VIRUS PROTOCOLS
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OREGANO GARGLE

PREVENTION: gargle throughout the day
12 oz water - glass jar

1 drop pure oregano oil (anti-microbial)

INFECTION: every hour while awake

OREGANO INHALATION

PREVENTION: 1-2x day

8 c water, bring to a boil

2 drops oregano oil, put in spoon then add

5-10 minutes inhalation

INFECTION: every 2 hours

NASAL MISTER

PREVENTION: 3x daily and before and after close contact
2 oz water

3 drops peppermint oil

IMMUNE BUILDER BROTH

PREVENTION: 1 cup 1x daily
3 c water

1 onion, cut in half

Salt to taste

Boil 30 minutes.

INFECTION: 1 cup 2x daily

SUPER IMMUNE BUILDER

PREVENTION: 1x daily
4-6 oz warm water

juice of 1 lemon

2 cloves garlic (crush and let set 10 min
INFECTION: each meal

When you first feel something coming on:

* Eat very lightly (no nuts or grains)
* Charcoal powder 1 rounded tsp in water (May add 1 rounded tsp ginger powder to keep bowels open.) 90% of headaches go away.
* Rocket Fuel - one spoonful at a time as garlic is an emetic.
* Hydrotherapy (if feeble only a foot bath)

Bring temperature up to 102-103 degrees. Lavender in tub helps bring down a fever.

* Infection protocols on prior sheet

Also has used:
Silver Biotics silver (not colloidal) 10 min in mouth daily
Defense Plus (Only for a couple days as grapefruit seed extract kills good bacteria.)

HOMEMADE SAUNA

Boil 16 c water in large pot.

Add 6 drops eucalyptus oil.

Place next to stool.

Cover with a sheet, then plastic, then another sheet.

Stay for 20 min with head inside., opening to breathe once in a while.
Shower hydrotherapy immediately after:
Hot 3 minutes
Cold 30 seconds.
Dry immediately after. Avoid chilling.

PREVENTION: 3x week

INFECTION: 2x daily