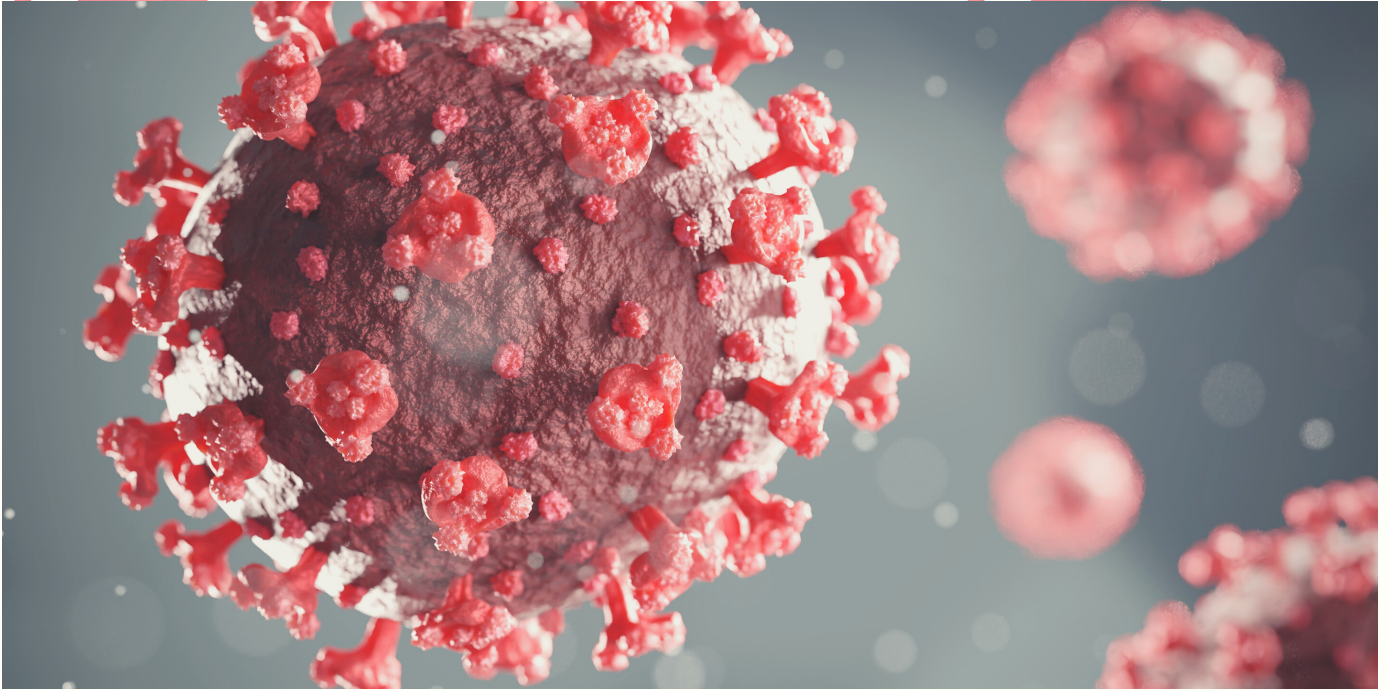


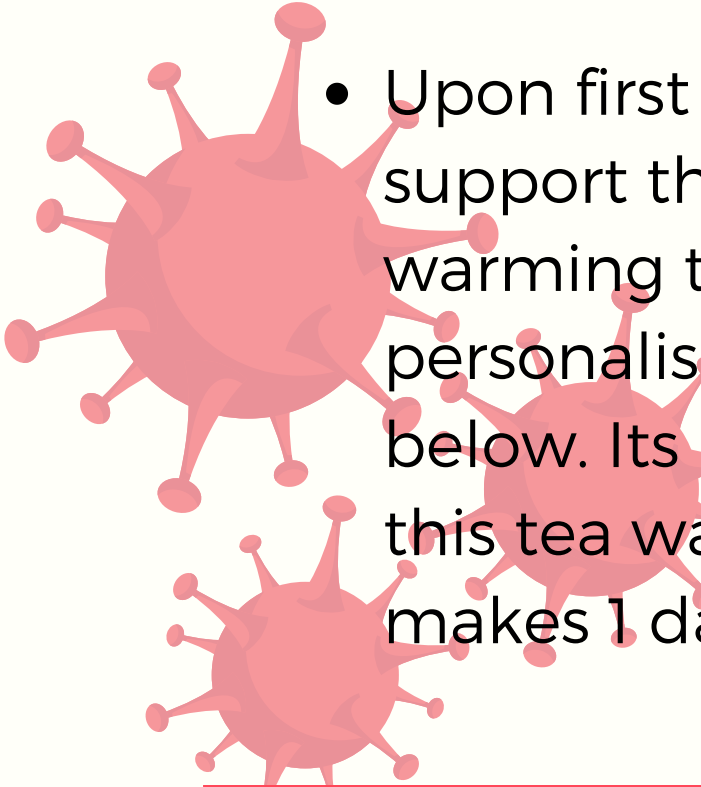
# COVID-19

*How to treat Influenza & Covid symptoms*



## COVID + WHAT NOW?

The Covid-19 pandemic, has alot of unknowns. So far no medical treatment has been successfully established. Vaccination appears to reduce the effects of the virus, but even those who are vaccinated might find themselves with covid symptoms. This paper is going to discuss ways that we can try to reduce the severity of side effects associated with Covid-19, or any form of Influenza virus. This is by no means a cure for Covid-19.

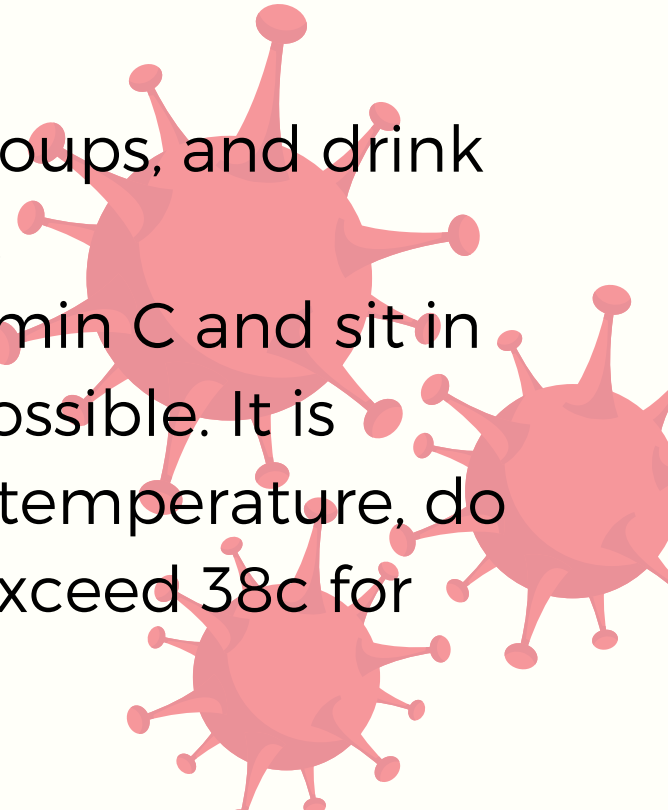
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- Upon first diagnosis, we want to support the fever response, by warming the body. Try my own personalised "Kick covid tea" mix below. Its important that you drink this tea warm. The recipe below makes 1 days supply.

### My "kick covid tea mix"

Includes, Feverfew (200mg), ginger (3g), elderflower (10g), echinacea (3g), baical skullcap (10g), Yarrow (2g) cinnamon ((2g). Steep herbs in boiling water for 5 minutes, add honey to taste, drink warm

Drink warm bone broths, soups, and drink lots of water, stay hydrated.

Supplement with zinc, vitamin C and sit in the sunshine as much as possible. It is important to monitor your temperature, do not allow temperature to exceed 38c for extended periods.



## NAC

As the virus progresses, we need to prevent infiltration of the lungs tissue,

- N-Acetylcysteine is a great supplement to be taking to treat covid-19. Its mucolytic and antioxidant effects help to reduce the chance of progressing to pneumonia.
- 600mg twice daily in water

**If you start to experience shortness of breath seek emergency medical support**





## HOMEOPATHICS

- Aconitum napellus- initial onset
- Bryonia alba- fever, cough, dyspnea & unilateral pneumonia
- Phosphorus- as above but bilateral
- Lycopodium- upper abdo symptoms, pain & fever
- Antimonium- wet cough wont shift, short of breath, fever
- Arsenicum- diarrhoea, weakness, fever, restless
- Sulphur- loose putrid cough, gasto symptoms,
- Kali-carb- full of fear, hypersensitive to pain, noise & touch
- Camphora- diarrhea & fever.
- Nux Vomica- upper abdo symptoms, pain, fever, nausea
- Gelenium- trembling fever, vertigo, headache, temple to ear, weakness
- Ipechac- dry cough, nausea/vomiting, short of breath, bronchitis
- Influenzium- for all cases at CH10,000



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