

100's of Remedies for Immunity and Lung Health

1	Supplements	<p>1 gram (1000mg) doses of Vitamin C x 2-3 a day Vitamin D3 (Sunshine is the best.), Iodine Zinc (Take ½ 50mg pill/day when symptoms coming on. Symptoms intense, take one pill (50mg) a day.) Lysine and N-Acetyl-Cysteine (both anti-viral) Cystine, c60 fullerene, silverbiotics, chlorophyll, maca</p>		
2	Technical Apparatus	<p>Colloidal silver generators Ultra-violet light Diffusers Infra-red portable sauna Inhaling air from a hair dryer aimed at the mouth (and nose)</p>		
3	Folk/DIY Remedies	<p>Vicks Vaporub and similar menthol products rubbed on and around the nose (disinfectant that prevents germs entering the resp. track Steam vapour bath – head under a “towel tent” over a bowl of hot water – with menthol products, simmered Ajwan seeds, essential oils Turmeric honey – 4 teaspoons of culinary turmeric powder to a cup of honey - a teaspoon a day or as required. Do not refrigerate – helps to fight infection in the mouth, throat and digestive system. 1 drop of iodine tincture on rock salt sniffed every 2 hours Black Elderberry elixir or tincture</p>		
4	Essential Oils (Through a diffuser or rubbed onto chest or back.)	<p>Frankincense Rosemary Oregano ‘Thieves Oil’ recipes Peppermint</p>	<p>Eucalyptus Tea Tree (Melaleuca) Lavender Thyme Sage, Pine</p>	<p>Esteva Cistus Oil blends Pure resins - benzoin, boswellia Andrographis</p>
5	East-West Herbs	<p>Chinese Skullcap Liquorice Kudzu St. John Wort Hyssop officinalis Cistus Incanus (tea mouth spray for lungs) Tea, Rhodiola root</p>	<p>Angelica Astragalus Cordyceps Reishi Ginkgo Biloba Garlic Echinacea Holy basil</p>	<p>Olive leaf Elder, Lemongrass Cinnamon Turmeric blends Ginger with lemon warm water and honey Dymethylsulphoxide (DMSO)</p>
6	Diet/Foods (Refrain from smoking and junk food!)	<p>Raw honey (particularly Manuka and similar), Bee pollen Quercetin (Plant flavonol from flavonoid group of polyphenols. Found in many fruits, vegetables, leaves, seeds, grains; red onions, kale.) Coconut oil is an anti-viral. Castor oil Garlic, onion and ginger soup (many recipes online) Ginger and lemon tea, pineapple juice for coughs Turmeric, Apple Cider Vinegar Horseradish, Potassium rich foods</p>		

7	Homeopathic	Arsenicum Album 30, Bryonia, Lycopodium. Aconite
8	Ayurvedic medicine / techniques	Jala Neti, Ashvagandha
9	Yoga Asanas	Pranayama, Wim Hoff Breathing technique
10	Meditation/ Mantras	Theta healing meditation (available online) Violet visualisation of the dynamic health of etheric body