

# COVID Early Treatment from Home Protocol\*

You start to feel sick. Is it COVID? Maybe or maybe not. In either case, don't wait for your test results. There are things you should begin to do *immediately* to boost your body's natural defense system to fight illness – your Immune System. Let's take a quick look at your immune system's response to COVID (SARS-CoV-2) and why you **should not wait**.

## COVID & the Immune System

There are two parts of your immune system – the innate and adaptive.<sup>1</sup> The **innate immune system** is your first line of defense as it begins attacking the virus within hours of infection. One of the ways it does this is through producing Interferon (IFNs) which *interferes* with virus replication, preventing spread. There are also Natural Killer Cells (NK) that rupture the virus-infected cells killing them. Your innate immune system primes your **adaptive immune system** which is much stronger and more specific. However, it is slower to respond sometimes taking up to a week to engage. It is your adaptive immune system that contains memory cells. If this your first time getting COVID, you don't yet have those memory cells. Therefore, it is very important that your innate immune system be strong to fight the virus in those early days until your adaptive immune system can begin to take over.

**And this is where the problem lies!** The SARS-CoV-2 virus is notorious for “tricking” the innate immune system to delay its response, allowing the virus to quickly get of control. Here is a medical article that explains this.<sup>2</sup>

Cell. 2021 Feb 18; 184(4): 861–880.

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PMCID: PMC7803150

PMID: [33497610](https://pubmed.ncbi.nlm.nih.gov/33497610/)

## **Adaptive immunity to SARS-CoV-2 and COVID-19**

“In the case of SARS-CoV-2, the virus is clearly unusually effective at evading the triggering of early innate immune responses, such as type I interferons (IFNs). It is plausible that much of the nature of COVID-19 as an illness is a consequence of this one big trick of SARS-CoV-2. In a SARS-CoV-2 infection, the virus is particularly effective at avoiding or delaying triggering intracellular innate immune responses associated with type I and type III IFNs *in vitro* (Blanco-Melo et al., 2020) and in humans (Arunachalam et al., 2020; Bastard et al., 2020; Blanco-Melo et al., 2020; Laing et al., 2020). Without those responses, the virus initially replicates unabated and, equally importantly, the adaptive immune responses are not primed until the innate immune alarms occur (Figure 2B).

“Impaired and delayed type I and type III IFN responses are associated with risk of severe COVID-19 (Galani et al., 2021; Hadijadi et al., 2020). The risk of a poor early innate immune response to SARS-CoV-2 is highlighted by the striking findings of very high risk of severe or fatal COVID-19 in individuals with defective type I IFN responses (Bastard et al., 2020; Zhang et al., 2020). If the innate immune response delay is too long—because of particularly efficient evasion by the virus, defective innate immunity, or a combination of both—then the virus (1) gets a large head start in replication in the upper respiratory tract (URT) and lungs, and (2) fails to prime an adaptive immune response for a long time, resulting in conditions that lead to severe enough lung disease for hospitalization (Figure 2C). These factors can be amplified by challenges of age, as elderly individuals have a smaller naive T cell pool and are therefore more likely to struggle to make a T cell response quickly that can recognize this new virus (Rydzynski Moderbacher et al., 2020), which also likely results in hampered neutralizing antibody responses, because neutralizing antibody responses are generally T cell-dependent.”

In summary, the reason why you want to **immediately** begin to help boost your body's innate immune system is because COVID is trying to paralyze it! If your innate immune system doesn't attack the virus with force it will take over to such a degree that even your adaptive immune system, once it begins working, cannot keep up in fighting it. The result can be

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\* **DISCLAIMER: While the information discussed in this paper is based on medical research and is intended to provide general information, it does not replace professional medical care. It is always wise to consult with your medical provider regarding your health, especially if you are sick or have a health condition. You are responsible for your own health choices based on your own research.**

<sup>1</sup> This brief illustrated video explains how the two immune systems work. <https://youtu.be/PzunOgYHeyg>

<sup>2</sup> Adaptive immunity to SARS-CoV-2 and COVID-19 – <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7803150/>

fatal! There is a critical window that first week of illness in which to strengthen the immune system. That is why Early Treatment is so important to prevent severe COVID and hospitalization.

We now introduce the **Eight Doctors of Immune Health** (also referred to as NEWSTART in lifestyle programs) and what you can do to boost your innate immune system early.

## The Eight Doctors of Immune Health (NEWSTART)

### Nutrition

Nutrition is the key to healthy cells. What you eat daily will determine whether your immune system will be strong and healthy and working at optimal levels or weak and ineffective. A healthy immune system needs high-quality fuel and regular nourishment.

The Standard American Diet is low on nutrients and high in sugar, refined carbohydrates, and hydrogenated oils which hurt your immune system. These types of foods add a lot of stress to the immune system and put it at greater risk because they place your body in a state of inflammation. This diet will lead to excess body fat which creates more unwanted inflammation. This is why obesity increases the risk for many chronic ailments and infectious diseases.

### **Eat a Plant-based Diet**

According to a recent study published in the *British Medical Journal*<sup>3</sup>, a plant-based diet offer a protective advantage against severe COVID-19. Over a two-month period in the summer of 2020, researchers surveyed 2,884 frontline doctors and nurses who reported a high frequency of exposure to COVID-19 patients. The health care workers, in specialties such as internal medicine, emergency medicine, and critical care, worked in France, Germany, Italy, Spain, the United Kingdom, and the United States. In addition to answering questions about medical history, lifestyle, and COVID-19 symptoms, participants completed a questionnaire regarding the frequency with which they ate certain foods.



The results were striking: Participants who reported following plant-based diets, vegetarian diets, or pescatarian diets had 59 percent lower odds of moderate-to-severe COVID-19. The reduction was even greater when looking solely at those who followed plant-based and vegetarian diets: Those participants had 73 percent lower odds of experiencing moderate-to-severe COVID-19, compared with participants who did not follow a plant-based or vegetarian diet. These associations did not substantially change even when adjusting for potential confounding factors such as underlying medical conditions, body weight, smoking status, exercise, and access to personal protective equipment (PPE).

In considering what may account for this difference, the researchers pointed to the fact that plant-based diets are rich in nutrients, including phytochemicals, vitamins and minerals, and fiber. “These nutrients are hypothesised to support the immune system as they play important roles in the production of antibodies, proliferation of lymphocytes, and reduction of oxidative stress,” they wrote. “Our results suggest that a healthy diet rich in nutrient dense foods may be considered for protection against severe COVID-19.”

A plant-based diet is rich in Flavonoids are plant-based defense compounds found naturally in many fruits and vegetables. Flavonoids protect the plant from harsh stresses like sunlight, wind, and rain. When we eat plant-based foods, these antioxidant-rich compounds help our body ward off everyday toxins. A 2016 study noted that flavonoids play an essential

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<sup>3</sup> <https://www.forksoverknives.com/wellness/plant-based-diets-linked-to-lower-risk-of-severe-covid-19-in-new-study/>. Original paper - Plant-based diets, pescatarian diets and COVID-19 severity: a population-based case-control study in six countries – <https://nutrition.bmj.com/content/early/2021/05/18/bmjnph-2021-000272>

role in the respiratory tract's immune defense system. Researchers found that people who ate foods rich in flavonoids were less likely to get an upper respiratory tract infection or the common cold than those who did not<sup>4</sup>.

### **PRACTICAL APPLICATION**

- Eat fruits and vegetables especially raw / salads / fresh juice
- Whole grain breads & grains (oats, brown rice, quinoa, etc.)
- Beans & Legumes
- Nuts / Seeds
- Eat light meals so as not to overtax your digestive system so your body can focus on healing

### **Take Immune-boosting Vitamins & Supplements**

**Vitamin C** contributes to immune defense by supporting various cellular functions of both the innate and adaptive immune system. It boosts the activity of phagocytes which are the immune cells that “swallow” harmful bacteria and other particles. It also promotes growth and spread of lymphocytes, a type of immune cell that increases your circulating antibodies. If you get sick or have an infection, your body begins increasing vitamin C metabolism which means that vitamin C levels are reduced. This is why it is important to take extra vitamin C when sick. See the footnote for more studies on the benefits of Vitamin C.<sup>5</sup>

Vitamin C is found in fruits (citrus, strawberries, and kiwis) and vegetables (peppers, kale, broccoli, spinach, and brussels sprouts). One orange provides 78% DV of vitamin C, but a yellow bell pepper contains 152%DV of vitamin C! Green bell peppers have about the same amount as an orange.

### **PRACTICAL APPLICATION**

- Drink lemon water every morning when you first get up. Also alkalizes the blood.
- Take up to 2000 mg of Vitamin C daily while sick.
- The following recipes are great for getting extra Vitamin C. Drink several times daily.

#### **Nature's Flu Shot**

3 lemons, peeled  
12 cloves of garlic (or more!)  
½ - 1 inch fresh ginger  
2 Tbsp honey  
3 C pineapple juice

Blend all ingredients together and store in glass jar in the refrigerator. Take 1 cup 4 times a day until symptoms are resolved. Drink also to give your immune system a boost.





### **CITRUS BLAST SMOOTHIE**

**Yield:** 2 Servings

**Description:** This drink is a great way to get a high dose of Vitamin C — great for immune health!

**Ingredients:**

- 3 organic oranges, peeled and deseeded
- 1 organic lemon, juiced
- 1 organic banana
- 1 cup of organic frozen mango
- 1 cup coconut water

**Directions:**

Add all ingredients into a high powered blender and blend until smooth. Add more or less coconut water to reach desired consistency.

**Note:** Try other combinations such as grapefruit or tangerines and frozen strawberries, raspberries, or pineapple chunks. You can also add spinach or kale to make a green smoothie. It is best to try to get organic produce whenever possible. To add protein to your smoothie, you can add nuts, hemp or chia seeds, or a plant-based protein powder.

The Nature's Flu Shot recipe is great for the immune system for these reasons:

**Lemons** – High in Vitamin C

<sup>4</sup> Effect of Flavonoids on Upper Respiratory Tract Infections and Immune Function: A Systematic Review and Meta-Analysis. [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4863266/.](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4863266/)

<sup>5</sup> Can Vitamin C Protect You From COVID-19? <https://www.healthline.com/nutrition/vitamin-c-coronavirus>

Vitamin C Can Shorten the Length of Stay in the ICU: A Meta-Analysis – <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6521194/>

**Garlic** - Anti-inflammatory, anti-viral, anti-bacterial, anti-fungal, anti-parasitic - No single pharmaceutical drug has this same broad-spectrum anti-microbial benefit!! Nature's antibiotic! Allicin is the name of the sulfur compound in garlic that contains all these healing properties. It is produced through an enzyme reaction when the garlic is crushed.

**Ginger** - Ginger has such a strong antiseptic, antimicrobial, and antibiotic property to it, that it can actually stop an infection in its tracks but more importantly it can prevent an infection from occurring in the first place.

**Honey** - Serious antibacterial effects, high content of antimicrobial compounds. Some evidence suggests that honey can also stimulate the immune system. Great if you have a sore throat caused by a bacterial infection. Many studies show that honey suppresses coughing in children. However, honey should not be given to children under 12 months old.

**Pineapple** - High in bromelain which makes it anti-inflammatory. Its ability to reduce inflammation, which can lead to things like pneumonia, is why it's so beneficial.

**NOTE:** If you are diabetic, you can substitute tomato juice for the pineapple juice and honey.

### Here are some other helpful immune-boosting teas / drinks:

Warm Immune Builder



GINGER TURMERIC TEA

- 1 peeled Onion
- \*Pre-crushed Garlic 2-6 cloves
- Several pieces Ginger
- 1 tsp Turmeric Powder
- Dash of Pure Salt (celtic)
- 5-6cups Water

Bring to boil, simmer on med-low for 1-3hours before your first cup!

Room Temp Immune Builder



LEMON GARLIC DRINK

- 1 whole Lemon
- \*Pre-crushed Garlic 2-6 cloves
- 1 cup Water
- Dash of Pure Salt (celtic)

Vitamix: Blend, strain (cheesecloth or nut milk bag), enjoy with a meal!

Slow-juicer: juice, mix in 1cup water, enjoy with a meal!

Detox



ACTIVATED CHARCOAL DRINK

- 1 tsp activated coconut charcoal
- 1 tsp ginger powder (helps reduce constipation)
- 1 cup warm water or room temperature

Drink in empty stomach!

### Other vitamins / supplements to research and consider taking are the following:

- **B Vitamins** – Help with production and release of antibodies. Take a daily supplement.
- **Zinc** – Crucial for immune health. Take 75mg daily (for only 5-6 days, then back to 25mg daily)
- **Quercetin** – Flavonoid found in vegetables and fruits. Powerful antioxidant and anti-inflammatory
- **N-acetyl Cystine (NAC)** – Produces Glutathione, one of the body's most important antioxidants. Studies show it relieves symptoms of respiratory conditions by acting as an expectorant and reducing inflammation in the lungs.

### Take Foods & Herbs High in Antioxidants & Antiviral Properties

**Antioxidants** remove harmful free radicals from the blood stream. Free radicals can damage DNA and weaken the body's immune system.

The ORC score (Oxygen Radical Absorbance Capacity) is the measurement of the antioxidant capacity of a food or its ability to "disarm" the radicals. Some of the highest scores are dark chocolate at over 20,000, elderberry at nearly 15,000, turmeric at 102,000, oregano at 159,000, cinnamon at 267,000, and cloves at 314,000!

**Antiviral Herbs** inhibit the development of viruses by boosting the entire immune system – unlike anti-viral drugs which attack only specific pathogens. Top Antiviral Herbs<sup>6</sup> Include:

TOP HIGH ANTIOXIDANT															
FOODS					HERBS										
<b>GOJI BERRIES</b> 1 4,310 ORAC SCORE		<b>ELDERBERRIES</b> 6 14,691 ORAC SCORE		<b>CLOVE</b> 1 314,446 ORAC SCORE		<b>CUMIN</b> 6 76,800 ORAC SCORE		<b>WILD BLUEBERRIES</b> 2 9,621 ORAC SCORE		<b>KIDNEY BEANS</b> 7 8,606 ORAC SCORE		<b>CINNAMON</b> 2 267,537 ORAC SCORE		<b>PARSLEY (DRIED)</b> 7 14,349 ORAC SCORE	
<b>DARK CHOCOLATE</b> 3 20,816 ORAC SCORE		<b>CRANBERRIES</b> 8 9,090 ORAC SCORE		<b>OREGANO</b> 3 159,277 ORAC SCORE		<b>BASIL</b> 8 67,553 ORAC SCORE		<b>PECANS</b> 4 17,840 ORAC SCORE		<b>BLACKBERRIES</b> 9 5,905 ORAC SCORE		<b>TURMERIC</b> 4 102,700 ORAC SCORE		<b>GINGER</b> 9 28,811 ORAC SCORE	
<b>ARTICHOKE (BOILED)</b> 5 9,416 ORAC SCORE		<b>CILANTRO</b> 10 5,141 ORAC SCORE		<b>COCOA</b> 5 80,933 ORAC SCORE		<b>THYME</b> 10 27,426 ORAC SCORE									

- **Echinacea**<sup>7</sup> – Works best at the beginning of illness as it helps stop the virus from replicating, shortening the duration and lessening the severity of the symptoms. Recommend to take 800mg 4-5 times daily.
- **Elderberries**<sup>8</sup> – The *Journal of International Medical Research* showed that when the extract is used within the first 48 hours of the onset of flu symptoms, it can shorten the duration of flu symptoms by an average of four days.<sup>9</sup> Because elderberry produces cytokines and those in late stages of COVID-19 can have a cytokine storm, use it in the early stages of the illness and if symptoms get progressively worse, discontinue use.<sup>10</sup>
- **Garlic** – Maintains homeostasis of the immune system, has an anti-inflammatory effect, and enhances the functions of the immune system by stimulating certain cell types, such as macrophages, lymphocytes, natural killer (NK) cells, and dendritic cells.<sup>11</sup>
- **Astragalus Root**<sup>12</sup> - Powerful immune-booster. Because it stimulates the production of interferon, studies show that astragalus has been used in the treatment of cancer because it slows or prevents the growth of tumors and alleviates symptoms of chemotherapy. In addition to boosting white blood cells, it also is anti-inflammatory and an adaptogen which means it helps balance, restore and protect the body from stress (or cortisol).
- **Turkey Tail or Reishi Mushrooms**
- **Licorice Root** – Boosts levels of Interferon. Wonderful expectorant for mucus from respiratory illness. [Note: **Mullein Leaf** is also great for the lungs, reducing inflammation and irritation. Good for bronchitis, asthma, cough, pneumonia, and dry, racking coughs.]
- **Olive Leaf** – The powerful compounds found in olive leaves destroy invading organisms and don't allow viruses to replicate and cause an infection.
- **Oregano** – Use an Oregano essential oil to get the highest concentration of antioxidant and anti-viral properties.
- **Sage** – Has antiviral, antioxidant and anti-inflammatory effects.

## PRACTICAL APPLICATION

- Eat antioxidant-rich foods daily.
- Take anti-viral herbs in the form of teas, capsules, powder, or essential oil.
- Have an herb garden? Steep the whole leaves of oregano or sage to make a tea.
- Take a spoonful of honey with a drop of oregano oil and Thieves blend (rosemary & cloves). Put in mouth for a slow count of 120 seconds and then swallow.
- Rub oil mixed with a drop of eucalyptus oil, thyme oil, and/or lavender oil and rub on chest, back, soles of feet.

<sup>6</sup> <https://draxe.com/nutrition/antiviral-herbs/>

<sup>7</sup> <https://draxe.com/nutrition/echinacea-benefits/>

<sup>8</sup> <https://draxe.com/nutrition/elderberry/> <https://pubmed.ncbi.nlm.nih.gov/15080016/>

<sup>9</sup> <https://pubmed.ncbi.nlm.nih.gov/15080016/>

<sup>10</sup> <https://www.fammed.wisc.edu/files/webfm-uploads/documents/outreach/im/Handout-Covid-Easy-Elderberry.pdf>

<sup>11</sup> <https://pubmed.ncbi.nlm.nih.gov/25961060/>

<sup>12</sup> <https://draxe.com/nutrition/astragalus/> or <https://www.healthline.com/nutrition/astragalus#other-benefits>

## Oregano Oil Steam Inhalation for Respiratory Conditions

Oregano oil has antimicrobial, anti-inflammatory, and anti-viral properties. We also know that heat kills viruses and bacteria. Therefore, when you combine the properties of the oregano oil with hot steam, you get a perfect remedy for respiratory infections. This treatment is great for bronchitis, cough, and other breathing issues. It will open the lungs within 24 to 36 hours, unlike steroids that can take days to reduce inflammation.

### The Treatment

Be cautious not to get the oil on your hands or any other part of your body, as it will burn you. It is very strong! If you have an oregano plant in your garden, you can also grab a large bunch and boil that as well.

### Items you will need:

- Medium sized pot
- Filtered water
- Oregano essential oil
- Eucalyptus essential oil (optional)
- A spoon
- Large towel or bed sheet
- A comfortable place to sit with a table



### Method:

1. Fill a medium sized pot halfway with filtered water and bring to a boil. Remove from heat keeping it covered so the steam does not get away.
2. Place it on a table where you can sit comfortably.
3. Add one drop of oregano essential oil to a spoon and add it to the hot water, close the lid immediately.
4. Put the towel or bed sheet over you and slowly, partially, open the lid of the pot. Be careful not to burn yourself! The oil will smell very strong at first, but it will quickly fade.
5. Breathe in as deep as you can to get the hot steam into your lungs. For 20 minutes, continue to breathe in the steam through your nose and mouth.
6. Add one drop of oregano oil every few minutes as the effect wears off. You can also add a drop of eucalyptus oil in between.
7. Add boiling water every few minutes if the steam begins to fade.
8. **STEAM INHALATION DEMO VIDEO** - <https://www.youtube.com/watch?v=eRMtN9O3w0U>

### How often should you do the oregano oil treatment?

This will depend on the difficulty you are having to breathe. If you are having shortness of breath, wheezing, and chest retractions, you will need to do the treatment every one to two hours. As symptoms improve, you can space out the treatments. Continue doing the treatment until you are breathing well again. On the other hand, if you are at the beginning stages of illness and don't feel your lungs affected yet, you may do the steam only twice a day to prevent the infection from growing in your lungs.

**\*\*Using an essential oil diffuser will not have the same effect, as you need the hot steam to kill the virus.**

### Method for Young Children

The instructions will be the same as above but with little children focus on safety.

- Use a large bed sheet to create a tent around yourself, your child and the hot pot.
- Keep a safe distance between your child and the hot pot. Your child will want to get out of the steam so be prepared to keep him safe from the pot.
- Another measure to prevent burns is to wrap a towel or two around the pot.
- Be prepared to distract them, as this treatment takes time and patience. Do the treatment for as long as you can, up to 20 minutes.
- You can also do this while the child is sleeping by placing the pot and steam on a chair beside their bed and covering it, yourself and the child with a large bed sheet to hold in the steam.

## Exercise

Exercise not only protects the immune system but also strengthens it.<sup>13</sup> Regular brisk walks can bolster both the antibody response and the natural killer (T cell) response. It lowers body-wide inflammation and improves metabolic health. Exercise is necessary for the lymphatic system – a key to immune health. Daily exercise also improves mood, lowers anxiety, and increases a sense of well-being. Remember that the mind and body work together. These positive mental states have the additional benefit of boosting immune health.

So even though it is winter, don't sit on the couch. Get up and move whether that is doing exercise indoor or going for a brisk walk or run outside. Just bundle up and you will be warm in no time!

### PRACTICAL APPLICATION

- While you may not be able to do your normal fitness routine while sick, daily get in as much movement as you can.
- Go for a light walk in the fresh air for 15 minutes at least once daily.
- Get out of bed and walk around the house or go up and down the stairs several times throughout the day.

## Water

One of the benefits of drinking water is that adequate hydration has a huge impact on your immune system. Water helps all of your body's systems function at optimum levels. Drinking plenty of water flushes toxins and ensures that your cells get all of the oxygen they need to function as they were designed. So if you are starting to come down sick, drink lots of water and keep drinking until you are well. This is especially important if you have a fever and are sweating. You don't want to become dehydrated!

Another powerful use of water for immune health is **Hydrothermal Therapy** (also referred to as Hydrotherapy) or the external use of hot and cold water. Over 140 years ago, the Battle Creek Sanitarium in Michigan was known world-wide for its expertise in providing hydrotherapy treatments. Under the leadership of Dr. John Harvey Kellogg, hydrotherapy was developed and utilized extensively during the early 1900s. During the 1918 Spanish influenza pandemic, multiple Seventh-day Adventist sanitariums provided hydrotherapy treatments to patients and had a 1% death rate compared to double digit death rates elsewhere. The patients were given chest fomentations (hot and cold packs) which prevented pneumonia and death.<sup>14</sup>

When a person gets sick, the body has a mechanism to fight the infection. It's called a **FEVER**. The body raises its internal temperature out of its normal homeostatic range in an effort to speed up the body's immune response system and to slow down the reproduction of the pathogen. Now while high fevers can be dangerous, it is good to let a low fever run its course without taking aspirin or ibuprofen so you are not interfering with the body's immune response.

Hydrothermal Therapy assists this immune response by creating an induced fever, artificially raising the internal body temperature and in effect killing the COVID virus which is very susceptible to heat. There is a lot of research that has been done on the benefits of hydrothermal therapy (alternating the use of hot and cold water) on immune health. We highly recommend the following –

- **Can water help against COVID-19? The Truth About Hydrothermal Therapy** by Dr. Roger Seheult - <https://youtu.be/RSuwsih4SH4>
- **Coronavirus Pandemic Update 46: Can Hot/Cold Therapy Boost Immunity?** by Dr. Roger Seheult <https://youtu.be/EFRwnhfWXxo>
- **Water Treatment for COVID-19: What is the Science Behind it?** <https://youtu.be/ZNbf7ENIY3k>
- **Hydrothermotherapy in prevention and treatment of mild to moderate cases of COVID-19** - [https://www.researchgate.net/publication/347105462\\_Hydrothermotherapy\\_in\\_prevention\\_and\\_treatment\\_of\\_mild\\_to\\_moderate\\_cases\\_of\\_COVID-19](https://www.researchgate.net/publication/347105462_Hydrothermotherapy_in_prevention_and_treatment_of_mild_to_moderate_cases_of_COVID-19)

<sup>13</sup> "The compelling link between physical activity and the body's defense system" - J Sport Health Sci 2019;8(3):201-217. – <https://pubmed.ncbi.nlm.nih.gov/31193280/>

<sup>14</sup> "Concerned About Covid-19? Hydrotherapy May Play a Role!" <https://www.adventistworld.org/concerned-hydrotherapy-may-play-a-role/>

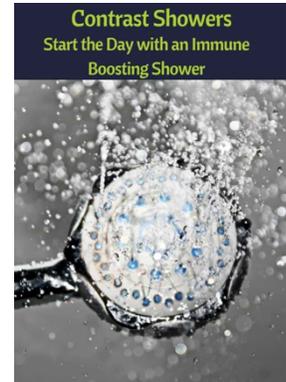
## Hydrothermal Therapy Treatments

### HOT & COLD CONTRAST SHOWERS

This is a series of hot showers followed by cold showers with the hot segments being longer. The result is an increase in white blood cell count & natural killer cells shortening the duration of illness.

#### Treatment:

- Begin with **3 minutes of hot water** (as hot as you can tolerate)
- Transition to **cold water for 30 seconds**
- Repeat 3-5 times
- Finish with cold
- Towel Dry and wear warm clothes including socks



#### NOTE:

- The first time you transition to the cold water, it may feel like a shock and you may not be able to handle a full 30 seconds. But after the second and third cycles, your body will adjust as your core body temperature rises and you will come to “enjoy” these cold cycles more.
- If you have balance issues or are weak, use a chair or shower railing for stability.
- If you have one of the following conditions, ***only use a gentle warm/cool temperature change.***
  - Elderly / Very Frail / Prone to Falling
  - Heart Disease / Hypertension
  - Advanced Diabetes
  - Hyperthyroidism
  - Pregnancy
  - Loss of Sensation
- Don't use this treatment if you have lymphedema, advanced cardiovascular or kidney disease, MS, seizure disorders, or extreme obesity.

#### Detailed Instructions & Video of the Contrast Shower:

- <https://www.hydro4covid.com/alternate-shower.html>
- <https://www.facebook.com/108654057468864/videos/938490086590429/>
- <https://vimeo.com/165013134/346f3ef87a>

### HOT TUB (FEVER) BATH

Fever baths increase your body temperature into a fever range, providing a number of benefits. Fever temperatures (101.4F/38C or greater) activate heat shock proteins (HSP's) in your cells which activate receptors of the innate immune system. The higher temperatures also activate monocytes, which are responsible for “eating up” the bad guys. It increases Tumor Necrosis Factor – Alpha, which is a prominent part of the inflammatory and immune pathways. And the heat decreases viral replication by up to 90% with some viruses.

#### Treatment:

- The assistant fills a bathtub with hot water (approximately 104-110 degrees Fahrenheit) and the patient enters the water submerging all but the head. If the tub is too shallow, a towel can be placed over the patient's knees and chest and a pitcher used to pour water over the knees and chest so that more body surface is in contact with the hot water.
- Have a bowl of ice water handy and use a washcloth or hand towel dipped in the ice water to cool the face and head of the patient.
- The assistant also provides some water in a cup with a straw so that patient can drink periodically (but not within 2 minutes of measuring the patient's temperature).



- Every 5 minutes, measure the patient's oral temperature and heart rate. The heart rate should not go above 140. If it does, stop the treatment, apply cold water briefly, dry the patient off, and assist them to bed to rest.
- It will take approximately 10-30 minutes for the temperature to elevate into the fever range. You are aiming for an oral temperature of 102-103.9F. Once the oral temperature reaches 102F, the temperature should be maintained within the 102-103.9F range for approximately 20-30 minutes. Add more hot water or cold water as needed, and make sure the patient's head is cool.
- Once the time is up, drain the hot water and apply cold water via the shower or the remainder of the ice water that was used to keep the head cool. Apply the cold water for about 30 seconds but to not chill the patient.
- Dry the patient off, assist them to bed, and have them rest for at least 30 minutes to an hour. Provide water that they can drink while in the bed.

**NOTE:**

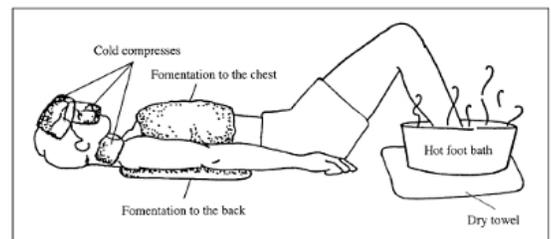
- Do not use a fever treatment if the patient is feeble, already has a temperature above 102, has coronary heart disease with chest pain upon exertion, has heart failure, or has open wounds that should remain dry.
- Stop the treatment immediately and apply cold if there are adverse symptoms (fainting, muscle spasms, rapid heart rates, chest pain, etc.) or if the patient requests. Just make sure to not apply cold to the point of chilling the patient.
- The patient can usually tolerate daily fever treatments for the first 2-4 days of the illness. But if the illness progresses, and they become more fatigued, you will need to change to contrast showers.
- If you don't have someone to assist you, you can alternately do a hot foot bath by sitting on the edge of the bathtub. Fill the tub with hot water with your feet in the water. Adjust the temperature so that it is hot, but not too hot. Fill the tub until the water is over your ankles. Wrap your body in a sheet and blanket, and sit in that position for about 30-45 minutes. Have some water nearby to drink while you are sitting there. When you are done, turn the water on as cold as it will go and run the water over your feet for about 30 seconds. Dry off and get in bed and rest for about an hour.

**Detailed Instructions & Videos Demos of the Hot Tub (Fever) Bath:**

- <https://www.hydro4covid.com/hot-tub-bath.html>
- <https://youtu.be/oaNgPjyVzTc>

**HOT COMPRESSES (FOMENTATIONS) for the LUNGS with HOT FOOT BATH**

This treatment is effective in pulling away congestion from the chest and head, increasing blood circulation and oxygen levels in the lungs, and expelling mucus and fluid build-up (preventing pneumonia).



**Treatment:**

- This treatment can be given while the patient is in bed. For this, the assistant will put a waterproof barrier on the bed (such as a plastic tablecloth) and then cover this with a sheet. Have an additional sheet and blanket to place over the patient during the treatment.
- Place a heating pad (on medium heat) on the bed where the back of their chest will be and cover with a dry towel. (Note: If you do not have a heating pad, you can place a hot compress on the back in the same way you will apply one to the chest).
- Assist patient into the bed. Remove clothing from chest for best results (thin t-shirt or swimwear is fine).
- Make hot compress for the chest.

**MICROWAVE METHOD for HOT COMPRESS**

- a. Soak large towel in water and wring out well.
  - b. Place in plastic bag.
  - c. Microwave on high 4 minutes.
  - d. Lay hot towel or fomentation on dry blanket or towel and wrap
- Place 1-4 layers of towel between the patient's chest and the hot compress. Place another towel on top of compress to hold in heat. Be careful so as to not burn the patient! Constantly check with them to make sure it is not too hot. Cover them with the upper sheet & blanket and begin fomentations to the chest.

- Place patient's feet in basin of hot water. Again, make sure the water is not too hot to burn the feet!
- Cover patient with a sheet and blanket including the hot foot bath to trap steam for better healing.
- Keep the patient's head and face cool with ice water and a washcloth or hand towel. You can also add cold compress to neck if client is heating and beginning to perspire. The intensity of cold can be controlled by the amount of water that is wrung out of the wash cloth.
- Allow the patient to drink water through a straw periodically.
- Once the chest fomentation has been in place for 5 minutes, remove and immediately cold-friction client's chest using hand towel or friction mitts from cold water basin. Briskly cold-friction for 30 seconds and dry with towel.
- Add 2<sup>nd</sup> heated fomentation on top of 3 layers of large towel.
- Throughout the treatment, keep the patient's head and face cool with a washcloth or hand towel dipped in a basin of ice water. Allow them to drink water through a straw periodically. This will make the entire treatment more tolerable for the patient.
- Monitor the water in the foot bath and if it cools add hot water. Have the patient lift their feet out of the basin before adding so as not to burn them. Stir it with your hand to mix well before placing feet back in water.
- Repeat the hot (5 minutes) and cold (30 seconds) for 5-7 exchanges. After the final cold friction to the chest, pull their feet out of the basin of hot water and run ice water over their feet, dry them off, and move the basin out of the way. Then use the hand towel dipped in ice water to rub their back, arms, for about 1 minute total.
- Remove the heating pad, cover them back up with the sheet and blanket, and let them rest for about an hour.

#### Videos Demos of the Hot Compress Fomentation Treatment:

- <https://www.hydro4covid.com/fomentation-foot-bath.html>
- <https://youtu.be/uAXYpLZF1aY>
- <https://youtu.be/36JN4M4UTtk>
- Hot Foot Bath – <https://youtu.be/mD6h6Ea-3Ts>

#### Treatment (If you don't have an assistant)

- In this case, sit in a recliner with your feet in a basin of hot water.
- Plug in the heating pad and wrap in dry towel and place on your back.
- For the chest, use another heating pad or preferably a Thermofore<sup>15</sup>. Plug in the Thermophore and secure the trigger so that it heats up. Wrap it in a single layer of towel that has been moistened as you would for ironing clothes. Apply the Thermophore/towel to your bare chest then cover yourself with a blanket to up to your neck.
- Keep your head cool with ice water and a washcloth or hand towel that is next to you on a chair.
- Follow the rest of the treatment above with 5 minutes of the hot compress followed by 30 seconds of the cold friction rub for a total of 5-7 revolutions.
- End with cold rub over your chest and back. Dry off. Put on warm clothes and go to bed.
- Here is a video an alternative way to give yourself a self-treatment - <https://youtu.be/V0fCVEGlcCU>

#### NOTE:

- Do not use the hot water on their feet if they have open wounds to their feet, if they are brittle diabetic, if they have very poor circulation to their feet, or if they have recent blood clots in their legs.
- Continue this treatment daily during the remainder of their illness. If they are so fatigued that they cannot tolerate a full revulsive treatment, you can dispense with the basin of water for their feet and simply concentrate on the hot/cold fomentations to the chest.

#### Other Beneficial Resources on Hydrotherapy:

- Hydrotherapy & COVID & Treatment Videos - <https://hydrotherapyathome.com/videos/>
- Explanation of how to perform treatments <https://www.hydro4covid.com>
- Online Training Course on Hydrotherapy - <https://hydrotherapyhub.com>

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<sup>15</sup> Thermofore from Battle Creek Equipment (max version has automatic timer switch) [https://www.amazon.com/Thermophore-MaxHeat-Deep-Heat-Standard-Auto-Switch/dp/B0002HJS0G/ref=sr\\_1\\_2?dchild=1&keywords=battle+creek+thermophore+model+055&qid=1630251827&sr=8-2](https://www.amazon.com/Thermophore-MaxHeat-Deep-Heat-Standard-Auto-Switch/dp/B0002HJS0G/ref=sr_1_2?dchild=1&keywords=battle+creek+thermophore+model+055&qid=1630251827&sr=8-2)

## Sunshine

There have been many studies done on **Vitamin D** & the immune system. It has been found that Vitamin D boosts both the innate and adaptive immune responses. Deficiency in Vitamin D is associated with increased autoimmunity as well as an increased susceptibility to infection.

One great benefit of Vitamin D is preventing acute respiratory tract infections. Acute respiratory tract infections are a major cause of disease and death and are responsible for 10% of ambulance and emergency department visits in the US.



But the *British Medical Journal* in 2017 published a large meta-analysis of nearly 11,000 people from 25 trials conducted in 15 countries on whether taking a vitamin D supplement helped to prevent colds, flu and acute respiratory infections. It showed that Vitamin D had a significant protective effect when it was given daily or weekly to people with lowest vitamin D levels: the risk of having at least one Acute Respiratory Infection was reduced from 60% to 32% in these people. The study authors concluded that taking a vitamin D supplement was safe and can help protect against ARIs, particularly if baseline levels are low.<sup>16</sup>

In September of 2020, some amazing research came out about the association of **Vitamin D & COVID-19**. A study<sup>17</sup> of almost 200,000 Americans from all 50 states looking at vitamin D levels in the blood and their positivity rate to COVID-19. Vitamin D levels were inversely related to SARS-CoV-2 positivity rates. Those with Vitamin D levels of 40 or lower were much more likely to test positive. In the study factors like geographical location in the US, age, race, and gender were all considered. In all cases, lower vitamin D meant higher COVID positivity.

For research on the link between Vitamin D and COVID-19 prevention and treatment, see the video link below.<sup>18</sup> Optimal blood levels of vitamin D are between 60-75, but the American average is closer to 20. Most of us are vitamin D deficient. If you don't know what your vitamin D levels are you should get a test done by your health care provider to see if you are in a high enough range and if not take supplementation.

### **PRACTICAL APPLICATION**

- Sun bathe, if possible, several times a day.
- Take a Vitamin D3 supplement – 50,000 units the first several days then about 20,000 units a day until symptoms began to subside.
- Vitamin D can become toxic if you take too much, and blood levels increase faster in those who are small, so be cautious. If your vitamin D levels are already in the 60+ range, just continue taking your usual dose of vitamin D.

## Temperance

When we say ‘temperance’ we mean **abstemiousness**, which is the moderation or avoidance of what is harmful. We already have looked at how a diet high in **animal fat, refined grains, sugar, and fried food** increases free radical damage, inflammation in the body, and puts the body in a state where disease can take over. This is why we want to **eliminate meat, fried foods, and sugar**.

<sup>16</sup> Vitamin D supplementation to prevent acute respiratory tract infections: systematic review and meta-analysis of individual participant data *BMJ* 2017; 356 doi: <https://doi.org/10.1136/bmj.i6583>

<sup>17</sup> SARS-CoV-2 positivity rates associated with circulating 25-hydroxyvitamin D levels <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0239252>

<sup>18</sup> Vitamin D and COVID 19: The Evidence for Prevention and Treatment of Coronavirus (SARS CoV 2) – <https://youtu.be/ha2mLz-Xdpg>

Did you know that sugar makes your white blood cells – your “killer cells” – less responsive, allowing bacteria and viruses to take over? A study published in *The American Journal of Clinical Nutrition*, Volume 26, Issue 11, November 1973, showed that sugar affects the function of the white blood cells for up to five hours after consuming the sugar.<sup>19</sup> That means if you are eating foods with sugar throughout the day your immune system can remain in a suppressed state. If you are exposed to a virus not long after your immune system may not be able to fight it off!



Six teaspoons of sugar (the amount of sugar in a single candy bar) reduces the ability of these white blood cells to destroy unfriendly bacteria by 25%; twelve teaspoons (the amount of sugar in a single can of soda pop) reduces the ability of these white blood cells to destroy unfriendly bacteria by 60%; and twenty-four teaspoons (just half the average daily intake of refined sugar), reduces the ability of these white blood cells to destroy unfriendly bacteria by 92%.]

### **PRACTICAL APPLICATION**

- While sick, avoid ALL sugar!! Use natural sweeteners like honey, maple syrup, or stevia, if needed.
- Avoid soda pop, processed snack foods, fried foods, and white flour which are highly inflammatory. COVID is an inflammatory disease so you do not want to add extra strain on the body.

### **Air**

Fresh air is important because it rids the body of toxins in your lungs. But it can also boost natural killer cells! A fascinating study was done in Japan where they took 12 healthy men and took them from the city to the forest on day 1, measured some blood. Next day they took them to forest in the morning and afternoon and then they went home the next day. Then they took their blood again and they found that their natural killer cell numbers and activity and concentration had improved. And this effect lasted for 7 days!<sup>20</sup>

### **PRACTICAL APPLICATION**

- Get outside into the fresh air multiple times a day, if possible, and take in a series of deep breaths so you can get oxygen deep into your lungs.
- Open the windows in the house to allow good airflow.
- Do deep breathing exercises multiple times a day. Here is an example: [https://youtu.be/acUZdGd\\_3Dg](https://youtu.be/acUZdGd_3Dg)
- Check your oxygen levels using an oximeter. See link below for helpful handout on how to do this.<sup>21</sup> A normal range is 92% and above. If it falls lower than 90%, it is a sign of hypoxia, a condition in which not enough oxygen reaches the body’s tissues. Seek immediate medical attention.

NOTE: Uchee Pines Institute has had great success in treating COVID patients using the natural remedies mentioned in this paper. In their COVID treatment protocol<sup>22</sup>, they give the following suggestions for those who are experiencing shortness of breath and lower oxygen saturation levels.

<sup>19</sup> Role of sugars in human neutrophilic phagocytosis - *The American Journal of Clinical Nutrition*, Volume 26, Issue 11, November 1973, Pages 1180–1184, <https://doi.org/10.1093/ajcn/26.11.1180>

<sup>20</sup> Forest bathing enhances human natural killer activity and expression of anti-cancer proteins - <https://pubmed.ncbi.nlm.nih.gov/17903349/> Coronavirus Pandemic Update 56: What is “Forest Bathing” & Can It Boost Immunity Against Viruses? <https://youtu.be/PgDjVEpEOdQ>

<sup>21</sup> COVID-19: How to Monitor Your Oxygen Levels. This document contains a recording log and oxygen level chart. <https://www1.nyc.gov/assets/doh/downloads/pdf/covid/providers/covid-19-monitor-oxygen-patient-handout.pdf>

<sup>22</sup> <https://www.uchepines.org/covid19/>

## Natural Anticoagulants

If the patient begins to have shortness of breath and their oxygen saturation begins to drop (not yet to the point of needing to go to the hospital and having supplemental oxygen), but they don't have a productive cough, this could be because of blood clotting (which is known to happen with COVID-19). If that is the case, they may need to start natural anticoagulants. The following is a regimen that we have used:

- Nattokinase 200mg daily
- Garlic oil 2 capsules 3 times daily
- Ginger powder ¼ teaspoon 3 times daily
- Welch's Grape Juice 1 cup 3 times daily
- Evening Primrose Oil 1,000mg 3 times daily

Watch out for excessive anticoagulation. We have had one patient that developed petechia on this regimen (small purple spots under the skin which indicate small areas of bleeding under the skin). If anything of this nature develops, stop the Evening Primrose Oil and Nattokinase, cut back on the garlic oil to 1 capsule 3 times daily, but continue with the ginger and grape juice.

## Rest

Good sleep is very important for the immune system! Research shows that if you lose about three hours of sleep, you actually decrease your immune function by 50%.<sup>23</sup> It is during stages 3 & 4 of sleep (slow wave) that the brain rests and the body heals and repairs.<sup>24</sup> We go into those deeper levels of sleep earlier and for longer periods in the hours prior to midnight. After midnight we experience more REM sleep. It is recommended that we get 8 hours of sleep per night.

God designed our bodies to need times of rest and renewal. This is why in the Creation week on the seventh-day God rested from His work and commanded that we rest also on this weekly day.<sup>25</sup> The Sabbath is a blessing for mankind that is still important for our lives today!<sup>26</sup>

## PRACTICAL APPLICATION

- The day you begin to feel ill, go to bed early!! Just getting a good night's sleep [at least 8 hours] can often help the immune system prevent the onset of a cold.
- During illness, your body needs extra rest to heal. Don't stay up late watching TV which is mentally stimulating.
- Get to bed by 9pm each evening, and sleep in until you wake up naturally in the morning. Take naps as needed, but not within 4-5 hours of bedtime.
- Once you begin to feel better, don't over tax yourself. Continue with rest and limited activities for 2-3 days after your last symptoms resolve. Many people relapse when they feel better after COVID-19 and then start getting back to work too soon. Then all the symptoms hit then again and they are down for several more days with fevers, fatigue, etc. Remain away from work and responsibilities for longer than you usually do with an infection. Don't overdo it too soon!
- Take a weekly day of rest on the Sabbath (Saturday).

## Trust in God

Finally, we have come to the final letter of our acronym NEWSTART – our eighth doctor of immune health. And this one is the **most important of them all** - TRUST IN GOD! The truth is that your immune system was designed by our Creator God who knows how to make it function properly. He alone can truly protect us.

God has given us many promises in the Bible that we can claim for healing, restoration, and strength for the journey. He promises to be your Protector, Defender, Shield & Fortress from any attack the Enemy would send your way.

<sup>23</sup> Lack of Sleep Dramatically Raises Your Risk for Getting Sick - <https://time.com/4017664/sleep-virus/>

<sup>24</sup> Slow-Wave Sleep Early in Night - <https://www.sleepio.com/articles/sleep-science/deep-sleep/>

<sup>25</sup> Genesis 2:1-3, Exodus 20:8-11

<sup>26</sup> Mark 2:27, 28; to learn more about the Sabbath Rest - <https://www.sabbathtruth.com>

Here are promises you can claim daily!

- **1 Peter 5:7** – “Cast all your anxiety on Him because He cares for you.”
- **Philippians 4:6, 7** – “Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”
- **Isaiah 59:19** – “When the enemy comes in like a flood, the Spirit of the Lord will lift up a standard against him.”
- **Psalms 18:2** – “The Lord is my rock and my fortress and my deliverer; My God, my strength, in whom I will trust; My shield and the horn of my salvation, my stronghold.”
- **Psalms 41:3** – “The LORD will strengthen him on his bed of illness; You will sustain him on his sickbed.”
- **Isaiah 53:4** – “Ye He Himself bore our sicknesses and He carried our pains.”
- **Psalms 103:2-5** – “Bless the LORD, O my soul, and forget not all His benefits: who forgives all your iniquities, who heals all your diseases, who redeems your life from destruction, who crowns you with lovingkindness and tender mercies, who satisfies your mouth with good things, so that your youth is renewed like the eagle’s.”
- **Psalms 107:19-20** – “Then they cried out to the LORD in their trouble, and He saved them out of their distresses. He sent His word and healed them, and delivered them from their destructions.”
- **Psalms 33:20-22** – “Our soul waits for the Lord; He is our help and our shield. For our heart shall rejoice in Him because we have trusted in His holy name. Let your mercy, O Lord, be upon us, just as we hope in you.”
- **Lamentations 3:22, 23** – “Through the Lord’s mercies we are not consumed. Because His compassions fail not. They are new every morning. Great is your faithfulness.”

### **PRACTICAL APPLICATION**

- Daily pray and give your anxieties and life to God. Rely on His strength and promises.
- Read (or listen) to the Bible daily to find strength for the journey.
- Invite others to pray with you. “And the prayer of faith will save the sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven.” James 5:15
- Journal the lessons God teaches you through your illness so you can later encourage others.

### **In Conclusion**

The Eight Doctors of Immune Health are really the foundation of total wellness and vibrant health. Our immune system is just one facet of our health that will be benefitted if we implement these health principles into our daily lives. We have been amazingly designed by a Creator God who loves us so much! This should cause each of us to exclaim –

***“I will praise You, for I am fearfully and wonderfully made; Marvelous are Your works, and that my soul knows very well.” Psalm 139:14.***

Our prayer is that you will “prosper in all things and be in health, just as your soul prospers” (3 John 2) and that should you get sick with COVID or some other illness that the Great Physician will bring healing to your body as you seek to implement these health principles that He gave us.

Finally, we are here to support you in your health journey. Should you wish to reach us you may do so by one of the following means and we will do our best to get back with you. If you have questions about how to do some of the treatments described in this paper, we would be happy to walk you through them over the phone or by a personal Zoom session.

We pray God’s rich blessings on you and your loved ones!

**Our Email** – [nbhealthteam@gmail.com](mailto:nbhealthteam@gmail.com)

**Our Facebook Page** – [www.facebook.com/nbhealthteam](https://www.facebook.com/nbhealthteam)

**Our YouTube Channel** – <https://www.youtube.com/channel/UCMQ19oemWl30vn7cCkR9-jA>