

“Coronavirus, Homeopathy and Pneumonia, 4”

May 14, 2020, London, U.K.

Centre for Homeopathic Education and Lotus Health Institute

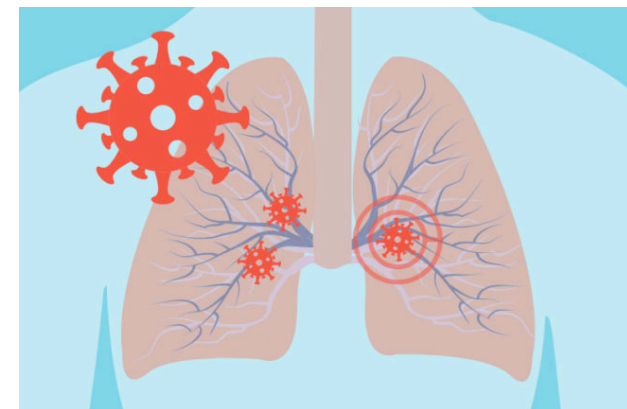
taught by Robin Murphy, ND

Welcome Everybody!

“May Your Vital Force be Healthy, Happy and Strong”

Seminar Topics

- 1. Covid-19 Info and Updates**
- 2. Covid-19: Hypoxia and Hypo-oxygenation**
- 3. Covid-19: Chronic Effects of Pandemics**
- 4. Covid-19: Convalescence and COPD Remedies**
- 5. Covid-19: Convalescence and COPD Repertory**
- 6. Natural Remedies for Covid-19 and COPD**
- 7. Medical Qigong of Respiratory Health**



lotushealthinstitute.com



info@lotushealthinstitute

General Disclaimer

Medical and historical information or statements made within this webinar are not intended to be a substitute for the diagnosis and/or treatment of any health or physical disease or condition. The content made available through this webinar is not intended to replace the services or treatment of any physicians or a health care professionals.

The information made available through this webinar is for historical and education purposes only. Medical history reveals that homeopathy has successfully treated: Colds, Influenza, Bronchitis and Pneumonia for over 200 years.

*These statements have not been evaluated by the Food and Drug Administration.

Alternative Views of the Covid-19 Pandemic

<https://lbry.tv/plandemic-documentary:1b9806cf8b1b5115ba404ad86ee18514c1994bd5>



“Homeopathy for Health Care Freedom and Human Rights”

Healthcare is a matter of Personal Freedom and Choice



Thomas Jefferson

(April 13, 1743[a] – July 4, 1826) was an American statesman, diplomat, lawyer, architect, who served as the third president of the United States from 1801 to 1809.

“Those who won their religious and civil freedoms from the tyrannies of the old world realized they needed to entrench that blood-bought liberty in all its fundamentals.

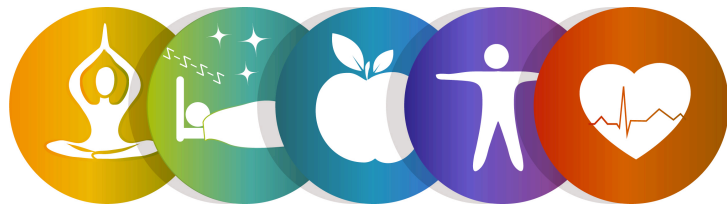
“If people let the government decide what foods they eat and what medicines they take, their bodies will soon be in as sorry a state as are the souls who live under tyranny”.



Healthcare is a matter of Personal Freedom and Choice



Benjamin Rush, MD
(January 4, 1746 – April 19, 1813)



Dr. Benjamin Rush was a physician, educator, writer, patriot leader, and a signer of the U.S. Declaration of Independence (1745-1813). He wrote,

*“Unless we put **medical freedom** in the Constitution, the time will come when **medicine will organize itself into an undercover dictatorship**. To restrict the art of healing to one class [of men] and deny equal privileges to others will constitute the Bastille of medical science.*

***All such laws are un-American and despotic and have no place in a republic.** The Constitution of this republic should make special privilege for **medical freedom as well as religious freedom.**”*

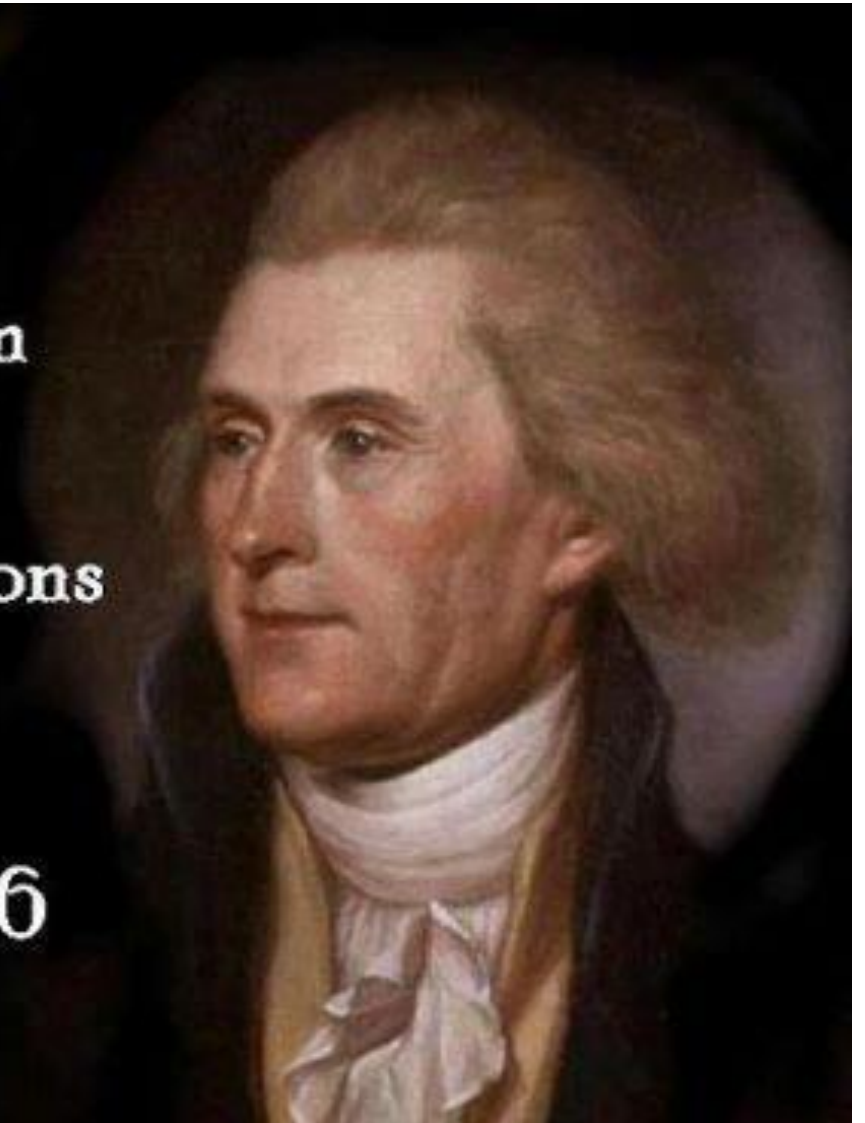


“Homeopathy for Health Care Freedom and Human Rights”

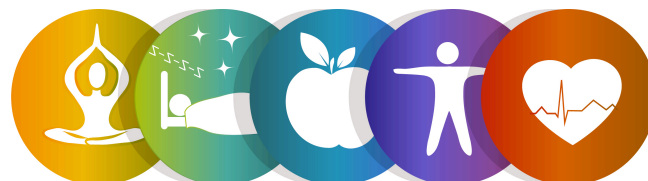
Healthcare is a matter of Personal Freedom and Choice

"The end of democracy and the defeat of the American Revolution will occur when government falls into the hands of lending institutions and moneyed incorporations."

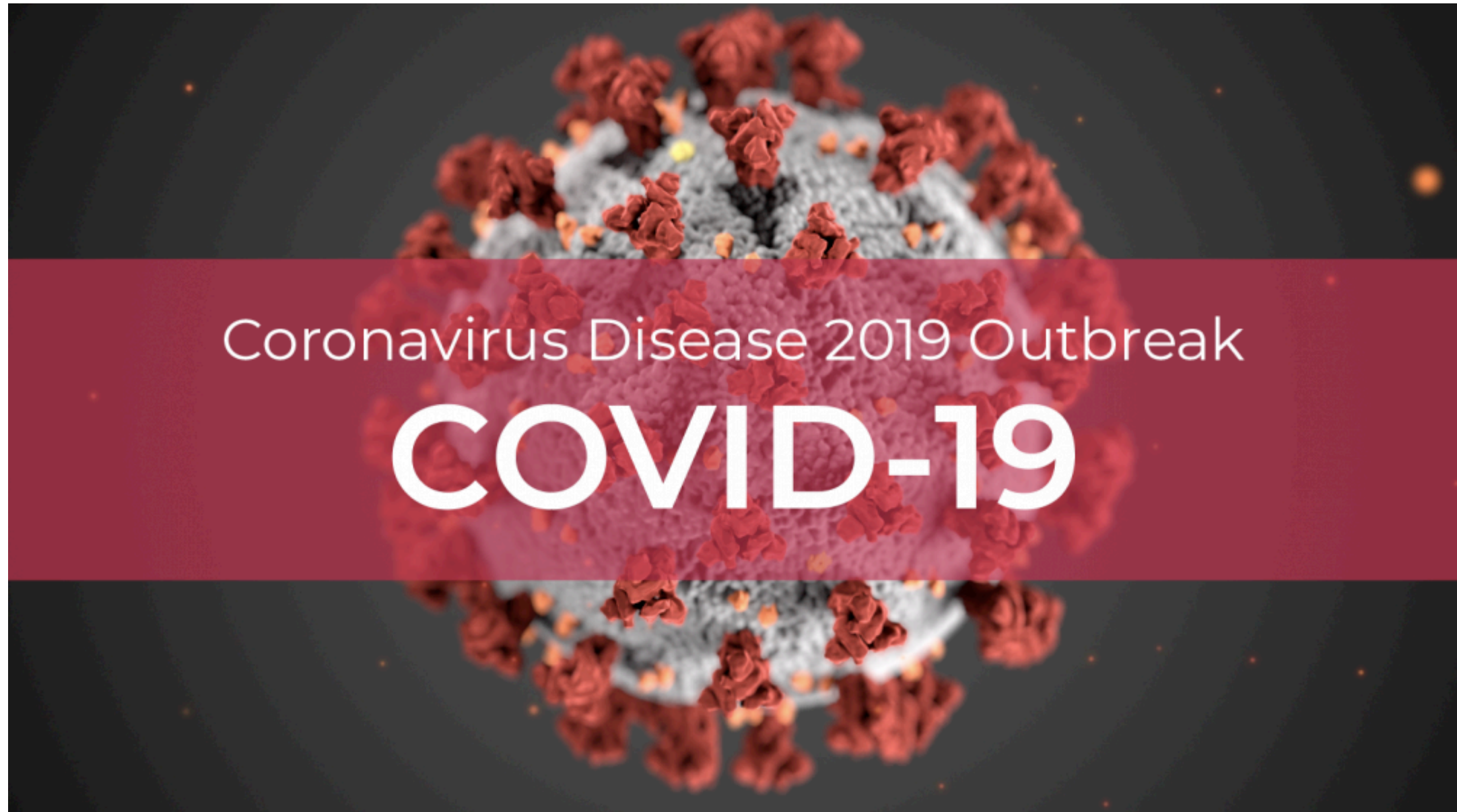
-- Thomas Jefferson, 1816



Big Pharmacy, Insurance Companies, Hospitals and the Medical Industry



1. Covid-19: Info and Updates



2019-nCoV
acute respiratory disease

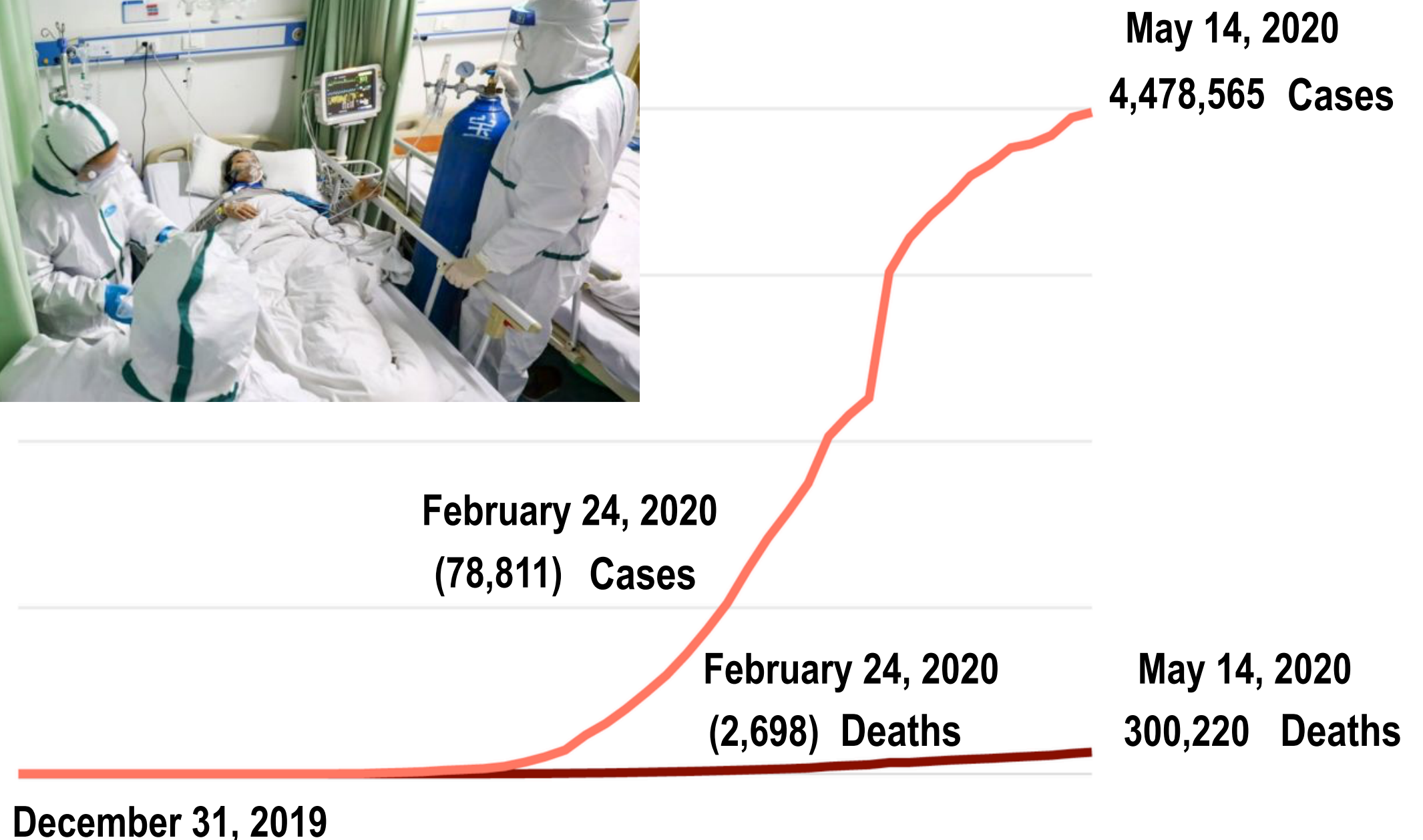
SARS CoV-2 2019
Novel Coronavirus

CoVid-19
Coronavirus disease 2019

1. Covid-19: Info and Updates

May 14, 13:30 gmt — Coronavirus death toll passes 300,000

There are currently **4,478,565 confirmed cases** and **300,220 deaths** from the coronavirus **COVID-19** outbreak as of **May 14, 2020, 13:01 GMT**.



1. Covid-19: Info and Updates

Covid-19: Pathogenesis

1. Incubation period

The incubation period, the time between infection and first symptoms appearing, varies widely, but is **five days on average**.

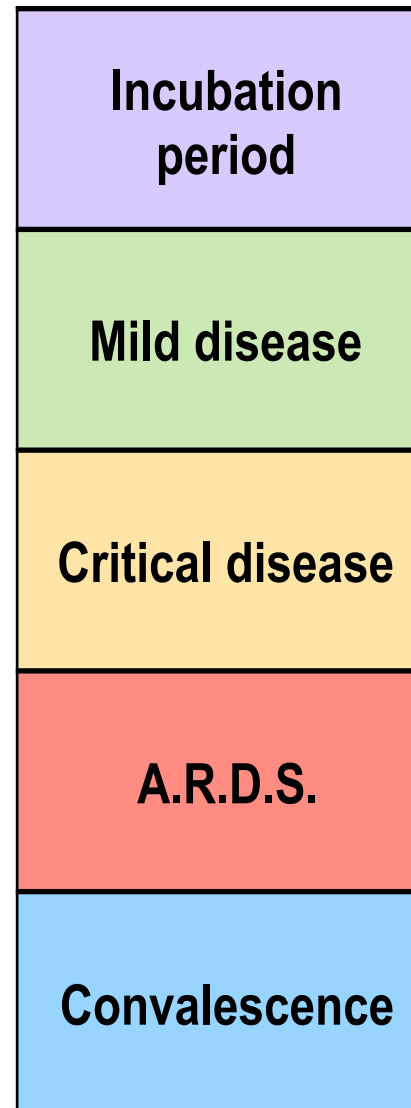
(Use Preventive remedies)

2. Mild disease

Covid-19 is a mild infection for **eight out of 10 people** who get it and the main symptoms are a fever and a cough.

This stage lasts about a week - at which point most recover because their immune system has fought off the virus.

(Use Cold and Flu remedies)



**HOMEOPATHIC
MEDICINE**

3. Severe disease

If the disease progresses it will be due to the immune system overreacting to the virus. This stage is thought to affect around **14% of people**, based on data from China.

(Use Flu and Pneumonia remedies)

4. Acute Respiratory Distress Syndrome

It is estimated around **6% of cases become critically ill**. By this point the body is starting to fail and there is a real chance of death.

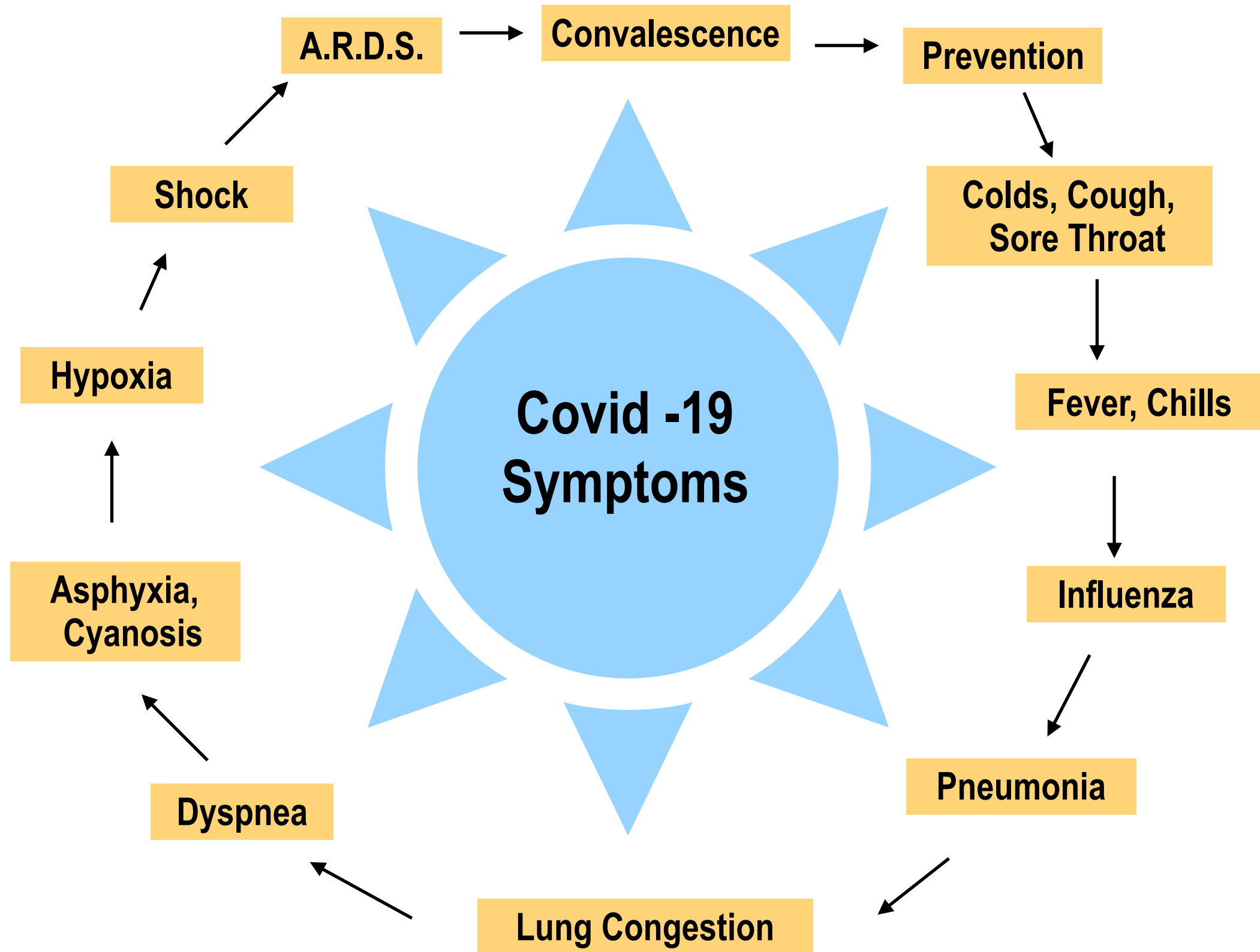
(Use Pneumonia and A.R.D.S. remedies)

5. Convalescence and Recovery

This stage can last about 2-4 weeks at which point most recover. Others have chronic illness from effects of Covid-19

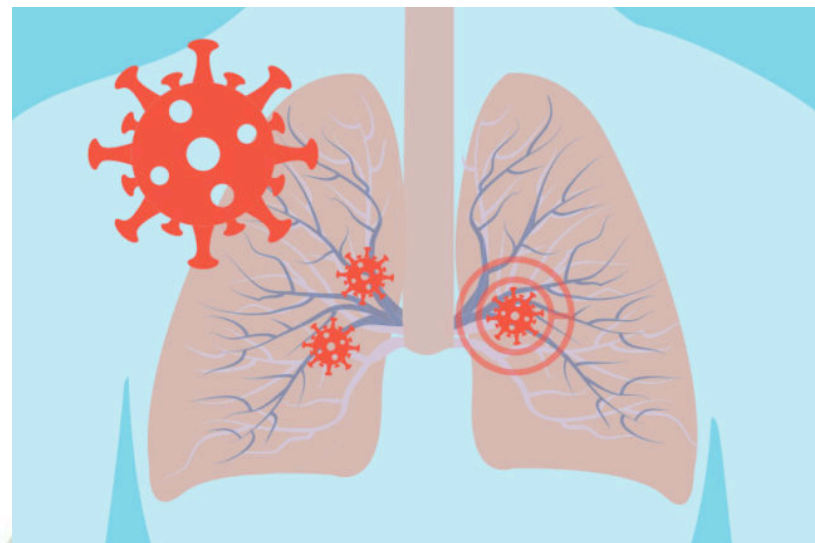
(Use Convalescence and C.O.P.D. remedies)

1. Covid-19: Info and Updates



2. Covid-19: Hypoxia and Hypo-oxygenation

Covid-19: Hypoxia and Hypo-oxygenation



2. Covid-19: Hypoxia and Hypo-oxygenation

IMPORTANCE OF OXYGEN IN THE BODY

The human body has around 1000 billion cells, even more than stars in our galaxy.

Out of these, 600,000 million of them die every day, and they are replaced with new ones.

This means that each second we live our body creates around 10 million new cells.

One epithelial cell from our skin lives around two weeks, three months in the case of our bones.

All of these cells need oxygen to carry out their function correctly, even those cells deep within our bones.



2. Covid-19: Hypoxia and Hypo-oxygenation

Hypoxia: Hypo-Oxygenation Syndrome



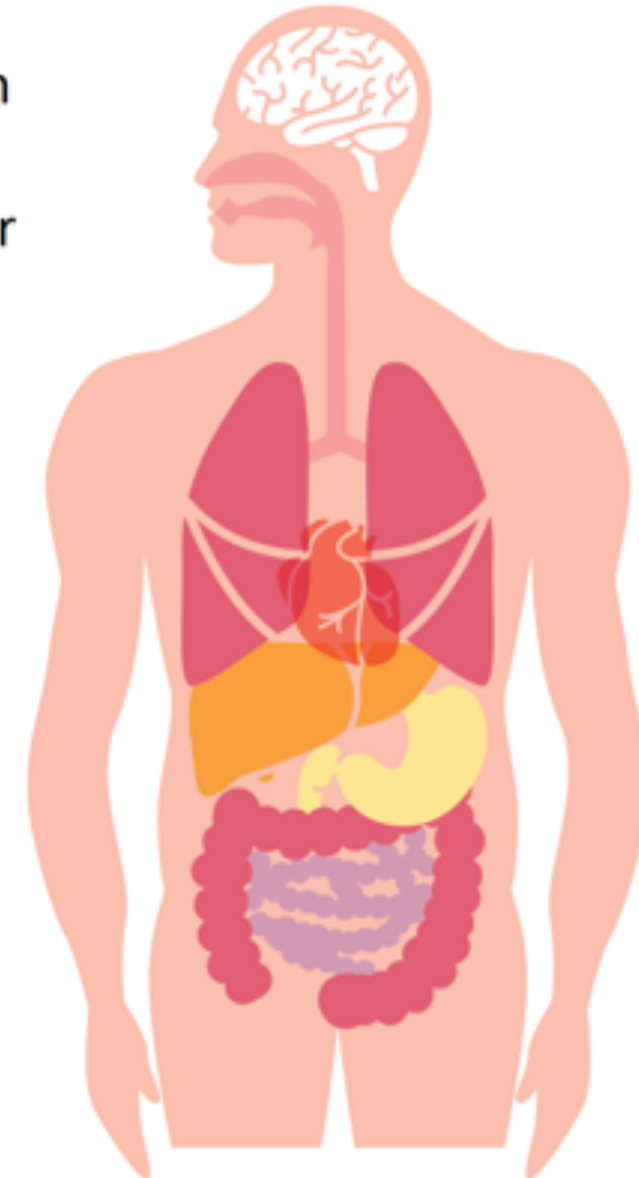
Since metabolism is the process by which **energy** is used. When we breathe, our respiratory system gives off carbon dioxide in exchange for oxygen, all in a coordinated effort to facilitate the continuous metabolism of every cell in our bodies.

From converting calories in food into usable energy to synthesizing proteins, our cells are always busy.

The more energy our cells can use, the more efficient they are in carrying out vital biochemical tasks.

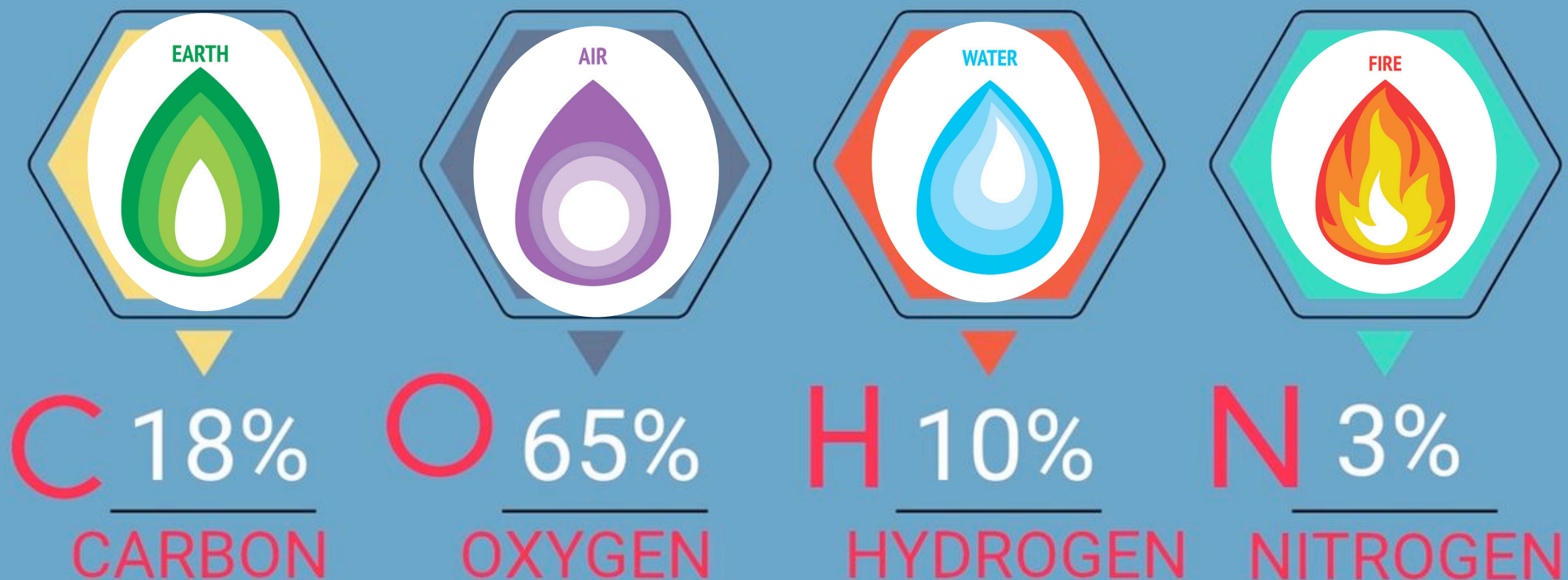
The metabolic boost resulting from increased oxygen can aid healthy weight loss.

Likewise, ample oxygen is needed for proper muscle function and recovery.



2. Covid-19: Hypoxia and Hypo-oxygenation

4 elements make up over 98 % of all biological matter:



Earth

Air

Water

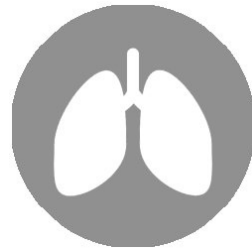
Fire

Ancient Medicine: The Four Elements of Life

2. Covid-19: Hypoxia and Hypo-oxygenation

Bioenergetics: The Hierarchy of Life

Air



Air: Inspiration-Expiration cycles

Water



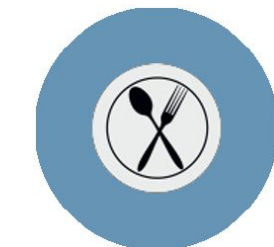
Water: Drinking-Urination cycles

**Space
Time**



Sleep: Sleep-Wake cycles

Fire



Food: Digestion-Elimination cycles

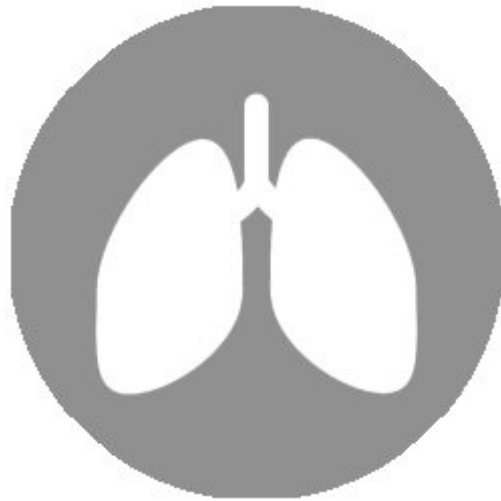
Earth



Movement: Activity-Rest cycles

2. Covid-19: Hypoxia and Hypo-oxygenation

Hypoxia



Hypoxia: Hypo-Oxygenation Syndrome

Oxygen: The Air Element

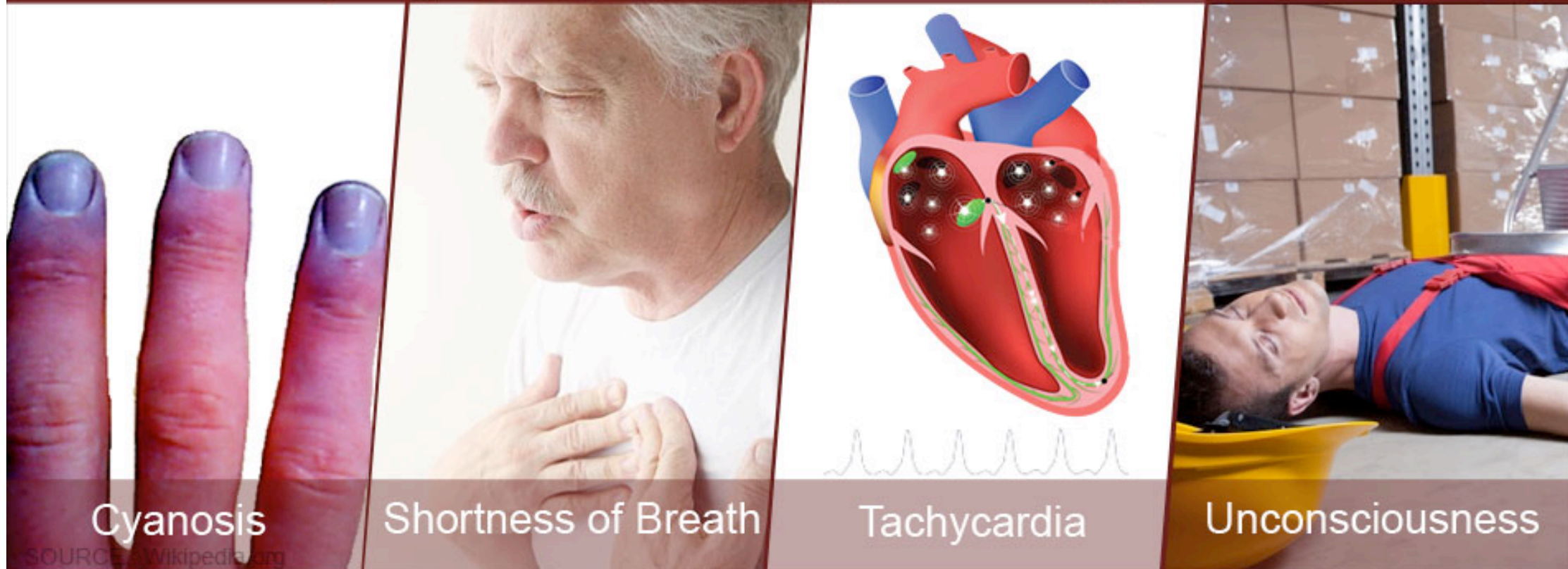
Air-Breathing - Oxygen is the most essential human needs. We need a consistent supply of it to function properly. Without access to oxygen, you can experience a condition know as **cerebral hypoxia** which affects our health. As little as **5 min without air can result in brain damage**, and **after 15 minutes**, the brain damage can be so severe that most people will not recover. **This is the body's greatest need.**

When your body doesn't have enough oxygen, you could get [hypoxemia](#) or hypoxia. These are dangerous conditions. Without oxygen, your [brain](#), [liver](#), and other organs can be damaged just minutes after symptoms start.

Hypoxemia (low oxygen in your [blood](#)) can cause hypoxia (low oxygen in your tissues) when your [blood](#) doesn't carry enough oxygen to your tissues to meet your body's needs. The word hypoxia is sometimes used to describe both problems.

2. Covid-19: Hypoxia and Hypo-oxygenation

Symptoms and Signs of Hypoxia



Symptoms of hypoxia often include:

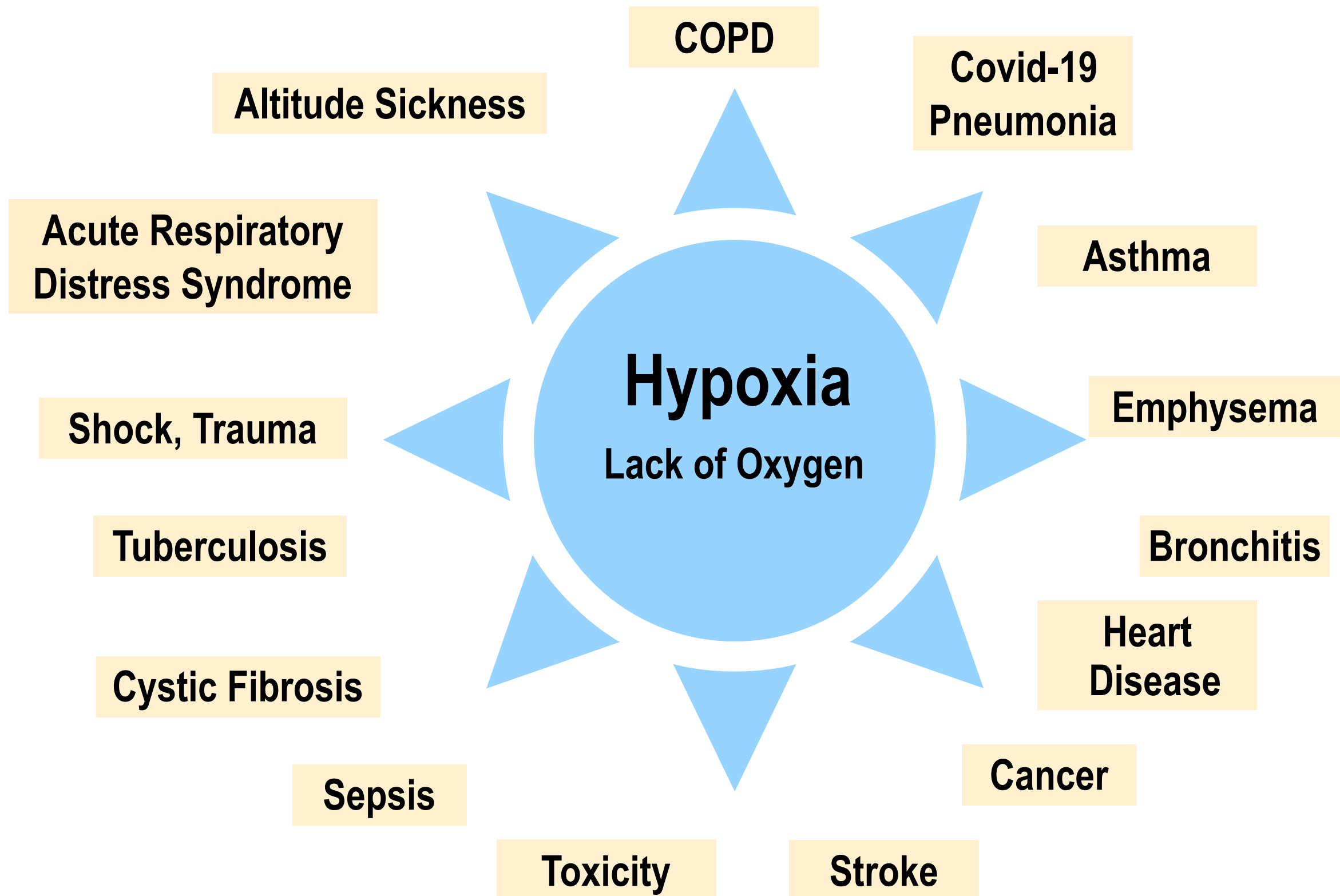
- Anxiety and Restlessness
- Shortness of breath while resting
- Decreased tolerance to physical activity
- Waking up out of breath, sleep apnea
- Severe shortness of breath after physical activity

Symptoms of hypoxia often include:

- Feelings of choking, suffocation
- Wheezing, frequent coughs
- Tachycardia: Rapid Heart Rate
- Bluish discoloration of the skin
- Unconsciousness

2. Covid-19: Hypoxia and Hypo-oxygenation

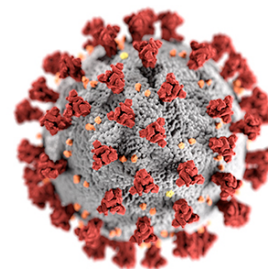
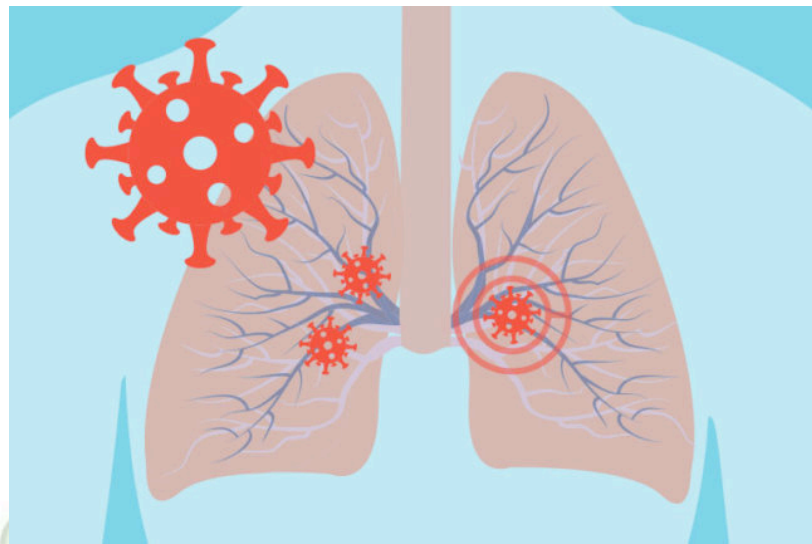
Diseases that lead to acute or chronic hypoxia



3. Covid-19: Chronic Effects of the Pandemic

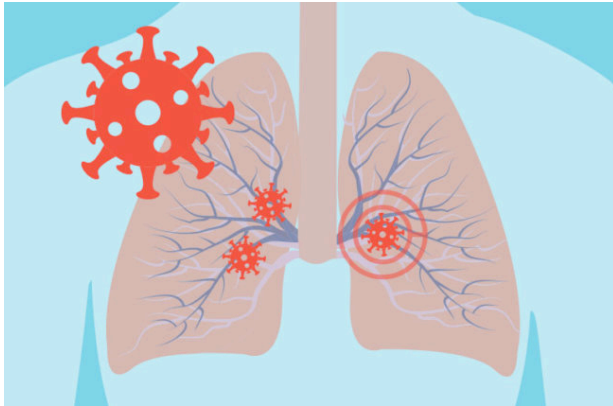
Covid-19:

Chronic Effects of the Pandemic



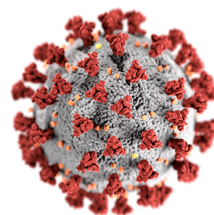
3. Covid-19: Chronic Effects of the Pandemic

Post-intensive Care Syndrome



- Patients with COVID-19 who developed [acute respiratory distress syndrome \(ARDS\)](#) could have a **greater risk of long-term health issues.**
- Additionally, people requiring intensive care are at increased risk for mental health issues like **post-traumatic stress disorder (PTSD), anxiety, and depression.**
- **Impaired lung function** from COVID-19 infection can negatively affect other organs like the **heart, kidneys, and brain**, with significant health impacts that may last after getting over the infection.
- COVID-19 can affect the **brain stem**
- **Mechanical ventilators side effects and lung injury.**

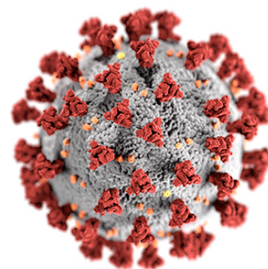
Panic and Breathlessness



3. Covid-19: Chronic Effects of the Pandemic

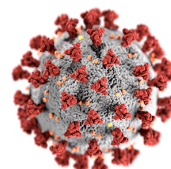
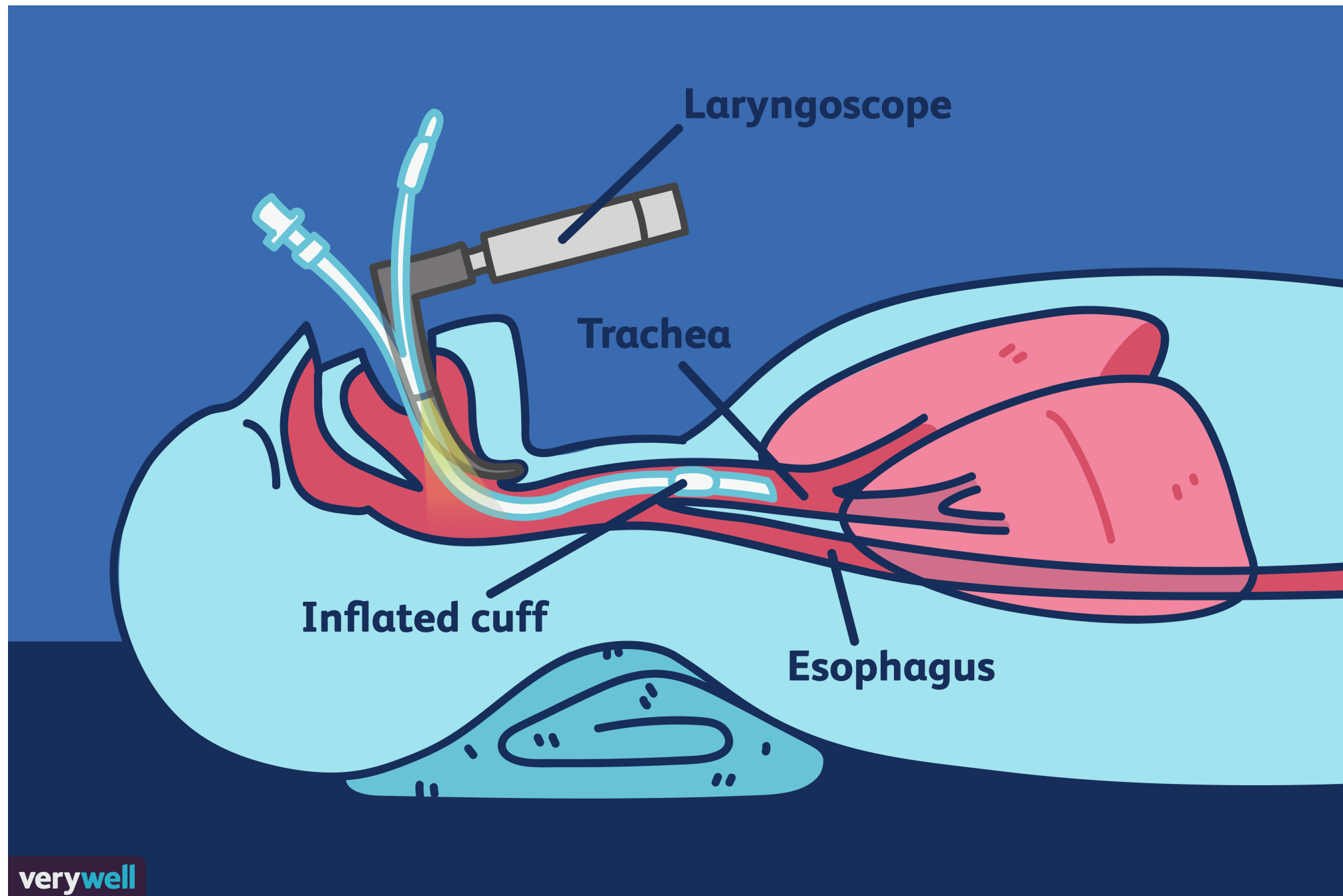
Mechanical Ventilators Side Effects

**Mechanical
Ventilation
Physiologic
Effects**



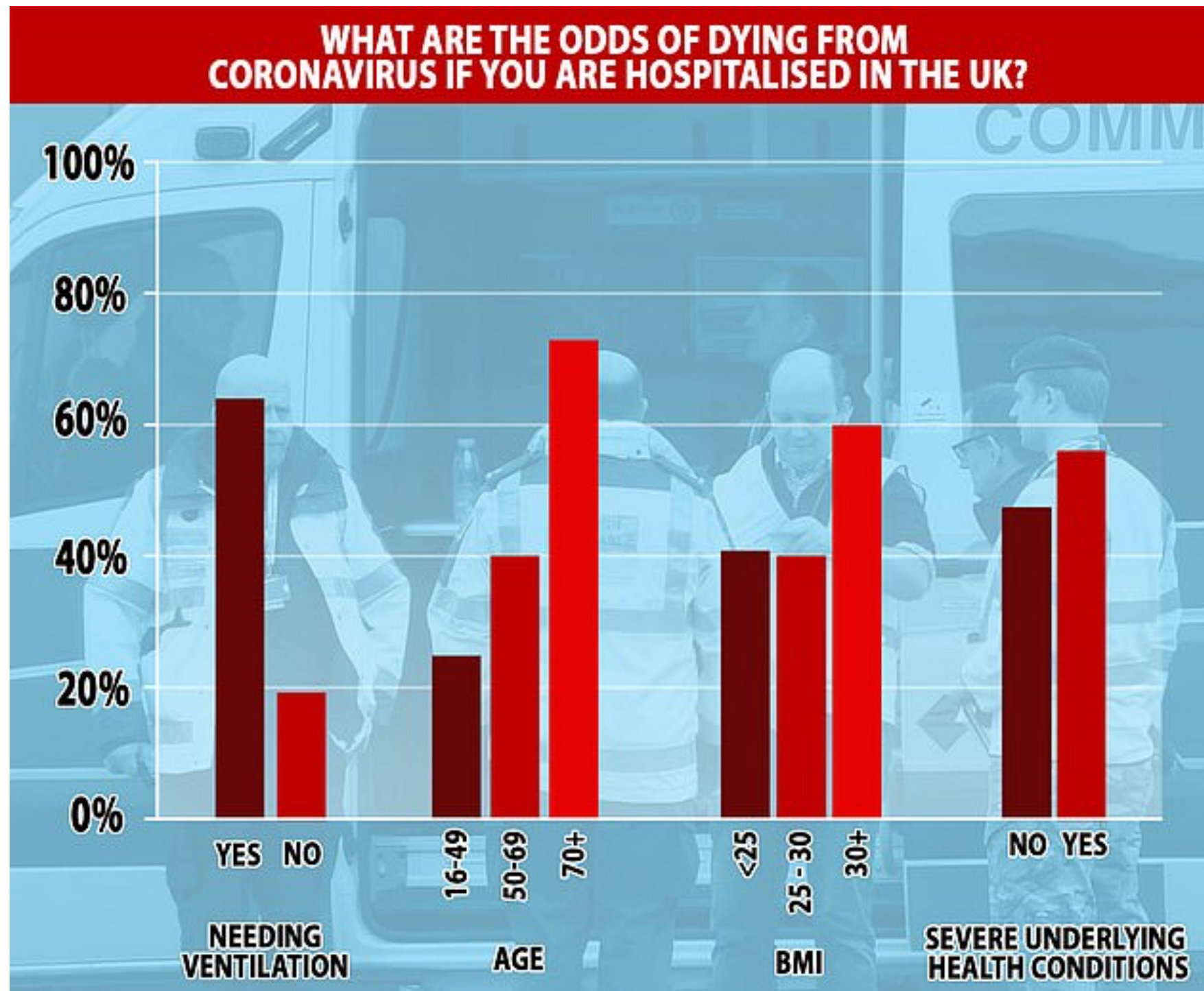
3. Covid-19: Chronic Effects of the Pandemic

Mechanical Ventilators Side Effects



3. Covid-19: Chronic Effects of the Pandemic

Two-thirds of coronavirus patients in the UK who need to be hooked up to a ventilator will die from the illness, official NHS data suggests. Graph also shows the likelihood of critically ill COVID-19 patients surviving based on their age, BMI and whether they have health woes



3. Covid-19: Chronic Effects of the Pandemic

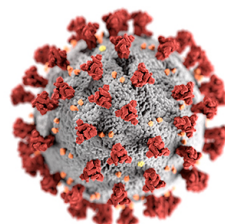
Mechanical Ventilators Side Effects

Being on a ventilator can lead to long-term mood and cognitive changes



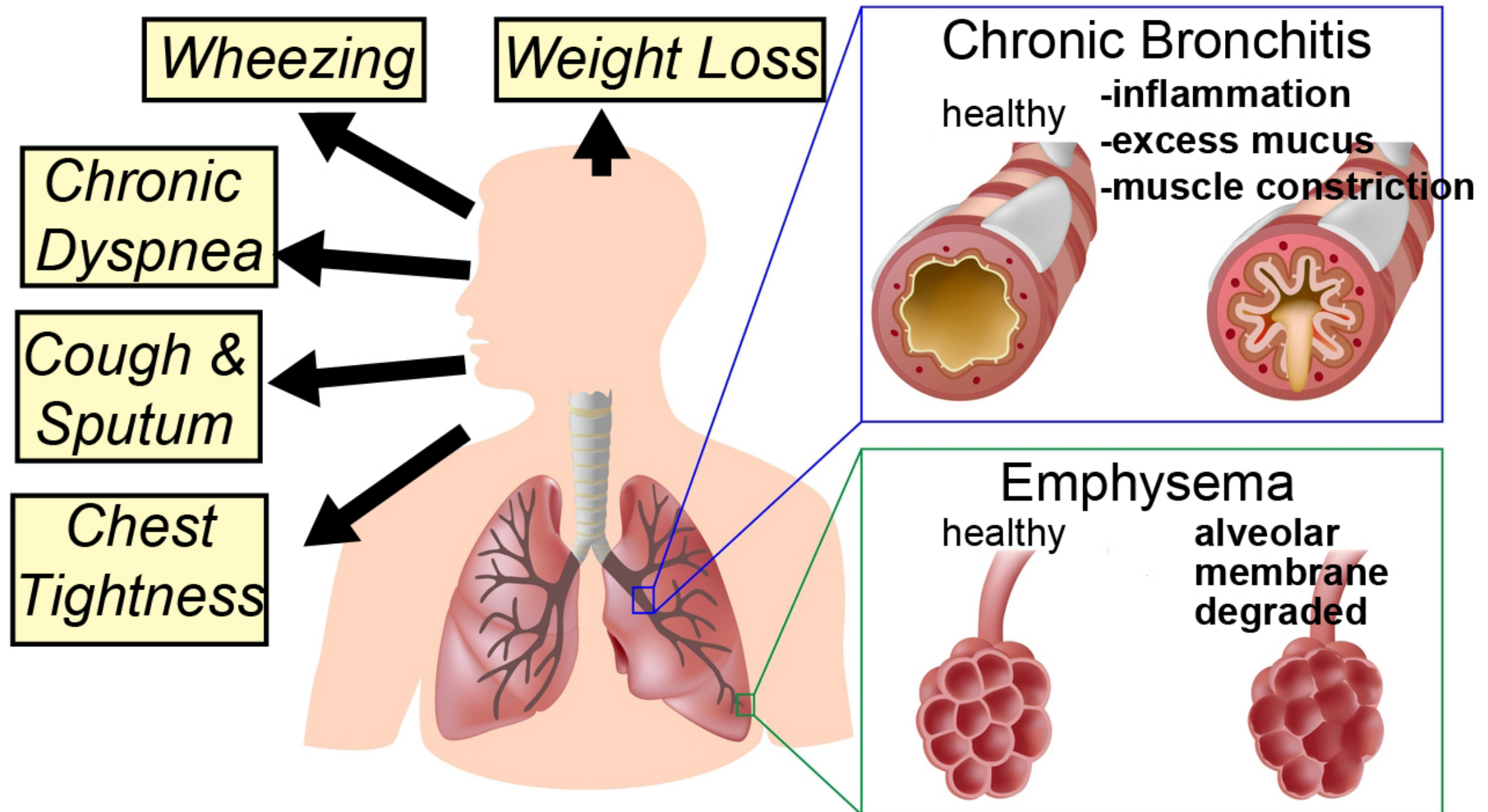
Back pain
Claustrophobia
Abdominal distension
Pneumothorax
Gastrointestinal Bleeding
Organ Failure
Pneumonia
Vocal cord problems

- Some patients who survive can experience **longer-term physical complications** including from **organ failure** that came up while the patient was on a ventilator, and the potential for long-term **lung damage**.
- The researchers say that a minimum of **30% of patients in intensive care units (ICU) suffer some form of mental dysfunction**, such as **anxiety, depression, and most commonly, delirium**.
- **SEDATIVES: DANGEROUS SIDE EFFECTS:** Sedation is commonly used to make patients on mechanical ventilation more **comfortable, and less anxious**. But sedation can have serious side effects, including delirium, that can endanger a patient's life. The incidence of **delirium in patients who are mechanically ventilated is around 80%**.



3. Covid-19: Chronic Effects of the Pandemic

Chronic Obstructive Pulmonary Disease



3. Covid-19: Chronic Effects of the Pandemic

Prone positioning is being used to help patients with COVID-19

1. 30 minutes – 2 hours: laying on your belly

1. 30 minutos – 2 horas: acostado sobre su estómago
(boca abajo)



2. 30 minutes – 2 hours: laying on your right side

2. 30 minutos – 2 horas: acostado sobre su lado derecho



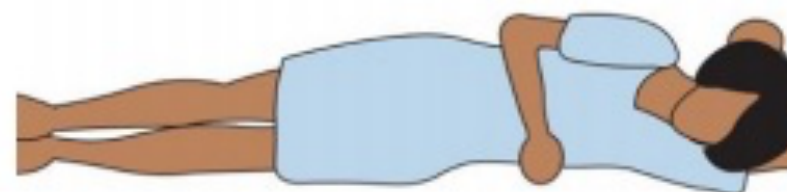
3. 30 minutes – 2 hours: sitting up

3. 30 minutos – 2 horas: sentado



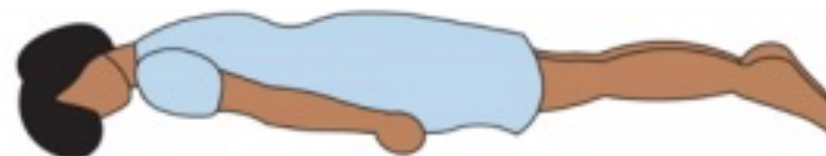
4. 30 minutes – 2 hours: lying on your left side

4. 30 minutos – 2 horas: acostado sobre su lado izquierdo



Then back to Position 1. Lying on your belly!

Luego, vuelva a la posición 1. ¡Acostado sobre su estómago
(boca abajo)!



Self Positioning Guide_Elmhurst Hospital_SB

Covid-19:

C.O.P.D. Remedies

Anxiety
Depression

P.T.S.D.

Chronic Fatigue



Emphysema

Bronchitis

Heart Disease

Lung Weakness



4. Covid-19: Convalescence and C.O.P.D. Remedies

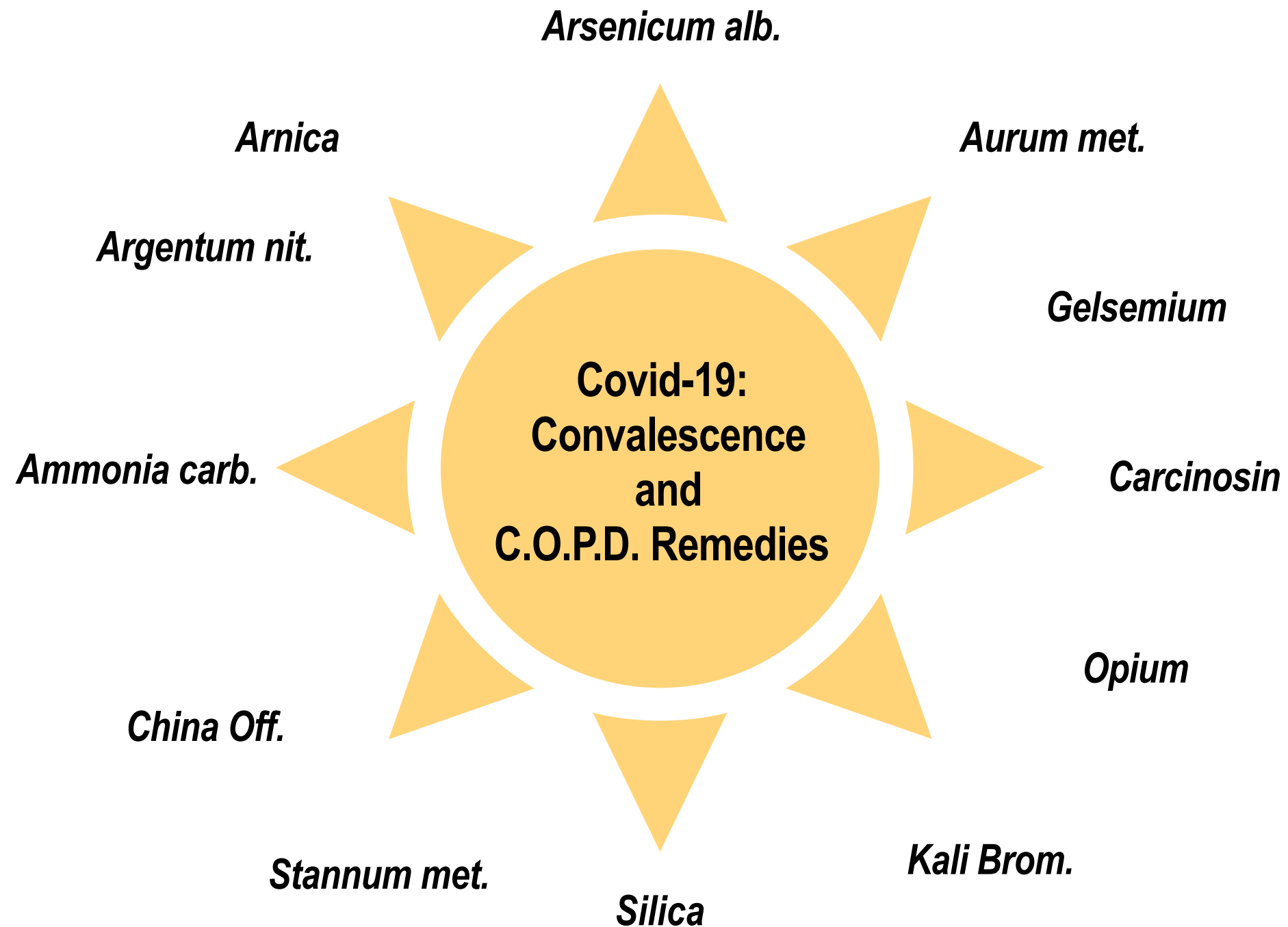


Psychological Factors in Covid-19

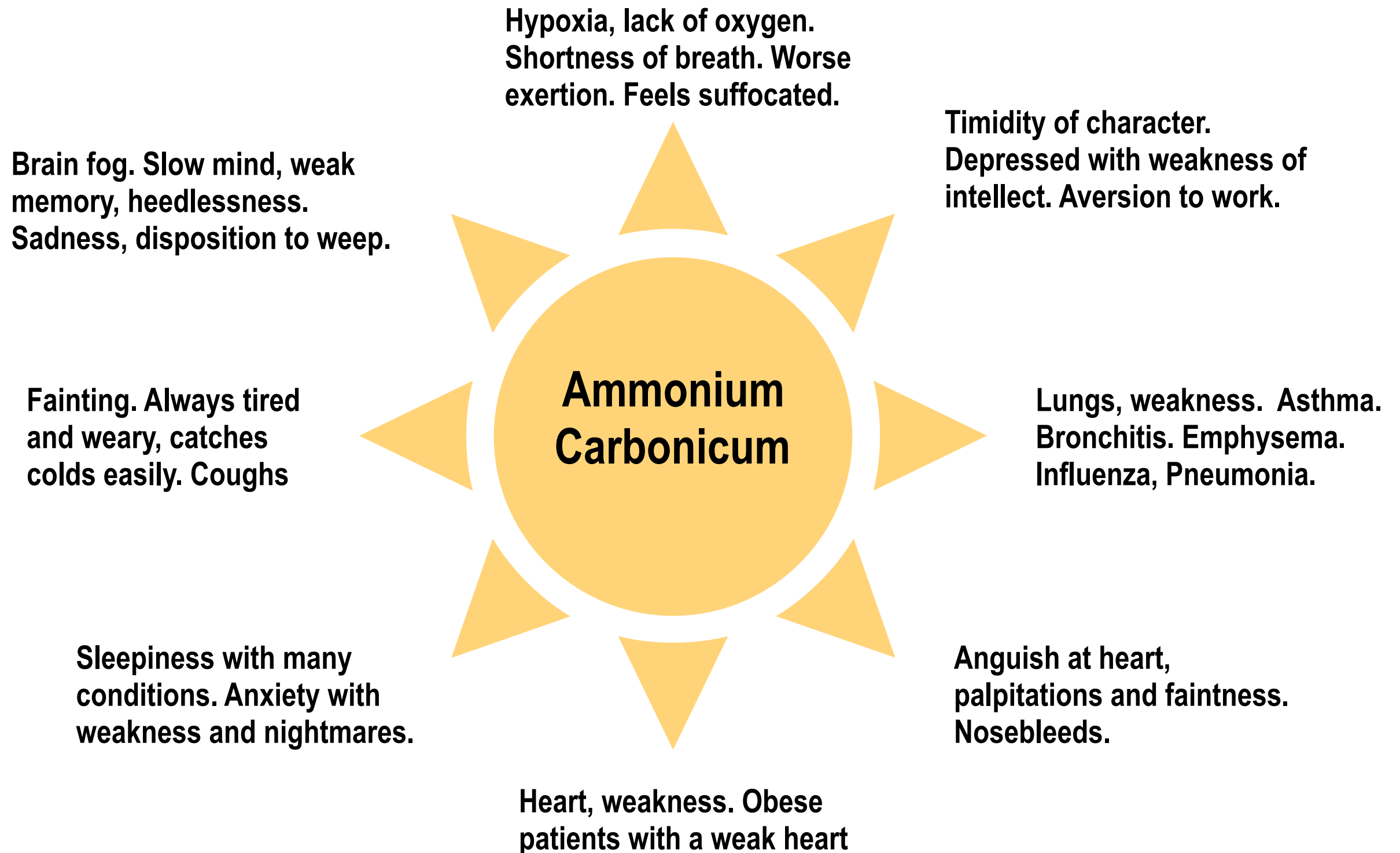
- Psychological condition is uppermost in the patient especially in the early stages. You may have to give a **psychological acute remedies** or in later stages **psychological chronic or intercurrent remedies**
- Covid-19 is often complexed with **severe depression**, or **severe anxiety**, or **anger** requires acute and intercurrent remedies.
- People requiring intensive care are at increased risk for mental health issues like **post-traumatic stress disorder (PTSD)**, **anxiety**, and **depression**.



4. Covid-19: Convalescence and C.O.P.D. Remedies



4. Covid-19: Convalescence and C.O.P.D. Remedies



4. Covid-19: Convalescence and C.O.P.D. Remedies

Anxiety, Fears and Restlessness
Great fear of death. Wants company



**Breathing anxious,
irregular and wheezing.**
Paces the floor.

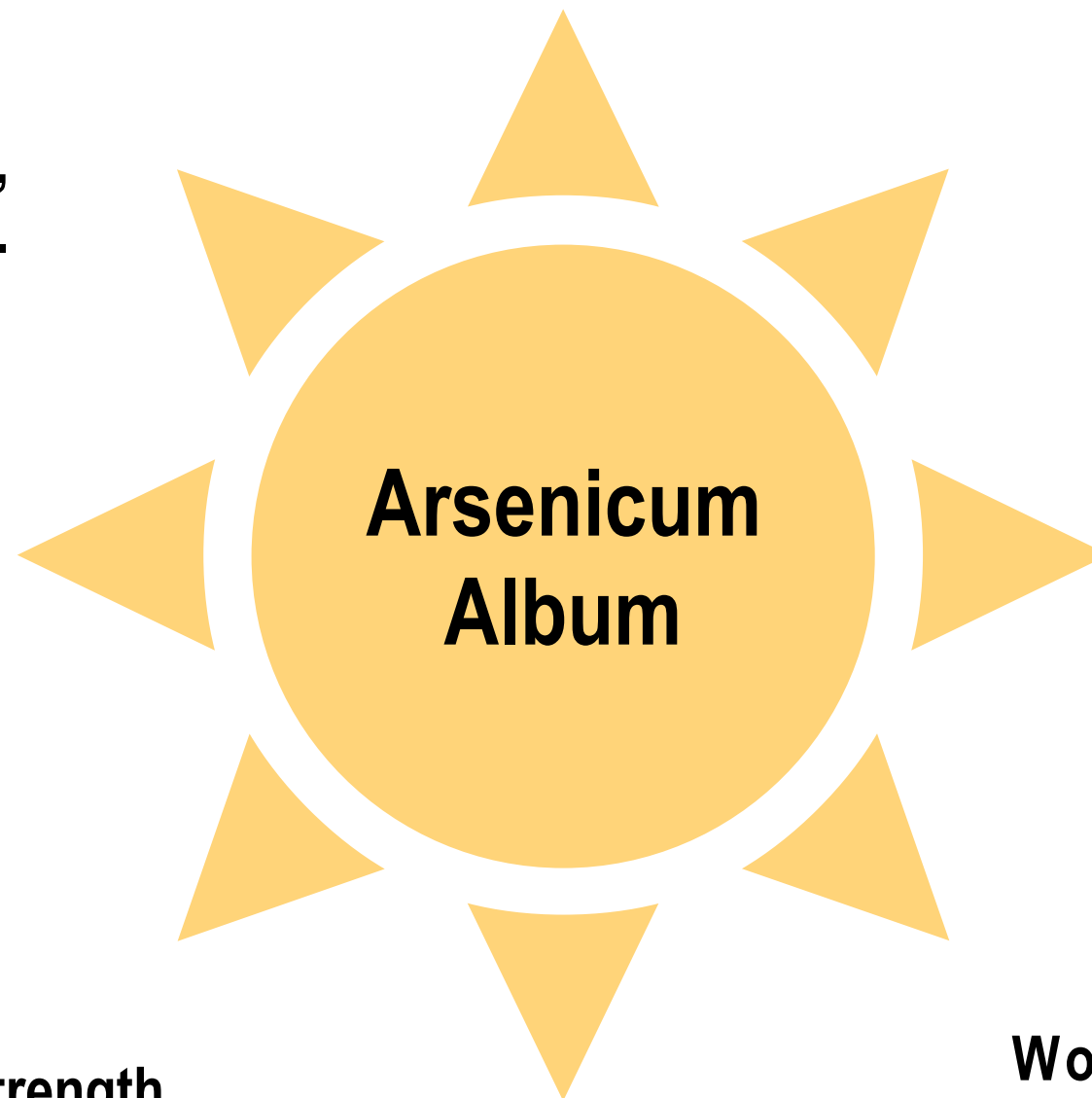
**Unable to lie down
for fear of suffocation.**
Must sit up in bed.

**Rapid prostration of strength,
with clammy perspiration**

**Heat and burning in
chest and throat,**
Paces the floor

**Chills and fever,
with diarrhea,**
Thirsty for sips

Worse being alone.
**Worse at night, after
midnight. Better warmth.**



4. Covid-19: Convalescence and C.O.P.D. Remedies

GOLD



Deep, Grief, Loss of loved one, Loss of love of life.

Workaholic, Ailments from unusual responsibilities

Tendency to suicide and longing for death. Despair from pain. Oversensitive to pain

Suicidal Depression, Deep depression. Hopelessness, Despair

Deep, Grief, Financial Loss, Jobs, Life is meaningless and worthless. Alcoholism

Feelings of self-condemnation and worthlessness.

Worse from sunset to sunrise, Better when the sun shines, worse in winter.

Heart disease, Palpitations, High blood pressure

Aurum Metallicum



4. Covid-19: Convalescence and C.O.P.D. Remedies

**Severe stress, trauma or abuse.
Shock, Frights, Grief. Humiliation.**

**Passionate people who over-
extend themselves. Feels
overwhelmed and exhausted.**

**Insomnia, Sleep Deprivation,
Sleeplessness from
anticipation or anxiety.
Nursing loved ones.
Nightmares and night terrors.**

**Workaholics, Obsessive-
compulsive disorder.
Fastidious. Brain fog.**

Carcinosin

**Worse from Night-
watching. Worse
since stress, abuse,
vaccinations**

**Chronic fatigue. Never well
since Influenza, Pneumonia,
Mononucleosis.**

**Immune weakness. High
fevers of unknown origin.
Periodic fevers.**

**Deep desire to breathe. Difficult breathing, after exertion. Asthma,
bronchitis, pneumonia. Coughs. Expectorations bloody.**



4. Covid-19: Convalescence and C.O.P.D. Remedies



Fevers and Chills.
Night sweats that
are debilitating.

**Intermittent fever,
chills, Influenza**

**Feels worse after mental
exertion, emotional upset or
loss of vital fluids**

China Officinalis

**Dehydration, Dizziness,
Fainting. Weakness.
Chronic fatigue.**

**Anemia. Worse from blood
loss, transfusions, Worse
loss of fluids**

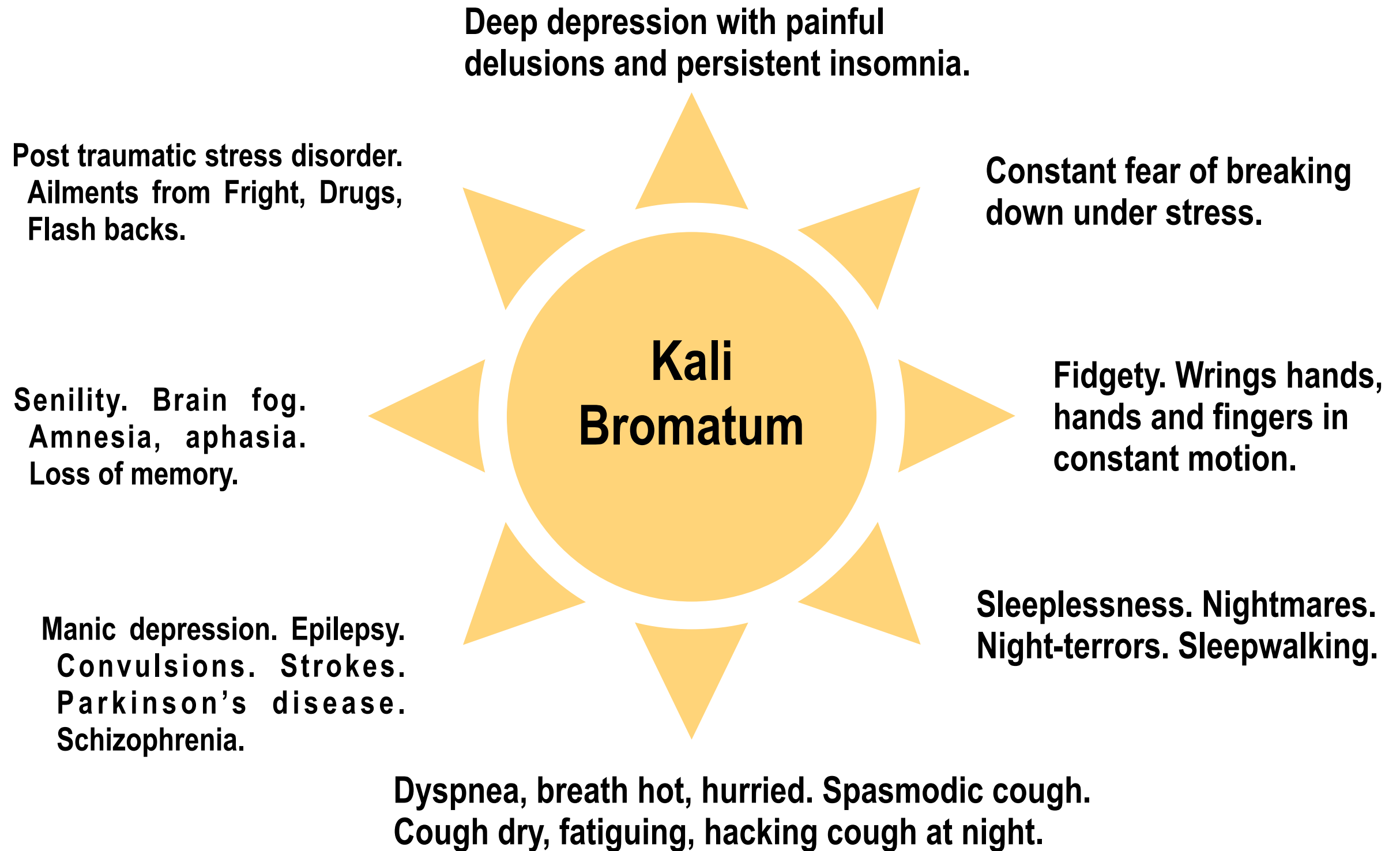
**Diarrhea. Bloated
abdomen, flatulence,
colic. Edema.**

**Worse from sweat or diarrhea.
Better from hard pressure,
warmth. Better from loosening the
clothes.**

**Food tastes bitter. Belches a
lot which tastes bitter.**



4. Covid-19: Convalescence and C.O.P.D. Remedies



4. Covid-19: Convalescence and C.O.P.D. Remedies



Post traumatic stress.
Ailments from Fright, Drugs,
Flash backs. Nightmares.

Coma from drug overdose,
fright, stroke or injury. Loss
of consciousness.

Deep, snoring breathing, with
wide open mouth. Tension
and constriction in chest.

Stertorous breathing.
Expectoration frothy,
containing blood
and mucus.

Opium

Stupefying sleep. Heavy,
deep sleep, and stertorous
breathing. Tension and
constriction in chest.

Oppressed respiration,
tightness across
chest. Expectoration
frothy, containing
blood and mucus.

Want of susceptibility to
remedies even though
indicated. (Camph.)





4. Covid-19: Convalescence and C.O.P.D. Remedies

Faint hearted, anxious. Delicate and sensitive.
Brain exhaustion. Obstinate and picky.

Lack of Stamina. weakness, frail.
Chronic fatigue. overstrain of the
mind and emotions

Emphysema with dyspnea
and cough. Pneumonia,
influenza. Asthma

Prostration of mind and
body. Tendency to
exhaustion and sweats.
Offensive sweats.

Slow recovery after pneumonia.
Ill effects of vaccinations.

Weak lungs. Shortness of
breath. Shallow breathing.
Dyspnea, worse on eating and
lying down

Defective nutrition due to
imperfect assimilation,
especially in children.
Emaciation.

Violent cough when lying
down with a thick, yellow
lumpy expectoration,

**Silica
Terra**

4. Covid-19: Convalescence and C.O.P.D. Remedies

Depressed and hopeless with lung problems. Discontent

Lungs very weak. Last stages of respiratory illnesses heading toward lung failure

Voice, weak. Talking causes a very weak feeling in the throat and chest

Chest feels weak, can hardly talk. Oppression, as if chest constricted

Weakness, Trembling more from slow motion or exercise

Copious green, sweetish expectoration. Hemoptysis

Late stages of Pneumonia, Tuberculosis

**Stannum
Metallicum**

Violent, dry cough in evening until midnight. exhausting night sweats

Hectic fever. Sore, throat. Hoarseness with weakness of voice

Pneumonia

Bronchitis Asthma

Pains increase gradually and gradually subside.



5. Covid-19: Convalescence and C.O.P.D. Repertory

Covid-19:

Convalescence and C.O.P.D. Repertory

Brain Fog

P.T.S.D.



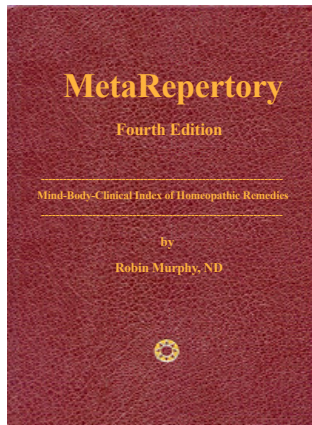
C.O.P.D.

Chronic
Fatigue



5. Covid-19: Convalescence and C.O.P.D. Repertory

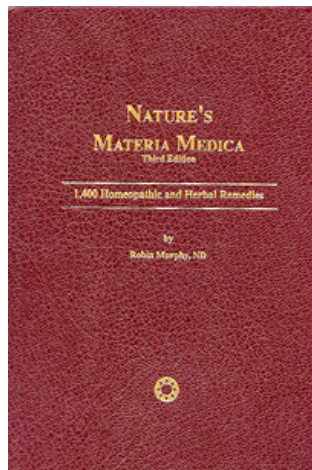
Homeopathic Repertory: Convalescence and C.O.P.D. Rubrics



CONVALESCENCE, general, ailments, during or since - ail., *alet.*, **ALF.**, am-c., apoc., *arn.*, aur., aven., bac., **BELL-P.**, bor., cadm-m., cadm-s., **CALC.**, calc-p., caps., **CARB-V.**, **CARC.**, *cast.*, **CHIN.**, *chin-ar.*, **CIMIC.**, coca, **COCC.**, cupr., *cur.*, cypr., echi., *ferr.*, ferr-acet., foll., form-ac., **GELS.**, *graph.*, guare., *helon.*, *hep.*, hydr., **INFLU.**, *kali-c.*, kali-chl., kali-m., kali-p., *kali-s.*, lach., laur., *lil-t.*, lob., *lyc.*, mag-m., malar., mang., med., *melat.*, mez., nat-p., nat-s., *nit-ac.*, okou., op., parathyr., penic., **PH-AC.**, *phos.*, *phyt.*, *plat.*, pneu., podo., prot., psor., puls., *pyrog.*, rad-br., rheum, rhod., ruta, sabad., *sang.*, *scut.*, sec., *sel.*, *sep.*, **SIL.**, *stram.*, *stront-c.*, sul-ac., sul-i., sulfonam., *sulph.*, syph., tarax., thuj., **TUB.**, *tub-a.*, vario., *verat.*, zinc.



fever, ailments from - ars-i., carb-v., *carc.*, *chin.*, cocc., *gels.*, *hell.*, hydr., kali-p., lyc., nux-v., *psor.*, pyrogen., sulph., tarax.



infectious, diseases, after - abrot., ars., *bac.*, bry., cadm., cadm-s., calc., carb-v., **CARC.**, *cast.*, *chin.*, cocc., cypr., foll., form-ac., **GELS.**, *hell.*, hydr., **INFLU.**, *kali-c.*, kali-p., lyc., morg., nux-v., *okou.*, ph-ac., **PHOS.**, pneu., *psor.*, puls., sang., *scut.*, *sil.*, sulph., tarax., thuj., tub., tub-a., vario.

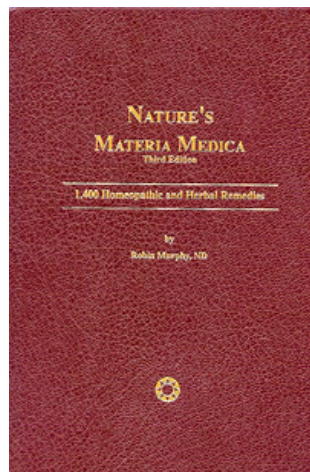
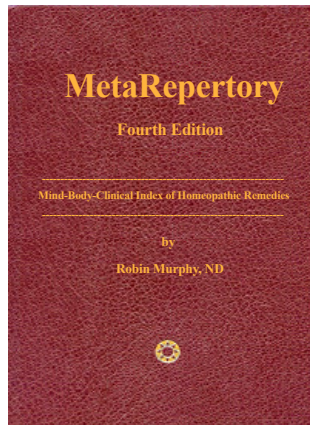
influenza, after - abrot., *bac.*, bry., cadm., cadm-s., *carc.*, **GELS.**, cypr., **INFLU.**, *okou.*, *ph-ac.*, psor., *scut.*, sulfonam., tub., tub-a.

mononucleosis, after - *carc.*, *chin.*, *gels.*, *infl.*, sil.

pneumonia, after - ars., *bry.*, calc., carb-v., *kali-c.*, lyc., morg., **PHOS.**, pneu., sang., sil., sulph.
never well since pneumonia - *kali-c.*, morg., pneu.

5. Covid-19: Convalescence and C.O.P.D. Repertory

Homeopathic Repertory: Convalescence and C.O.P.D. Rubrics

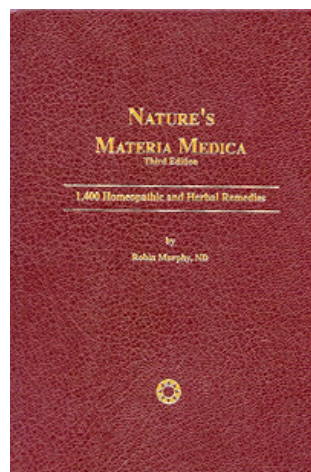
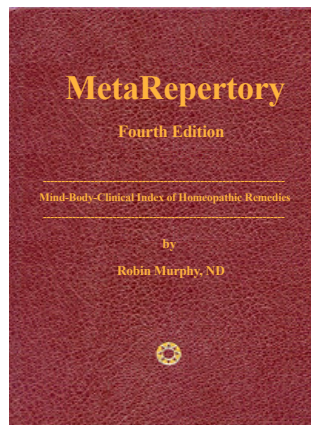


POST, Traumatic Stress Disorder, (PTSD), (see Abuse, Fright, Domination, Humiliation) - **acet-ac.**, **ACON.**, agar., alum., ambr., **am-c.**, am-m., apis, **ANAC.**, **ANDROC.**, anh., **arg-n.**, **ARN.**, ars., **aur.**, aur-m., **bani-c.**, bell., both-a., **bry.**, **calc.**, calc-p., calc-s., calc-sil., **camph.**, **cann-i.**, **cann-s.**, **CARC.**, **caust.**, **cham.**, cic., coca, **cocc.**, **coff.**, **coloc.**, con., foll., form., **GELS.**, grat., hecla., hep., hyos., hyper., **ign.**, iod., **KALI-BR.**, kali-p., lac-c., **lach.**, **LYC.**, **lyss.**, med., **merc.**, morph., **nat-m.**, nit-ac., nux-m., **nux-v.**, **OP.**, **pall.**, petr., ph-ac., **PHOS.**, **pic-ac.**, plat., psor., puls., rhus-t., sec., **seneg.**, sep., sil., **STAPH.**, **stram.**, stront-c., sulph., thuj., **verat.**, zinc.

BRAIN, fog, (see Dullness, Exhaustion) - *acon.*, **AGAR.**, *alum.*, *am-m.*, ang., ant-t., **ARG.**, ars., *asar.*, aur., bar-c., **BELL.**, *bov.*, **BRY.**, *cadm-s.*, **CALC.**, camph., **CANN-I.**, **CANN-S.**, *caps.*, carb-an., **CARB-V.**, **CARC.**, *caust.*, *cham.*, **CHIN.**, cic., **COCC.**, *coff.*, **CON.**, *croc.*, dulc., **GELS.**, graph., *hell.*, **HYOS.**, ign., ip., **KALI-C.**, kali-n., kali-p. kreos., *lach.*, **LAUR.**, *lyc.*, **MAG-M.**, meny., *merc.*, *mez.*, mosch., nat-c., *nat-m.*, nit-ac., *nux-m.*, **NUX-V.**, **OP.**, **PETR.**, **PH-AC.**, *phos.*, **PULS.**, **RHEUM**, *rhod.*, **RHUS-T.**, sabad., *samb.*, sars., *sec.*, **SEP.**, **SIL.**, spong., squil., **STRAM.**, sul-ac., sulph., tarax., *thuj.*, *valer.*, **VERAT.**, zinc.

5. Covid-19: Convalescence and C.O.P.D. Repertory

Homeopathic Repertory: Convalescence and C.O.P.D. Rubrics

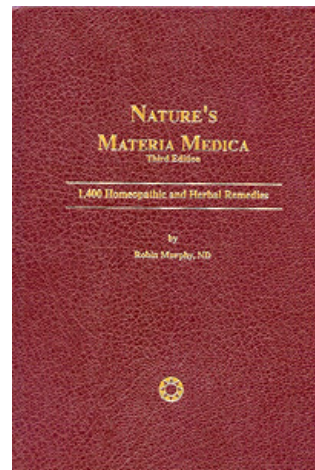
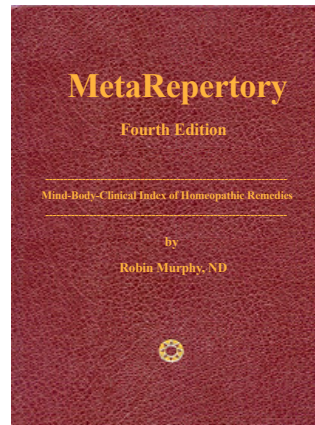


CHRONIC, fatigue syndrome - abrot., aeth., ail., alet., *alst-c.*, ALUM., *ambr.*, AM-C., *anac.*, *ant-t.*, *apis*, apoc., *arn.*, ARS., *ars-i.*, *aur.*, aven., bar-c., *bapt.*, CALC., calc-p., CALAD., CALC., cann-s., carb-an., *carb-v.*, CARC., *caust.*, *chel.*, CHIN., *chin-ar.*, *chin-s.*, COCC., CON., *dig.*, FERR., ferr-ar., ferr-p., GELS., GRAPH., helon., hyos., INFLU., *irid.*, *kali-c.*, kali-n., *kali-p.*, LACH., *laur.*, *lyc.*, mag-m., *mang.*, *merc.*, *mur-ac.*, nat-ar., *nat-c.*, *nat-m.*, *nat-sal.*, nit-ac., *nux-m.*, NUX-V., *op.*, ozone, penic., PH-AC., *phos.*, PIC-AC., *psor.*, puls., sel., *seneg.*, *sep.*, scut., SIL., *stann.*, staph., *stram.*, stront-c., stroph., *sulph.*, SUL-AC., *tarent-c.*, *thuj.*, *valer.*, verat., zinc.

BLOOD, clots, tendency to formation of - *agar.*, alum., am-c., am-m., androc., anthr., *apis*, *apoc.*, arg-n., *arn.*, ars., *bapt.*, BELL., BOTH-L., bov., bufo., *cact.*, cadm., carb-v., *caust.*, cench., CHIN., coff., colch., con., *croc.*, *crot-h.*, cupr., *dig.*, *elaps*, FERR., ferr-p., fl-ac., *ham.*, hyos., ign., *ip.*, kali-chl., kali-cy., kali-fcy., kali-n., *kali-p.*, lac-c., *lach.*, mag-m., *merc.*, merc-cy., *mill.*, naja, nat-m., nat-s., nit-ac., nux-v., ph-ac., phos., *plat.*, plb., puls., pyrog., rhus-t., *sabin.*, *sec.*, sep., stann., *stram.*, stront-c., *sul-ac.*, sulph., tarent., *thlaspi*, tril., ust., *vip.*, zinc.

5. Covid-19: Convalescence and C.O.P.D. Repertory

Homeopathic Repertory: Convalescence and C.O.P.D. Rubrics

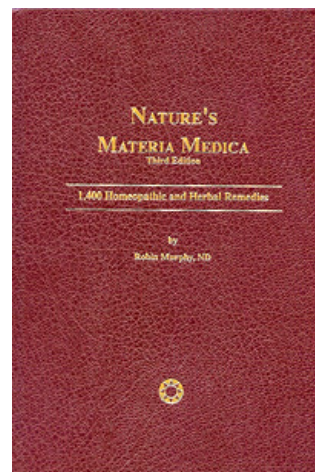
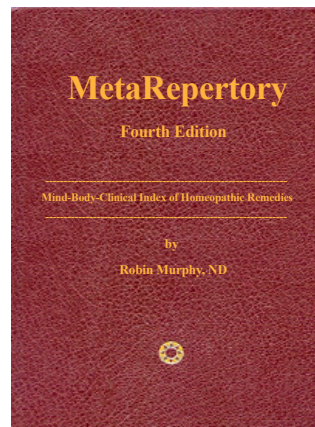


EMPHYSEMA, general - abrot., absin., acet-ac., **ACON.**, agar., agarin., agav-t., alco., all-s., alumn., **AM-C.**, aml-n., ang., anil., **ANT-AR.**, ant-s., **ANT-T.**, apom., arg-n., **ARS.**, ars-i., astra-e., aur., **bac.**, **bals-p.**, bani-c., bar-c., **BELL.**, benz-ac., benz-n., beryl., blatta-a., both-l., **brom.**, bry., cadm., **calad.**, **calc.**, calc-f., **calc-p.**, calc-s., **camph.**, **carb-v.**, carbn-o., carbn-s., chin., chin-ar., **chlol.**, **chlor.**, chlorpr., **COCA**, con., **conv.**, cop., cortico., **crat.**, crot-h., **cupr.**, **cupr-ar.**, cur., **DIG.**, dros., dulc., eucal., ferr-i., glon., **grat.**, grin., hall, hed., **HEP.**, hist., ichth., ign., iod., **ip.**, kali-bi., kali-c., **kali-i.**, kreos., kres., lac-d., **LACH.**, lec., led., leon., **lepro.**, **LOB.**, **lyc.**, lyss., med., **merc.**, morg., myos., myrt-c., myrt-ch., naphth., **nat-m.**, nit-ac., nux-v., op., osm., ox-ac., per., **phel.**, **phos.**, plb., pneu., psor., **PULS.**, queb., quinn., rado., res., rhus-t., sal-ac., sang., saroth., sars., **sec.**, seneg., sep., **SIL.**, silphu., skat., spong., **stann.**, **stry.**, sulo-ac., sulfa, sulph., syph., tell., ter., thal., **thuj.**, tub., tub-r., vanil., **VERAT.**

BRONCHITIS, infection - acal., **acet-ac.**, **acon.**, **AESC.**, agar., **all-c.**, **alum.**, **alumn.**, **AM-C.**, am-i, **am-m.**, am-p., **ant-ar.**, **ant-c.**, **ANT-T.**, **ant-s.**, **apis**, **arn.**, **ARS.**, **ars-i.**, **asc-t.**, **aur-m.**, **BAC.**, **bals-p.**, bar-c., **BAR-M.**, **bell.**, **benz-ac.**, **BLATTA**, bold., **brom.**, **BRY.**, **cact.**, cadm-s., **calc.**, calc-f., calc-i., calc-sil., **camph.**, **cann-s.**, carb-ac., **carb-v.**, **carbn-s.**, **carc.**, card-m., **CAUST.**, **cham.**, **chel.**, chin., chlol., chlor., **cina**, **cist.**, **coca**, **coc-c.**, colch., con., cop., cub., dig., dpt., **DROS.**, **dulc.**, dys-co., eucal., eup-per., euphr., ferr., **ferr-i.**, **FERR-P.**, fl-ac., **gels.**, grin., **guai.**, **HEP.**, herin., **HIPPOZ.**, hist., **hydr.**, **hyos.**, ign., influ., **iod.**, **IP.**, jab., just., kali-ar., **kali-bi.**, **kali-c.**, **kali-chl.**, **kali-i.**, kali-p., kali-s., **kreos.**, lac-c., **lach.**, laur., led., **lob.**, **LYC.**, mag-c., mang., med., **MERC.**, merc-s., morg., **naja**, nat-ar., **nat-m.**, **NAT-S.**, **nit-ac.**, **nux-v.**, oci., op., **ph-ac.**, **PHOS.**, piloc., pix., **plb.**, pneu., **psor.**, **PULS.**, **rhus-t.**, **RUMX.**, sabad., sac-alb., **SAMB.**, **SANG.**, **sanguin-n.**, **SENEC.**, **seneg.**, **sep.**, **SIL.**, solid., **SPONG.**, **squil.**, **STANN.**, **stict.**, sul-ac., **sulph.**, tab., **ter.**, thuj., **TUB.**, tub-a., uran., **verat.**, verat-v., verb., visc., zinc.

5. Covid-19: Convalescence and C.O.P.D. Repertory

Homeopathic Repertory: Convalescence and C.O.P.D. Rubrics



diminished, smell - *alum.*, alum-sil., am-m., **ANAC.**, anh., *ant-t.*, *arg-n.*, asaf., aur., **BELL.**, benz-ac., bry., **CALC.**, *calc-s.*, calc-sil., **caps.**, carb-an., caust., cham., chel., **cocc.**, **coloc.**, con., *croto-t.*, *cycl.*, *hell.*, *hep.*, **HYOS.**, *ip.*, just., kali-ar., kali-bi., *kali-br.*, **KALI-C.**, kali-i., laur., *lyc.*, *mag-m.*, *mang.*, *med.*, menthol, *merc.*, *merc-c.*, *mez.*, morg-p., mur-ac., nat-ar., *nat-c.*, **NAT-M.**, nit-ac., *nux-v.*, olnd., op., osm., *phos.*, pitu-a., plb., psor., **puls.**, *rhod.*, rhus-t., ruta, sang., sec., sel., **SEP.**, **SIL.**, stram., sul-ac., *sulph.*, tab., tarent-c., *teucr.*, *thuj.*, **ZINC.**, zinc-p.

taste, and smell, diminished - alum., am-m., amyg-p., *anac.*, *ant-t.*, ars., calc., chlf., *croto-t.*, *cycl.*, eup-per., hep., hyos., *just.*, kali-bi., kali-s., lem-m., *mag-m.*, *med.*, nabal., nat-c., *nat-m.*, nux-v., psor., *puls.*, *rhod.*, sabad., sep., *sil.*, stict., sul-ac., sulph., teucr., **ZINC.**

loss, of smell, wanting - ail., *all-c.*, *alum.*, *alum-p.*, alum-sil., *am-m.*, amyg-p., *anac.*, *ant-c.*, ant-s., *ant-t.*, apoc-a., arg-n., arist-cl., arn., *ars.*, *ars-i.*, ars-s-f., arund., aspar., *aur.*, aur-ar., aur-i., aur-s., **BELL.**, *bry.*, bufo, **CALC.**, calc-i., **CALC-S.**, calc-sil., camph., **caps.**, carb-an., *carbn-s.*, card-m., *caust.*, *cham.*, chel., chlor., cina, cocc., cod., con., *cupr.*, cycl., *elaps*, electr., gels., *graph.*, *hell.*, **HEP.**, *hyos.*, *ign.*, *iod.*, *ip.*, joan., just., *kali-bi.*, *kali-c.*, *kali-i.*, kali-n., kali-p., *kali-s.*, kali-sil., lach., laur., lem-m., *lyc.*, *mag-m.*, mag-p., mang., med., **MERC.**, *mez.*, morg., *nat-ar.*, *nat-c.*, **NAT-M.**, nit-ac., *nux-m.*, nux-v., olnd., *op.*, phel., **PHOS.**, **PLB.**, *psor.*, **PULS.**, *rhod.*, *rhus-t.*, ruta, sabad., *sang.*, *sarr.*, sec., sel., **SEP.**, **SIL.**, spig., squil., staph., stict., stram., *sul-ac.*, sul-i., *sulph.*, syc-co., tarent-c., *teucr.*, verat., **ZINC.**, zinc-m.

taste, with loss of smell - amyg-p., ant-t., hyos., just., kali-br., lem-m., mag-m., nat-m., *puls.*, *rhod.*, stict., teucr.

6. Natural Remedies for Covid-19 and C.O.P.D.

Natural Remedies for Covid-19 and Chronic Obstructive Pulmonary Disease



Activated Charcoal



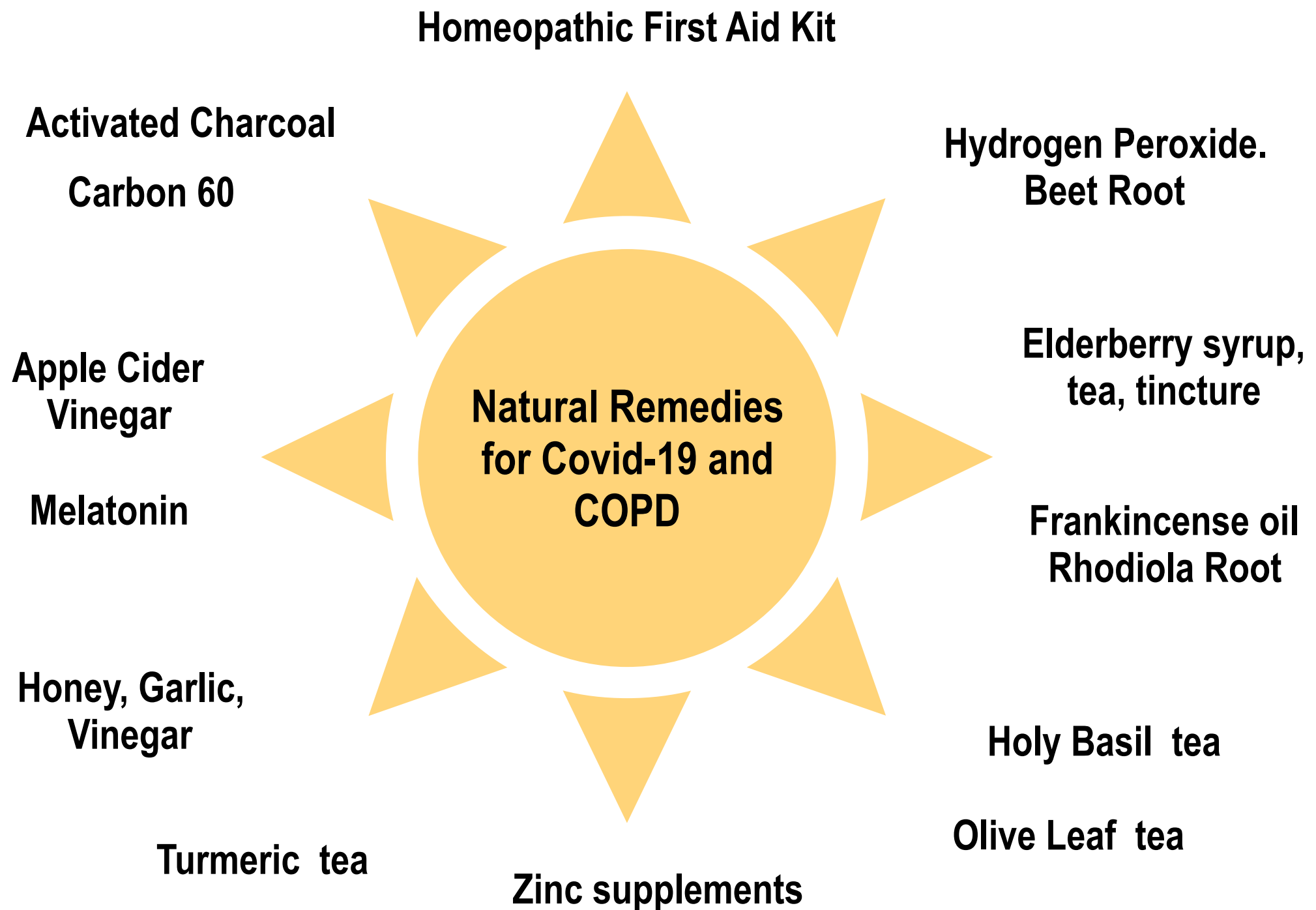
Hydrogen Peroxide



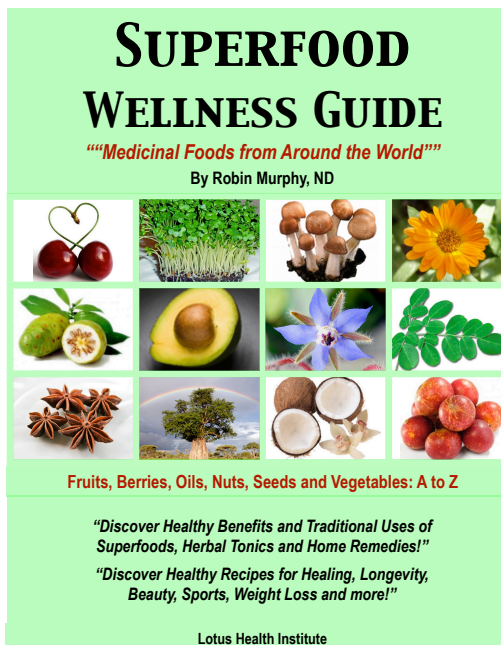
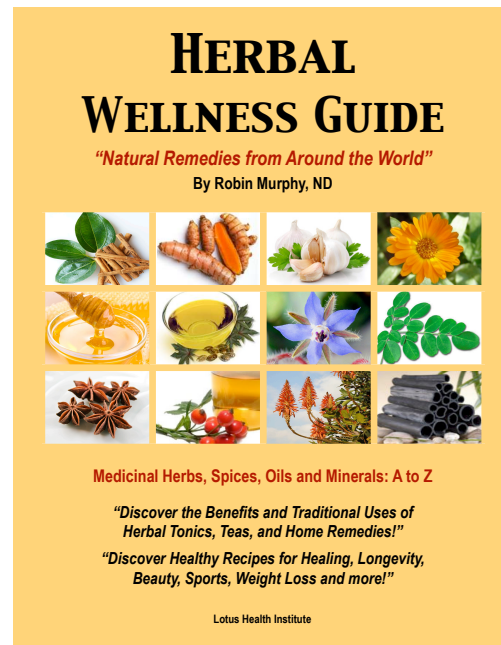
Beet Root



6. Natural Remedies for Covid-19 and C.O.P.D.



6. Natural Remedies for Covid-19 and C.O.P.D.



Natural Remedies: Convalescence and C.O.P.D. Rubrics

Convalescence, tonics - Alfalfa. Black cumin. **Beet root. Blackstrap molasses. Chia seeds. Cordyceps. Fo ti. Freekeh. Fulvic acids. Ginseng. Gynostemma. Hemp seeds. Hydrogen peroxide. Japanese knotweed. Jujubes. Lentils. Moringa. Oatstraw. Pickle juice. Rhodiola. Siberian ginseng. Suma root. Watercress. Yellow dock.**

Adaptogen, tonics - Aloe arborescens. Aloe vera. Ashwagandha. **Astragalus. Beet root. Bitter melon. Black cumin. Black pepper. Blue lotus. Burdock. Cat's claw. Chaga. Chia seeds. Cinnamon. Fo-ti. Fulvic acids. Ginseng. Goji berry. Golden berry. Gotu kola. Gynostemma. Holy basil. Hydrogen peroxide. Japanese knotweed. Jujubes. Lion's mane. Maca root. Muira puama. Myrrh. Olive leaf. Pippali. Rhodiola. Siberian ginseng. Schizandra. Shilajit. Suma root. Watercress. Yellow dock. Yerba mate. Zeolite.**

Brain, fog, tonics - Ashwagandha. **Bacopa. Beet root. Cacao. Charcoal. Chia seeds. Gingko. Gotu kola. Green coffee. Green tea. Griffonia. Gynostemma. Hemp. Hydrogen peroxide. Indium sulphate. Lemons. Lion's mane. Matcha. Mucuna. Rhodiola. Rosemary oil. Shilajit. Thyme. Walnuts. Watercress. Yerba mate.**

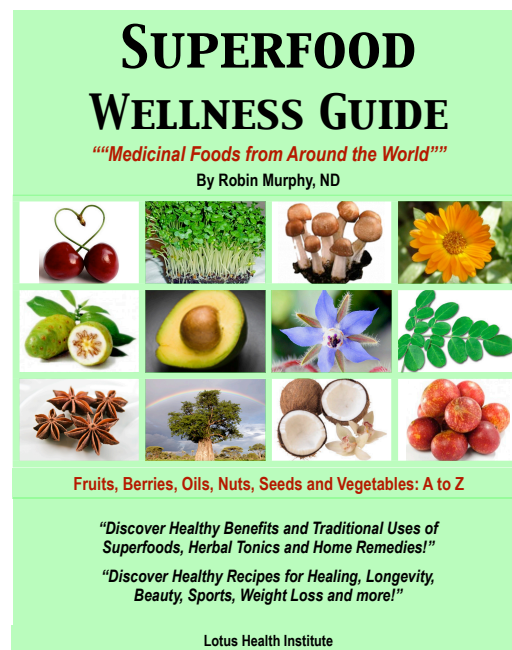
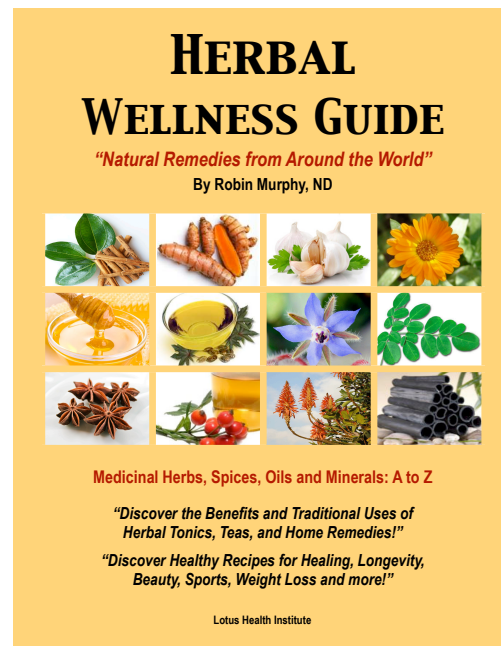
6. Natural Remedies for Covid-19 and C.O.P.D.

Natural Remedies: Convalescence and C.O.P.D. Rubrics

Coughs, tonics - **Anise**. Apple cider vinegar. **Basil**. Basil oil. Bitter melon. Black cohosh. Black cumin. Cardamom. **Cinnamon**. Dragon fruit. **Elderberry**. **Eucalyptus oil**. Fennel. Fenugreek. Frankincense. Galangal root. **Honey**. **Hydrogen peroxide**. Jujubes. **Licorice**. **Osha root**. Peppermint oil. Pineapple. **Pippali**. **Rose hips**. Schizandra. **Star anise**. Star fruit. **Thyme**. Turmeric. Vanilla. Wasabi. Watercress. **Wild lettuce**. **Yellow dock**.

Detox, tonics - Alfalfa. Aloe arborescens. Apple cider vinegar. Apples. Arugula. Asparagus. **Bamboo charcoal**. **Beet root**. **Bentonite clay**. Black pepper. Cardamom. Chaga. **Charcoal**. Chlorella. **Cilantro**. Dandelion. **Diatomaceous earth**. Dulse. Epsom salts. Fo-ti. **Fulvic acid**. Grapefruit seed. Green tea. Horseradish. **Hydrogen peroxide**. Irish moss. Japanese knotweed. Kale. Kelp. Kombucha. Lemons. Licorice. Limes. Muira puama. Myrrh. Neem. Onions. **Pickle juice**. Pinole. **Plums**. **Sage**. Saw palmetto. Schizandra. Sesame oil. Shilajit. Siberian ginseng. Spirulina. **Suma root**. **Turmeric**. Watermelon. Wheatgrass. **Yellow dock**. Zeolite.

Emphysema, tonics - **Beet root**. Chia seeds. Collard greens. **Cordyceps**. **Diatomaceous earth**. **Elderberry**. Eucalyptus oil. **Hydrogen peroxide**. Lotus root. **Osha root**. Pippali. Sweet potatoes. Tomatoes. **Yellow dock**.



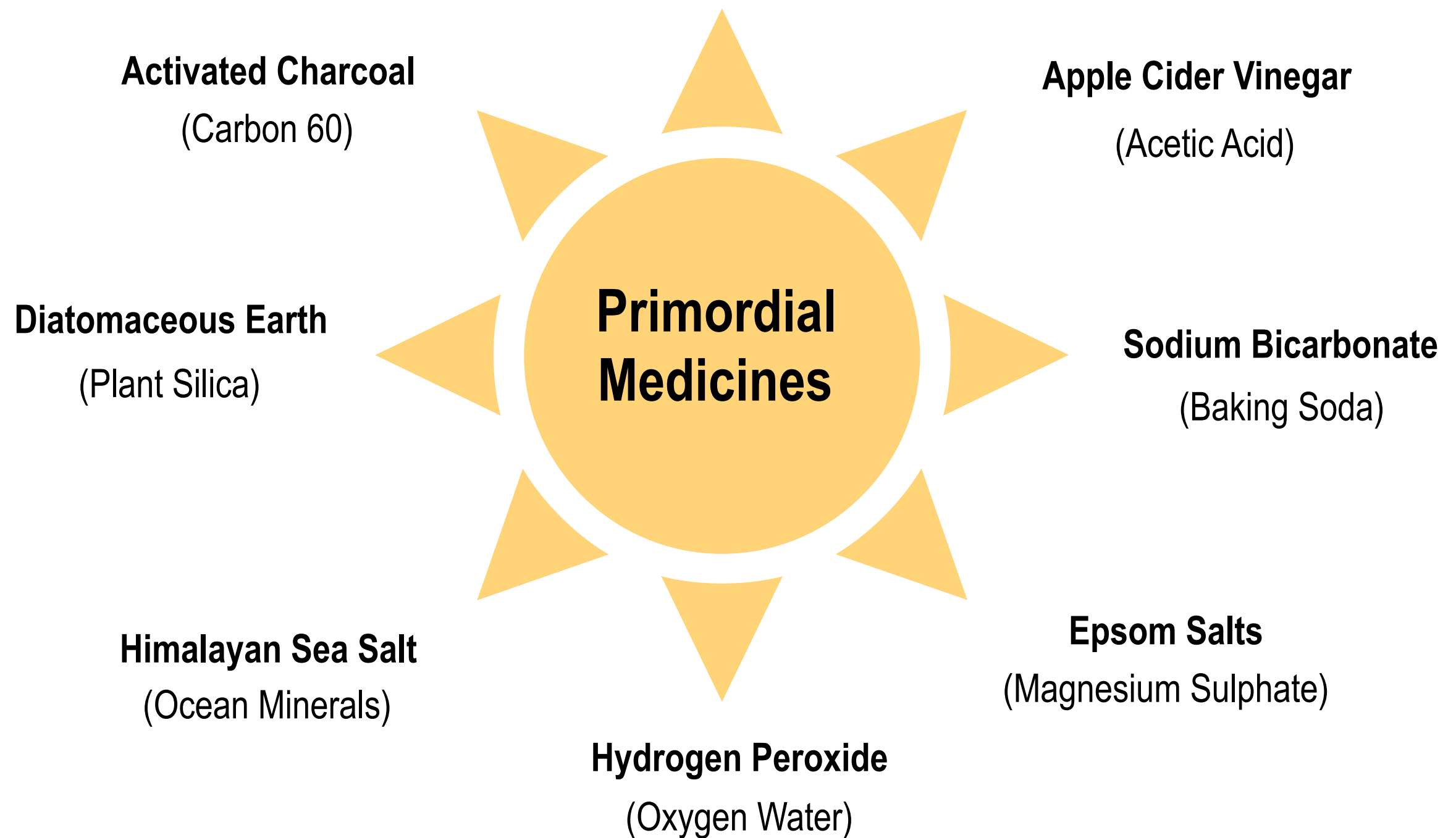
6. Natural Remedies for Covid-19: Activated Charcoal

Natural Remedies for Covid-19: Activated Charcoal



6. Natural Remedies for Covid-19: Activated Charcoal

Organics: Herbs, Berries, Mushrooms, Oils,
Fruits, Flowers, Leaves, Bark, Seeds, Roots



6. Natural Remedies for Covid-19: Activated Charcoal

BEST USES OF ACTIVATED CHARCOAL THAT YOU MUST KNOW



Treats Acne 

Whitens Teeth 

Relieves Insect Bites and Bee Stings 

Lowers Bad Cholesterol 

Alleviates Gas and Bloating 

Treats Poisoning 

Cleanses the Digestive Tract 

Helps Prevent Hangovers 

Top10 Home Remedies
To explore more, visit www.Top10HomeRemedies.com

6. Natural Remedies for Covid-19: Activated Charcoal

TOP 10 ACTIVATED CHARCOAL Uses

- 1 Whitens Teeth
- 2 Alleviates Gas & Bloating
- 3 Treats Alcohol Poisoning Help Prevents Hangovers
- 4 Mold Cleansing
- 5 Water Filtration
- 6 Emergency Toxin Removal
- 7 Body & Health
- 8 Digestive Cleanse
- 9 Anti-Aging
- 10 Reduces High Cholesterol



Activated Charcoal

Actions - Detox tonic. Absorption, deodorization, and detoxification. Charcoal is not only antibacterial but also anti-viral, anti-fungal and antimicrobial.

Clinical - Abscess. Acid reflux. Allergies. Appendicitis. Bad, breath. Bee, stings. Bites. Body, odor. Burns. Cellulitis. Chemical, poisoning. Chemotherapy. Colds. Conjunctivitis. Diabetes. Diarrhea. Diphtheria. Drug, overdose. Drug, effects. Dysentery. Dyspepsia. Food, poisoning. Gangrene. Gas, bloating. Gout. Gum, abscess. Hangovers. Heartburn. Heavy metal, poisoning. Hemorrhoids. Hepatitis. Indigestion. Infections. Insect, bites. Liver, disorders. Kidney, disease. Kidney, failure. Nausea. Pesticide, poisoning. Poison ivy. Poisonings. Radiation. Scorpion, stings. Snake, bites. Sores. Spider bites. Stings. Tetanus. Toxicity. Ulcers. Vomiting. Water, poisoning. Wounds.



6. Natural Remedies for Covid-19: Activated Charcoal

Activated Charcoal

Activated Charcoal is rated in Category I (safe and effective) status by the FDA for acute toxic poisoning. Allergies to charcoal have not been reported. **Charcoal is inexpensive, harmless, and easily used.**

Charcoal has been an official remedy in the United States for at least 100 years, and **was eliminated from the U.S. Pharmacopoeia about 1950, not because it was ineffective, but because of its general disuse in American medicine following the phenomenal growth of the drug industry.**



6. Natural Remedies for Covid-19: Activated Charcoal



R_x



MEDICAL USES of Activated CHARCOAL

Today doctors, paramedics and medical centers use Activated Charcoal in a number of different ways:

- 1. to eliminate toxic by-products that cause anemia in cancer patients.**
- 2. to disinfect and deodorize wounds.**
- 3. to filter toxins from the blood in liver and kidney diseases.**
- 4. to purify blood in transfusions.**
- 5. to cut down on odors for ileostomy and colostomy patients.**
- 6. to treat poisonings and overdoses of aspirin, Tylenol and other drugs.**
- 7. to treat some forms of dysentery, diarrhea, dyspepsia, and "foot and mouth" disease.**
- 8. to treat poisonous snake, spider and insect bites.**

DOSAGES

2 capsules (1-2 times/day) - General Health

1/2 tsp. in 8 oz. Glass of Water (1-2 times/day) - General Health

2 capsules (3-5 times/day) - General Illness

6. Natural Remedies for Covid-19: Activated Charcoal

Activated Charcoal: How to use it.

Charcoal water - Take 1 teaspoon up to 1 Tablespoon per dose of Charcoal powder and mix with a glass of water and drink. Repeat as needed.

Charcoal paste - Take Charcoal powder and mix with water and form a paste. Apply to effected areas. Cover with a damp cloth.

Charcoal poultice - Take Charcoal powder and mix with chia seeds, flax seeds, or castor oil and form a jelly. Apply to effected areas. Keep moist.

Charcoal bath - Take Charcoal powder and mix with a tub of water and soak. Bathe the whole body or Foot Baths. Apply externally.

Charcoal powder - Take Charcoal powder and apply to effected areas. Cover with a damp cloth. Sores, ulcers, etc. Apply externally.

Charcoal mixes - Take Charcoal powder and mix with baking soda, olive oil, oatmeal, applesauce, honey, etc., Take internally or Apply externally.

Charcoal remedy - Take a Homeopathic Carbo veg. 30c internally or apply externally. Good for detox, indigestion, bowel disorders, food poisoning.

6. Natural Remedies for Covid-19: Activated Charcoal

Charcoal (Activated) Tonic



R_x



Activated Charcoal and Radiation

Natural Remedies: **To protect against Radiation Exposure**

Activated charcoal taken orally can also help neutralize radiation as well as many other poisons. Activated charcoal contains **many pores and gaps in its structure**, making it excellent for adsorption, electromagnetic wave, and radiation shielding. It has been used to **clean up radioactive contamination.**

Activated charcoal also neutralizes many other toxins as well as radiation: Radon gas, heavy metals ions, pesticides, toxic chemicals, etc. **Activated charcoal** absorbs **bad odors**, absorbs harmful **pollutants in the air and water**

*During one year of operation, a nuclear reactor produces as much long-lived radioactive poison as that released by 1,000 Hiroshima bombs. **Green Peace***

6. Natural Remedies for Covid-19: Hydrogen Peroxide

Natural Remedies for Covid-19: Hydrogen Peroxide



6. Natural Remedies for Covid-19: Hydrogen Peroxide

Food Grade Hydrogen Peroxide: Top Uses, Benefits and More



6. Natural Remedies for Covid-19: Hydrogen Peroxide

Top10
Home Remedies



MAKES TEETH
PEARLY WHITE



CLEAR
UP ACNE



WHITENS
NAILS

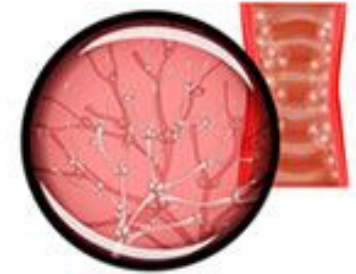


ELIMINATES TOENAIL
FUNGUS

AMAZING
USES
OF



SUPPORTS
ORAL HEALTH



CONTROLS
CANDIDA
INFECTIONS

CLEANS
UP MOLD

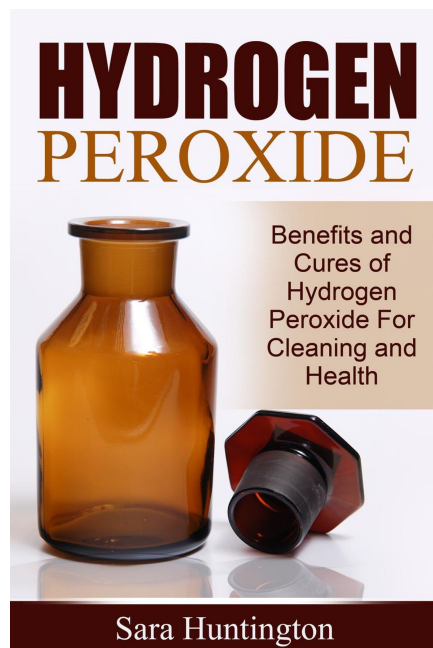


SANITIZES FRUITS
AND VEGETABLES

To explore more, visit www.Top10HomeRemedies.com

6. Natural Remedies for Covid-19: Hydrogen Peroxide

Food Grade Hydrogen Peroxide: Top Uses, Benefits and More



The ability of our cells to produce hydrogen peroxide is essential for life.

As far back as the early nineteenth century, hydrogen peroxide was widely used in medicine. Many **bacterial diseases (including syphilis)** responded to H_2O_2 when no other treatment was effective.

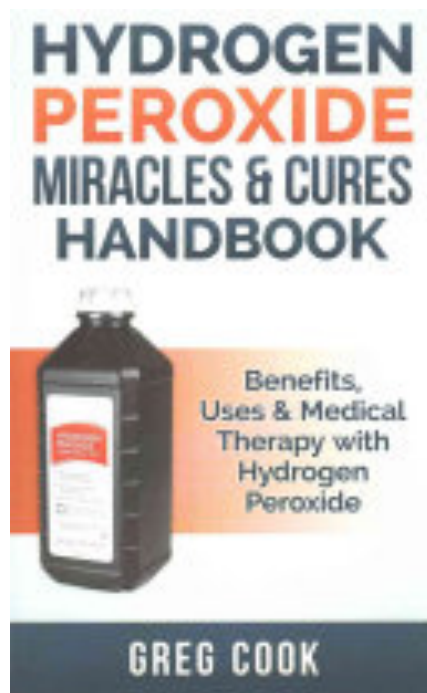
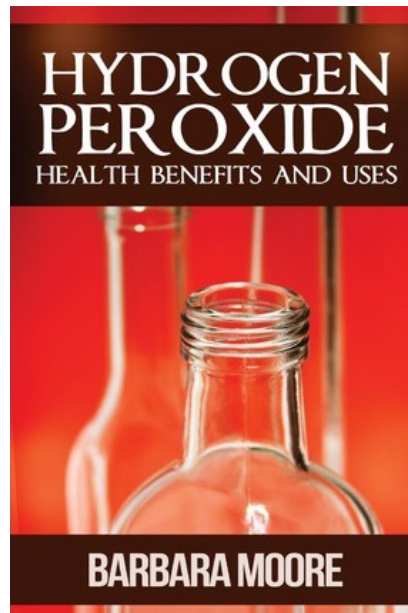
In the early twentieth century, H_2O_2 was used to treat common diseases, such as **whooping cough, cholera, typhoid fever, ulcers, tuberculosis, and asthma.**

However, as the pharmaceutical industry began to develop **expensive, new drugs, hydrogen peroxide was increasingly ignored** and finally discarded as a treatment.



6. Natural Remedies for Covid-19: Hydrogen Peroxide

Grades of Hydrogen Peroxide

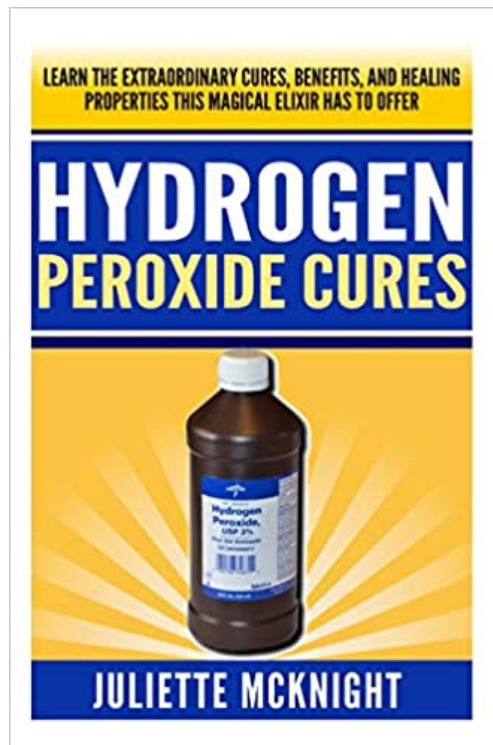


- **Three Percent Pharmaceutical Grade:** This is the grade sold at your local drugstore or supermarket. This product is not recommended for internal use. It contains an assortment of stabilizers which shouldn't be ingested. Various stabilizers include: acetanilide, phenol, sodium stannate and tetrasodium phosphate.
- **Six Percent Beutician Grade:** This is used in beauty shops to color hair and is not recommended for internal use.
- **30 Percent Reagent Grade:** This is used for various scientific experimentation and also contains stabilizers. It is also not for internal use.
- **30-32 Percent Electronic Grade:** This is used to clean electronic parts and not for internal use.
- **35 Percent Technical Grade:** This is a more concentrated product than the Reagent Grade and differs slightly in that phosphorus is added to help neutralize any chlorine from the water used to dilute it.
- **35 Percent Food Grade:** This is used in the production of foods like cheese, eggs and whey-containing products. It is also sprayed on the foil lining of aseptic packages containing fruit juices and milk products. This is the only grade recommended for internal use. It is available in pints, quarts, gallons or even drums.
- **90 Percent Grade:** This is used as an oxygen source for rocket fuel.



6. Natural Remedies for Covid-19: Hydrogen Peroxide

Food Grade Hydrogen Peroxide: Top Uses, Benefits and More



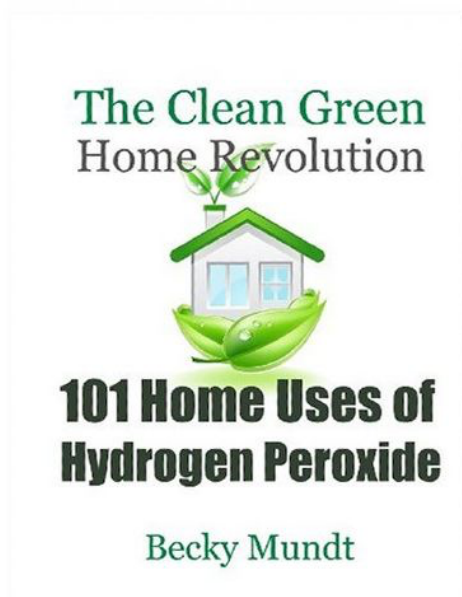
3% vs. 35% Food Grade Hydrogen Peroxide

3% pharmaceutical grade hydrogen peroxide is the variety you've seen at the pharmacy. Thirty-five percent hydrogen peroxide is commonly found in health food stores, it is also available online.

3% pharmaceutical grade hydrogen peroxide typically contains stabilizers like **tetrasodium phosphate, sodium stannate, acetanilide, and phenol** — none of which are good for you. Food grade hydrogen peroxide is pure and doesn't contain stabilizers. However, it is caustic, and you still need to be careful with it.

35% Food Grade Hydrogen Peroxide must be diluted with 11 parts of water to 1 part Hydrogen Peroxide.

This creates 3% Food Grade Hydrogen Peroxide

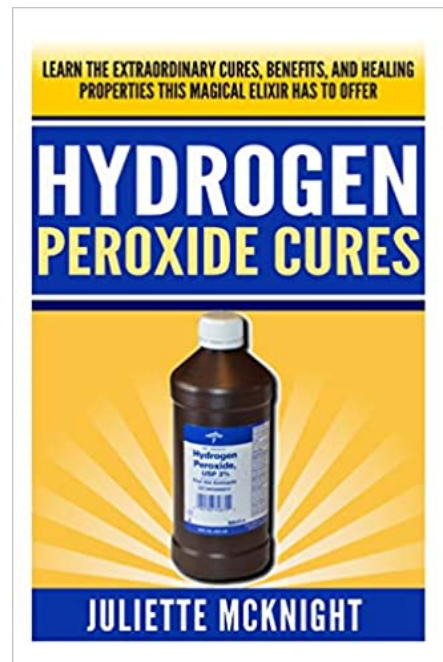


6. Natural Remedies for Covid-19: Hydrogen Peroxide

Hydrogen Peroxide Inhalation Therapy for COVID-19

A recent study, published in the **Journal of Hospital Infection**, shows that even just **0.5 percent hydrogen peroxide** could kill human **coronaviruses**, such as those that caused **SARS** and **MERS**. The findings backed a 2009 research that found inhaling vaporized hydrogen peroxide could lead to 99 percent inactivation of virus activities.

Vaporized hydrogen peroxide has long been considered effective in removing viruses. **Researchers in 1997** discovered that the H_2O_2 could completely **inactivate a range of exotic animal viruses**.



6. Natural Remedies for Covid-19: Hydrogen Peroxide

Hydrogen Peroxide Inhalation Therapy for COVID-19



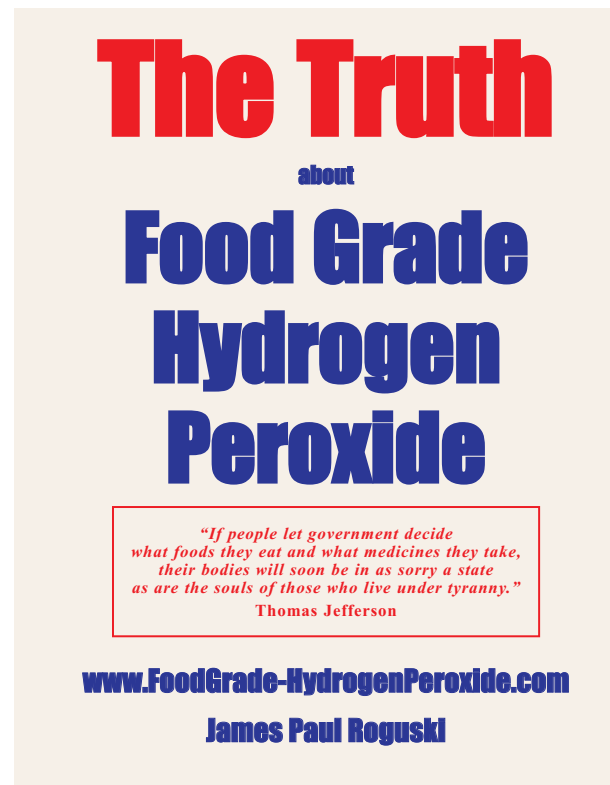
Can an inexpensive and easy to administer at-home treatment treat the novel coronavirus, SARS-CoV-2? According to Dr. Thomas Levy, the answer is yes.

The remedy in question is hydrogen peroxide, aerosolized in any standard nebulizer. Originally conceptualized in the early '90s by Dr. Charles Farr, hydrogen peroxide treatment can successfully treat most viral respiratory illnesses, including coronavirus.



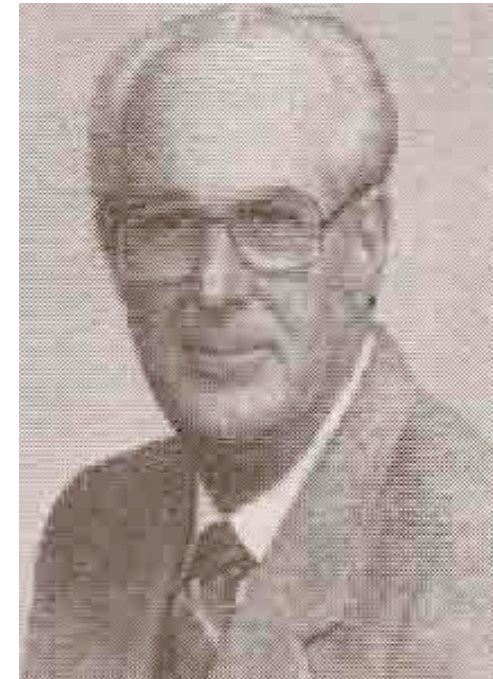
6. Natural Remedies for Covid-19: Hydrogen Peroxide

Hydrogen Peroxide Inhalation Therapy for COVID-19



Nebulized Hydrogen Peroxide (H₂O₂) as a Preventative and Treatment for Covid-19

Originally conceptualized in the early '90s by Dr. Charles Farr, hydrogen peroxide treatment can successfully treat most viral respiratory illnesses, including coronavirus.



Charles H. Farr, MD, PhD (1927-1998)

Download free e-book:

<http://www.foodgrade-hydrogenperoxide.com/sitebuildercontent/sitebuilderfiles/TheTruthAboutFGHP.pdf>

Download the research:

<http://www.foodgrade-hydrogenperoxide.com/sitebuildercontent/sitebuilderfiles/TherapeuticUseOfHPFarr.pdf>



6. Natural Remedies for Covid-19: Hydrogen Peroxide

Hydrogen Peroxide Inhalation Therapy for COVID-19



H₂O₂ may help fight the coronavirus, according to **Dr. Thomas Levy**. He said people can utilize **hydrogen peroxide using its aerosolized form in a standard nebulizer**. Levy suggested using a **3 percent food grade hydrogen peroxide**.

To prevent an infection from taking hold, **begin treatment at first signs of symptoms**. Food grade 3% hydrogen peroxide is fine for this purpose, and can be used without dilution. If the undiluted solution stings or burns your nose, **you can dilute it up to 50% with pure water**. Even lower concentrations can be used, although the anti-viral effects will be reduced at lower concentrations.



6. Natural Remedies for Covid-19: Hydrogen Peroxide

Hydrogen Peroxide Inhalation Therapy for COVID-19



Bill Munro

The hydrogen peroxide inhalation method from **Bill Munro** is one of the most popular natural remedies for treating **viral infections!**

Hydrogen peroxide inhaling method has **testimonials from hundreds of people** who have tried this natural therapy for viruses, **COPD, lung issues, chronic coughs, asthma, cancer, herpes, and more.**



6. Natural Remedies for Covid-19: Hydrogen Peroxide

Hydrogen Peroxide Inhalation Therapy for COVID-19



Bill Munro

"I have been inhaling **3% peroxide** for over **13 years**. And had a bout with **Melanoma and Prostate cancer** at the same time. At no time would I let anything like a salve be on my open Melanoma because that would take away the oxygen needed to heal from the outside. The peroxide I inhale would supply the oxygen on the inside. I increased the times that I inhale the peroxide into my mouth to **7 or 8 times a day**. I used a nasal spray pump. With each inhale I would **pump the pump about 10 times**. This went on for **four months**. I now pump 5 times with each inhale and 7 inhales every day. My PSA blood tests say I am clean now."



Bill believes that you need to **give the peroxide at his dosage (5 pumps, 6 times a day) 2-4 weeks to see results for viruses that have been in the bloodstream for some time (ie., lingering viruses)**. Cancer takes about a month, but you would need to continue the therapy for 3-4 months. Apparently any and all **viruses cannot survive in an oxygen enriched environment**.



6. Natural Remedies for Covid-19: Hydrogen Peroxide

Hydrogen Peroxide Inhalation Method Instructions



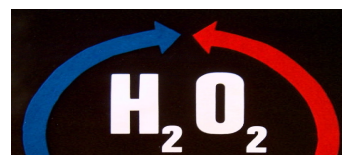
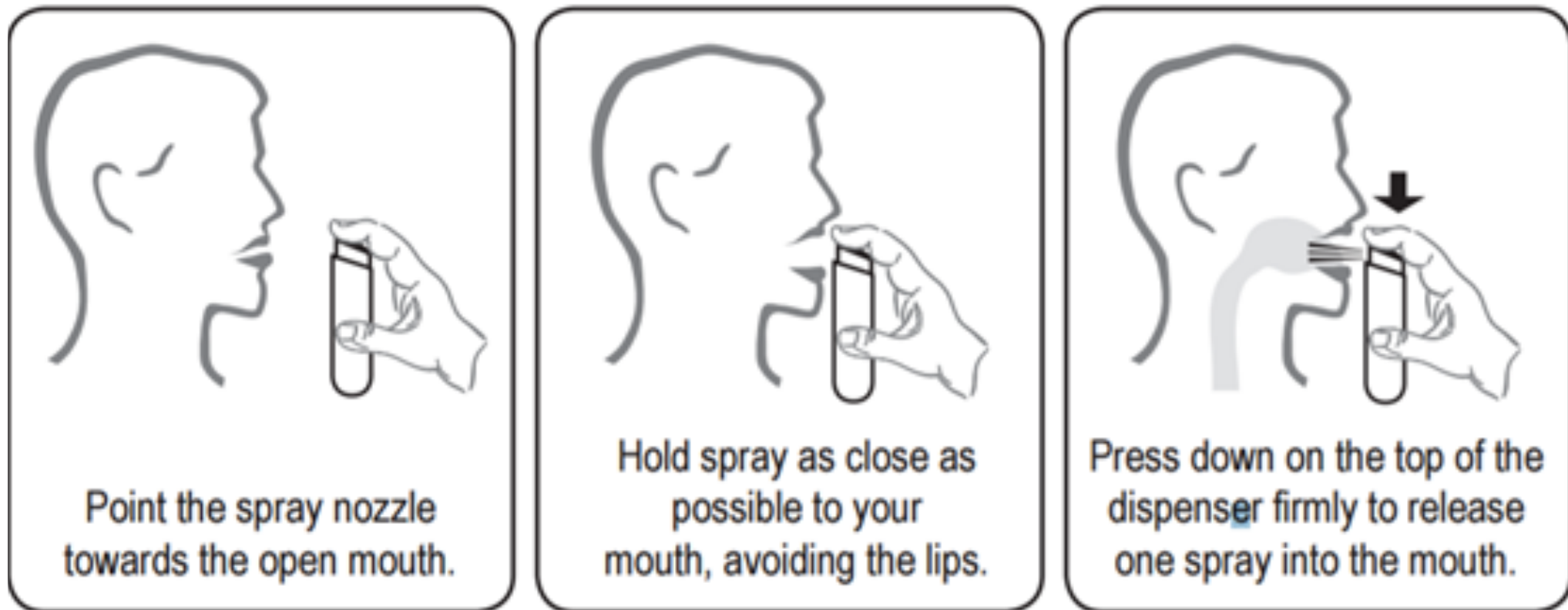
1. Empty out the contents of a saline nasal pump and sterilize the bottle with hot soapy water. Make sure you then rinse out all the soap.
2. Fill the empty, sterilized nasal pump with 3% peroxide. Use **3% food grade peroxide** if you can get it in your country.
3. Point bottle at the back of your throat and, on a sharp inhale, pump the spray 3 times. **DO NOT INHALE IT UP THE NOSE!!** (People misread Bill's instructions from time to time and spray it up the nostrils!)
4. Do this **4-6 times** a day. If you are trying to get rid of a virus, pump every 2 hours or so.
5. It should take about **36 – 48 hours to get rid of a virus**. If it's an insipid virus that's been in your system for some time, it **may take up to 2 weeks**. For other conditions like cancer, it may take a few months.

Note: Before you start this technique, see how little of the peroxide you are actually inhaling by pumping 6 times into a teaspoon. It's a tiny amount.



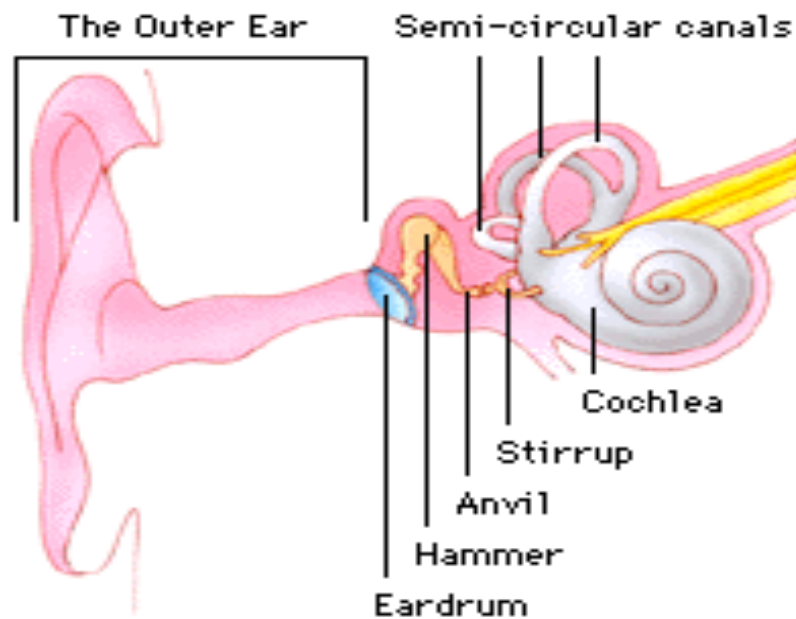
6. Natural Remedies for Covid-19: Hydrogen Peroxide

Hydrogen Peroxide Inhalation Method Instructions



6. Natural Remedies for Covid-19: Hydrogen Peroxide

Food Grade Hydrogen Peroxide: Top Uses, Benefits and More



Hydrogen peroxide in the ears for the flu and colds?

Although it would appear to contradict what we are taught about the flu and colds, **many people have tried hydrogen peroxide in the ears with great success.** Hydrogen peroxide works quite well and is supposed to be **effective about 4 times out of 5**, especially if done when the symptoms first appear.

Remarkable results can be achieved in **curing colds and the flu within 12-14 hours** when we administer **a few drops of 3% Hydrogen Peroxide (H₂O₂)** into each ear.

There will be some **bubbling** and in some cases **mild stinging might occur.** It is not painful in any way. It **tickles more than anything.** Wait until the bubbling subsides, usually a few minutes - then drain onto a tissue and **repeat with the other ear.**



6. Natural Remedies for Covid-19: Hydrogen Peroxide

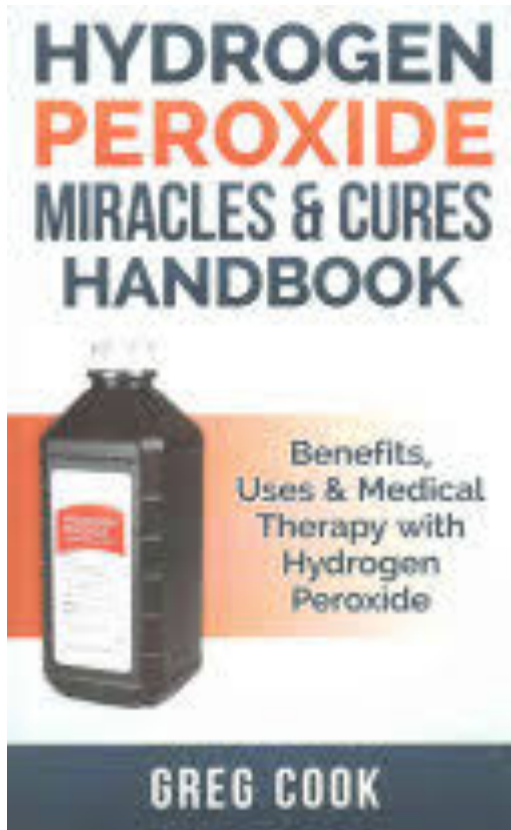
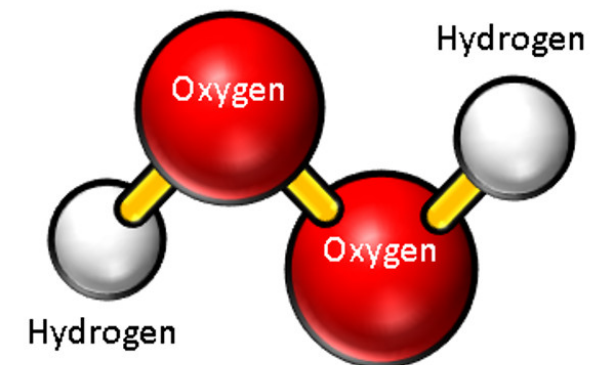
Hydrogen Peroxide Inhalation Method Instructions

Hydrogen Peroxide Cautions

Hydrogen peroxide offers several benefits, keep in mind that it's **very caustic**. Be careful about drips and spills — especially if there are children around.

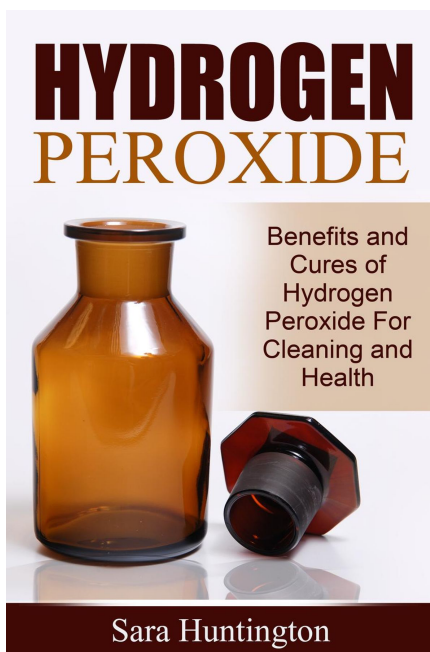
We do not suggest the use of peroxide higher than 3% solution for this inhaling method. H₂O₂ is dangerous at dosages higher than 3%

Also, use **food grade peroxide if you can obtain it**. Bill Munro never used food grade. Rather, he used 3% plain peroxide from the pharmacy for many years until his death at age 90 in 2014.



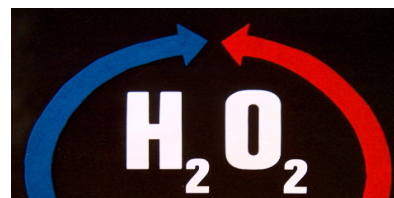
6. Natural Remedies for Covid-19: Hydrogen Peroxide

Food Grade Hydrogen Peroxide: Top Uses, Benefits and More



Actions - Hydrogen peroxide is an **oxygenating, anti-viral, anti-bacterial and anti-fungal agent. Antiseptic and disinfectant.**

Clinical - Allergies. Altitude sickness. Alzheimer's. Anemia. Arthritis. Arrhythmia. Asthma. Athlete's foot. Bacterial, infection. Bad breath. Bites. Blood pressure. Breathing, disorders. Bronchitis. Cancer. Candida. Cirrhosis. Cold, sores. Colds. C.O.P.D. Coughs. Cuts. Diabetes. Depression. Dyspnea. Earaches. Emphysema. Fatigue. Food allergies. Fungal, infection. Gangrene. Gingivitis. Headaches. Hepatitis. Herpes. Hypoxia. Indigestion. Infections. Influenza. Insect, bites. Lung, Diseases. Melanoma. Mouth, disorders. Multiple sclerosis. Parasites. Parkinson's Disease. Periodontal, disease. PMS. Prostatitis. Respiratory, disorders. Ringworm. Shingles. Sinus, infection. Snoring. Sore throat. Sores. Thrush. Tinnitus. Toothaches. Ulcers. Viral, infection. Warts. Worms. Wounds. Yeast, infection.



6. Natural Remedies for Covid-19: Hydrogen Peroxide

Food Grade Hydrogen Peroxide: Top Uses, Benefits and More

- Acne
- Allergies
- Bad breath
- Blurry vision
- Candida
- Chronic Fatigue
- Colds and Flu
- Depression,
- Emphysema

- Headache
- High Blood Pressure
- Kitchen disinfectant
- Melanoma
- Mouthwash
- Nail Fungus
- Plants Helps Grow
- PMS
- Ringworm

- Sinus Infections,
- Snoring Prevents
- Stomach cancer,
- Teeth whitening
- Tinnitus,
- Toothaches
- Toothpaste
- Yeast Infections
- Viral Infection
- Wound care



6. Natural Remedies for Covid-19: Hydrogen Peroxide

Food Grade Hydrogen Peroxide: Top Uses, Benefits and More

WHAT HAS IT BEEN USED TO TREAT?

Peripheral Vascular Disease
Cerebral Vascular Disease
Alzheimer
Cardiovascular Disease
Chest Pain (Angina)
Heart Arrhythmias (Irregular heart beat)
Chronic Obstructive Pulmonary Disease
Emphysema
Asthma (allergy, lung)
Herpes Zoster (shingles)
Herpes Simplex (fever blister)
Chronic Candidiasis

Acute and Chronic Viral Infections

Colds and Influenza
Chronic Recurrent Epstein-Barr
Diabetes Mellitus Type I & II
HIV (AIDS) Infections
Metastatic Cancer Pain
Multiple Sclerosis
Rheumatoid Arthritis
Chronic Bacterial Infections
Gangrene of Fingers and Toes
Raynauds Syndrome
Parasitic Infections
Parkinsonism
Migraine Headaches



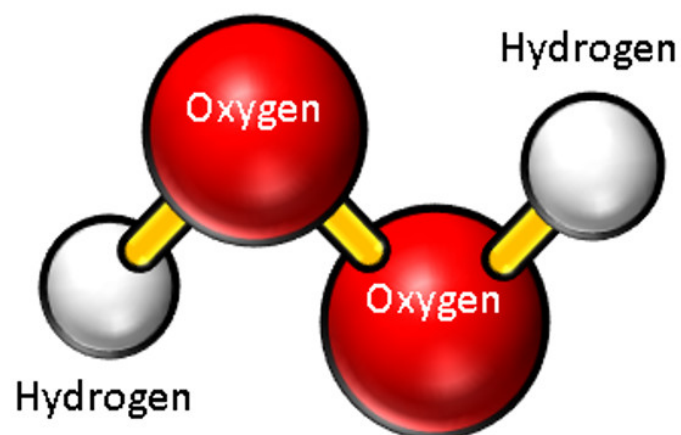
6. Natural Remedies for Covid-19: Hydrogen Peroxide

Food Grade Hydrogen Peroxide: Top Uses, Benefits and More

Before



After



75 uses of Hydrogen peroxide for prevention and treatment of common health problems

Hydrogen peroxide prevents and treats:

- Chronic Fatigue syndrome
- Multiple sclerosis
- High cholesterol
- Heart diseases
- Hypertension
- Kidney stones
- Depression
- Gallstones
- Back Pain
- Prostatitis
- Tonsillitis
- Psoriasis
- Insomnia
- Nephritis
- Arthritis
- Cystitis
- Oncology, Herpes, Skin, Cold, Flu and more...

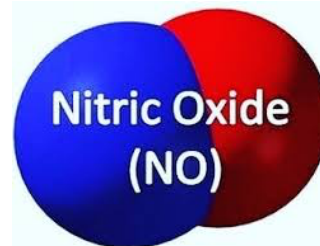
be healthy



Samuel Greenberg

6. Natural Remedies for Covid-19: Beet Roots

Natural Remedies for Covid-19: Beet Root Tonic



6. Natural Remedies for Covid-19: Beet Roots

Beta vulgaris

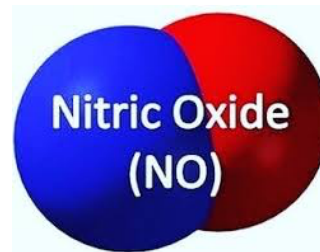


Beet Root Tonic

Botanical Name - Beta vulgaris.

Common Names - Beet root. Garden beet.

Beet root, (Beta vulgaris): Abscess. Acne. **Alzheimer's disease**. **Anemia**. Aphrodisiac. Bad, breath. **Blood, diseases**. **Blood, pressure**. Blood, sugar. Boils. **Cancer**. Cardiovascular, disease. **Colon, cancer**. Constipation. **Fatigue**. Fevers. Gallbladder, problems. **Hangovers**. Heart, disease. **Hypoxia**. **Leukemia**. **Lung diseases**. Skin, diseases. Stroke. Varicose. Wounds.



6. Natural Remedies for Covid-19: Beet Roots

12 BENEFITS of BEETS

1. Fights Cancer
2. Heals Constipation
3. Detoxifies Liver
4. Improves Blood Flow
5. Contains Iron
6. Eases Menstrual Pain and Menopause Symptoms
7. Stabilizes Mood and Mental Health
8. Improves Muscle Strength, Endurance, and Performance
9. Healthy Skin
10. Prevents Birth Defects
11. Fights Inflammation
12. Treats High Blood Pressure



Beet Root Uses

Beet food - Beets can be eaten raw or you can boil, steam roast or sautee them. Beets being naturally colorful and bright red make an excellent and healthful garnish for a meal. They also can be made into cold salads.

Beet juice - Additionally raw beets can be juiced very easily. Beet juice is very strong and powerful. If you want the benefits of beet juice, mix it with some carrot or apple juice for a milder beneficial and healthy juice.

Beet greens - Even the leaves of raw beets have been eaten are useful and beneficial to one's health. Hippocrates advocated the use of beet leaves as binding for healing wounds.

Beet soup - Borscht, a very popular vegetable soup made of beets is a traditionally loved dish in Poland, Russia, Germany and other Eastern European menus. There are cold and hot Borscht soups and each country varies some of the ingredients, but beets are the main ingredient of this hearty soup.



6. Natural Remedies for Covid-19: Beet Roots

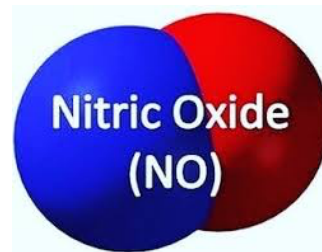
Beetroot Tonic



Beta vulgaris



- Boosting **strength and stamina**
- Stimulating the immune system
- Accelerating bile secretion
- Preventing **cold and flu**
- Reconstructing blood (and thus obstructing cancer cell development)
- Accelerating cell growth and restoring cell nucleus
- Regulating **blood pressure**
- Lowering body temperature
- Strengthening skin and vein walls
- Removing **heavy metals and toxins** from the brain
- Speeding the formation of red corpuscles (and thus improving cellular oxygenation)
- **Boosting mood**
- Promoting **healthy nails, shiny hair** and smoother skin
- Purifying and detoxifying the liver, kidneys, and bladder
- Relieving constipation
- Treating **leukemia and other cancers**



6. Natural Remedies for Covid-19: Beet Roots

Beet Kvass Recipe

Prep 5 mins total 5 mins, Author Wellness Mama, Yield 6 +n inexpensive health tonic of fermented beet juice that is a healthy wellness booster!

Ingredients

- 2-4 beets
- ¼ cup [whey](#) or juice from sauerkraut
- 1 TBSP [sea salt](#) or [Himalayan salt](#)
- filtered water

Instructions

1. Wash beets and peel if not organic or leave skin on if organic
2. Chop beet in to small cubes, but don't grate.
3. Place beets in bottom of a half gallon glass jar.
4. Add whey/sauerkraut juice and salt. If you don't want to use whey or sauerkraut juice, you can double the salt instead, though it may take longer to ferment.
5. Fill jar with filtered water.
6. Cover with a towel or [cheesecloth](#) and leave on the counter at room temperature for 2 days to ferment.
7. Transfer to refrigerator and consume as desired. I drink 1-2 ounces each morning and night.

Notes: This recipe will make approximately 8 cups

Fermented Beet Juice



6. Natural Remedies for Covid-19: Beet Roots



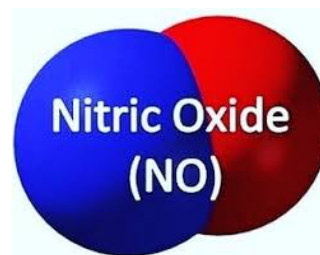
Increased nitric oxide levels

Adults and children who mouth breathe are deprived of valuable **nitric oxide**, which your body produces in the sinuses

The **body produces 25 percent of its nitric oxide from nose breathing**, so mouth breathing obviously slashes the amount that your body can access.

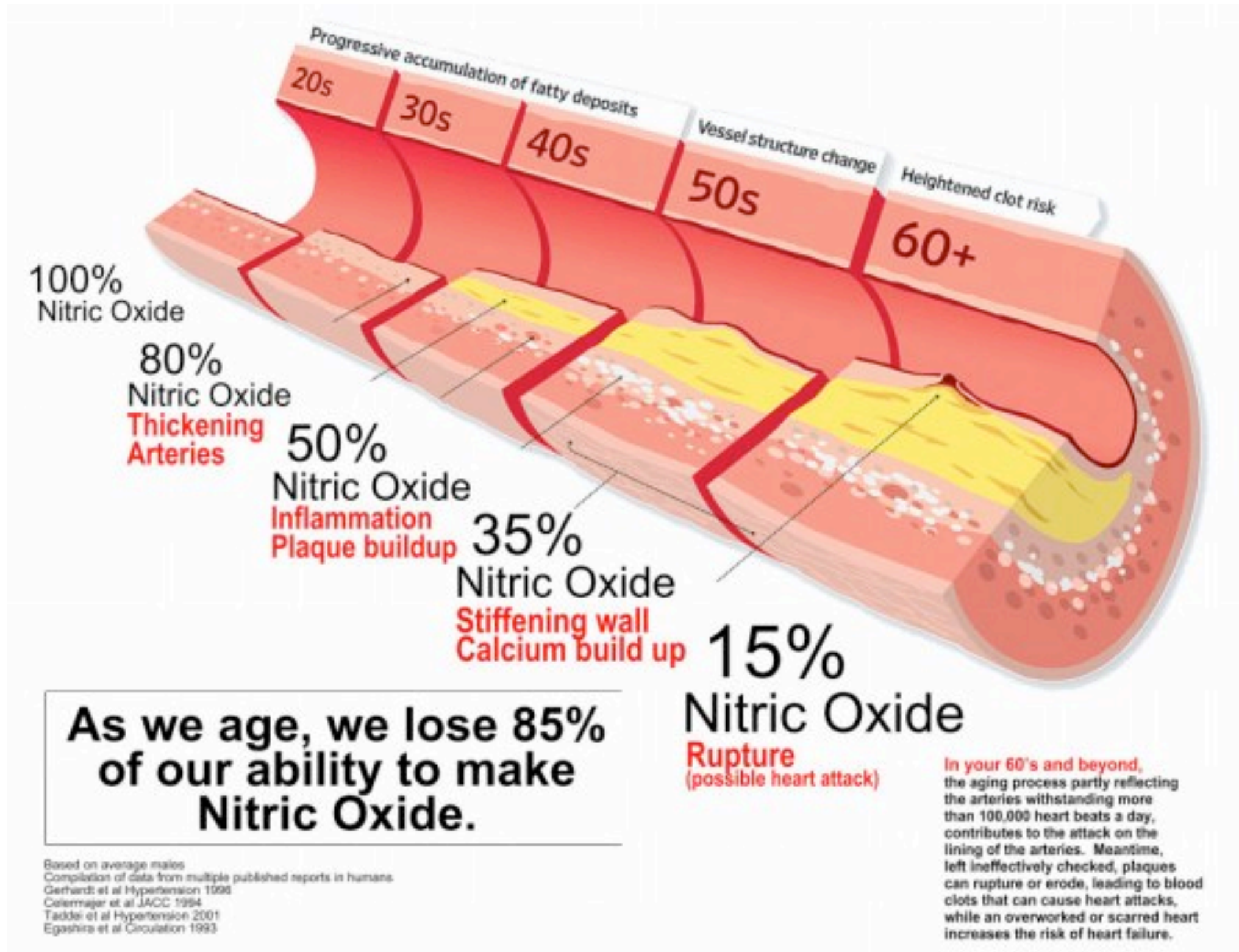
Here are just some of the benefits of nitric oxide:

- enhances memory and learning
- regulates blood pressure
- regulates inflammatory response
- improves sleep quality
- increases endurance and strength
- promotes weight loss
- improves immune/gut function
- relieves pain
- reduces heart disease risk
- helps improve symptoms of anxiety and depression



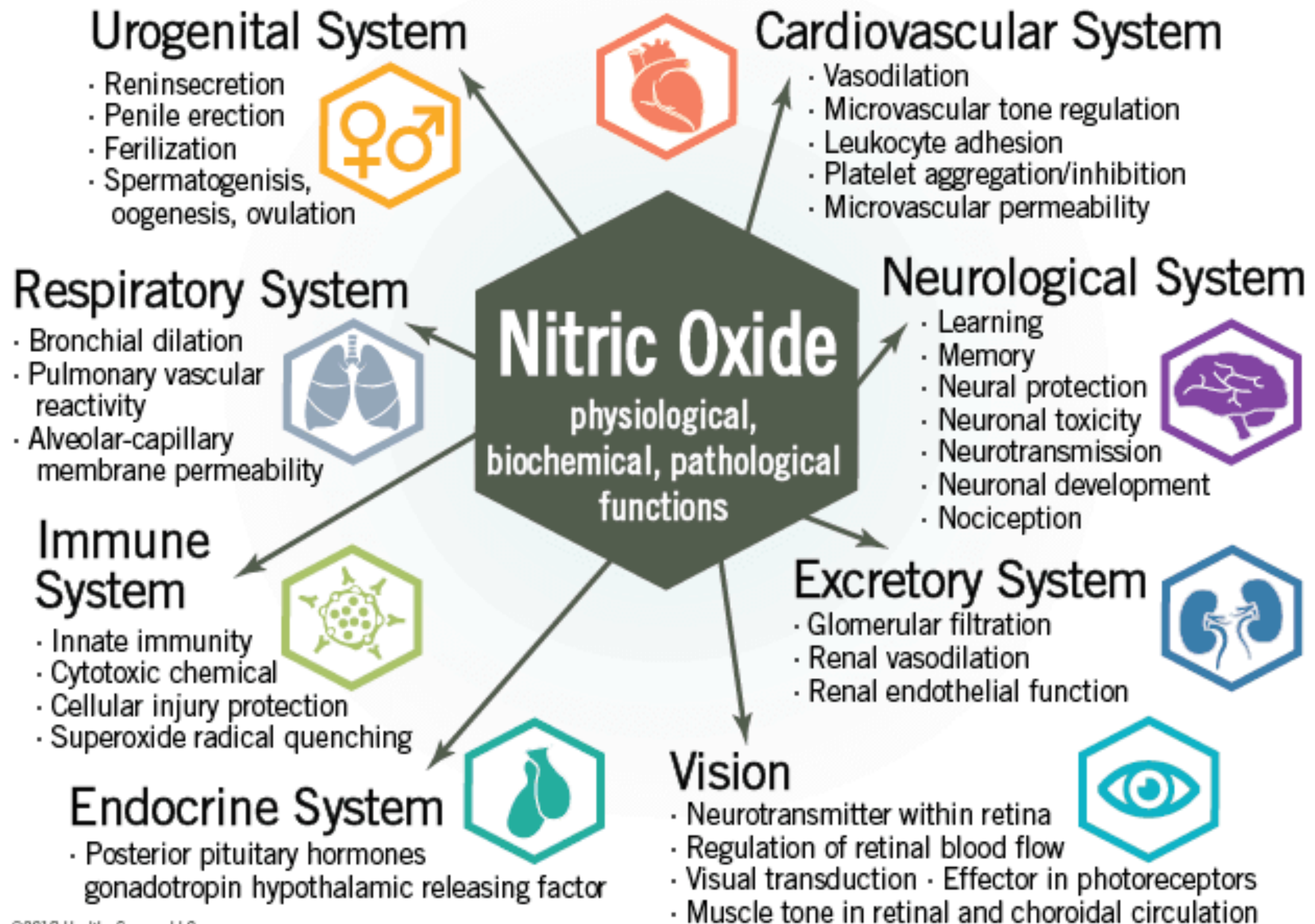
6. Natural Remedies for Covid-19: Beet Roots

Beet Roots and Nitric Oxide



6. Natural Remedies for Covid-19: Beet Roots

Beet Roots and Nitric Oxide



6. Natural Remedies for Covid-19: Beet Roots

Nitric Oxide and Vitamin C Therapy

Nitric Oxide and Ascorbic Acid Inhibits NLRP3 Inflammasomes

IMPORTANT FACTS ABOUT NITRIC OXIDE

The top benefits of nitric oxide you need to know...

- ⇒ Improves oxygen delivery to every cell
- ⇒ Expands blood vessels
- ⇒ Improves overall circulation
- ⇒ Lowers risk of plaque accumulation
- ⇒ Aids in preventing blood clots
- ⇒ Helps to regulate your blood pressure
- ⇒ Improves erectile dysfunction
- ⇒ Raises the effectiveness of your workouts
- ⇒ Critical to neurotransmissions
- ⇒ Helps prevent cognitive decline

Alternative-Doctor.com
Dr. Keith Scott-Mumby

7. Medical Qigong for Respiratory and Immune Health

Medical Qigong for Respiratory and Immune Health:



7. Medical Qigong for Respiratory and Immune Health

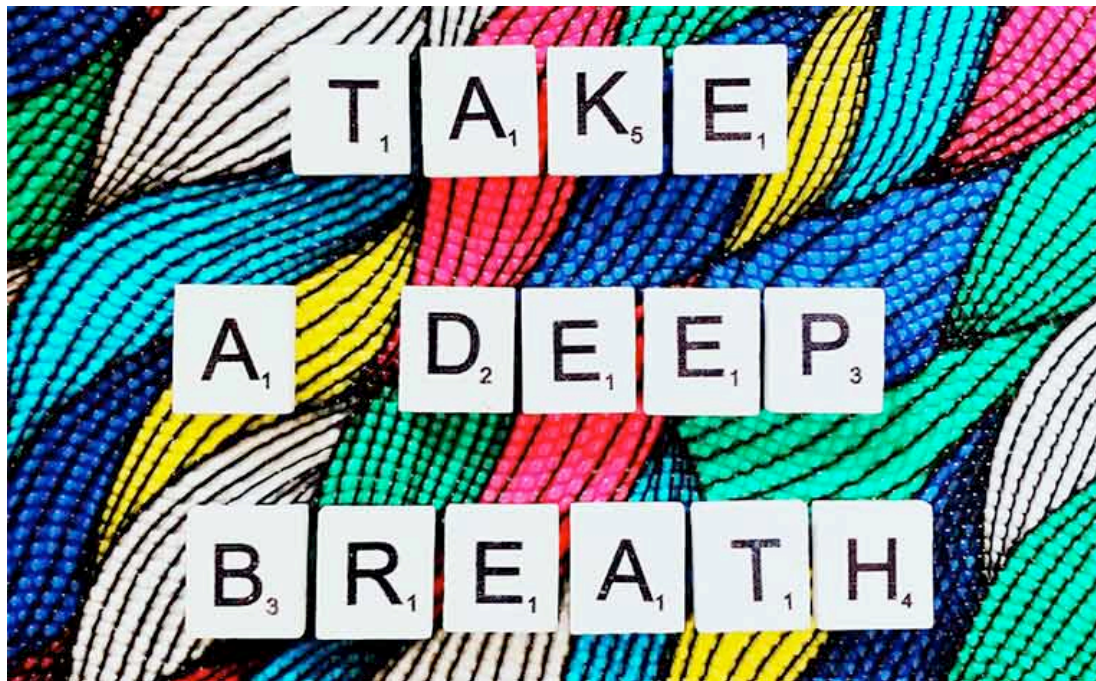
30

Benefits of Qigong

1. Loosens Muscles
2. Builds Power
3. Strengthens Organs
4. Slows Respiration
5. Strengthens Nerves
6. Builds Bone Density
7. Prevents Joint Injury
8. Strengthens Ligaments
9. Destroys Free Radicals
10. Increases Injury Recovery
11. Decreases Stress
12. Balances Emotions
13. Improves Circulation
14. Prevents Muscular Spasms
15. Reduces Pain
16. Lowers Heart Rate
17. Normalizes EKG
18. Lowers Blood Pressure
19. Improves Asthma
20. Relieves Bronchitis
21. Builds Immune System
22. Relieves Migraines
23. Decreases Stroke Risk
24. Improves Skin Elasticity
25. Improves Posture
26. Improves Flexibility
27. Increases Balance
28. Improves Memory
29. Aides in Digestion
30. Improves Kidney Function

7. Medical Qigong for Respiratory and Immune Health

Breath of Life



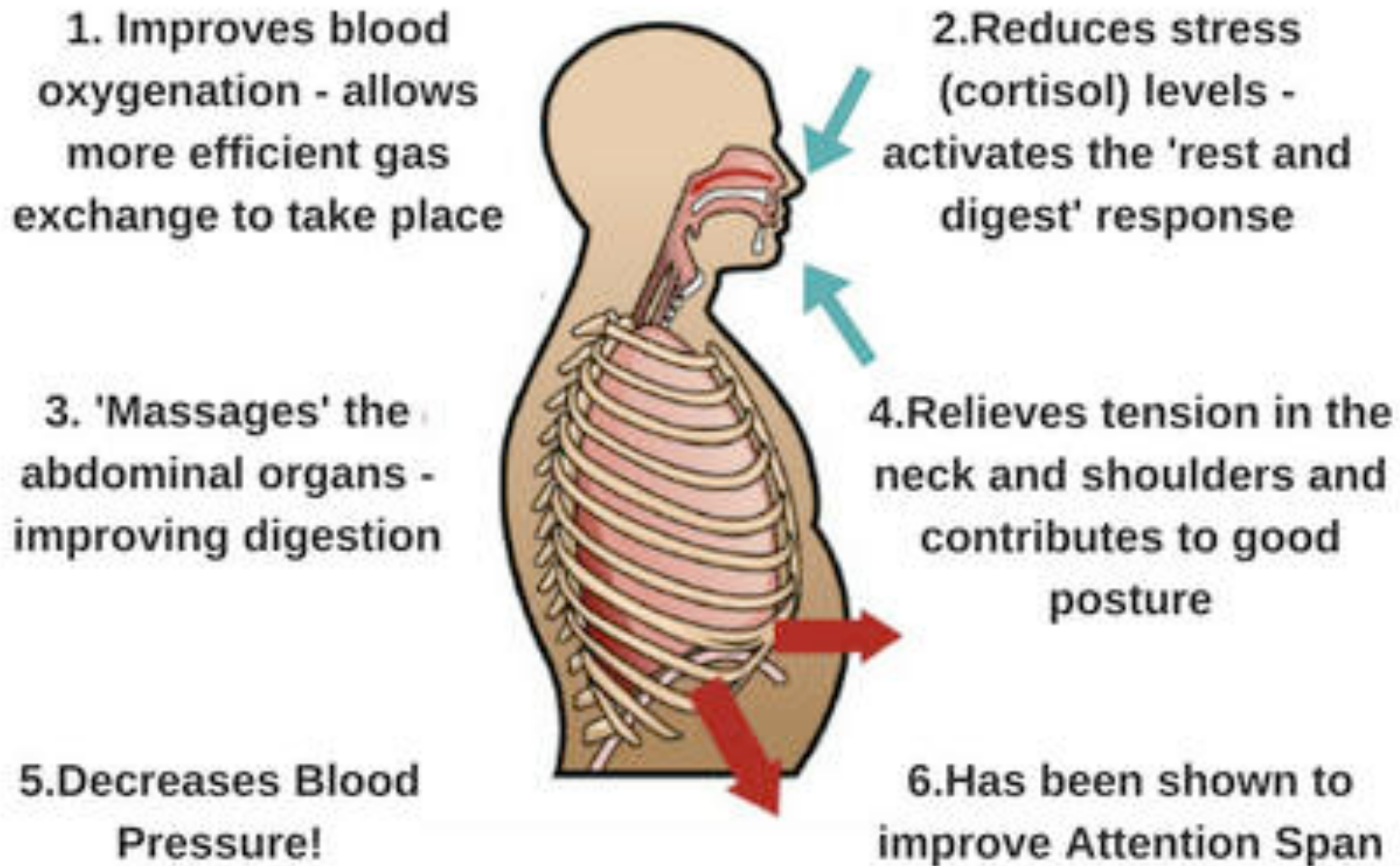
Prana
Breath of Life



7. Medical Qigong for Respiratory and Immune Health

6 BENEFITS OF ABDOMINAL BREATHING

@SummitStrength.au



7. Medical Qigong for Respiratory and Immune Health

Qigong and Yoga Abdominal Breathing

Inhale through the nose and expand the belly



Exhale through the nose and contract the belly

“Coronavirus, Homeopathy and Pneumonia, 4”

May 14, 2020, London, U.K.

Centre for Homeopathic Education and Lotus Health Institute

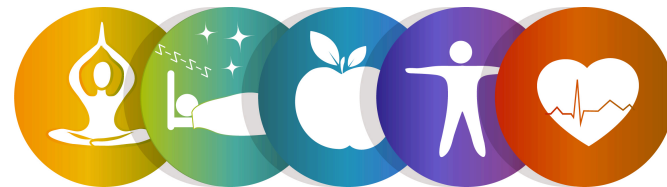
taught by Robin Murphy, ND

Bye for Now! Everybody!

“May Your Vital Force be Healthy, Happy and Strong”



lotushealthinstitute.com



info@lotushealthinstitute

Lotus health Institute: *“Homeopathy, Ayurveda and Qigong”*

8. Homeopathic and Natural Remedies Resources

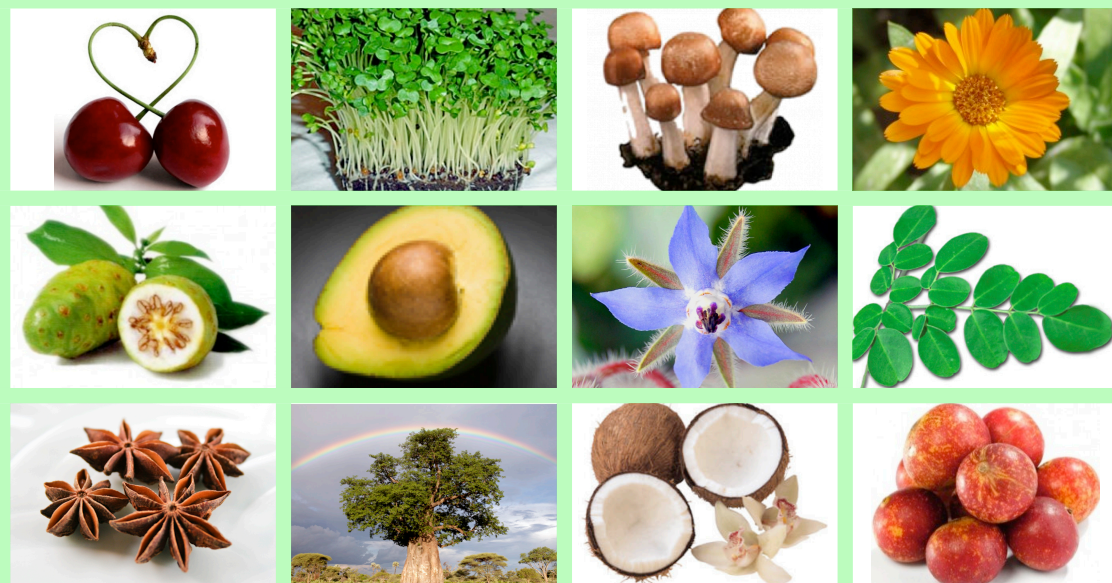
lotushealthinstitute.com

info@lotushealthinstitute.com

SUPERFOOD WELLNESS GUIDE

““Medicinal Foods from Around the World””

By Robin Murphy, ND



Fruits, Berries, Oils, Nuts, Seeds and Vegetables: A to Z

“Discover Healthy Benefits and Traditional Uses of Superfoods, Herbal Tonics and Home Remedies!”

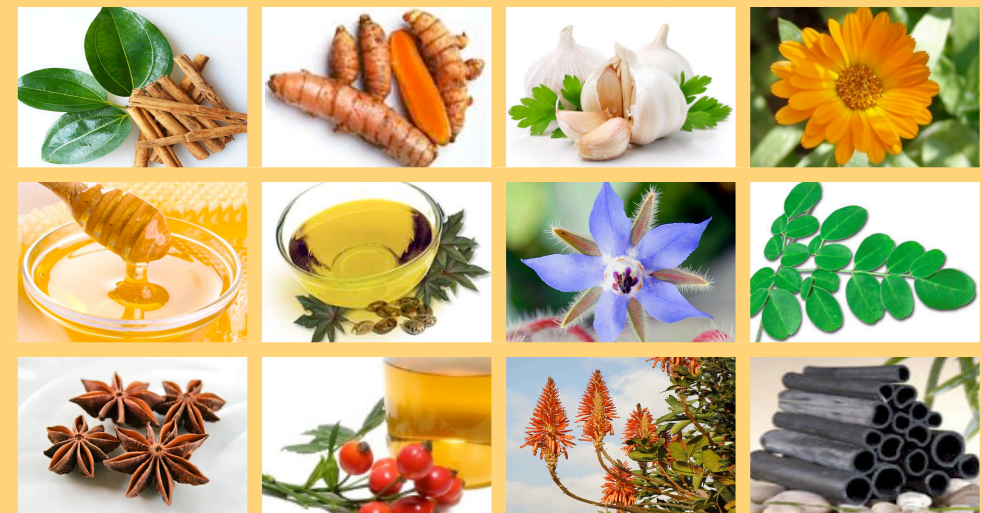
“Discover Healthy Recipes for Healing, Longevity, Beauty, Sports, Weight Loss and more!”

Lotus Health Institute

HERBAL WELLNESS GUIDE

“Natural Remedies from Around the World”

By Robin Murphy, ND



Medicinal Herbs, Spices, Oils and Minerals: A to Z

“Discover the Benefits and Traditional Uses of Herbal Tonics, Teas, and Home Remedies!”

“Discover Healthy Recipes for Healing, Longevity, Beauty, Sports, Weight Loss and more!”

Lotus Health Institute