do know that it is equipped to heal and defend itself, **with appropriate support**. (for some that is vaccine, for others it is natural supplementation)

Many of the insights I am sharing, are not my own, but taken directly & compiled from the many medical professionals with whom I work & associate: doctors, nurses, nutritionists, acupuncturists, in addition to reading lots & lots of articles and scowering the CDC website

With the majority of the populace getting vaccinated, I just want to reiterate that the vaccine will NOT PREVENT the getting of Covid but of "lessening the severity" of Covid. The same diligent standards need to be observed, no one should let their guard down.

**09/2021 I have spent HOURS on the CDC website reading studies & articles trying to find out for myself what the truth is. The Mainstream Media is so biased. Most of the studies are speaking of the increase in cases but none of them, except for one out of Massachusetts, compared or listed the Vaccinated vs non-Vaccinated numbers. Please see the graph on page 3 of the report in the [Resources](#). (or click here)

A massage therapy associate in Cary posted on Facebook that he knows of 5 therapists in the area that have tested positive for Covid. 3 of which were fully vaccinated and the other 2 it is unknown of their vaccination status. I took that as a severe warning of needing to be ULTRA diligent in our sanitation routine & health monitoring.

None of the following suggestions can hurt, but only help.

COMMONLY ACCEPTED PREVENTION MEASURES:

The basics, which have been widely circulated in the media..... The **3 W's**.

- **Wash** your hands, OFTEN & with soap and water
- **Wear** a mask. (***There are studies that show that masks are ineffective in preventing the Covid virus, as it is so very small and can go right through mask fibers. BUT, masks do prevent other germs getting through thereby helping your immune system. But masks MUST BE WASHED DAILY or not REUSING DISPOSABLE Masks. DISPOSE Of them.!*)
- **Wait** _ allow 6 foot distancing.
 - Stay home if having any symptoms or have been exposed. (even if you have been vaccinated!)
 - Avoid touching your face, if you do, refer back to **Wash** your hands.
 - Avoid chewing your nails & cuticles, again refer back to **Wash** your hands.
- **Wipe** down anything that gets touched a lot:
 - Door handles, faucets, steering wheels, pocketbooks, purses, wallets, credit cards, phones, computers, & mouse. (and so many more)
- **Stay hydrated**; and just to clarify 'hydration', get your electrolytes, kombuchas, & water, but avoid alcohol as it is dehydrating. Hydration is best achieved from room temperature or body temperature liquids.
- **Get adequate sleep!!** (Melatonin supplementation can help, see Resources)
- **Get outside**: Get Fresh Air and Get exposure to some Sunshine!
- **Get Exercise**: Get some Aerobic Exercise (exercise the lungs, see below.)
- **Manage STRESS**: (breathing, exercise, Tapping**, & more)

NEW IDEAS TO CONSIDER:

- **Oral Health**: okay, maybe not a NEW idea, but needs emphasis!
 - Brush teeth often; after meals or any time in between. (change out your toothbrush often!)
 - Brush tongue
 - Gargle:
 - Warm salt water, even better with a drop of Thieves oil*
 - Thieves mouth wash *
 - Avoid eating foods that cause mucus to form in your throat (dairy, sugar, white flour, processed foods or animal protein) It has also been suggested to AVOID polyunsaturated vegetable oils; corn, soybean, cotton seed, canola & deep fried foods, chips)

• Exercise Your Lungs

Breathing Exercises with Stig Severinsen

I first learned of Stig Severinsen from a Pain Webinar I attended. I fell in love with his technique and have wanted to share with everyone, because I feel it is excellent for handling Stress, improving health, and now especially with the Covid affecting Respiration & lungs. His “Box” breathing and “1:2 ratio” breathing exercises are imperative during this pandemic.

I have included a link to a youtube video of Stig speaking. He gives his own impressive resume of having achieved Guinness World records of holding his breath underwater (20 minutes 10 seconds in 2010) & being an integral part of teaching Navy Seals, Royal Air Force and Denmark military.

<https://www.youtube.com/watch?v=R53GljF7IxU>

- **Box Breathing:**
 - Inhale to the count of 5
 - Hold your breath for the count of 5
 - Exhale for the count of 5
 - Hold your breath for the count of 5
 - REPEAT
 - Then increase to count of 6
 - Then increase to count of 8
 - Then increase to the count of 10 etc....
- **1:2 ratio breathing** (double the exhale. Exhale with slight ‘emphasis’ or force)
 - Start with a 3 second inhale, pause (landing) 6 second exhale with an emphasis on the exhale & then slight pause, (landing),
 - Repeat, increasing the seconds inhaled and exhaled.
 - Do these a couple times a day or whenever you are feeling stressed or you notice you are breathing shallowly.
- **TAPPING FOR ANXIETY:**
 - I have done some tapping but I am not proficient enough to explain but I have resources that can teach us if anyone is interested in having a class. Or check out Tamron Hall’s show from 09/01/2021
 - https://www.youtube.com/watch?v=j1-PPM70_fE
 - <https://www.youtube.com/watch?v=BPqGjcxoPS8>

• SUPPLEMENTS:

- **Vitamin D3/K2** at least 5000 IU (daily through the winter months),
 - take with fat containing meals and not on an empty stomach. If you have a blood test & check your Vit D levels, it is optimal to have **50 – 80 ng/ml**.
 - One article I read *suggested 10k -30k IU a day, at the first signs of a Covid infection. But don't let your Vit D levels go over 100 ng/ml, as that can reach a toxic level. !!! ** look for sources & supplies in Resources below.*
- **NAC supplementation (n-acetyl-cysteine)** production of **glutathione**, the master antioxidant.
 - If you have Covid, *it is suggested to take 1000mg of NAC twice daily until you recover.*
- **Quercetin & Zinc** appears to have a similar effect as Hydroxychloroquine, but without the side effects concerns. The Quercetin has anti-viral properties (which is the action of Hydroxychloroquine) to which, helps force the Zinc into your cells, which slows down the viral replication. Q&Z can be used preventatively to lower your risk of infections.
 - *It is suggested, to take 500 – 1000 mg per day*
 - Preventative – 500mg
 - Active Infection - 1000 mg
 - *Zinc: 15 -30 mg, & higher at the beginning of an infection (50mg)*
- **Vitamin C:** It has not been found to be effective on the virus, but it has been found to lessen the duration and intensity of Covid.
 - *It is suggested 1000 mg a day at onset of Covid symptoms or going to a clinic for an IV infusion of Vit C. ** look for sources & supplies in Resources below.*
- Melatonin: For better/best sleep it is highly recommended to use Melatonin. Or possibly use the [Young Living Kit of Freedom Sleep & Release](#).

• LAST SUGGESTIONS:

- **Ivermectin:** <https://covid19criticalcare.com/wp-content/uploads/2020/11/FLCCC-Ivermectin-in-the-prophylaxis-and-treatment-of-COVID-19.pdf>
 - “Fortunately, it now appears that ivermectin, a widely used anti-parasitic medicine with known anti-viral and anti-inflammatory properties is proving a highly potent and multi-phase effective treatment against COVID-19. Although growing numbers of the studies supporting this conclusion have passed through peer review, approximately half of the remaining trials data are from manuscripts uploaded to medical pre-print servers, a now standard practice for

both rapid dissemination and adoption of new therapeutics throughout the pandemic. The FLCCC expert panel, in their prolonged and continued commitment to reviewing the emerging medical evidence base, and considering the impact of the recent surge, has now reached a consensus in recommending that ivermectin for both prophylaxis and treatment of COVID-19 should be systematically and globally adopted.”

- **SAUNA:** Suggested regular **infrared sauna** use as a great preventative measure. **Sauna use can raise glutathione** levels. (see 2nd bullet above.)
 - *Suggested: 20 minutes a day.*
- **Anti-Viral Herbs or Essential Oils:** garlic, oregano, elderberry, calendula, clove & wormwood.
 - **Antiviral** refers to a substance that can inhibit or stop the development, function or replication of an infections-causing virus. A virus is a tiny microorganism that can only grow and replicate by living on a host cell. Viruses are responsible for causing numerous human infections and diseases.
 - **Thieves YL with extra cinnamon bark** has been found to fight viral conditions. (Diffusing or applying topically.)
- **LED Ultraviolet Sanitizing wands:** The Ultraviolet LED sanitizing wands have been found to eliminate bacteria and viruses to help protect your household from illness. Simply swipe away pathogens with light.

RESOURCES:

Below are links to many of the articles from which I have gathered the above information, plus links to some of the suggested supplements/ sources.

[CDC Chart from Massachusetts](#)

Letter from Doctor on Vaccine: <http://bodyworkconnections.com/wp-content/uploads/2020/12/Letter-on-Covid-Vaccine.docx>

Thieves Cleaner vs Clorox: <https://newschannel9.com/news/local/fourth-grader-wins-science-fair-for-cleaning-product-experiment>

Thieves Oral health line: toothpaste and mouth wash.
https://www.youngliving.com/en_US/products/c/at-home/thieves

Vitamin D article <https://www.hangthecensors.com/485307.html>

Vitamin D article: <https://thenutritionwatchdog.com/vitamin-d-and-immune-function/>

Vitamin D Resource Supplies:

Nature's Sunshine Vit D3 100 mcg (<5,000 IU)
<https://www.naturessunshine.com/product/vitamin-d3/>

Young Livings Super Cal Plus = 1- mcg Vit D and 30 mcg Vit K3 combination.

https://www.youngliving.com/en_us/products/super-cal-plus

Glutathione: N-acetyl-Cysteine (NAC) <https://thenutritionwatchdog.com/you-may-be-missing-out-on-the-most-important-antioxidant/>

Source for NAC/ Glutathione: https://smile.amazon.com/Life-Extension-Glutathione-Cysteine-Vegetarian/dp/BooBRAZIRM/ref=sr_1_11?crd=3W4D2BL5UQWLO&dchild=1&keywords=n-acetyl-cysteine+1000mg&qid=1629556006&sprefix=%28n-acetyl-cysteine%29%2Caps%2C230&sr=8-11

NAC: https://www.healthline.com/nutrition/nac-benefits#TOC_TITLE_HDR_6

Quercetin & Zinc: <https://thenutritionwatchdog.com/quercetin-vs-covid19/>

Vitamin C: <https://thenutritionwatchdog.com/vitamin-c-and-your-immune-system/>

Vitamin C Source: <https://www.codeage.com/products/codeage-liposomal-vitamin-c>

Melatonin: <https://www.youngliving.com/us/en/product/freedom-sleep-and-release-collections-bundle> or
<https://www.arbonne.com/us/en/arb/saratoogood/shop-all/nutrition/liquids/sleepwell-vegan-melatonin-spray/p/6218%20US>

TAPPING: www.youtube.com/watch?v=6AW01rT92Ng
<https://www.youtube.com/watch?v=BPqGjcxoPS8>

SAUNA: <https://blog.paleohacks.com/infrared-sauna/#>

IVERMECTIN: <https://covid19criticalcare.com/wp-content/uploads/2020/11/FLCCC-Ivermectin-in-the-prophylaxis-and-treatment-of-COVID-19.pdf>

[Ivermectin Protocols: FLCCC-I-MASS-Protocol.pdf](#)

Anti-Viral Herbs & Essential Oils: <https://blog.paleohacks.com/antiviral-herbs/>

LED wands: <https://pjmedia.com/news-and-politics/matt-margolis/2020/12/28/research-finds-that-uv-leds-kill-99-9-of-covid-19-virus-n1287493>