IMMUNE PROTOCOL

From the Health Ministry of the Willcox Seventh Day Adventist Church

Greetings!
We're sending some health education information that you can do if you so choose. This is health education, not medical advice, that is diet and lifestyle based, based on scientific or medical literature, our personal experience, and biblical principle. Our goal is to help you stay out of the hospital. They are overwhelmed and understaffed. Our approach is multi-layered for greatest success. The sooner you begin the protocol, the better the results. Be sure to consult with your healthcare provider, especially regarding contraindications.

Your kit contains the following:

Vitamin D3 *-10,000 iu (22 capsules)*
To boost Immune System and ease inflammation. May lower risk for severe Covid infection.
If infected, take five per day for the first three days. Then two per day for the next three days. Then one per day thereafter. Take with high fat food.

Zinc *– 50 mg (7 caplets)*
To help vitamin D to work inside the cells. Blocks viral replications and decreases the virus's ability to infect cells. Supports immune system and overall metabolism.
Take one caplet daily with food.

Optimized Quercetin *– 250 mg (7 capsules)*
To help zinc enter the cell and prevent viral entry.
Take one capsule daily with food.

Oregano Oil - 510 mg (7 capsules)
Powerful antiviral and destroys viruses such as coronavirus. Take one capsule once a day.

N-Acetyl L-Cysteine (NAC) *– 600 mg (14 capsules)*
To reduce lung congestion.
Take one capsule twice daily on an empty stomach. May be taken once daily for general health and maintenance.

Nigella Sativa (Black Seed) *– (14 capsules)*
Alleviates symptoms and reduces recovery time up to 50%, even in severe cases with ventilator.
Take 2 capsules a day. Severe cases: double dosage.

Eucalyptus Oil *– (pure) – 1 ml*
For Steam Treatment: Add 3-4 drops of eucalyptus oil to a pot of water, bring to a boil, remove from heat, cover head with a towel, hover over pan, breathe deep for 5 minutes. Be careful not to burn yourself. Do not use on skin without a carrier oil. Do not ingest.

Nature's Ventilator Tea *– (Organic Herbal) – 1 pack*
Helps with breathing difficulty and is an expectorant, making coughs more productive, and helps to prevent mucus from settling in the chest. It creates a soothing anti-inflammatory coating over mucous membranes. It also relieves pain in the lungs and protects it from damage.
Steep 1-2 teaspoons in a cup of boiling water for 5-10 minutes. Strain and drink up to three times a day.

Nature's Parasite Buster Glycerite *– (Organic Herbal) – 1 bottle*
Prevents viral replication and promotes viral clearance. 1 dropper full in 2 oz of water twice a day.

Vitamin B Complete — 1 bottle
Helps reduce symptoms like fatigue. Follow instructions on bottle.

PB8 Probiotic - 14 capsules
Rebuilds gut microbiome while taking natural antivirals and natural antibiotics and helps with vomiting. Take 1 capsule at lunch.

The very best way to include the above vitamins and minerals in your diet, is via plant foods. A list of some of these beneficial foods are at the end of this letter.

Along with starting your kit, the following are highly recommended lifestyle choices to assist your body in healing by boos1ting your immune system and fighting inflammation:

- Allow your body the rest it needs.
- Cut out or greatly reduce sugar; it suppresses your immune system.
- It would be well to eat plant-based if you do not already. Lots of fresh, colorful fruits, veggies, and legumes to build up antibodies, vitamins, and minerals. Animal products cause inflammation. Anti-inflammatory food is the goal to help your immune system.
- Get 20 minutes (+) of sunshine and fresh air outdoors daily (preferably mornings) and breathe deep.
- A short 15-minute walk would be beneficial if you are physically able, but listen to your body and avoid overexertion.
- Spend extra time with our Great Physician in prayer and claiming promises in His Word.

Additional Recommended Therapies:

Hydrotherapy in the form of Contrast Showers (See attachment)

This essentially wakes up the Immune system, improves oxygen saturation, improves circulation to help prevention of blood congestion around the lungs and other organs, plus a plethora of other benefits. This is highly recommended. However, if there is a preexisting condition such as a heart condition or neuropathy, less extreme temperatures should be used. If risk of fall is a concern, a hot foot bath is recommended instead. (Link for hydrotherapy techniques below)

https://www.hydro4covid.com

Super Flu Bomb *(See attachment)*

If you live in our area, we can provide this for you. If you are out of our radius, ask someone close to make this for you. It's inexpensive, potent, and powerful. Consult your healthcare provider if you are taking any blood thinners, as the onions and garlic have anticoagulative activity.

Chest Congestion Remedies:
Eucalyptus Rub:
Add a few drops of eucalyptus oil to one ounce of carrier oil. Rub on the chest.

Steam Treatment:
Add 6 drops of eucalyptus oil per cup of water, bring to a boil, remove from heat, (use caution and common sense so no accidents), cover head with towel, hover over the pan, and breathe deep for 10 minutes or until the steam is gone. Another wonderful option is oregano oil.

Pursed Lip Breathing:
For lung improvement. (Video below)
https://www.lung.org/lung-health-diseases/lung-disease-lookup/copd/patient-resources-and-videos/pursed-lip-breathing-video

Drinking Hot Tea:
Nature's Ventilator Tea samples in the starter kit. If severe chest congestion develops, Nature's Ventilator tea can also be used for steam inhalation or as a chest fomentation.

Drinking Hot Onion Broth:
In a pot on the stove, add one or two chopped onions to five cups water. Add five cloves garlic. It is optional to add a small piece of turmeric and ginger. Bring to a boil and simmer 20 minutes. Add salt to taste. Discard vegetables. Drink either throughout the day as a tea or as a meal.

Onion poultice:
Chop enough onion to cover the chest surface area. Steam onion in a small amount of water directly in a pot. The goal is to soften and warm the onion, so we don't want to turn the heat up too much because we don't want the onion to caramelize. Pour the contents of the pot onto the center of a clean dish towel. Fold up all sides so the pieces can't escape. Check the temperature to make sure it's not too hot before placing the thin layer (bottom side) on the bare chest. You can put on a snug T-shirt to help it stay in place. Also, laying a towel under you may be helpful in case of a mess. Once it's in place, rest for at least 20 minutes. It can be left on overnight as well.

Decrease in Oxygen Saturation:
If oxygen saturation decreases, notify us immediately. We also have pulse oximeters available to check your levels at home.

Fevers:
Running a fever is good! It signals that your immune system is working and assisting your body to heal. Avoid fever reducers, which are bad for the liver. Instead, assist the fever with a Fever Bath. You should have another person on site for this. Prepare a bath that is hot, but not scalding. Submerge yourself in the bath while drinking unsweetened herbal teas. You will need to maintain the temperature of the bath, reheating when necessary. Keep a cold washcloth on your head.
For a child, lukewarm (not cold) sponge baths are recommended for 20-30 minutes. It is not advised to add alcohol or ice to the water, which lowers the body temperature too quickly. (Video below – Note, this website has alternative hydrotherapy techniques for your reference)
https://www.hydro4covid.com/half-bath.html?fbclid=IwAR1ASi58Snoo2rGZ5JOlOAwdzgzCAMSqAsWsmdUbWyqD0BjbU7RW0CSviUk

Special note regarding children:
The supplements in this protocol are dosed for adults, not children. If children require treatment, follow health guidelines above (nutrition, air, sunshine, rest, exercise in the form of playtime as tolerated, Bible stories, particularly about Jesus healing). You may also use the Super Flu Bomb (child's dosage), onion broth & poultice, eucalyptus rub, steam treatment, and children's fever bath.

Loss of taste or smell:
Begin smell therapy. You can use 4-5 essential oils or herbs, smelling each of them for 20 seconds focusing on your memory of the scent. Do this in intervals throughout your day. You can also use other strong smelling items such as oranges, shampoo, mouthwash, etc. Naturally, avoid dangerous chemicals.

Relapses:
We're hearing a lot about folk feeling better after a few days, jumping back into regular life, and then having bad relapses; so, it's good to continue following the protocol even after you feel better. Getting enough rest and eating anti-inflammatory foods is so important.

Beneficial Plant Sources for Recommended Supplements (not exhaustive):

Vitamin D: Mushrooms; however, the best source is not food, but the sun. Exposing your skin to sunlight for 10-30 minutes a few times a week allows your body to convert cholesterol into vitamin D.

Zinc: Lentils, Oatmeal, Wild Rice, Pumpkin Seeds, Quinoa, Shiitake Mushrooms, Black Beans, Green Peas, Spinach, Lima Beans, Chia Seeds, Avocado, Flax Seed, Asparagus

Quercetin: Onions, Kale, Tomatoes, Broccoli, Blueberries, Apples, Grapes, Cherries, Citrus Fruits.

NAC (Amino Acid, Cysteine): Lentils, Oats, Sunflower Seeds, Couscous, Lima Beans, Carrots, Almond Butter

We are lifting you up in prayer to our Great Physician. Don't hesitate to call us if your condition changes or you need someone to talk to.

Here are some scriptures to claim and meditate on to strengthen your faith and bring you peace:

John 14:27
Peace I leave with you; My peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

Isaiah 41:10
So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with My righteous right hand.

Isaiah 41:13
For I am the Lord your God who takes hold of your right hand and says to you, Do not fear; I will help you.

Psalms 28:7
The Lord is my strength and my shield;
My heart trusted in Him, and I am helped;
Therefore my heart greatly rejoices,
And with my song I will praise Him.

Blessings!

For questions or concerns please contact:

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