

Ultimate Guide of Natural Strategies to Prevent Viruses and CoVid 19



1. Introduction

This book was first conceived as a guide stating the best natural strategies against viruses and pathogens, that is, to strengthen the immune system.

However, as time went by, I realized that mentioning them without going into further details, such as the medical properties, the differences between them, the proper dosage, was not enough. It is still good to know these strategies than not. But it is much more of an advantage when adding more information on how to use them, the side effects of the chemical drugs, the safety in children, pregnant women, gluten-sensitive people etc. A simple guide can not contain all this information, yet important if you are among these people. Or, in other words, if you have some particularity in your health (e.g, if you're under chemical treatment, if you suffer from mental disorders, if you're pregnant, if you have hard, constricted tissues etc...). A guide is too short. That is why guides only show information destined to people in average good health, or more precisely: adults in good shape who are not under chemical treatment, whose mental health is okay, who don't have children, pets. However, it is less and less likely to meet these people in highly industrialized, polluted, "developed" societies. Besides, this type of person will generally not have the idea to get interested in natural health solutions unless they're keen on medicine.

So, I tried my best to provide all the warnings and information regarding these strategies for everybody.

So, if you are:

- pregnant
- a teenager
- a parent of children and infants
- an elderly

Or if you suffer:

- from a chronic disease (hypothyroidism, hyperthyroidism, Hashimoto, Graves, Crohn's disease, diabetes, cancer, HIV...)
- from allergies, gluten sensitivity

Or if you:

- follow a specific chemical treatment
- have pets
- have estrogen-related issues, sleep issues...

This book is for you.

This book is divided into five parts. The first part is the introduction. The second gets to the heart of the matter. It talks about health's conception, viruses' definition, the immune system's functioning, and germ phobia history. The explanations are short and go straight to the point. I use comparisons so everybody can understand. The third part is the most important as it mentions the best strategies against pathogens, along with studies and dosages. The fourth part is the appendix where you will find all the contraindications to the strategies mentioned previously. And lastly, you will find the conclusion and a short bio about me.

Chapters

1. [Introduction](#)

2. [Definitions and Explanations](#)

- [What Is Health?](#)
- [What Is a Virus?](#)
- [The Immune System: How Does it Work?](#)
 - [The Immune System, Our Fortification](#)
 - [The Bacterias: Our First Defense Line](#)
 - [The Enzymes: Our Second Defense Line](#)
 - [The White Cells: the Phagocytes](#)
 - [The Backup Army: the B Lymphocytes](#)
 - [The T Cells: Our Recognition System](#)
 - [Our Last Immune Barrier: the T Helper Cells](#)
 - [The Vital Antioxidants](#)
 - [Why Does Our Immune System Fail? The Lymphatic System](#)
- [The Lymphatic System: the Body's Drainage System](#)
 - [How to Fix the Lymphatic System?](#)
- [The Microbe Phobia Mindset Still Alive](#)
- [A Little Bit of History: Pasteur and the Germs](#)
- [Pasteur Versus Béchamps](#)

3. Natural Strategies Against Pathogens

- Protective Measures:
 - Public Places
 - Wash Your Hands
 - Alcohol-Based Sanitizer
 - Hydrogen Peroxide and Lysol
 - Ozone
 - Contact With Sick People
 - Cough and Sneeze
 - Disinfection
 - Masks
 - Eye Goggles
 - Gloves
 - Air Filters
 - Public Panic
- Lifestyle:
 - Sleep
 - Fasting
 - Saline Drops and Sprays
 - Neti Pots
 - Humidifiers and Steam
 - Gargling
 - Menthol Ointment
 - Sun Exposure
 - Smoking Cigarettes, Secondary Smoke, Medicinal Marijuana, and Secondary Vaping
 - Excessive Exercise
- Medications (Chemical Drugs):
 - Natural Alternatives for Antibiotics
 - Natural Alternatives for Antacids
 - Natural Alternatives for Anti-Histamines
 - Natural Alternatives for Steroids
- EMF's (Electromagnetic Fields)

- Foods

- What Kind of Food?
- Foods
- Animal Proteins
- Fats
- Fermented Foods
- Sugar
- Carbs and Gluten
- Alcohol
- Organic, Raw, Unfiltered Honey
 - A Special Note: Mushrooms
 - Reishi
 - Shiitake
 - Cordyceps
 - Maitake
 - Chaga

- Nutrients

- Vitamin C
- Vitamin A
- Vitamin D
- Vitamins B12 and B6
- Iodine
- Selenium
- Zinc
- PQQ
- Glutathione
- N-Acetylcysteine (NAC)
- Monolaurin
- Quercetin
- L-Lysine
- Naringin

- Supplements

- Colloidal Silver
- Bee Propolis
- Bee Pollen
- Green Clay
- Grapefruit Seed Extract
- Garlic
- Probiotics

- Herbs

- Herbs Classification
- Thyme
- Echinacea
- Wormwood
- White Horehound
- Plantain Herb
- Red Clover
- Lobelia
- Umckaloabo
- Pau d'Arco
- Eleuthero Root
- Andrographis
- Panax Ginseng
- Cat's Claw
- Astragalus Root
- Rhodiola
- Silver Fir
- Marshmallow
- Cistus Incanus
- Lomatium Dissectum
- Elderberry
- Traditional Chinese Medicine Herbs

- Essential Oils

- Boswellia/Frankincense
- Ravintsara
- Eucalyptus
- Peppermint
- Pine
- Tea Tree
- Thyme Oil
- Laurel Leaf Oil
- Cinnamon
- Oregano Oil
- Fir Needle Oil
- Lavender

- Emotions and Stress

- Emotions
- Stress

4. Appendix: Safety Concerns, Precautions, and Warnings; Potential Drug Interactions

- Mushrooms:

- Shiitake
- Cordyceps
- Reishi
- Maitake
- Chaga

- Nutrients:

- Vitamin A
- Vitamin C
- Vitamin D
- Vitamin B12
- Vitamin B6
- Iodine
- PQQ
- Glutathione
- N-Acetylcysteine (NAC)
- Quercetin
- Zinc
- L-Lysine
- Monolaurin
- Naringin
- Selenium

- Supplements:

- Colloidal Silver
- Bee Propolis
- Bee Pollen
- Green Clay
- Garlic
- Grapefruit Seed Extract

- Herbs:

- Echinacea
- Wormwood
- White Horehound
- Plantain Herb
- Umckaloabo/Black Geranium
- Red Clover
- Lobelia
- Pau d'Arco
- Eleuthero Root
- Andrographis
- Panax Ginseng
- Cat's Claw
- Astragalus
- Rhodiola
- Silver Fir
- Marshmallow
- Cistus Incanus
- Lomatium Dissectum
- Elderberry
- Thyme

5. Conclusion

- About the Author

Any client reading this book understands that the information given out by a Naturopathic Practitioner is at all times limited strictly for educational purposes and only on the subject of health matters. This information is intended for the best possible state of health and does not involve the diagnosing, prognosticating, treatment, or prescribing of medications for the treatment of disease.

2. Definitions and Explanations

Before taking any action, it is important to understand how our body works, and why mainstream media still refuse to consider new scientific data, hence this overwhelming contradictory information you can find on the internet and the official media.

What Is Health?

Our understanding of health is essential if we want to understand all the body mechanisms and take action. The most common conception taught at medical schools is that health is an absence of symptoms. The body is a vulnerable automaton that goes rusty with age. But the more you study about diseases and how the body fights, you end up understanding it is the contrary: the body is an alive, logical, and smart entity.

First, health is a consequence of vitality and life. It is life's result. When health is strong, the body and mind are nurtured, and genes work well, even when they're weak. Because in this situation, it means you took care of them using the right diet, supplements. You gave your body what it needs. As a result, you are healthy.

Health also means balance. There is nor deficiency, neither excess. All the cells interact with each other without any obstacles. And most importantly, all the body and mind functions, brain/rationality, heart/emotions/intuition, gut/instincts are also in harmony.

We can compare health as a wheel. Good health needs all the gears below in good shape:

- Air, breathing
- Water
- Sun, heat
- Posture
- Activity, movement
- Sleep
- Food
- Rest, relaxation
- A proper rhythm of life, adaptation
- Environment
- Expressing emotions: love, gratitude (even negative feelings)
- Mind: connection to the brain/rationality, heart/intuition, gut/instincts
- Spirituality, connection to nature
- Socializing
- Self-esteem

If this wheel lacks one or several of these gears mentioned above, it couldn't roll correctly. The problem is that it is obviously impossible in our current society to have all these gears in good condition. In this situation, we have to prioritize and take action on the gear that is not functioning at all.

What Is a Virus?

Before discussing the immune system's functioning, our current mindset about pathogens, and finally, the natural strategies against them, it is important to make things clear about the virus. At the time of writing, Covid 19 is still spreading and scaring many people.

What Is a Virus?

A virus is a dead piece of genetic material. It doesn't have a cell structure. It is wrapped in a shell, which is made up of a protein or a lipid envelope. The virus is much smaller than bacteria. The virus could be compared to a tennis ball, while the bacteria could be seen as the Liberty's statue.

How Do Viruses Function?

The envelope of the virus fuses with the membrane of the host cell. It hits the cell's nucleus and hijacks the duplicator. The virus can replicate. Then, the virus goes out of the cell, killing it and will hide from the immune system.

But some viruses, such as herpes, go dormant. This kind of virus waits until you're weakened, that is to say, when you're stressed, nutritionally deficient, get older... Then, it attacks again.

Some viruses, such as influenza, can also activate glycolysis. Glycolysis is a process that helps release sugar. Roughly speaking, it means this type of virus gets stronger when there is sugar in the body. Conversely, they weaken when this process is less activated.

To sum it up, no one can kill a virus as it is a dead cell. When you get symptoms from it, it means it had been stimulated by something in your life. That could be stress, nutritional deficiencies, a congested lymphatic system, an overworked immune system, to name a few.

The Immune System: How Does it Work?

Since the Covid19 crisis, the immune system has never been so overlooked. Yet, it is the first function that comes to mind when dealing with pandemics because it is the first system to be targeted by the virus.

We all have this immune system within us—another reason to understand how it works. So, without further ado, let's dive deep into this fascinating body function!

First, before beginning, there are two things to differentiate about the immune system: the external environment and the internal environment.

The external environment comprises everything that is outside of the mucosa.

The mucosa is made up of epithelial cells. The mucosa will constitute the barrier between those two environments.

So, concretely, what is it? The mucosa isn't just the skin on our arms and legs: it is also the "skin" covering all the organs, such as the liver, for example, to support the fluids (lymph, blood, cells) and protect them.

The Immune System, Our Fortification

If a bacteria wants to reach the cell inside the organ, it must overcome all the immune system's mucosa or barrier layers. Metaphorically, the immune system can be compared to a medieval fortified castle:

- the mucosa being the castle walls,
- the moats being the chemical barriers,
- the keep being what we must defend at all costs: all the cells and organs in our body.

I will use this image so you can picture it better.

The Bacterias: Our First Defense Line

First, the pathogen will come across the first line of defense. This line of defense is made up of beneficial bacterias, yeast, and fungi. It is also called the microbiota.

IgG, or immunoglobulin G, is one of the weapons used by them to find and neutralize the toxins.

END OF PREVIEW