



There is a lot of talk about viruses right now. Regular flu, the Coronavirus, quarantines, masks. It's enough to make you never want to leave your home! Part of the fear that comes from these kinds of illnesses is the helplessness of not knowing what to do to prevent or treat them. The good news is there are ways to both prevent and treat viral illnesses like we are seeing in the world today.

My goal is to give you the knowledge and help you need to feel able to handle these viruses if they come our way. You aren't helpless. You need to be prepared, not scared.

Let's talk about the coronavirus. There's worldwide concern about it, and The World Health Organization has declared a global health emergency. This virus has spread to more than 24 countries. The number of cases in China is nearing 50,000 and China sees it as a big enough threat to quarantine more than 50 million people. This virus has a two week incubation period where people are still contagious even though they aren't manifesting symptoms. The concern is

for people who have weaker health and weaker health systems and who are ill-prepared to deal with such an issue.

The good news is that while aggressive, most people that are contracting the virus are getting better. There are preventive measures we can use for this virus and other viruses like flu viruses that hit every year. I want to share some natural options for prevention for your home and family.

The number one thing you and everyone in your home can do to prevent infection with disease is hand washing.

I know this sounds simple and maybe even a little silly, but washing your hands is the number one disease prevention thing all of us can do. The World Health Organization recommends washing hands:

1. Frequently throughout the day with soap and water or an alcohol based hand sanitizer.
2. Wash before eating, after using the toilet, before and after preparing food, and after touching animals or their waste.
3. Wash frequently when you are out in public

Be aware of those you are around.

1. Stay at least 3 feet away from anyone that is coughing or sneezing
2. If you cough or sneeze. Cover your mouth with your hand or your bent arm.
3. Do NOT touch your eyes, nose or mouth with your hands.

Throw any used and damp kleenex or masks away immediately, only touching the non-used portion.

The second most important thing you can do for prevention is to build your immune system and

strength. Have you ever wondered why some people get a cold and others don't? It's all related to the immune system. To strengthen it, you can take:

- **Vitamin C** – twice daily. 1,000mg each time. Half that dose for children. You can take more - your bowels will let you know when you've had enough.
- **Vitamin D3**- 5,000IU daily for adults. 2,000IU once a day for children. This should be in a supplement with Vitamin K2 for most efficacy.
- **Multi-vitamin daily** – Look for whole food ingredients.
- **Magnesium daily** – Daily 1000 mg. Can use as a spray or oil on the body as well. This helps the body detox and supports thousands of enzyme reactions in the body and helps reduce stress in the body and helps support the liver functions.
- **Have a healthy Liver!** Our liver is our main defense mechanism. Use a herbal liver tea or tincture every

day. For the tea you can include equal portions of: Red Clover, Milk Thistle, Burdock Root, and Plantain or a premade mix.

- **Eat well** –Food is medicine, and if you leave your body lacking, it will not have the defenses it needs to fight off disease. And on the other hand, if it's well feed with NUTRIENTS not just food, it is strong and resistant to disease.
 - Eat healthy fats** like olive oil, avocado oil and grass fed butter. Avoid vegetable oils, corn oils, soy oils and canola.
 - Eat lean meats**, including fish weekly.
 - Eat lots of plants**, especially greens, cauliflower, broccoli, carrots, cabbages and sweet potatoes. Cooked and raw.
 - Include some healthy grains**, some of which are oats, millet and quinoa for healthy fiber and nutrients.

- **Take a homeopathic flu remedy.** Homeopathics are little understood remedies that use like to treat like. It's similar to the idea of a vaccine, but in extremely dilute quantities, and can be very effective preventatively. There is a homeopathic called **Influenzinum**. You take five beads (or one dropperful) once a day if someone near you is sick, or once a week as a preventative measure.

