This booklet contains instructions for

Hydrothermal Therapy + 9 other free things

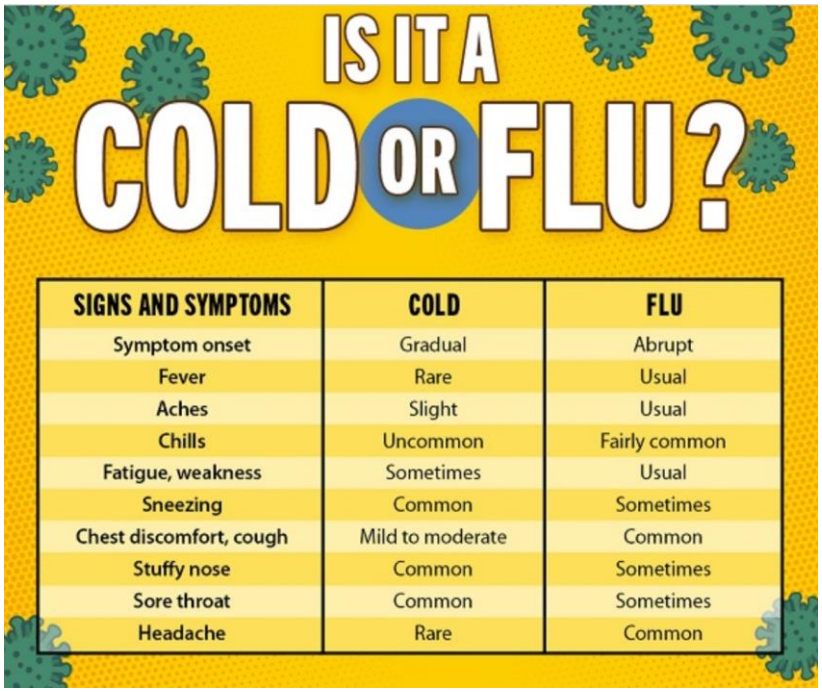
YOU can do to fight infections.

10 FREE Things YOU Can Do

To Protect Yourself from Infectious Diseases

There is no fighting force in the world more highly developed and efficient than a human immune system protecting against invading infectious bacteria and viruses. Fighter cells are manufactured in the bones, then trained to defend against dangerous attacking microbes. When invaded, immune cells quickly multiply, creating an army of specialized cells to fight, immobilize or destroy the infecting enemy. This is an invisible war to the human eye, but microscopes can track the actions of both invading microorganisms and human killer cells. It is a war that a healthy immune system can win!

There are limited vaccines and drug therapies available, so it is important to do all you can personally do to keep your body healthy, and if it becomes sick, to avoid serious complications. Don't rely on doctors and the hospital to care for you, rather be proactive and plan to protect yourself and your family. A strong, healthy immune system can fight these invaders to avoid illness and if invaded the illness will be mild rather than severe.



SIGNS AND SYMPTOMS	COLD	FLU
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

A variety of infectious disease germs can attack the body. Invading virus often lower resistance, and multiplying bacteria cause deadly pneumonia. Upper respiratory disease is a leading cause of death worldwide. Keeping your body healthy is your best chance of avoiding illness and improving survival if you do become sick.

Monitor yourself for symptoms of disease

Check your temperature daily, if you develop a temperature of 100.4^0 F. (38^0 C.) or greater, and have other symptoms or breathing difficulties, immediately isolate yourself at home. This is critical. That means staying at least 6 feet away from others because that is how far your saliva droplets can spread while talking. Sneezing or coughing it is even further. Don't be selfish, think of others, stay away from people so you will not share your germs. It is possible to be infectious for several days before and after symptoms of illness. Get extra rest to give your immune system time to rebuild its fighting force.

Face Masks https://www.youtube.com/watch?v=4FB--BOyTiU

A face mask covers the nose and mouth. It serves as a barrier to keep other people's germs out of your body and your germs from reaching theirs. Just as important, it keeps your hands, which may be contaminated, away from your own face. You should wear a face mask when you are in the same room or near others who might carry an infection. You can make your own mask with a single or double layer of 100% cotton muslin, cotton bed sheets or T-shirt fabric. You should be comfortable breathing through it or you won't want to keep it on.

Make a size to cover your nose and mouth. Sew a fine wire into the fabric across the top so that you can mold the shape to easily fit over the bridge of your nose and cheeks so the mask fits tight to your skin to keep out airborne microbes. Elastic around the ears is comfortable, but ties help to fit it to each individual. A homemade mask can work almost as well as a surgical mask. If you have no mask, using a bandana secured across your nose and mouth, it is better than nothing.

If a mask gets damp, replace it with a clean one. Remove the mask carefully without touching the front surface, fold the front in half. Wash in detergent, or boil it for one minute or lay a contaminated mask in the sun for 30 minutes to disable and make the virus harmless.

What can you do to strengthen your immune system?

Natural remedies work like military troops strengthening your immune defense system and speeding production of antibodies to fight against the invisible invading microbe army. Natural, simple remedies help prevent infectious illness. Your goal is always to reduce the number of microbes entering your body, multiplying and invading your lungs.

Natural Remedies to Help Fight Disease https://www.youtube.com/watch?v=mZwIGy0AbKM

"The use of natural remedies requires an amount of care and effort that many are not willing to give. Nature's process of healing and upbuilding is gradual, and to the impatient it seems slow… But in the end it will be found that nature, untrammeled, does her work wisely and well. Those who preserve in obedience to her laws will reap the reward in health of body and health of mind." *Ministry of Healing p127*

#1 Sleep The best place to prepare your body's immune system to be a lean, mean microbe fighting machine is to sleep in bed 7-9 hours (kids and teens 10 hours) every night. Nothing improves and works with your immune system as well as getting adequate sleep. Missing sleep between 10 p.m. and 6 a.m. can actually reduce your immune army by half. A week of poor sleep alters up to a third of your genes - the body's instruction code that controls stress, inflammation and immunity. The result is a weakened immunity, increased stress and inflammation. Adequate sleep is a natural healer, which is why the body feels tired and sleep comes easily when you are sick. This is nature's response to being invaded with dangerous microorganisms.

#2 Fresh air – Even when you are sick it is important to keep a window open in your bedroom and air circulating in the home 20 minutes multiple times daily. Fresh air and sunshine sterilize air and kill viruses and bacteria. Sick or well, go outdoors and do deep abdominal breathing several times a day. Exercise your lungs. Check your breathing technique by laying on your back with a book on your abdomen. If you are breathing correctly the book should go up when you inhale, and down when you exhale. Practice taking in a long deep breath while slowly counting to five. Hold while counting to five and then slowly exhale counting to five again. Repeat these steps ten times. This exchange imports fresh air to purify your system and clean out your lungs.

#3 Sunshine – Time spent outdoors in the morning sunshine kills bacteria and inactivates viruses. It increases blood circulation and stimulates the generation of nighttime melatonin, the hormone that promotes sleep. This is very important for people who have trouble getting to sleep. When you go to bed early it helps coordinate your body with this melatonin surge that aids excellent quality sleep early in the night. Follow this practice to relieve stress, get rid of worry and panic and to strengthen your immune fighters. If you go to work early in the morning use your first break to get outside and take a brisk walk. It lifts your mood and infuses joy in place of worry.

Midday sunlight enables the body to make vitamin D which kills viruses inside the body. If you don't live close to the equator it's difficult to get enough vitamin D for many months of the year. A blood test can check your vitamin D levels (25-hydroxy-vitamin D nmol/L) This is a topic of hot debate in medicine. Most researchers agree that a level of 20 is adequate, however preventive medicine experts go up to 60 -75. If your levels are low, take 5000 IU per day to provide protection to ward off dangerous viruses. In the first 3 days of symptoms of illness can safely take up to 500 IU per pound. If you can't get a lab test done be sure you are out in the full sunshine at least an hour daily for those who are dark skinned (15 minutes if light skinned) and increase if you feel you're getting sick. If you are resting because you are sick, do some of it outside.

#4 Exercise – Exercise daily in fresh air and sunlight 10-15 minutes after meals to decrease blood sugar and insulin spikes. High blood sugar reduces immunity. Walk or exercise to increase your pulse for 30 minutes. This speeds circulation, bathing your blood and lungs with germ destroying oxygen. When your lungs are healthy you have a large breathing reserve, which could save your life if you get sick. Compromised lungs are more susceptible to illness. Marathons or long tiring runs depress the immune system, avoid them during epidemics. Smoking damages and destroys lung tissue and is always a risk factor for creating complications from an infection.

Gardening is the perfect activity to combine all the benefits of being outdoors. There are 10,000 to 50,000 species of microbes in less than a teaspoon of soil and many can improve your health. When you dig in the soil it stirs up beneficial bacteria that, if breathed in, contribute to good mental health by stimulating brain neurons to produce serotonin, increasing contentment, promoting resistance. There are also microbes linked to developing a more robust immune system particularly in the lungs.

#5 Nutrients – Trade off health destroying foods for deep-colored, nutrient-rich plant foods. If you are serious about protecting your health you should daily eat half of you plate filled greens, deep colored fruits and vegetables and sulfur-rich vegetables like cabbage, cauliflower and broccoli. These are the protective antioxidant foods. All are important, but garlic& onions, prunes (plums), raisins (grapes) berries and greens are among the most protective. They provide the immune system with the micronutrients needed to stay strong and active. You can't have a strong army if they are starving and malnourished. Increased plant foods allow your gut bacteria to change to accommodate the extra fiber. Temporary bloating is a good sign your gut bacteria are adjusting and changing for the better.

Vitamin C is a natural infection fighter found in citrus, guava, sweet peppers, berries, kiwi, mango, papaya, cabbage, greens, jicama, tomatoes and many other plant foods. Nine cups of plant foods provide a vitamin C intake of 1500 mg along with many other nutrients. Getting it from foods is ideal, because they are high in other nutrients too. There are no side-effects with 1500 mg per day of C from plants. Avoid gastric upsets start out with low doses of C supplements, increase to 1500mg /day.

Diabetes and obesity depress immune function; a plant-based diet benefits both with a full, satisfied feeling from the high fiber foods, weight loss and improved immunity..

Skip sugar in any form! It depresses white blood cells for several hours after eating and is a death blow to the immune system. Totally avoid soda, added sugar to foods, candy, ice cream, sweet cereals and desserts. Any food that spikes blood sugar is a culprit in immobilizing the fighter immune cells. Oils and fats slow down circulation and make "sludge" blood. Cook without to maintain good circulation.

There are many zoonotic (animal) diseases like SARS, Ebola, AIDS and COVID-19 that can be acquired by association with animals and by eating their flesh. Huge chicken farms foster dangerous virsus that have infected humans. Preventing bacterial and viral infections, could be avoided by eating a plant-based diet, it will also help to save our planet resources and air.

#6 Water – Water, in all three forms; ice, liquid and steam is **irreplaceable** in fighting infectious disease, especially of the respiratory system even when already getting sick

The World Health Organization says the best way to prevent the spread of infections is to wash your hands often. This means to use plenty of soap or detergent (which destroys the fat filled outer shell of the COVAD-19 virus) and scrub your hands thoroughly. Not just a quick rinse. Wash your hands after being around people, before you prepare or eat food, after you touch or pet animals and after any bathroom use, it can be carried fecally. Again, reduce that microbe load before it gets into your body.

Soda, sweetened coffee and tea or alcohol have no redeeming features for health. They sabotage the immune system with their empty calories, chemicals and brain draining influence. What kind of army

could succeed when partying all the time? Neither can your body. Drink water, it protects the body from dehydration and allows every cell to function and fight at peak performance. Each day fill a container with water to track your intake. Drink first thing in the morning, warm water is best. Have at least one clear urine per day. Rather than drinking with meals, drink water mid-morning and mid-afternoon as this will cause the least disruption of digestion. Adults need at least 2-3 quarts, active teens the same, little kids a quart. With a fever or diarrhea drink more.

Hydrotherapy – water therapy (https://www.youtube.com/watch?v=MqwewLeTJ3g)

Water is a powerful deterrent to disease when used as hydrotherapy. Sadly, this is a lost art in our society. Have you heard one peep about it in the media? Water treatments can keep the enemy microbes from inflaming and disabling lung tissue, which leads to death. They speed up circulation, removing wastes and microbes and bring in fresh air and blood to fight and strengthen the immune system. Around age 12 a person has the strongest immune system of their lives. Perhaps that is why children low risk for COVID-19. A strong immune system is the key to winning at any age.

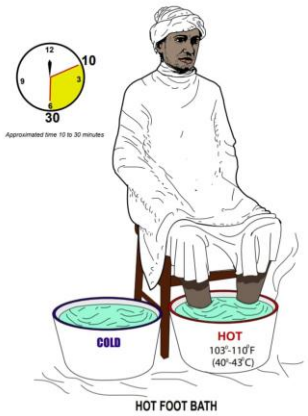
Hot water relaxes blood vessels allowing more blood to flood to the area. Cold water constricts blood vessels, pushing the blood away. By alternating hot and cold water for 3 to 6 cycles blood circulation is stimulated and the immune cells activated to create antibodies that are specifically targeted to fight and destroy the invading microbes. These treatments should be started immediately when a person begins to feel sick and repeated at least twice a day during the duration of the symptoms. Life is in the blood! Treatments provide the circulation benefits of exercise, passively. Nice!

Caution: These treatments should not be used on anyone with loss of skin sensation, bleeding disorders, diabetes, paralysis, unconscious or on an infant. Be very careful with the aged, thin people, and children.

Practice on your finger. Soak it in hot for 3 minutes, then 30 seconds cold, and repeat 3 times, ending with cold. Result; increased circulation as evidenced by the rosy finger color.

Quick, Easy and Effective - Contrast Shower https://www.youtube.com/watch?v=QUpzocPsTvI

A simple and effective treatment is a hot and cold contrasting shower. Let the water beat on your chest, throat, and back. Lift your arms, your pits house lymph nodes close to the surface, give thm a jolt. Continue for 3 minutes or until the body is well warmed, then change to cold water for 30 seconds. It is normal to gasp or do a little jig when the cold cascades over your skin. Repeat 3 or more times. With each cycle increase the hot temperature as tolerated and decrease the cold from cool to colder. End with cold. An effective treatment leaves the body a rosy pink, especially over the chest and throat. Do this with children when they are sick, they often love the adventure of it all. It is a smart idea to always finish your daily showers with a cold rinse.



HOT FOOT BATH

Contrast Foot Bath - (Repeat the shower or foot bath treatment 2- 3 times per day while sick) If a person cannot take a shower follow the contrast

procedure for a foot bath. It has the same effect as the shower, to a lesser degree. Fill two water basins, with water over the ankles; one hot, 104^0F, the other cold with some ice. Avoid chilling and increase temperature by wrapping up in a blanket. Wrap a cool, wet cloth around the head or back of the neck or forehead. Leave feet in the hot water for 3 minutes, then switch to the cold for 20 -30 seconds. Repeat 3 times. Carefully add more hot water as needed to keep the water hot. Always end with cold. Dry feet thoroughly. Put on socks and clothes that keep the shoulders warm. Rest an hour. https://www.ucheepines.org/hot-foot-bath/

Contrast Chest Fomentation with a Hot Foot Bath and Cold Friction Rub
https://www.youtube.com/watch?v=_nAnqb9nQUM

A fomentation is a local application of hot moist heat to a body surface. By increasing blood flow to the area, it relaxes muscles, reduces pain, spasm or cramps and produces sweating. Alternating between hot and cold is highly effective in relieving congestion caused by lung and chest infections and asthma. This is certainly more work than taking a pill or getting a vaccination, but this natural stimulant to the immune system is highly successful in working with nature to heal and restore the body. It may require multiple treatments for healing. 14 Fomentation Part 1 https://www.google.com/search?client=firefox-b-1-d&q=14+Fomentation+Part+1 and 14 Fomentation Part 2 https://www.youtube.com/watch?v=1f2_D7gPuDU

> Fomentation pads are a folded hand towel or heavy cotton fabric wrapped inside a single layer wool fabric. Sew together and finish with straight lines sewn diagonally from corner to corner to hold each layer in place. A common size is 14" x 28" (35 cm x 70cm). Cotton holds the moisture and wool holds the heat. If you don't have pads then use towels covered with wool pieces. If there is no wool, use another towel or even a jacket to wrap around the hot towel.
> Do the best you can and use what you have. This is a method God will bless, it cooperates with nature, which He created and He will cooperate with you. Ask Him to honor your efforts. Pray for wisdom, courage and guidance. He answers!

Steam Inhalation https://www.youtube.com/watch?v=e4MVbd8m55U
If an infection affects the nose, throat or sinuses hot steam inhalation can soothe and open congested nasal passages, thin the sinus mucus, relieve headache, sooth a cough and reduce virus load. or pour boiling water into a bowl. Lean your face over the steam. Drape a towel over your head and the bowl

to trap the steam. Deep breathe the steam for several minutes. Add aromatic leaves or a drop or two of peppermint, tea tree, eucalyptus, oregano and/or a favorite oil to the water to make it more pleasant and effective. When finished rinse your face cold water. The steam inhalation relieves respiratory symptoms and fights airborne infectious microorganisms. This direct method is dangerous for small children instead, use a tea kettle with a paper rolled into a funnel in the spout which directs steam into a tent made of a towel or sheet draped over an umbrella.

#7 Temperature – A fever is an indicator of the body's defenses going into high gear in response to an infection. It strengthens resistance to infection and increases the odds of survival. Don't use drugs to knock down a moderate temperature up to 40 C (104^0 F). Monitor yourself, bundle up and keep warm, or if too hot, use a cold wet cloth on the back of the neck or forehead. For infants, cool a high fever down with a wet cloth or bathe of tepid (not cold) water.

Fashion may dictate short skirts and sockless feet, but cold feet and a cold body, for just 30 minutes is scientifically proven to increase the risk of an infection taking hold. This is especially true of infants and children with their high metabolic rates. Chronic cold depresses the immune system, opening the way to snotty noses, colds, the flu and pneumonia.

#8 Meditate on Uplifting Thoughts

Rather than being tied to the news and internet's unending information that leads to unrest, panic and fear, fill your mind with peace-promoting thoughts. There is no better source than God's word, even if you are not a Christian the thoughts themselves can be uplifting**.** Attitude has a great deal to do with the health and resilience of the immune system. Positive thinking aids immunity. Meditate on these:

"Dear friend I wish above all else that you may prosper and be in good health." 3 John 1:2

"O Lord, heal me, for my bones are shaking with terror." Psalm 6:2

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

"Come to me you who are weary and burdened, and I will give you peace. Take my yoke upon you and learn from me, for I am gentle and humble in heart and you will find rest for your souls. For my yoke is easy and my burden is light." Matthew 11:28-30

"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 41:10

"Worship the LORD your God, and his blessing will be on your food and water. He will take away sickness from among you…. He will give you a full life span." Exodus 23:25-26

"A Heavenly thought: He will wipe away every tear from their eyes. There will be no more death, or mourning, or crying or pain for the old order of things has passed away." Revelation 21:4

#9 Forgiveness – Attitude Matters

The immune system develops in the bones and is strengthened a by positive attitude, it is depressed by sadness hostility, anger and negative feelings.

"A merry heart is good medicine but a crushed spirit dries up the bones" (immune system). Proverbs 17:22 "Gracious words are a honeycomb, sweet to the soul and healing to the bones." Proverbs 16:24

"If you hold a grudge, or stay angry and revengeful it takes a tremendous toll on your health and depresses the immune system. Forgiveness is the only prescription in the entire universe that is

powerful enough to unlock the critical bonds of hostility, resentment and bitterness. It is a medicine of the greatest importance." (Dr. Wes Youngberg)

We all face situations that can invoke these feelings, but if we dwell on them we become the prisoner who is chained by our attitude. If this is a problem for you, do a computer search on the subject of forgiveness, it will yield an abundance of information from professional sources on how to forgive and be free. One source is Audioverse.org search for "forgiveness."

#10 Therapeutic Remedies – These are not free, but they are low cost and effective.

10 mg zinc lozenges – when in contact with sick people, suck 2- 3 per day to coat the throat. The ions produced by the zinc destroys viruses. Fewer viruses means less chance of becoming ill.

Iodine is an antiseptic that kills, fungi, viruses, bacteria, amoeba and parasites on contact. It is an inexpensive, effective method of protecting yourself from air-borne viruses. Use the 5-10 % liquid iodine or 150 mcg/drop iodine solution in spray bottles with a snoot spritzer cap (can be purchased online). Spray up each nostril. The spray will destroy viruses before they can get to your lungs. Or, dip a clean cotton swab into iodine and rub around inside a nostril, then repeat with another swab on the other side. Do 2-3 times a day if in contact with sick people.

NAC (N-acetylcysteine) is made naturally by the body and proven to help regulate immune system function. It decreases inflammation in bronchioles and lung tissue, thins mucus, and decreases wheezing and coughing. If upper respiratory illness is spreading take NAC to prevent catching it or take at the first signs of sickness. Daily dosage for adults 600 mg, for children 300 mg and for toddlers 200 mg twice a day.

Bleach solution for cleaning hard surfaces - 1 Tbs. bleach per 1 quart, mix fresh daily
https://www.osha.gov/OshDoc/data_Hurricane_Facts/general_decontamination_fact.pdf

Hand Sanitizers - https://www.popsci.com/story/diy/diy-hand-sanitizer/
https://www.who.int/gpsc/5may/Guide_to_Local_Production.pdf

This web site has an important and timeless checklist by Dr. Wes Youngberg as to what you can do at home to optimize your general health and prevent infectious disease , especially COVID-19.
http://dryoungberg.com/immune-protocol-for-prevention-and-management-of-viral-exposure-or-infection-%ef%bb%bf/

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"God will not work a miracle to keep those from sickness who have no care for themselves, but are continually violating the laws of health and make no efforts to prevent disease. When we do all we can on our part to have health, then may we expect that the blessed results will follow, and we can ask God in faith to bless our efforts for the preservation of health" (*Counsels on Health*, p. 59).

Prepared with love and concern March, 2020 for by Dawna Sawatzky MPH, RN

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