

# Your Support List to empower you to remain HEALTHY during any PLAGUE Environment condition

THIEVES Oil: This combination of Natural medicinal oils has proven over centuries to be Completely effective for all Airborne, water born infectious agents and for the topical spread of infectious organisms over the surface of the body.

Thieves Essential Oil Blend Eugenia caryophyllus† (Clove) bud oil, Citrus limon† (Lemon) peel oil, Cinnamomum zeylanicum† (Cinnamon) bark oil, Eucalyptus radiata† leaf oil, Rosmarinus officinalis† (Rosemary) leaf oil † 100% pure, therapeutic-grade essential oil.

Daily Nutritional Support to sustain the health of your Immune System: STAY WELL HYDRATED!!!

Vitamin C- 2-4GRAMS to be consumed daily with 12 ounces of water. Twice Daily.

Turmeric: Take twice daily as a capsule or tea.

Usnic Acid: 7-10 drops in 3 ounces of water twice daily. Swish around the mouth before swallowing.

Black Curcumin Seed Oil: 1/2 Teasp daily

Clean Water (Filtered or Clean Spring Water) Consume a minimal of 60 oz daily for adults

Children: Age 1.5 – 8years of age: 10- 20 ounces Age 10 – 17 years of age 36 ounces

Vegetable Based diet: Dark leafy Green (Kale, Collards, Mustards, Spinach, Cabbage, Yellow and Red Fruits & vegetables. Root vegetables: Carrots, Parsnips, onions, Daikon Radishes, Red Radishes. Some grains. **Do Not Eat RICE** (Brown or White) or **Wheat** based **food products** if possible. This includes BREADS, CRACKERS & PASTAS made from these grains.

Refrain from eating SUGAR: Candies, Colas, Sodas, POPS, and Reconstituted Juices. Natural Fruit Juices: Orange, Pineapple, Berry, and Lemon Juices are best.

Sweeteners which support the Immune System: RAW HONEY, Stevia, Maple Syrup and Xylitol are supportive to your Immune Health!!

**AVOID:** All Cane Sugars, Artificial Sweeteners and Pastries made from Wheat flour, FLESH FOODS: Flesh may carry substrates which can support virus growth. AVOID at this time Options also available: Biologically supportive Oils and Minerals for our Immune System.

- Povidone IODINE\_ Very strong use in a diluted solution.
- Lemon Extract Very powerful use as topical cleanser.
- Frankincense
- Myrrh Oil
- Lavender Oil

- SEA SALT (Pure) and clean water A solution of 10% SEA SALT to water is excellent for oral, nasal, and topical bathing.

#### Inorganic Chemical options

- Lysol
- Natural Green product cleansers (Meyers Cleaners)

For the Emotional Body:

Dr. Bach's Flower Remedies: **RESCUE REMEDY.**

Take 6 drops on the tongue 2-3 times daily. If you frequently have fears of being infectious. Ingest the remedy drops 4 times daily.

*Provided by Debra Peek-Haynes*