

# TIPS for a *Viral Free* Life



**Hippocrates – the Father of Modern Medicine said “Food is your best medicine”** Think about this carefully and digest it because it is more important than ever to understand it. We have departed from nature in the way we eat and care about her and her creatures. Lets think and reassess our lives and behavior.

**WE are experiencing new viral strains which elicit an exaggerated immune response because they attack many key body systems.** Fever, cough and breathlessness are major symptoms. The exaggerated immune response to deal with complex physiological attack results in a flood of cytokines. These lead to immune cells attacking their own lung tissue and blood supply which results in rapid cell die off. Accompanying this blood clots may form in the micro-circulation affecting internal organs, heart and brain. Anti inflammatory measures, herbs and foods which curtail inflammation can help prevent this. This is probably why anti-malarial quinine derivatives and aspirin have been found helpful. Quinine based drugs are anti-inflammatory and aid the liver and spleen to eliminate dead cell debris.

**First free yourself from fear** and be positive, remembering that the creative evolutionary intelligence within your body has been preserving the health of humans for thousands of years. Positive people who have faith in the Creator and Nature have stronger immune systems than negative and fearful ones. This is a scientific fact! Remember it is common for annual viruses to take the lives of many elderly and unhealthy people. This is nothing new, but recently the media seem to be driving too much alarm and fear.

Above all BE POSITIVE... and have faith in your amazing body and in Nature who have sustained us for millenia through many epidemics even worse than current ones.

## **USE A HOMEOPATHIC IMMUNE BOOSTING FORMULA.**

**The homeopathic 'Breathe' formulation** helps to boost the immune system and therefore may aid in preventing an excessive immune reaction (with cytokine storms) - which can cause the body defence cells to damage surrounding blood and organ membranes. This formula has both anti-inflammatory effects and also assists blood flow and circulation. It can be ordered from “Breathe” website. <https://www.breathesa.com>

### **Formula Rationale**

**Senega** finds use for treating pneumonia particularly for older people with weak lungs. It prevents accumulation of thick, sticky mucus. It is also anti-inflammatory – like Bryonia and Cinchona below.

**Bryonia** displays the symptom picture of a dry, sore throat and achey flu, which can descend suddenly into lungs, resulting in pneumonia with painful constriction of breathing, and scanty expectoration.

**Antimony Tart** shows profound weakness, along with an inability to bring up mucus from the lungs, which builds up and suffocates. It is used for pneumonia with the above characteristics.

**Arsenicum Album** - boosts immune power of lungs, adrenals and thymus gland, possibly preventing an over-reaction of immune response. It is a major remedy for asthma.

**Cinchona Off.** (Quinine) - a great antimalarial, China is useful for intermittent bouts of fever, suffocative cough and difficulty breathing, along with disorganized hemoglobin.

**Eupatorium Perf.** has bone aching fever, headache, dry sore trachea, and a deep hoarse cough.

**Pneumococcus** helps inform the immune response to prevent pneumonia.

**Influenzinum** helps in both prevention and treatment of viral influenzas.

**Kali Bich & Kali Mur** both loosen up sticky mucus, and aid expectoration.

**Zincum Phos and Ferrum Phos** both boost the immune response of the lungs.

**Hepar Sulph** helps prevent infected mucus and pus forming in the lungs, which blocks the tubes.

## **GARGLE AND MOUTH WASH**

**Buy lots of lemons**

Squeeze them and extract about 500ml of juice. Add some lemon rind with the juice into a blender (say rind of 1/2 a lemon) Strain the resulting blend into a bottle

Add 4 teaspoons of MSM powder to help preserve  
also add Zinc Sulphate powder if you can get it - one level teaspoon

Add the following Essential Oils

- 5 drops of Frankincense
- 10 drops of Origanum
- 5 drops of Thyme
- 15 drops of Peppermint oil
- 10 drops of Eucalyptus oil
- 5 Drops of clove oil
- 10 drops of Lemon essential Oil

Now add Stevia powder or drops to sweeten to taste

## **LOW MUCUS DIET AND BLOOD THINNING FOODS TO FAVOR HEALTH AND RESISTANCE.**

### **Viruses and Bacteria thrive in mucus ridden bodies and sinuses**

They will live in the sinuses for weeks and then go down into the throat at night during sleep  
Post nasal drip is therefore dangerous if you wish to avoid viral/bacterial infections

## **KEEP BODY ALKALINE BECAUSE ACID PLASMA MAKES BLOOD STICKY & INFLAMES FOCI**

**ACID BODY FLUIDS IRRITATE AND INFLAME** old inner scars from strains & injuries & also erode cartilage in the joints.  
Acidity erodes the surface of red blood cells making them more sticky and disposed to clotting.  
Have a little Sodium Bicarb or Nettle Capsules daily to keep alkaline. Avoid acid foods, red meat & refined carbs.

## **DON'T EAT ...**

**The following foods particularly cause mucus in sinuses, throat and lungs**

**DAIRY PRODUCE** - Do not drink milk or yoghurt

if you must have dairy in the form of cheese then try to use goats' cheese only occasionally  
(goats do not have mucus noses and lymph congested udders like cows have)

**SUGAR** in all forms - check labels. Sugar is a powerful mucus producer

**WHEAT** – In most people it forms mucus and blocks the nose, particularly white bread.

Always toast bread and use Gluten Free if you can

**CHECK LABELS** for addition of wheat gluten and sugar

## **DO EAT PLENTY OF ...**

ONIONS, GARLIC, LEEKS, RADISHES, TURNIPS, BROCOLLI, CAULIFLOWER which are all very good for lungs and also break up mucus. EAT CELERY & CARROTS. The onion/garlic family, ginger, cinnamon, kale, brocolli, celery, brussel sprouts and cayenne all reduce inflammation in the body, help prevent blood clotting and improve circulation.

## **HERBAL TEA**

- Rooibos Tea breaks up mucus and congestion and add cinnamon and ginger to it to thin the blood.
- Peppermint, Ginger, Stinging Nettle, Celery seeds and Turmeric are all anti-inflammatory.
- Rosemary (good for lungs and circulation)
- A pinch of Thyme (antibiotic)
- Lemon Grass (clears mucus and is good for blood flow)
- Sage - good natural antibiotic and prevents throat inflammations\_
- Chamomile - anti-inflammatory and clears mucus and heat in air passages
- Origanum and Lavender - both natural antibiotics
- Add a slice of lemon to ginger tea with a little stevia or honey
- DO YOUR OWN RESEARCH

## **SUPPLEMENTS**

- VITAMIN D is great for lungs
- VITAMINS A D AND C and also Zinc – Vit C 2000 pd. Vitamin D 1000 iu pd. Zinc 50mg pd
- *Take Capsules of Celery seed, Nettle, Cinnamon and Milk Thistle. All reduce inflammation*
- *Take L-Glutamine amino acid which is very anti inflammatory and also L-Lysine.*

- *Mesquite powder (a relatively cheap superfood) is decidedly anti inflammatory. Add it to you smoothie*
- *Cinnamon, Turmeric and Ginger help to keep blood flowing and boost immunity.*
- *Lemon and Ginger tea as strong as possible every morning is a good start to the day.*
- Vitamin A is found in orange foods like oranges, sweet potato, butternut squash, carrot or spinach. Dried apricots, kale, melon and spring greens also provide good amounts of carotenoids.
- Vitamin D may be obtained from mushrooms, certain fortified foods, oranges and of course Sunshine. Do at least 15 mins sunbathing with a hat on, per day.
- Omega 3 is found in chia seeds, flax seeds and walnuts
- Omega 6 in walnuts, safflower oil, Tofu, hemp seeds, sunflower seeds, peanut butter, avocado oil

### **MAKE YOUR OWN LOZENGES WITH ESSENTIAL OILS**

Buy 'Fisherman's Friend' Lozenges or 'XXX Peppermints' and add essential oils listed below. Put the lozenges in a small container after you have put the essential oil drops mix into it ..... then add the lozenges or peppermints and shake them about until they are all covered in the oil.

(Use only the purest essential oils even though they say non ingestible – in very small quantities they are not toxic - to coat mouth and throat as protection – recommend 'soil' or 'doterra' oils).

To One tablespoon of coconut oil or grapeseed oil – add the following essential oils

Peppermint oil 4 drops

Eucalyptus oil 4 drops

Oreganum oil 2 drops

Frankincense oil 2 drops

Suck them when you go out in public places..

Also you can suck a zinc lozenges if you can find them

or dust lozenges with some Zinc Sulphate powder to add protection

### **EXERCISE EXERCISE EXERCISE BREATHE BREATHE BREATHE**

*Oxygenate your lungs and move your blood so it doesn't stagnate and get 'sticky'*

### **EARTH SKY BREATHING to plug in to your natural battery charger!!!**

*This breathing vitalizes lungs and brings in a happy optimistic spirit*

Stand outside and look up while breathing in blue sky while opening up arms and chest widely, while feeling positive energy flowing into your lungs, heart and body.

Then hold this deep in-breath for 5 seconds. Then bend knees slightly as if dropping toward the earth, closing your arms toward the body as if to hug yourself, and dropping the head and torso slightly down toward a foetal position, pushing every particle of your breath out with a Whoosh sound. This expels stale air from all the small bronchioles allowing the next in-breath to rush back in with lots of fresh oxygen. If repeated this simple exercise can make one feel positive and happy and prevent and even improve bronchitis and pneumonia, if already present. Do 20 breaths if possible.

#### **Exercise Summary:**

1. open arms up while feeling qi energy flowing into your lungs and body
2. in-breath and hold for 5 seconds
3. bend knees and drop head down with big exhaling WHOOSH
4. repeat up to 20 times

**DO QIGONG or Yoga or simply Happy Self-Created movement, dance, with deep breathing in and out - for energizing the whole Body and the vital Organs with positive Life-Force.**

Above all keep moving and breathing and keep a happy positive feeling in your heart and chest!! That alone will boost immunity!!

**Contributed by Dr Berkeley Digby  
Registered Homeopath**

28 Rugby Drive, Plettenberg Bay 6600

ph. mobile 083378 1177

website: [www.drdigby.co.za](http://www.drdigby.co.za) (for location maps, fees, questionnaires)