



# URGENT! Practical Advice for Coronavirus Prevention and Holistic Remediation

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# Coronavirus Prevention and Holistic Remediation

## CORONAVIRUS

### Precautionary Measures and Health Tips

#### List of Very Basic Things To Do ASAP

*The gravity of the unfolding Wuhan coronavirus pandemic should not be underestimated. Even given what little is known thus far, this **bioengineered virus** ought to be taken very seriously. Hence, every person on the planet is compelled to get their house in order (especially the medicine cabinet) so that they are ready for any eventuality.*

*It's best to take preventative measures—NOW!*

*First, start to eat right (LOTS of garlic and ginger and turmeric and curried foods). Drink Immunity Tea, especially during cold season (the essential ingredients are ginger, cayenne pepper, lemon and honey but don't heat the lemon or the honey, add them after the fresh ginger tea is brewed). Also drink plenty of warm fluids, specifically herbal teas that are decongestants and expectorants. Herbal teas that have antimicrobial and immune-stimulating properties are important when viral infection symptoms are present.*

*Be regular about replenishing and/or replacing the intestinal flora with probiotics; beverage and food-based forms are much preferred to nutraceuticals (e.g. capsules). For those with lactose intolerance and/or casein allergies, acquire some coconut, cashew*

or almond yogurt or kefir. Also consider probiotic rectal implants when significant flora depletion is suspected.

Be sure to stay away from mucus-producing foods and beverages. Avoid dairy (esp. cheese, milk and ice cream—so sorry!), wheat, white sugar, red meat, eggs, soy, alcohol, artificially sweetened sodas, desserts, etc. This is a great time to minimize the intake of processed foods, packaged food, junk food and fast food.

If restaurant food cannot be avoided, be careful to only order the most cooked items on the menu. Raw foods and dairy products are very exposed to environmental pathogens as well as highly vulnerable to kitchen mismanagement practices and other types of contamination. Don't eat out unless you must; and go organic, fresh, locally-grown and seasonal **IN YOUR OWN KITCHEN**. Farm-to-table kitchen practices are the safest during uncertain times like this. And, REMEMBER: **"The cure is always in the kitchen."**

Start to transition your diet from acidifying foods to alkalizing foods so that you move to approx. 75% alkaline and 25% acidic. Especially avoid constipating foods, beverages and supplements such as those with too much Iron.

Regular Exercise, Power Walking, Hatha Yoga, Pilates, Tai chi and Qigong are all great to do. Get as much exposure to sunlight as possible for natural Vitamin D production. A 20 to 30 minute aerobic walk in nature is the single best way to cleanse the entire lymphatic system—A MUST![1] Don't power walk outside when the skies are heavily chemtrailed; you'll feel the health consequences quickly.

Try to sleep well between 10:00 PM and 4:00 AM every night. Keep all technology out of the bedroom including TVs. Use wired landline phones whenever possible, NOT smartphones. Remove all light sources and use an air purifier that generates white noise to cover up distracting night-time sounds.

Change all IT devices in the home from wireless and WiFi to wired connections. Even keyboards and mice ought to be hardwired. Those operating in a 5G environment ought to eliminate all WiFi. Replace the smartphone with an old-fashioned 4G flip phone. (Wuhan City, China was designated a special "5G Demonstration Zone" in the months prior to the coronavirus outbreak.)

**Assemble a first aid kit with Colloidal Silver or Silver Hydrosol, Zinc supplements, Turmeric powder or extract, Vitamin C and Vitamin D. Have a CAL-MAG-POT mineral supplement handy.**

**Acquire some Anti-microbial Essential Oils (especially Oils of Oregano, Basil, Thyme & Peppermint). Get some Thieves essential oil to aerosolize in the ambient environment!**

**Also, have Olive Leaf extract, Pau d'Arco tea and an Echinacea & Goldenseal combo in the medicine cabinet. Buy some Grapefruit Seed extract, in liquid form, for all sorts of medicinal and body care applications.**

**Keep some food-grade Hydrogen Peroxide in the fridge in the event that low-dose HP therapy becomes necessary.**

**Buy some BAC-HP homeopathic remedy to quickly quell any bacterial infections that can weaken immunity. (See purchase link below)**

**Mouth care should include daily tongue scraping first thing in the morning followed by a Sovereign Silver mouth bath (hold 1 tbsp of silver in mouth for 20 to 30 minutes after teeth-brushing.[2] Then spit it out and thoroughly rinse mouth with lukewarm water. For us health nuts, this can be followed with 15 to 20 minutes of oil pulling by swishing around in the mouth 1 tbsp of either sesame or coconut oil. (The toothbrush should be washed with peppermint soap after each use and soaked in hydrogen peroxide at least once a week.)**

**For those who get really sick or are ambitious, do a coffee enema. [3] There's no quicker way to cleanse and refresh the liver blood. Moreover, performing a gallbladder flush / liver cleanse is an effective way to decongest the liver which then enhances the detoxification pathways during sickness, disease or injury.**

**Take a crash course in strengthening your immune system at this website: [The Health Coach](#). For those who are chronically experiencing any form of immunosuppression, it's imperative to do an immune system checkup. Particularly for those folks who have suffered from any of the chronic degenerative diseases or Third Millennium Maladies or Alphabet Soup Ailments (e.g. CFS, EBV, AIDS, HIV, COPD, MS, ALS, Lupus, Lyme, Morgellons, Fibromyalgia, Rheumatoid arthritis and other autoimmune**



disorders), conducting a systematic immune system audit is a **MUST**. Whereas a strong immune response is the **BEST** defense against the coronavirus, a compromised immune system can be quickly strengthened. For example, an infected root canal or cavitation site can be properly remediated thereby removing a constant burden from the immune system.[4]

*Be sure to keep Ethyl Alcohol and Distilled White Vinegar on hand to disinfect contaminated surfaces, especially in the kitchen and bathrooms.*

*The Wuhan coronavirus could develop into a dire situation (i.e. Pandemic) which will then require great vigilance and resolve. Be alert to any unusual symptoms in the home and workplace. Stay away from any individual who is presenting any type of flu symptoms. Avoid all public places, when appropriate, for the rest of this flu season. If you are the family caregiver or a healthcare provider, take all the extra precautionary measures to avoid exposure. Disinfect, Sanitize and Keep Clean wherever and whenever necessary.*

*Lastly, pray for divine protection and guidance for yourself, your family and friends, and your co-workers. Pray, especially, for the people of China and all of humanity: That a speedy and successful resolution to this worldwide health challenge will be found and implemented post-haste.*

**— Integrative Health Consultant & Medical Researcher**

Health References

**CORONAVIRUS GUIDANCE: How to successfully manage viral infections and avoid their serious consequences**

**CORONAVIRUS TIPS: Here are the best ways to immediately treat a viral infection**

**CORONAVIRUSES: The Best Herbs and Essential Oils for Treatment**

# Can Herbal Medicines Fight Wuhan Coronavirus?

Source

[1] **What's The Best Way To Cleanse The Lymphatic System?**

[2] **Sovereign Silver Bio-Active Silver Hydrosol for Immune Support\* - 32 Fl Oz**

[3] **Coffee Enema**

[4] **Root Canals & Focal Infections**

Purchase Link

[https://www.willner.com/shopping\\_cart\\_1.aspx?pid=44484](https://www.willner.com/shopping_cart_1.aspx?pid=44484)

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