

Breathe Easy, It's Virus Season!

with Kirk & Kim

Top Ten Steps to Support Your Body Against Respiratory Viruses

1. Get plenty of rest!
2. Avoid antibiotics
3. Don't eat out at restaurants
4. Steady your nerves and let go of worry
5. Thin out mucus secretions
 - Homemade soup with garlic, onion, carrots, celery, and a dash of cayenne
 - Herbal teas
 - Warm lemon water
6. Avoid dairy (like cheese and milk), red meat, white sugar, and white flour (these deplete nutrients and energy stores, plus promote mucus production)
7. Wash your hands often to prevent the spread of viruses
8. Avoid crowds, especially in the winter months
9. Most viruses do not live long in hot environments – they live in your nasal cavities because that is the coolest spot in your body
 - Deep breaths of warm air, like in a sauna for 20-minute intervals.
10. Fortify with supplements



- Vitamin A, C, D3
- Kyolic garlic supplement
- White willow, wild cherry, or elderberry cough syrup
- Dandelion or chicory herbal tea
- Juiced carrots and tomatoes
- Zinc gluconate supplement

What natural remedies can I use?

- Essential oil chest rub (use on the bottoms of your feet to help fight the virus)
- Deep breathing chest salve (helps open the airway)
- Warm chest compress (opens airways and reduces inflammation)
- Warm Epsom salt bath soak
- Diffuse essential oils – 2 drops each of:
 - Tea tree, thyme, sandalwood (optional), frankincense (optional), Cedarwood (optional for dry coughs), lavender, lemon, cypress, myrrh, white fir (optional), Roman chamomile, and eucalyptus or peppermint
 - These essential oils are great by themselves, but when combined are a powerful tool to boost immune function, lessen congestion, and cleanse the air!
- Hypno-Healing: “I am deeply loved by all those who truly know me. I am a unique and strong spirit and others want to love me the way I need. Heavenly Father is always here for me. He wants to help me achieve my desires. I desire to feel whole and happy again.”



- Honey-onion cough syrup (full recipe on page 273)
- Ginger lemon honey tea (with a pinch of cayenne)
- Mullein-yarrow tea
- Homeopathy for viral infections: Allium Ceba
- If you are feeling cold and shivery, use warming supplements like ginger or an anti-spasmodic tincture
- If you are feeling hot, sweaty symptoms, use cooling supplements like a slippery elm drink
- Nebulizer with Hypo-redox and distilled water
- Acupoints are also very useful in these circumstances

Find all THESE TIPS AND RECIPES, along with many more, in our book!

Perfect Natural Solutions Book

- Life will be a little easier with this all-in-one resource of natural remedies.
- Inside this book you'll find:
 - Ways to boost your immune system
 - Ways to solve over 270 ailments with essential oils, homeopathy, herbs, healthy foods, and other useful remedies, all in one reference book
 - Recipes for all kinds of natural remedies
 - Stories of overcoming each ailment
 - A deeper understanding of each ailment

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