



Immune System Boosting Guide

A Holistic Approach

Note: This guide is based on protocols published by world leading experts like Dr. Mercola, Dr Brownstein, Dr Zelenko, Prof McCullough, Lili Kolisko Institute, World Council for Healing to name just a few. The author is a trained Naturopath (Hahnemann Institute Germany) and has Diplomas in Anatomy and Physiology, MBA with distinction.

Disclaimer: *Although I make every effort to keep the guide accurate and up-to-date, the information contained in this guide is not intended and must not be taken to be the provision or practice of medical advice or services nor a substitute for medical advice, diagnosis or treatment. If you have questions, concerns about your health or treatment or would like more information, seek the advice of your doctor or qualified health professional. Always see your doctor or other qualified health professional before starting or changing any treatment or prescription medicine. Any action you take upon the information on this guide is strictly at your own risk. I am not liable for any discomfort, losses or damages in connection with the use of this guide. It is the sole responsibility of the user of this guide to research the scientific literature to qualify the given information.*

Prophylaxis

What to do if I am in contact with others e.g. shopping ?

1. The virus can enter through your mouth and nasal passage, so after returning home disinfect your hands, rinse your mouth with antiseptic mouth wash (1) and use a nasal spray(2) do not share the nasal spray with another person
2. In general, keep social distance from people (those who recently got the jab, may have a higher viral load for around 2 weeks)

What can I do to boost my Immune System ? (which is your greatest defence against all kind of fungus, bacteria, virus)

1. Vitamin D3 5000IU/day (3)
2. Zinc 50mg/day (4)
3. Vitamin C(5) 1000mg twice a day
4. One tablespoon of Black-seed Oil (5) in the morning*
5. **Quercetin** (6) 250mg/day once a day **
6. Melatonin (7) 5mg/day before bedtime (can cause drowsiness)
7. One tablespoon of Turmeric (8) powder in a liquid after lunch, protects the lungs. This is important !! (appendix)
8. Air rooms regularly, sleep sufficiently, eat good organic food
9. Do a fasting week 1 or 2 times a year, be positive, have faith

* German study shows antimicrobial effect, stimulating immune function, used also to support cancer treatment

** according to Dr Simone Gold it does the same thing what **Chloroquine** is doing: It helps zinc break through the cell wall and do it's life saving job)

What can I do treating a viral infection ?

You need an oximeter to measure your oxygen level in the blood, a contactless thermometer to check your body temperature, and a nebuliser to inhale remedies to protect your lungs, plus ideally a blood pressure device and a mini sauna to “sweet it out” and apply “overheating” killing unwanted germs.

A viral infection is not a death sentence, because there are fortunately ways to successfully combat it. At the beginning you might not know if you have a viral infection. It may mask as a mild to severe cold with flu-like symptoms, however waste no time and take action immediately. If you got it right, in a later test it may turn out, that your immune system developed antibodies more powerful and with a longer lasting protection than any inoculation can achieve. **In regards to treating COVID19 or any viral infection, timing is everything.** From the beginning the replication of the virus must be stopped.

What are some of the early Symptoms of an acute viral infection (see symptomatic phases in the appendix) ?

fatigue, muscle aches/pain, shortness of breath (check with pulse oximeter (9)), fever, chills, sore throat, headache, loss of smell/taste, runny nose, nausea, vomiting, diarrhoea (you may develop only some symptoms) unexplained tiredness (sign of lowered immune defence)

Action Plan

1. **Hotbox** (mini sauna (10)) raise your body temperature to a mild fever level for 20-30min twice a day, but cooling neck and head with cold towels, followed by a cooler shower for 30sec (hyper thermal treatment)
2. **Vitamin D** 5000UI daily
3. Vitamin C 3 times daily 3000mg
4. **Zinc** 100mg/day Interesting: most of the protocols mention these three ingredients
5. Take 1 additional spoonful of Black-seed oil later during day
6. Breath Hydrogen Peroxide mix with a nebuliser (11) (see resource section)
7. Iodine (12) 25mg daily from sea kelp
8. Vitamin A and B one caps/day
9. **Quercetin** 250mg *twice* a day. **Important !**
10. Melatonin 10mg before bedtime (can cause drowsiness)
11. use antiseptic mouthwash (1) 3 times during day
12. one tablespoon of Turmeric (8) powder in a liquid (e.g. kefir) after lunch, protects the lungs from cytokine storm inflammatory, active ingredient is Curcumin, (appendix)
13. Coated Aspirin 100mg 3 x daily (12) for adults (unless contra indicated e.g. if using blood thinner medication) works as anticoagulant (blood clots !))
14. Drink a lot, (seperate cup etc), sleep a lot
15. Social distancing, quarantine in seperate bedroom if possible
16. Check oxygen level in the blood with oximeter (9) regularly (**alert ! if constantly <90%, get health professional involved**) In case of short breath, customers can hire an oxygen machine with no charge for the first 3 days (if available)
17. Check blood pressure regularly
18. Check body temperature(13) , don't interfere with fever up to 39/40 degree, if higher put on wet socks, and/or use homeopathy remedies
19. Keep a positive attitude, mind over body, have faith, be thankful

*Dr Mercola confirms the efficiency of hydrogen peroxide in defeating respiratory infections

* according to Israeli report

Homeopathic Remedies

A more intensive regime in addition is the use of some homeopathic remedies (see resources). If you are not familiar with using Homeopathic remedies, consult a Homeopath. Some remedies address lung inflammation as this is the greatest complication in a viral infection during the final stage which you normally should not experience as you take early actions.

If not stated, remedies generally 20 globules 3x daily under the tongue, the number behind the remedy refers to the "dilution" including the X or C.

Antimonium crudum 6X dry cough

Ashwaganda (recovery Tonic) giving in case of viral infection

Apis mel 30X / Belladonna 30X / Bryonia 30X all against higher fever

Boswellia 3K helps the lungs, asthma, diabetes

Elderberry/Thyme against inflammation of the lungs

Lungroot against viral infection and fits the corona virus

Magnesia phos 30X against cramping

Mercurius 30X addresses lymph nodes swelling

Silicea

Gelsemium against neuralgia (stiff neck, brain fog) 5 globules every hour or 4 times a day

Bryonia alba 6X joint pains

Ginseng

Thuja 30X uplifts the body forces

Jasper/Topaz for taste/smell issues

Diet less rich in protein (use lots of Cinnamon, Ginger, Garlic, Onions, great antioxidant)

Simillimum Wellington for Homeopathic remedies (buy 12g pillules @ \$9)

True Botanic USA, special homeopathic/ anthroposophical remedies

Mitigation of an Inoculation

If you are not familiar with using Homeopathic remedies, consult a Homeopath.

If not stated, remedies generally 20 globules 3x daily,

Before Inoculation

Bryophyllum 1 caps 1-2/day decreases the fears of Covid infection

Calcium Carb 30X lowers the angst of the needle

Ledum palustre 6X 20 globules every 2 hours decreases the hematoma

Thuja 6X 5 globules 1-2 /day helps the immunisation

After Inoculation

Agaricus muscarius 30X prevents nerve damage

Arnica Oel rub around the needle wound

Bryonia alba 6X joint pains

Gelsemium against neuralgia (stiff neck, brain fog)

Hepar sulfur for detoxification of liver

Magnesia phos 30X against cramping

Mercurius 30X addresses lymph knots swelling

Silicea 200C 20 globules every 2 hours, closing of wound

Thuja 6X increases body strength in case of immunisation

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When I was writing this guide I had in mind providing some ideas how to strengthen the immune system as a key for good health. In the meantime it is reported that a few inoculated people had minor to severe health problems. Some Doctors suspect that a weakened immune system could be the cause, for example they experience increased cancer cases (see appendix), and seemingly unrelated cases of abdominal pain, respiratory problems, blood clots and heart conditions (see appendix).

I am convinced that this guide could be helpful to repair/restore an insufficient immune system (see Prophylaxis or Treatment).

How to prepare a Hydrogen Peroxide solution for use in a nebuliser according to Dr Mercola:

- take 1/2L of pure water (not tap water), mix with 4.5 g of Himalayan Salt
- add 3 x 1/4 teaspoon of 12% food grade Hydrogen Peroxide without stabiliser
- fill 1/2 teaspoon into nebuliser and breath in till it is empty
- initially every hour for first day after that 6 times a day or as required

Resources

10% discount Introductory offer during November/December 2021 on all items for affiliates of selected associations,

> **Mobile Hot Box (Mini Sauna)**

also great for treating a cold/flu or to loose weight. People regularly attending a sauna session have less colds, i.e. a stronger immune system

> **Wrist Blood pressure Monitor, digital LCD display**

> **Set of Oximeter, Contactless Thermometer, Nebuliser in a bag,**

> **Nebuliser**

> **Oximeter**

> **Contactless Thermometer**

> **7 days Pill Box with LED time reminder with 4 compartments per day**

> **Hire out Oxygen Generator**

customers who bought the set can hire the unit onetime 3 days for free (if available)

> **Organic Pine Needle Tincture**

> **Hydrogen Peroxide Mix 60ml dropper**

fill nebuliser 2 x with a full dropper (1/2 teaspoon) for one application, according to Dr Mercola formula

> **Organic Black Seed Oil cold pressed 236ml**

> **Quercetin 60caps @ 500mg**

> **Vitamin D3 90 soft gels 5000IU organic**

> **Zinc 50mg 90 caps**

> **Detox Herbal Foot Patches 100 Pcs**

> **Ginger Patches for Pain Relief neck/knee 10 Pcs**

> **Pure Himalayan Salt body Scrub 340g deep cleansing**

> **Holistic Fasting Retreat (in development)** a bodily and mental boost and wellbeing. Under professional guidance, 9 days (Friday evening to Sunday afternoon), extensive program, all material is provided

Options:

- a. in a retreat with a small group (recommended)
- b. from home, joining the group on weekends and evenings (for those working)