

Protecting Yourself

by Liz Gibbons

We are not getting accurate information about the corona virus. It appears to be a complicated bio-terrorist operation combined with a 5G experiment by the globalists. The virus is prevalent where 5G has been rolled out. 5G was rolled out in Wuhan in late October. It is being rolled out in Iran. Cruise ships are equipped with 5 G. Is this a true pandemic, a globalist operation to control the world, a lot of hype, or a scare tactic? We have been through many of these scares in the last twenty years: Y2K, West Nile virus, SARS, Bird flu, Swine flu, Ebola, Disney Measles outbreak, AIDS, and the Zika virus. We have survived them all. We don't yet know how severe this virus is. We need to keep in perspective, too, that thousands of people die each year from the flu and there is no panic about that.

I have friends and relatives who live in Florida. With its frequent hurricanes they say to always be prepared for the unexpected. Our supply chain with China is broken. Because we unwisely are dependent on China for many prescription drugs and household items, it would be wise to stock up on any medications you regularly use and otherwise be prepared with ample extra food on hand in case a quarantine would be declared.

Here are some suggestions I have picked up to protect yourself if the virus spreads. These suggestions are wise to follow to keep yourself healthy even when there is no threat of a virus epidemic.

Be cognizant of your diet. Avoid mucus forming foods, especially dairy including cheeses, milk, and ice cream. Also avoid sugar, soy, gluten, artificially sweetened sodas, desserts, and alcohol. Cut back on processed foods, fast foods, and junk foods. The cure is in your kitchen, so focus more on fresh foods, organic foods, and seasonal foods as much as possible. If you eat in restaurants order items that are cooked. Raw foods are vulnerable to contamination. Drink plenty of fluids particularly herbal teas that are antimicrobial and immune-stimulating such as echinacea and goldenseal combo or Pau d'Arco. Keep a healthy intestinal flora by ingesting probiotics. They are best obtained through foods such as yogurt and kefir. These are available made with coconut, almond, and cashews milks.

Regular exercise, stretching, Pilates, and rebounding are beneficial. Get as much sunlight as possible to boost Vitamin D. Keep the respiratory system clear and clean with the use of a Neti Pot. Combine ¼ tsp of sea salt dissolved in body temperature distilled water and rinse nasal passages with it. Get adequate sleep retiring by 10:00 p. m. to get the best benefit from circadian rhythms.

In supplements take a quality Vitamin C, Vitamin D with K-2, and turmeric. Have a good colloidal silver on hand to fight viruses and infections. Use selenium and iodine to also fight these infections. Use alcohol and distilled white vinegar to regularly sanitize counter tops, door and faucet handles and as well as door handles and the steering wheel in your car.

To decrease radiation change from a smart phone to a wired landline, if possible. Likewise, change your internet devices to wired connection.

Stay positive and realize a higher power will get us through these challenging times.