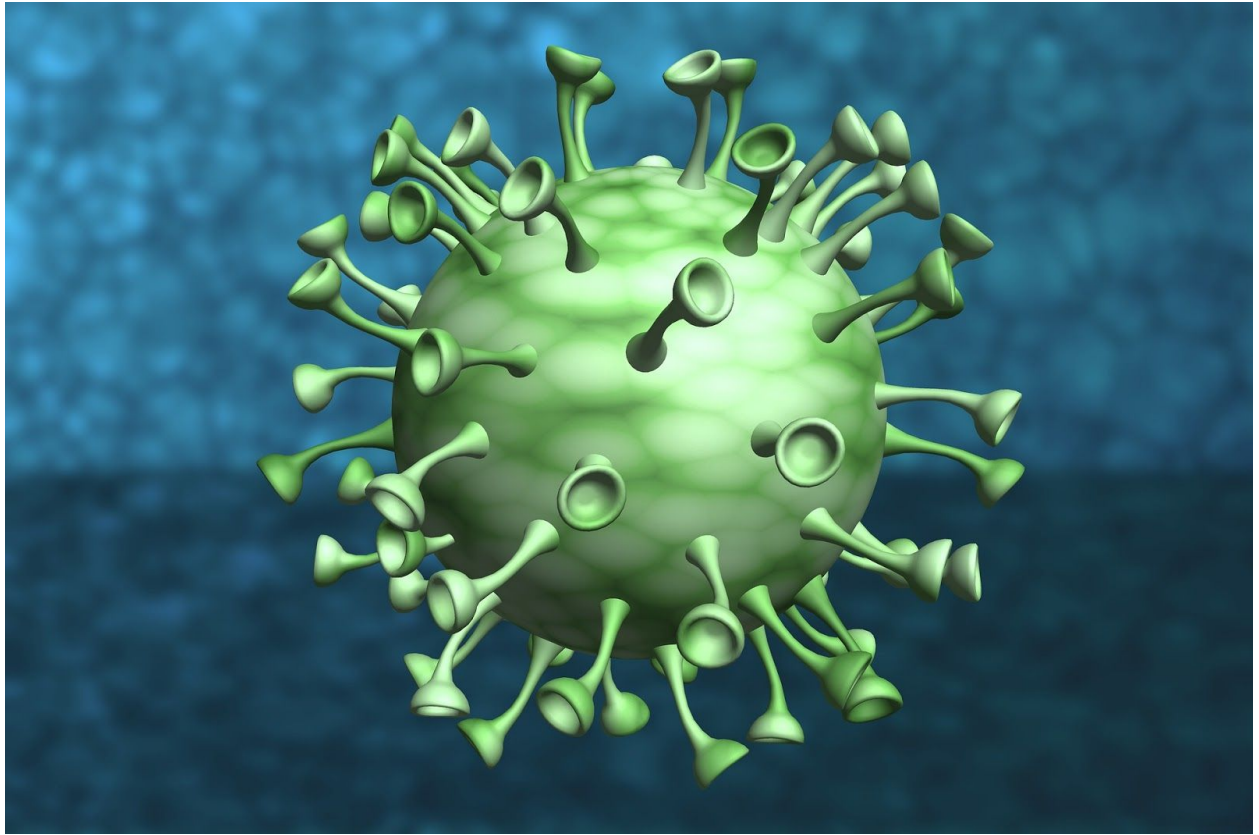


50 Do's & Don'ts During the COVID19 Pandemic



Dr. Roy Martina M.D.

Pandemic

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Pandemic

You've been reading, seeing and hearing lots of information about COVID-19, the infamous Coronavirus, and you've been receiving many suggestions concerning what to do while we're in an active lockdown due to the pandemic. Some of this info is spot-on; some of it's utterly bogus; some of it is biased against holistic medicine; some of it changes every day; most of it can scare you, especially if you've been keeping up with all the numbers that continue to grow exponentially.

As a holistic medical doctor with 40 years of experience, I see it as my duty to advise as many people as possible on how to stay healthy. As a psychologist, my wife, Dr. Joy Martina, also has lots of tips to offer and information to share on how to stay positive and mentally healthy during this time. That's why we've compiled this comprehensive list of the most important, holistic science-backed practices you can use to slow the spread and prepare your body and mind for whatever is coming. We have also made several tools available for you to use in these times. You may think you've taken every precaution, but keep reading and lower your chances of contracting this potentially deadly virus at all costs. And if you do contract it, we'll provide you with the tools to get through it the best way possible. At the end of this document you will find all the resources we offer.

1. First Rule: No Need to Panic!

Be prepared, be vigilant, be informed. But don't be panicked. We will get through this together, even if we have to temporarily remain apart. Measures like the ones you're about to read have worked for our clients and students in China, where the virus first started. Rather than panic, now is the time to learn how to prepare. We recommend incorporating Acupressure tapping into your daily routine. We call this the 5 Elements. [Find the resource here.](#)

2. Don't Think You're Immune

Some people believe they are immune because they are young, but now isn't the time to be complacent. If you're young, you can still develop COVID-19 and serious complications—Millennials are being hospitalized—and are spreading the coronavirus to people who are more vulnerable, like the elderly and immunocompromised, even when they're symptom-free. The biggest danger is people who are asymptomatic and don't know they have the virus. **Follow the social distancing rules and all the tips in this booklet to take yourself out of the equation if you are young.**

3. The Obvious: Wash Your Hands

This is one of the most important protection tools in the fight against COVID-19. Wash your hands after being out in public, after you use the bathroom, after coughing or sneezing, and before preparing or consuming food—basically, as often as is practical. Most importantly, make sure to wash your hands after paying for something or leaving the house.

It is also extremely important that you wash your hands with soap for at least 20 seconds. Soap creates a chemical reaction that removes germs from your hands more efficiently than water alone. Don't use too little or too much—too much soap can prevent thorough rinsing of germs from your hands—and rinse and dry completely. Wash for 20 seconds or more, or as long as it takes to sing “Happy Birthday.” Whatever it takes to get you through.

4. Don't Touch Your Face When Shopping

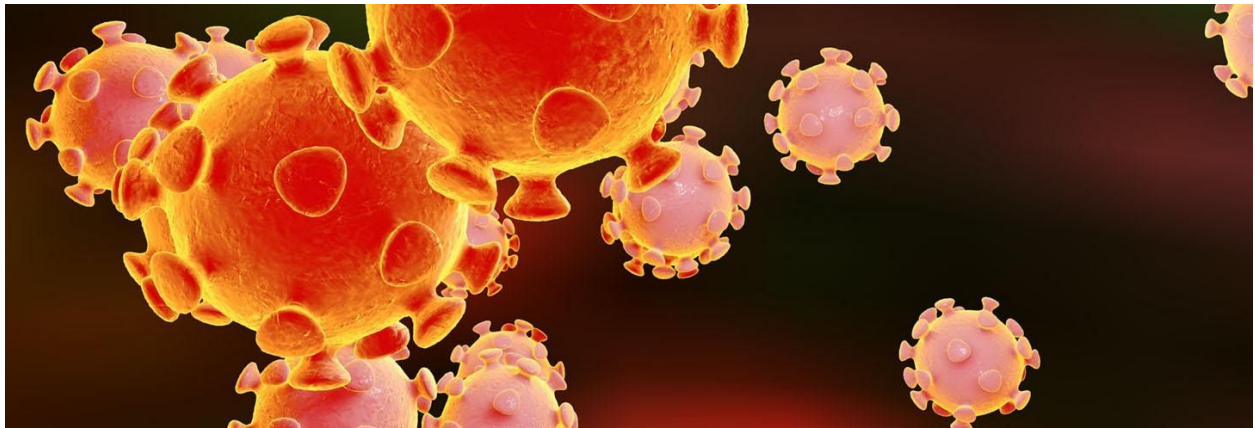
Germs are most often introduced into our body when we touch our eyes, nose or mouth. Sometimes we do it without even noticing. That is one of the main reasons to wear a mask, so you are aware of your face and where you are touching. **We recommend spraying your mask with colloidal silver and tea tree oil (see next tip).**

5. Get Tea Tree, Eucalyptus & Peppermint Oils

We tested many combinations and found these three oils diffused together to be one of **the most effective ways to neutralize virus particles** in your home environment. They are great for your lungs too. Put a few drops of each in a diffuser 3 times a day with water and inhale the vapors slowly for about 3 minutes.

6. Get Emergency Homeopathy in Your House

Studies show that at the very first signs of infection, **homeopathy can be very effective in helping the body shift quickly through the phases of infection.** You can even use homeopathy preventively to protect your lungs. We have prepared a booklet for you: [Homeopathy & COVID-19](#). There are 9 cheap remedies you can use that will prepare you for any situation. [Download it for free here.](#) I have been a homeopath for 40 years, helped cure thousands of patients and have even treated my children entirely with homeopathy throughout their lives. [Find the resource here.](#)



7. Don't Sneeze or Cough Openly

Cough or sneeze into the crook of your elbow—some call it "The Batman Sneeze"—or into a disposable tissue. If you are sneezing or coughing, that could be a sign of infection. Follow the guidelines in the [Homeopathy Book](#) and immediately start taking Colloidal Silver. Also put some in a diffuser and do the vapor breathing every hour with the essential oils and colloidal silver. Feel free to add Hydrogen Peroxide to the diffuser as well.



8. Make a COVID-KILLER Spray & Take it Everywhere

Get a spray bottle and add water, 3 drops of tea tree oil, 3 teaspoons of Colloidal silver and 3 teaspoons of hydrogen peroxide (3%). Now you have **your very own COVID-killer spray**. Take this with you when you go out so you can spray the handles of the supermarket carts, your mask and even door handles.

Researchers have found that the coronavirus can live for [two to three days](#) on hard surfaces like door handles. That's why it's especially important to wash your hands regularly and push doors with your arm or elbow when possible. This is not important if you are at home, but if you have to go out, it's best to wear gloves and spray them and your mask with this magic COVID-killer potion.

9. Adhere to Social Distancing Recommendations

Social distancing guidelines come from a place of knowledge—they've prevented other novel viruses (like the flu of 1918) from exacting an even greater toll. But remember, the purpose is to slow down the spread until there is an effective treatment or vaccine. [We will share all of our expertise with you on how to treat the infection and how to immunize yourself with homeopathy.](#)

10. Don't Attend Large Gatherings

This is a no-brainer, but there are still family gatherings going on and some younger ones are meeting behind closed doors. If you are smart, you want to **be part of the solution not the problem**, so even if it is family, stick to the rules so we can slow down this pandemic together.

11. Take Extra C Depending on Your Risk Category

Vitamin C has been proven to be effective when it comes to fighting the lung problems associated with the severe stages of this virus. These respiratory issues can be caused when the virus attacks the immune system and the immune system overcompensates in its response, creating what is called a cytokines storm. [See our booklet](#) on the use of Anti-Viral Support, finding your exact Risk Category and how to prepare. See the next tip for links to the resources.

12. Anti-Viral Support (AVS) for Immunization

Based on 40 years of personal homeopathic experience, and in collaboration with a team of experts, we have developed what we consider to be the homeopathic version of vaccination, called homeo-prophylaxis. Even though we cannot claim this to be a traditional vaccination, **we have grounds to believe that it can be as effective as a vaccine.** [See the extensive research to back it up in our booklet How to Use AVS. Find the resource here.](#) [Get the Homeo-prophylaxis Vaccine-Immunization here.](#)





13. Wear Face Masks

The CDC may sooner or later advise that “healthy” people wear them. If you combine them with the Killer Spray ([See TIP 8](#)), you will not only protect yourself, but you will protect others. The main reason wearing face masks is important is because the virus

can even be spread by those who don’t have symptoms, so there is absolutely no guarantee of who is infected and who is not. In Japan, scientists discovered that merely by speaking (not even coughing or sneezing) we can spread micro droplets and infect another person. So if you go out and have to go places where there are other people, **wear a mask as a precaution.**

14. Don't Hoard Food

There's no need to panic-buy food. Officials from around the world have said there is no shortage in the food supply and grocery stores will be restocked. Same with toilet paper! This is not a doomsday scenario. The world will not come to an end, **we will return to some form of normalcy.**

15. Don't Go to an ER Unless You're Seriously Ill

If you have COVID-19 symptoms, it's best to call your healthcare provider for advice. Don't go to an ER unless you're having trouble breathing or other severe symptoms; you might infect others there. If your lips, fingertips or toes turn blue that is a serious symptom as well and you should immediately go to the ICU. Have someone call an ambulance for you.

16. Don't Drink Too Much Alcohol

Fear of the unknown makes us insecure and scared but overindulging in alcohol isn't the answer. **Drinking too much can raise blood pressure and reduce immunity,** two factors that could make you more susceptible to COVID-19 and its accompanying complications. Limit your drinks. Men should keep it to 3 or less normal drinks (not bottles) and women should stick to a 2-drink maximum per day.

17. Don't Deprive Yourself of Sleep

Sleep is the prime time for our immune system to recharge. A lack of quantity and quality of sleep has been associated with other serious diseases. Aim for seven to nine hours a night. If you have trouble sleeping, consider listening to one of our relaxing guided meditations. [Here is a free one: Find the resource here.](#)

18. Don't Let Anxiety Take Over

If you feel anxious, we have a whole training designed to guide your body through troubled times. It's called the Omega Healing Series and consists of 12 guided brain trainings that are each 45 minutes long. This guided series has healed thousands of people from all kinds of ailments and we actually recommend that you listen to it while you sleep. [If you attend one of our upcoming live streamed workshops](#), you will receive the whole series for free or [you can purchase it here](#).

Something else that can help if you're feeling anxious is to turn off the news and social media. Breathe deeply for a few minutes. **Practice techniques that reduce anxiety and stress, including mindfulness, meditation and exercise.**

19. Don't Forget to Check in With Others

Social distancing only applies to physical space, not at all to human connections. If you know someone who can't go outside, like an older person, call them regularly. This is the time where our compassionate side can go full blown. Also, it is time to check in with people you have not seen or spoken to for a while. **It is time to care, make up, forgive and start over.**

20. Don't Stop Exercising

Even though gyms may be closed in your area, daily exercise is key to staying healthy. Luckily, working out at home is easier than ever, thanks to apps and sites like Beachbody, Openfit, Aaptiv and Fitbod. Several gym chains have online workouts too. Keep moving! We also have a 'travel' exercise video you can do in under 6 minutes. [Find the resource here](#). **Exercise is physically and mentally important, especially in stressful times.**

21. Don't Eat Poorly

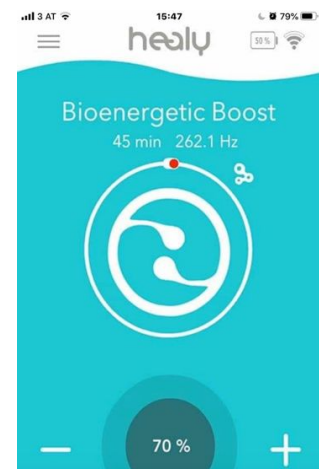
Stress eating could turn the COVID-19 quarantine into its own individual issue if you are constantly feeding yourself with chips, ice-cream and other empty calories. Don't let it; that will only compromise your overall health and depress your immune system. When you're buying groceries, go for complex carbs like fruits, vegetables and whole wheat or brown rice and stay away from processed foods and baked goods like white bread, cake and donuts.

22. Don't Share Conspiracies and Bogus Stories

We all want our friends, loved ones and community to stay informed about COVID-19, but there is a lot of bogus information going around, and it can be difficult to tell what is true and what is false. We have compiled the most common things you need to know in a booklet: "[What You Must Know About COVID-19](#)". [Find the resource here.](#)

23. If You Can, Get the HEALY App.

This is the most advanced wearable tech you can get on the market. It even has a program to **boost your immune system**. This is a biofeedback device that measures your body's energy frequencies, finds any imbalances and corrects them using frequency medicine. In my 40 years as a Medical Holistic Doctor, I have never seen such an advanced device at such a good price. [Want more information: click here.](#)



Healy program to assist the immune system during the COVID-19 PANDEMIC.

24. Spend Time in Nature

Going outside during social distancing is a very good idea. Do it as much as possible. **Getting some fresh air and spending some time in nature is healing.** While out, remember to keep your distance from others. Walking, hiking and biking are good. Contact sports are a no-no.

25. Self-Quarantine if Possibly Exposed

This is key to slowing the spread of the virus, experts say. Follow your healthcare provider's instructions. [See our booklet on the 5 Phases of COVID-19 and what to do when.](#)

26. Should You Self-Isolate in the House as well?

If someone in your house is ill with COVID-19, you should consider everyone exposed! It is ridiculous to believe that you can self-isolate in a household and think by avoiding sharing towels, bedding, glasses, plates and silverware until you're recovered, you are keeping the others safe. **If you believe someone in your house is infected, immediately start the Phase 1 or 2 Protocol** (depending on the symptoms). [Find more information on the Phases and treatments in the Homeopathy and COVID-19 booklet.](#) If you haven't already downloaded the booklet: [Find the resource here.](#)

Also find a detailed protocol for your Risk Group in the book Anti-Viral Support. if you haven't already downloaded the booklet: [Find the resource here.](#)



27. Join us on our Livestreams

If you missed out on one of our workshops featuring the specific tools we teach to get you ready to combat COVID-19, don't worry! **You can still join us, and we are offering a big discount.** [Find the resource here.](#)

28. Follow us on Facebook

We regularly give updates on Facebook. [Join us here and follow us to stay up to date on the latest developments.](#)

29. Subscribe to our Mailing List

We send out our email updates in 4 languages, so **our newsletters are another great way to stay informed.** [Sign up on our website here.](#)

30. Visit us on Instagram

We like to post tips, tricks and inspirational topics in multiple languages, so please feel free to join us on Instagram as well! [Follow us here.](#)

31. Disinfect Your Cell Phone

Even in normal times, your cell phone can carry seven times more germs than the average toilet seat. **Wipe them clean with your Virus Killer disinfectant regularly.**

32. Don't Feel Helpless to Help Others

These are unforeseen circumstances, but **staying at home doesn't mean you're powerless to help others.** Michigan Health has a [great list](#) of things you can do, from donating to food and diaper banks to helping the homebound.

33. Don't Forget to Wash Your Hand Towels

Experts recommend washing your kitchen hand towels after two days of use, in hot water, with a bit of bleach or a product with activated oxygen bleach.

34. Don't Take Ibuprofen & Advil

Some European doctors have reported that taking NSAIDs (non-steroidal anti-inflammatory drugs) such as ibuprofen seems to make COVID-19 worse

in some cases. They recommend **taking acetaminophen (Tylenol) instead**. This is still [controversial](#), but it's worth asking your healthcare provider and following their advice.

35. Bitter Lemon Does Nothing for You.

There is research going on that an antimalaria drug derived from quinone may be helpful. Some people have been advising us to drink a lot of bitter lemon and bitter beer, etc. It has zero effect, **don't waste time and money on bogus advice**.

36. Boost Vitamin D Supplement

Among other benefits, **Vitamin D boosts the immune system**. Take around 2000 I.U. a day to be sure your levels are good and you have no deficiencies.

37. Don't Take the Flu Shot

If you haven't gotten one, don't worry. It won't protect against COVID-19, however **using Echinacea and Elderberry will strengthen your immune system a bit**.

38. Meditate for High Blood Pressure and Take Meds.

If you're on medication or a lifestyle-change regimen for high blood pressure, don't discontinue them. High blood pressure has been associated with worse outcomes for people who contract COVID-19. In addition to your medication, **meditating 3 times a day for 15 minutes can help too**. [Or listen to the Omega Healing Series](#).

39. Eat Extra Veggies

As always, try to **eat as many fruits and vegetables as possible**—they contain vitamins, minerals and compounds that can boost your immune system.

40. Don't Handle Cash (If You Can Help It)

Initial reports indicate that cash might help spread coronavirus. Pay with plastic whenever possible. **Clean your credit, debit and bank cards** when you get back home.

41. Don't Touch a Public Screen or Keypad

(Without Washing Your Hands afterwards)

The checkout screens at grocery stores and keypads at banks and ATMs were notoriously germey even before the coronavirus outbreak. **Bring a pen with you and use the non-writing end** to press keys and sign your signature.

42. Don't Use a Community Pen

Bring your own writing utensil with you anywhere you might need to use one—to the bank, doctor's office or other essential places.

43. Don't Play the Blame Game

Viruses don't belong to one country or discriminate about who they infect. **Blaming one country or group of people for COVID-19 isn't emotionally healthy or constructive.** We are all in this together and our focus should be on the future we want to create.



44. Donate the Anti-Viral Support to an Elder

While Anti-Viral Support is good for everyone, not everyone can afford it. **If you're looking to do some good, consider buying [Anti-Viral Support](http://www.optimaformula.nl)** for someone you know (or even a stranger!) that is in one of the high-risk groups like the elderly or immunocompromised. You can find the link for Anti-Viral Support and Colloidal Silver here: www.optimaformula.nl.

45. Don't Take Children to Playgrounds

While many parks and playgrounds remain open, playground equipment is rarely (if ever) disinfected. **Always carry your COVID-Killer Spray with you.**

46. Don't Go Out When You're Sick

If you feel ill, stay home. **TAKE ZERO CHANCES.** If you have to go out, wear a mask and spray it. Inhale the diffused combination of oils, colloidal silver and hydrogen peroxide for at least 15 minutes to clear your lungs and sinuses the best as you can.

47. Disinfect "High-Touch" Surfaces

Make this a daily habit. **Take a minute or two to wipe down frequently touched surfaces** such as computer keyboards, remote controls and light switches.

48. Keep Distance: Don't Close-Talk

One day all will be normal again. But some habits are hard to break. **Wear your mask.** If you run into a friend on the street, try to stay three feet apart for the time being.

49. Don't Visit the Grandparents (or Your Grandkids)

Older people and anyone with a medical history are more susceptible to complications from COVID-19. Move any visits to FaceTime for the time being. **Keep everyone safe including yourself.**

50. We are Here to Help

We have created a hotline email for any questions you may have: covid@christallin.com. We are happy to do this as a free service. The reason we charge for our online trainings is because we have an international team of 18 people working overtime to help thousands of people worldwide. **We are also giving away a lot of free stuff and information.** [Please support us by attending one of our online workshops when you can.](#) [Read our FAQ on COVID-19, here.](#)

Last Thought: Sharing is Caring

We helped over 60,000 Chinese people stay strong when the COVID-19 pandemic started at the beginning of this year. We are now helping them through the aftermath and anxiety of the experience.

What we know with certainty is that together, **we can get through this pandemic with fewer severe infections and fewer deaths.** Please forward this to someone you care about, so they can do the same. The more people that this reaches, the more will be informed and prepared.

Thank you, thank you, thank you.

Drs. Joy & Roy Martina and the rest of the Quantum Multiversity team.