

# Pathogens

(viruses, bacteria, fungi, protozoa & worms/parasites)

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**PATHOGENS** are any organism or agent that invades the body and causes disease.

## How do they spread?

Coughing and sneezing can **cause pathogens to spread** through tiny droplets in the air. These droplets can contain microorganisms, which other people breathe in.

They can also travel straight into the gut when a person consumes contaminated water or food.

Bites from infected insects can also spread disease. Pathogens spread through skin contact, bodily fluids, airborne particles, contact with faeces, and touching a surface touched by an infected person.



















**Viruses & Bacteria are the most common** cause of diseases ranging from AIDS and smallpox to the common cold. Viruses make us sick by killing cells or disrupting cell function.

Our bodies often respond with fever (that inactivates many viruses), with the secretion of a chemical called interferon (which blocks viruses from reproducing) or by marshalling the immune system's antibodies and other cells to search for, attack and destroy the invader.

According to Dr. Hulda Clark, the relief is often temporary. Viruses can infect a larger parasite such as roundworm. You need to kill off both roundworm (parasite) and virus in order to recover and heal properly.

**Pathogens reproduce quickly** in your body, many give off chemicals called toxins, which can damage tissue and make you sick. **Immediate action** at the first signs of infection is key for quick positive results.

## Signs & symptoms of pathogen infection

-  Fever (this is sometimes the only sign of an infection)
-  Chills and sweats
-  Change in cough or a new cough
-  Sore throat or new mouth sore
-  Shortness of breath
-  Nasal congestion
-  Stiff neck
-  Burning or pain with urination
-  Unusual vaginal discharge or irritation
-  Redness, soreness, or swelling in any area, including surgical wounds and ports
-  Diarrhoea
-  RASHES
-  Vomiting
-  Pain in the abdomen and rectum
-  New onset of pain
-  Feeling tired or fatigued
-  Nasal congestion
-  Body aches

### STAY HOME AND REST

**HYDRATE** (water, warm herbal tea, thin chicken soup)

### HUMIDIFY/STEAM

**TREAT YOUR SYMPTOMS (BODY ACHES, HEADACHE, FEVER)** with medication.

**SUPPORT YOUR IMMUNE SYSTEM** with nutrition and herbs.

**SLEEP** well. The immune system's battle against invaders reaches its peak activity at night.

**NO SUGAR**, sugar breaks down your immune system.

**RELAX**, everything is better when you relax.

## Treatment



### We suggest the following:

- 🌿 Colloidal Silver
- 🌿 Lamaria/Artemisia
- 🌿 Olive leaf extract
- 🌿 Plus, CHD-FA (derived from Fulvic acid)
- 🌿 MMS
- 🌿 Deworming herbal combination
- 🌿 Origanum oil capsules/tincture
- 🌿 Vitamin C
- 🌿 Vitamin A, E, Zinc & Selenium

### Build your emotional immunity by doing the following:

- 🌿 When you wake up in the morning take time for yourself away from screens. Prepare for the day. Listen to motivational messages and music. Breathe.
- 🌿 Make time to connect and talk to the people in your life.
- 🌿 Be active and spend time outside.
- 🌿 Do things you enjoy, laugh and have fun.
- 🌿 No physical healing is sustainable without also healing our emotions and reprogramming our thought patterns.
- 🌿 Be kind to yourself.

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### Contact us:

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Please note: This information is to arouse interest and awareness. Do your own research and empower yourself.