

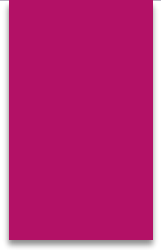


Keys to Self-Healthcare, Maintenance and Survival

MACON COUNTY COMMUNITY PARTNERS
COMPREHENSIVE HEALTHCARE RESPONSE COMMITTEE

Naturally Strengthen and Build the Immune System

Help fight off and prevent not only COVID (corona infection), but also help control and treat high blood pressure, diabetes, heart disease, cancers, and other infections



Calm Down

- ▶ Positive thinking
- ▶ Deep breathing in fresh air
- ▶ Take a daily walk or other exercise



Prayer

- ▶ Prayer and meditation induces “the relaxation response”
 - ▶ metabolism decreases
 - ▶ heart rate slows
 - ▶ blood pressure goes down
 - ▶ breath becomes calmer and more regular



Prepare nutritious foods

- ▶ Limit the amount of meat, sugar, cheese, ice cream, and fried foods that are eaten
- ▶ Increase the amount of anti-inflammatory, antioxidant-rich fruits, vegetables, and omega-3 foods, such as:
 - ▶ **Fruits:** berries (elderberry, raspberry, blueberry), lemon/lime, apples, oranges, melons, etc.
 - ▶ **Vegetables:** cruciferous - broccoli, cauliflower, Brussel sprouts; carrots, beets, onions, squash and leafy types
 - ▶ **Legumes:** Dry Beans (Navy, black, red), lentils
 - ▶ **Grains:** oats, wheat, rice, quinoa
 - ▶ **Raw seeds:** sunflower, pumpkin, almond
 - ▶ Garlic, turmeric, ginger, etc.
 - ▶ Green tea and black coffee
 - ▶ Wild salmon



Intermittent Fasting

- ▶ To begin, try fasting for at least 8 hours during the day (try once or twice weekly)
- ▶ Eat one meal per day until it becomes a habit, and you will feel stronger!
- ▶ If you must eat in between meals to take medication, eat only dry wheat toast, light broth (soup), a piece of fruit, smoothie, or other nutritious snack



Eliminate other bad habits

- ▶ Smoking (cigarettes or marijuana)
- ▶ Frequent drinking (sodas and alcohol)
- ▶ Arguing and shouting
- ▶ Inactivity
- ▶ Sleep deprivation
- ▶ Self-hatred
- ▶ Chronic stress



Stock your pantry

- ▶ Store enough food to last 3-6 months in case of public health or safety emergencies
- ▶ Store dry goods (and home canned foods) that can last for years: rice, dry beans, dry milk, pasta, etc.
- ▶ Always have enough clean water in your home to drink that will last for several weeks to months
- ▶ If you must isolate or quarantine because of COVID-19, you will want to have food on hand so you don't have to worry about shopping



Home-grown vegetables

- ▶ Begin digging beds for your own vegetable garden
- ▶ Grow your own tomatoes, peppers, green beans, squash, okra, potatoes, etc.
- ▶ Learn about organic gardening practices to eliminate the need for chemicals in your garden
- ▶ Dry and save your seeds at the end of the season to replant next year



COVID-19 Home Remedies

How to prevent and effectively treat coronavirus symptoms



Mild symptoms

- ▶ Runny nose
- ▶ Headache
- ▶ Nausea
- ▶ Cough (dry or mucus)
- ▶ Fever
- ▶ Sore throat
- ▶ Fatigue
- ▶ Loss of taste or smell



When to seek medical care

It is good to have a **trusted** health practitioner to guide you anytime you are not feeling well

Identify and consult a professional healthcare practitioner:

- ▶ If you are not comfortable handling your symptoms
- ▶ Persistent symptoms for 3-5 days
- ▶ Worsening symptoms at any time

Seek Emergency Medical Care if:

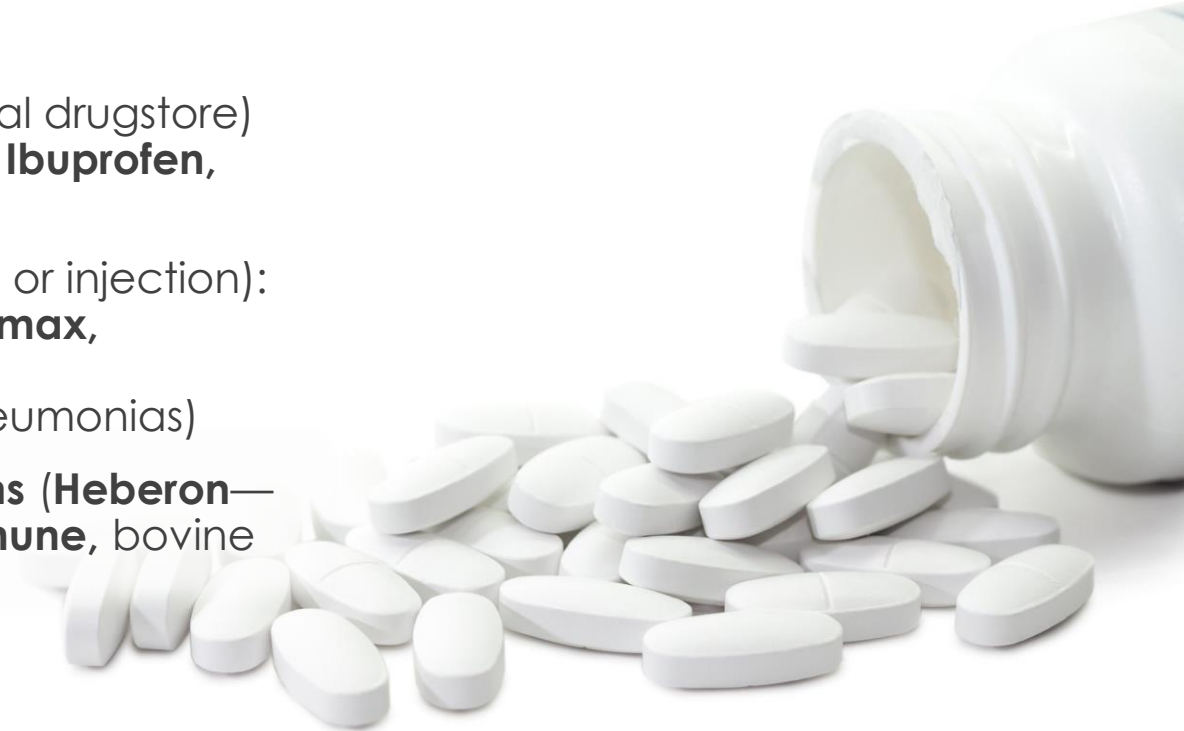
- ▶ Bluish face or lips
- ▶ Difficult or rapid breathing
 - Keep a **pulse oximeter** and **digital blood pressure cuff** at home to measure blood oxygen levels, blood pressure and heart rate
- ▶ Persistent pain, extreme weakness or pressure in chest
- ▶ New confusion or inability to arouse



**If short of breath or getting worse,
call 911 and go to emergency
room or hospital**

Medications your doctor may consider: **ASK QUESTIONS!**

- ▶ **IF YOU ARE NOT OFFERED ANY TREATMENT FOR YOUR INFECTION OR ILLNESS, THIS IS NOT ACCEPTABLE MEDICAL CARE**
(Review the medical oaths of office)
- ▶ Nonprescription medications (purchase at you local drugstore) that have shown effectiveness: **Aspirin, Naprosyn, Ibuprofen, Mucinex**
- ▶ Prescription medications that are well studied (oral or injection): **Breathing treatments with Albuterol, steroids, Zithromax, Doxycycline, Ivermectin, Hydroxychloroquine, Rocephin/Ceftriaxzone** (IV only for developing pneumonias)
- ▶ Biologic agents: **Monoclonal antibodies, interferons (Heberon—human-type alpha interferon used in Cuba); Paximune**, bovine based)



Treating mild symptoms

(self-health care maintenance at home)

- ▶ Isolate yourself and begin to treat your body with:
 - ▶ Vitamin regimen
 - ▶ Nutritious soups (no heavy foods)
 - ▶ Dry toast
 - ▶ Lemon/lime water
 - ▶ Warm fluids (tea and broth) and tonics
- ▶ Identify a medical clinic or provider in case you must go and get medication or an injection.



Mouthwash and gargles

- ▶ Morning and night gargle with 1:1 diluted ratio of hydrogen peroxide to water (do not swallow or drink); gargle twice daily AM and PM
- ▶ May also substitute solution of $\frac{1}{4}$ cup water mix with one teaspoon baking soda for a mouth wash and gargle
- ▶ Salt water gargle
- ▶ Studies and scientists suggest that gargling with Listerine and Chlorhexidine may disrupt viruses and bacteria that enter into through the nose and mouth



Vitamins and minerals

Always follow instructions as directed on bottles and consult your healthcare provider on the dosing that is right for you.

- ▶ The **most important vitamins and minerals in fighting infection** and disease prevention are recommended
- ▶ These are **generally safe** to take at doses listed below and currently widely available at your local drugstores
- ▶ Doses are **daily when not feeling well** or exposed to others with infection, or if in seasonal change or winter months; otherwise **if healthy and well** consider taking **twice weekly**)

**REMEMBER this is NOT FOR USE AS MEDICAL ADVICE:
Check with your doctor before adding supplements to your diet**



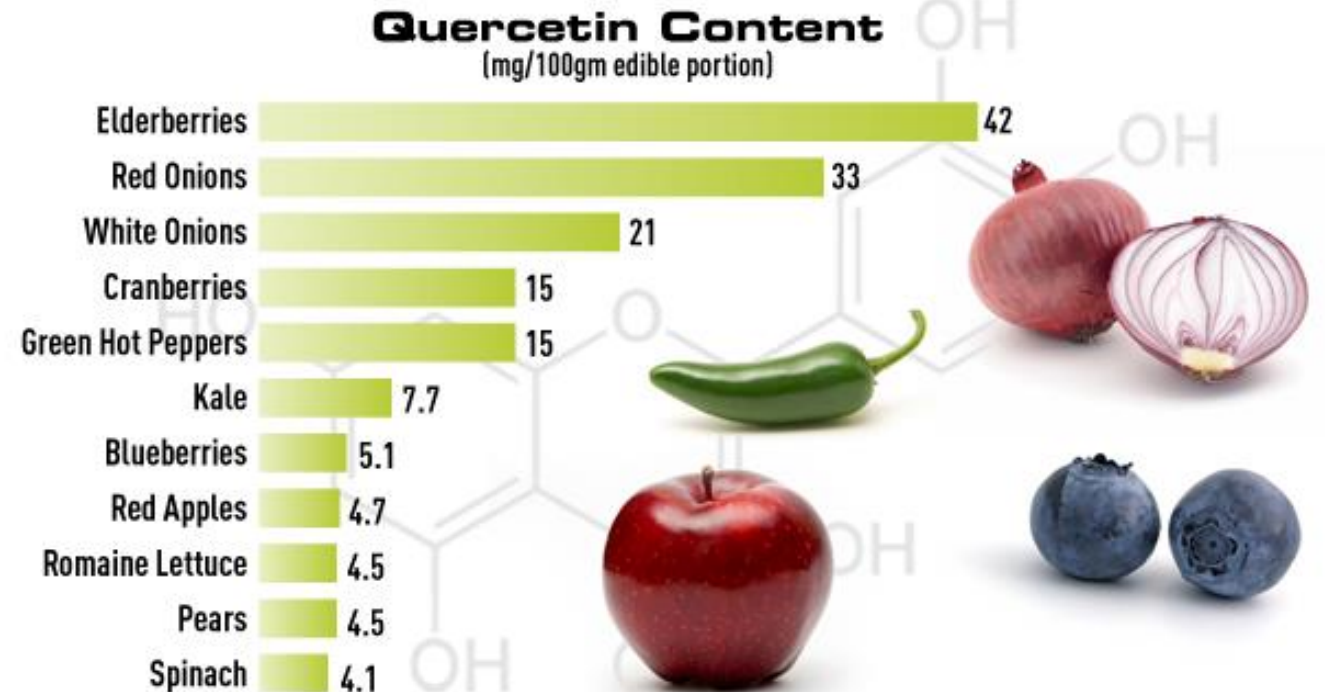
Vitamin D, Vitamin C and Zinc

- ▶ **Vitamin D** (sunlight is a great and free source of vitamin D, however, many of us need more and must take a supplement)
 - ▶ Dosage: **1,000–5,000 IU/day**
- ▶ **Vitamin C** (found in oranges, lemons, lime, etc)
 - ▶ Dosage: **1,000 – 3,000 mg daily**
- ▶ **Zinc** (found in nutritious grains, almonds, avocado, etc)
 - ▶ Dosage: **5-50mg per day** (take once daily as directed on bottle)



Getting zinc into your cells

- ▶ **Tonic water** (purchase from your local grocery store)
 - ▶ sip 4-8 ounces per day if not feeling well;
 - ▶ or 2 ounces daily if exposed to infections
- ▶ **Quercetin** (250 mg/day)



Herbs, biologics, and other nutrients

- ▶ Respiratory herbs:
 - ▶ Horehound
 - ▶ Eucalyptus
 - ▶ Osha root
 - ▶ Mullein
 - ▶ Ginseng
- ▶ Echinacea
- ▶ Astragalus
- ▶ Melatonin
- ▶ Coenzyme Q10
- ▶ Kombucha



Other immune system boosters

- ▶ Sunlight
- ▶ Hydrotherapy
- ▶ Antioxidant support:
 - ▶ Epigallocatechin gallate (EGCG)
 - ▶ N-Acetyl Cysteine (NAC)



Additional home care strategies

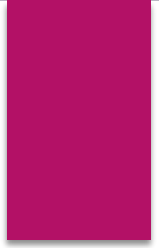
- ▶ Rest
- ▶ Breathing exercises
- ▶ Head elevation to reduce coughing
- ▶ Proper hydration
- ▶ Steam from shower or humidifier
- ▶ Chest clapping to clear mucus (physiotherapy)
- ▶ Valsalva maneuver to unclog ears*



*Check with your doctor if you have cardiovascular concerns

Easy Home Recipes

To fight SARS-CoV-2 (COVID) and other infections



Hot herbal tea

- ▶ Some herbal teas to try:
 - ▶ Chamomile
 - ▶ Peppermint
 - ▶ Hibiscus
 - ▶ Ginger-turmeric
 - ▶ Green tea
 - ▶ Throat Coat (lemon echinacea)



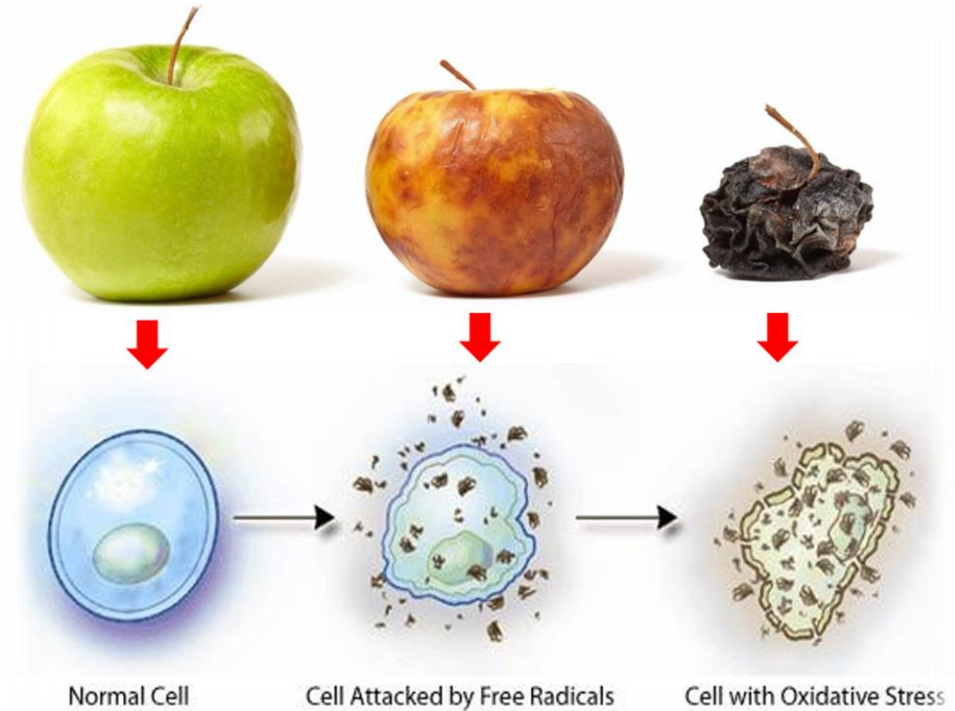
Immune building, antioxidant tea

Ingredients

2 oranges
2 lemons
½ red onion
Fresh ginger
Turmeric

Garlic
2 bay leaves
3 cinnamon sticks
Chamomile tea

Add all ingredients to boiling water, steep and cool for 10 minutes, add raw honey; sip on this tea for several hours and repeat until better



Elderberry tonic

Ingredients

Elderberry syrup

1 Tbsp apple cider vinegar

4-6 oz of fresh water

Mix all ingredients together and then drink

CAUTION: The fruit of the black elderberry cyanide-inducing glycoside and should always be cooked before consumption



Ayurvedic cough broth

Ingredients

1/8 tsp cayenne
1/4 tsp black pepper
2 Tbsp onion (or onion powder)
2-3 cloves garlic (or garlic powder)
1/2 tsp turmeric
1/2 tsp sea salt
2 Tbsp nutritional yeast (optional)
1/2 tsp coconut oil
1 cup water

Heat all ingredients until boiling and drink while hot/warm.



Fire cider

Ingredients

1 medium organic onion, chopped
10 cloves of organic garlic, crushed or chopped
2 organic jalapeno peppers, chopped
Zest and juice from 1 organic lemon
1/2 cup fresh grated organic ginger root
1/2 cup fresh grated organic horseradish root
1/4 tsp. organic cayenne powder
Organic apple cider vinegar
1/4 cup of raw, local honey, or to taste

Pour the honey and apple cider vinegar in the jar until all of the ingredients are covered and the vinegar reaches the jar's top. Store in a dark, cool place for a month.



Lemon cayenne tea

Ingredients

2 tbsp lemon juice (about ½ lemon)
2 tbsp organic maple syrup
1/10 tsp cayenne pepper, or to taste
8 oz water, medium hot (spring or purified)

Measure 2 tablespoons of fresh lemon juice into a large cup. Add 2 tablespoons of maple syrup. Add 1/10 teaspoon of cayenne pepper (or more). Mix and drink immediately



Vegetable soup

Ingredients

Broccoli

Celery

Onions

Green pepper

Carrots

Peas

Diced tomatoes

Tomato sauce or paste

Water

Bay leaf

Garlic

Sea salt

Cayenne pepper

Put a large can of tomato sauce or crushed tomatoes in a soup pot with an equal amount of water and bring to a boil. Add diced vegetables and bay leaf, and simmer for a half hour. Add more water and tomato sauce if needed. Add seasonings, and simmer for an addition 10-15 minutes.



Other remedies

- ▶ Honey
- ▶ Raw garlic
- ▶ Ginger



References

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For More Information

www.maconcares.org