

CORAC Newsletter

"It is the hour now for you to awake from sleep."

November 29, 2022



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Read this newsletter in PDF format for greatest clarity. Print out any sections you might want in a power-out situation.

An army rarely wins a two-front war, having to divide resources and manpower between geographically distant places. And here we are, engaged in a hundred-front war: vaxxes and blood clots, apostasy, destruction of children, stolen elections, global unrest, digital passports, social credit, and the end of farming. Satan must think he's nailed us.

And indeed, if we slumber on, or deliberately choose to ignore the war on humans, the casualties could be massive. But if we circle up, like Frodo and the hobbits on Weathertop, each one facing whatever enemy is right in front of him, trusting in the friends at our backs, we can hold. God can work victory through small people who won't give up on each other.



Sheryl Collmer, editor
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From the cockpit:

CORAC founder Charlie Johnston traverses the country in his trusty Outback to speak personally to crowds from one coast to the other.

To Accomplish a Lot, Do a Little

Back when I was doing serious politics I had a reputation for taking a lightly known candidate and making him into a winner – or at least a serious contender. Some thought there was some magic or genius involved. Certainly, I was a competent strategist and tactician. But the heart of the matter was much simpler, something anyone could do, but few would actually try. It was simply to do something tangible right from the start.

Candidates going into statewide or even Congressional races spend an inordinate amount of time planning – and doing nothing else while they are planning. That seemed stupid and inefficient to me. If you are planning this big, grand design on something you are building from the ground up, you are likely to add a whole bunch of things that sound good but don't accomplish much. Gambits that are time-consuming with little return are the most inefficient things you can do. Doing and planning work best when yoked in tandem.

It seemed to me that if you start off doing the little you can, even if you are fuzzy on the big picture, the things that are really needful will make themselves obvious organically. You will not end up with a lot of useless whistles and bells attached to your organization. Each level of growth will reveal the organic needs for the next level.

Most people were very uncomfortable with this seemingly helter-skelter method. Even with great results, only a handful realized that it was incredibly efficient and lean - even after the fact. We have been brainwashed to believe that heavily regimented, bureaucratic systems are the most efficient when, in reality, they are among the least efficient methods of operation. Obviously, there was a LOT more involved, but without this simple first principle, putting together big, come-from-nowhere, or come-from-behind campaigns would have been impossible, no matter how well we did the other things. I had my share of flubs and fumbles, but it was never for failing to do anything.

The world is in a lot of trouble. The crises are overwhelming. It is hard not to be shaken or even paralyzed right now. Do NOT fall into the trap of thinking things are too big. I think one of the dumbest, seemingly pious statements people make is that, "God never gives you more than you can handle." Seriously?! He does it all the time. The truth is God never gives you more than HE can handle. Often, He does this to try to prod you into actually turning to Him. Right now, He is doing it on a global scale.

Remember who our God is. He revealed Himself in the person of Jesus Christ. Jesus is the Man/God who, faced with a hungry multitude, took a few little fish and a crust of bread that some brought to Him and then fed the multitude their fill. Ours is a generous God when we give Him even a tiny bit of our trust. He knows very well that we will never have more to offer him than a fish or a crust of bread – but with that humble offering, He can and will feed the world.

So don't worry about all the things you can't do. Instead, do the little you can that is right in front of you. Spend time with your family and spread a little simple happiness. Pay attention to who around you might be struggling. Don't take them on as a project – just make a casserole and spend a little time with them. Every time you do a little thing to brighten what is right around you, to give a little joy, you are offering a little fish to the Lord. And Our Lord takes it and, in His generosity, incorporates it into His plan to renew the face and faith of the earth.

I reckon I don't have to tell anyone here that you should not deceive yourself that you can save our bleeding world. Neither should you be like the fellow who buried his talent in the ground for fear of losing it. Just do the little you can. We are called to be the people who live Matthew 25:37-40:

Then the righteous will answer him, 'Lord, when did we see you hungry and feed you, or thirsty and give you drink? And when did we see you a stranger and welcome you, or naked and clothe you? And when did we see you sick or in prison and visit you?' And the King will answer them, 'Truly I say to you, as you did it to one of the least of these my brothers, you did it to me.'

The Lord tells us clearly what He expects from us. Just do the little you can and you will accomplish a lot. Never be unwilling to do the little you can.

Charlie Johnston

If communication goes out for any length of time, meet outside your local Church at 9 a.m. on Saturday mornings. Tell friends at Church now, in case you can't then. CORAC teams will be out looking for people to gather in and work with.

LATEST CORAC PODCAST

"Seven Questions"

<https://corac.co/newsroom/#regular-podcasts>

A SIGN OF HOPE BLOG

"Thanks Be To God"

"Continuance Denied"

"The Mystic River Rolls On"

<https://corac.co/category/a-sign-of-hope/>

CHARLIE'S UPCOMING MEETINGS

Upcoming meetings have been rescheduled due to the death of Charlie's father

<https://corac.co/meetings/#dates-and-details>



Action Items

The price good men pay for indifference toward public affairs is to be ruled by evil men.

- **Use cash.** Resist the digital economy that will make you easy to control. <https://globalwalkout.com/keepcashalive/>
- **Pray the rosary in a group publicly.** <https://truthforsouls.com/2022/07/27/signs/>
- **Recruit locally.** See the article at: <https://truthforsouls.com/2022/06/10/what-is-corac/>. Edit it for your own local area.
- **Fly the American flag.** Hold it in a public place, fly it from your car, hang it from your house, wear it. The flag is a symbol that works at multiple levels to inspire, unite, and rally people to action. In the military, the flag represents a unit's morale and fighting spirit. It rallies soldiers in the heat of battle. Fly the flag; it may again unite and rally us.



<https://gracealley.com>

<https://www.gettysburgflag.com/flags-banners/lapel-pins>

Health & Wellness

<https://corac.co/health-and-wellness-teams/>

Several videos in the Homeopathy series have been recently added to the website:

- “CV, RSV, Flu, Typhus, Cholera” <https://corac.co/2022/11/22/cv-rsv-seasonal-flu-thyphus-typhoid-cholera-virtual-class/>
- “Pregnancy, Labor and Delivery” <https://corac.co/2022/11/22/pregnancy-labor-and-delivery-update-post-covid-virtual-class/>
- “Homeopathy’s Catholic Roots” <https://corac.co/2022/11/22/homeopathys-catholic-roots-virtual-class/>

NASAL RINSE

This simple procedure was first publicized in late 2020, and it's still incredibly effective. Respiratory viruses enter and propagate in your nose, and that's the place to combat it, before it gets to your lungs. This is such a basic idea: get the virus out of your body before it forms an army. You can buy a prepared solution at the drug store, like Xlear <https://www.walmart.com/ip/Xlear-Sinus-Care-Rinse-System-With-Xylitol-Kit-1-Ct/901144578> or you can mix your own solution with distilled water, salt and baking soda <https://www.wikihow.com/Make-a-Nasal-Rinse> or with Betadine. To deliver a homemade solution, use a [Neti pot](#) or [nasal wash bottle](#). (Be sure to wash the tip after every use!)



VITAMIN D

One good thing that came out of covid is that we realized how essential it is to supplement Vitamin D3, for protection against *all* colds and flu. The reason we even *have* a cold and flu season is because, in the wintertime, our exposure to sunlight, which the body uses to synthesize natural Vitamin D, is decreased. It's not enough to take a measly little 1000 IU or trust your multi to deliver the proper dosage. You should be taking 4000 IU *minimum*, and many of our trustworthy doctors say to double that, especially in the wintertime. <https://www.drweil.com/health-wellness/body-mind-spirit/colds-flu/does-vitamin-d-prevent-colds-and-flu/>

BEWARE THE SWABS

Do all you can to avoid the nasal swabbing that employers and educators are forcing on you; it's not worth risking your long-term health. On this video, a registered nurse explains the dangers of ethylene oxide on the mass-produced testing swabs: <https://www.brighteon.com/c8dbaa72-d79f-405f-b1b4-eb74dd89036b>

HOMEMADE “PENICILLIN”

Penicillin is typically used against bacterial infections. If you're allergic to penicillin, or anticipate that it might become scarce, this recipe could be worth a try. It uses citrus (always good for your immune system), plus garlic (the wonder drug of Italian mamas) and ginger (the queen of herbs and spices.) Once you brew it up, it will last 5 days in the refrigerator or 3 months in the freezer. This is one of those remedies that can't do you any harm, and might do you a lot of good!

<https://deeprootsathome.com/natures-penicillin-for-pneumonia-earache-flu-bronchitis-more/>

REMEDIES FOR RESPIRATORY ILLNESSES

In the Appendix to this issue, I have included a rather detailed list of possible home remedies for colds, coronaviruses and other respiratory ailments. It was sent to me without attribution, so do your due diligence. Many of the remedies are things I recognize and would happily use. A primary strategy, which we certainly learned with covid, is to take action *immediately*. No waiting around, hoping it's just allergies, or thinking you'll tough it out. Even if you wind up under a doctor's care, the home remedies can be a helpful supplement. See Appendix.

Survival Skills and Sustainable Living

<https://corac.co/sustainable-living-teams/>

The latest on the website:

- “Water Emergency Solutions” <https://corac.co/2022/10/28/what-to-do-in-a-water-emergency/>
- “The Stay-In Bin” <https://corac.co/2022/10/11/the-stay-in-bin/>

Before refrigeration, dairy farmers had the problem of preserving loads of fresh milk from spoilage... thus the origins of butter and cheese. Here are some methods to try:

MAKING BUTTER

It's really not difficult. <https://www.thepioneerwoman.com/food-cooking/recipes/a91036/how-to-make-butter/>

MAKING CHEESE

There are lots of ways; here's an easy one: <https://rawfarmusa.com/recipes/how-to-make-raw-milk-cheese-at-home>

Communications

<https://corac.co/communications-teams/>

Latest articles on the website:

- “Emergency Communications with GMRS” <https://corac.co/2022/10/09/how-to-create-an-emergency-plan-using-gmrs-radios/>
- “Winlink: Email over HAM radio” <https://corac.co/2022/09/13/part-3-sample-winlink-video/>

Crisis Scenarios

<https://corac.co/crisis-scenarios-team/>

Great video from Region 3 coordinator Kirby:

“Self-Care in Turbulent Times” <https://corac.co/2022/09/23/taking-care-of-yourself-in-turbulent-times/>

Education

<https://corac.co/education-team/>

New articles on the website:

“A Home Education Framework” <https://corac.co/2022/11/17/a-home-education-framework/>

“Help for Reading Difficulties” <https://corac.co/2022/11/17/help-for-reading-difficulties/>

Other Items of Interest

THE EPIDEMIC OF SUDDEN DEATHS

A new book by the three powerhouses Edward Dowd, Robert Kennedy, Jr and Gavin de Becker is due out in two weeks. What is the phenomenon that is racking up millions of deaths with no stated cause? Why did it begin in 2021 and get worse in 2022? People are literally disappearing from the human landscape at a frightful rate. You can pre-order *Cause Unknown* at Amazon: https://www.amazon.com/Cause-Epidemic-Sudden-Childrens-Defense/dp/1510776397/ref=sr_1_1?keywords=9781510776395&qid=1669596006&sr=8-1

SPIKES IN EXCESS MORTALTY

Another early truth-teller, Dr. Ryan Cole is a pathologist whose laboratory sees thousands of tissue samples every week. Because of the large numbers that come across his microscope, he is especially well-positioned to see the big picture. From wildfire cancers to foot-long blood clots, Dr. Cole is seeing alarming trends since the vaxx rollout. “Cells don’t lie.” https://www.theepochtimes.com/from-wildfire-cancers-to-foot-long-clots-dr-ryan-cole-explains-the-dangers-of-the-spike-protein_4813813.html

DIED SUDDENLY

This documentary features morticians and funeral directors stating what they have seen in the last two years. It is being reviewed positively by many people I trust, and has tens of millions of views in just the first few days. LifeSiteNews calls it “incredibly powerful.” <https://rumble.com/v1wac7i-world-premier-died-suddenly.html>

KEEP TALKING

“If you’re persuaded that something awful is happening, then you must persuade others. The mainstream media will never tell them the truth. Keep trying, I am imploring you, I think it is the single most important thing you can do.” -Dr. Mike Yeadon, former Pfizer VP. Dr. Yeadon was one of the first scientists to speak out in 2020, and his whole life has become about waking people up to the danger. Watch the full video here: <https://rumble.com/v1wjapm-dr-mike-yeadon-why-the-depopulation-agenda-is-real-and-what-we-can-do-about.html>

ARCHBISHOP VIGANÓ’S LATEST

Our dear archbishop spoke to a conference of medical doctors last week. We are in the middle of a great battle against evil, if we only have eyes to see it. “Those who choose not to fight are also making a choice that affects the outcome of the battle.” Viganó has a rallying cry, and we must heed it: <https://www.globalresearch.ca/abp-vigano-covid-pandemic-farce-served-trial-balloon-new-world-order/5800281>

STATE OF CONTROL

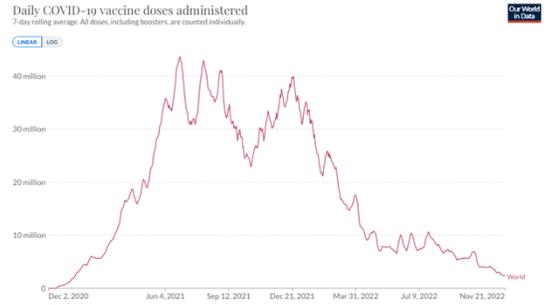
Where are CBDCs (Central Bank Digital Currency) and digital passports taking us? In this documentary, international experts such as Edward Snowden and Catherine Austin Fitts express their serious concerns and criticisms. We must pay attention and be informed before these digital instruments go into force, because there may be no coming back from them. <https://www.globalresearch.ca/shocking-revealing-documentary-state-control/5800261>

DIGITAL PASSPORTS (“Danger, danger, Will Robinson”)

Two weeks ago, leaders of the world’s wealthiest countries (G20) met in Bali. One of the outcomes was an agreement to push forward international vaccine passports. It appears that most people now know that the covid vaccine was ineffective and harmful, but plenty of new vaccines are in the pipeline and ready to be forced on us. And the CDC has just knocked down protocols for safety testing of new vaccines. Do you want to go to Spain, or France, or Australia? Nope, not if you haven’t had all the shots that unelected tyrants have decreed. The vaccine passport is, additionally, the door to digital ID, which puts us all under the total control of those in power. Our travel and purchasing power can be turned off with a keystroke. The vaccine passports are rightly called, “the fight of our lives.” Read more here: <https://deeproofsathome.com/fight-of-our-lives/>

INJECTION REJECTION

Despite the free availability of the noxious covid vaxx, more and more people are not having anything to do with it. The government hasn't suddenly started telling the truth, and the media certainly hasn't, but people around the world are simply opting out. Huge numbers are waking up from whatever trance they've been in. Every person who has risked a friendship to tell someone the truth about the vaxxes, take heart! Here are the stats: <https://www.hartgroup.org/the-injection-rejection/>



BRAZIL: A LAST STAND

The recent presidential election in Brazil declared a victory for an convicted criminal (Lula), over a wildly popular incumbent (Bolsonaro). The Brazilian people have been out in the streets by the millions ever since. The military seems poised to step in. Is it a blueprint for America? Will Brazil be the first to defeat the blatant worldwide election fraud? NTD Brazil and Epoch Times collaborated on this one-hour documentary: https://www.ntd.com/brazil-a-last-stand-in-the-americas_883350.html

REMEMBER THE J6ERS

Some prisoners are going on two years of unlawful detainment, with no trial, in conditions that are beyond our imagining. Please keep them in your prayers, and mention them whenever you have a chance. One of the PPPs (patriot political prisoners) Jake Lang has begun a podcast, sponsored by Gateway Pundit. He talks about his faith, and has had some excellent guests, like Dinesh D'Souza and Micki Witthoef, who is Ashli Babbitt's mother. You can listen here: <https://anchor.fm/jake-lang36>

KEEP CASH ALIVE

If you go to a restaurant and pay your check with \$50 cash, the owner takes that \$50 to pay the vegetable man, who takes that \$50 to buy his kids some shoes, and the shoe store buys \$50 worth of new inventory, and on and on. That \$50 in cash is always worth the same \$50 in cash.



Now. If you pay your dinner check with a credit card, a service fee (usually 3-1/2%) is deducted, so the owner has \$48.25 to pay the vegetable man with a credit card leaving \$46.50 for the shoe store, who then has \$45 to restock shoelaces. You get the picture. After thirty transactions, the initial \$50 is only \$5, and the other \$45 belongs to the credit card banks.

One more reason to USE CASH. <https://globalwalkout.com/keepcashalive/>

THE ULTIMATE LEGAL STEALTH TOOL

From Mike Yeadon on Telegram:

“Cash is the ultimate legal stealth tool. After you pull it from a cash point / ATM, the authorities have not a clue who used it where and for what, or whether it was spent at all. Think of it as a handful of sand thrown into the face of the illegitimate perpetrators. I can't think of an innocent activity of greater undermining potential than massed use of cash. Please forgo the conveniences of electronic payment as often as you can, and share this concept as widely as possible.”

THE SHAME OF THE LOCKDOWN STATES

Naomi Wolf recently published a terribly poignant essay about the violation of human relationships perpetrated by the covid theater. There are subconscious effects that Dr. Wolf puts into words, things I only recognized once she said them. Those of us in free states have advantages that we probably don't even realize. As always, Naomi Wolf is a delight to read, no matter her subject... and this is a really excellent topic. <https://naomiwolf.substack.com/p/thanksgiving-in-a-victim-world>



www.notourfuture.org

Prayer

<https://corac.co/category/prayer-teams/>

NOVEMBER PRAYER INTENTIONS

- *For all CORAC members, especially those going through tough trials
- *For a strong, ongoing response to the current CORAC fundraising campaign
- *For travel mercies for Charlie and blessings on his meetings and presentations
- *That we embrace Charlie's CORAC Call to "Make Friends!" and that we fully put on the mindset that rejects any regimented schematics about what's going to happen and, instead, keep our eyes fixed on what actually does unfold, the better to focus on next right steps
- *That each of us continues to carve out time for silence and contemplation with the Lord, every day, giving Him opportunities to calm us, steady us and focus us for each next right step
- *For all the intentions carried in the hearts of CORAC members

St. Gabriel, enlighten us.
St. Michael, defend us.
St. Raphael, protect us.
Ave Maria, Stella Maris!

Appendix

Respiratory Issues - Day One (head it off before it develops)

Don't ignore the whispers of your body, or you won't be able to ignore its screams...

1) Sweat out the toxins/boil it off - very little can survive heat so wrap your neck with scarves, cover your chest, grab a hot water bottle on your chest and back, get snuggly under lots of blankets, and really sweat it out. Try this early to avoid having to get a fever to achieve similar result. To support a fever (which is healing you), try diaphoretic herbs (promotes perspiration and facilitates the elimination of toxins via the skin): Yarrow, Elder, Peppermint, Boneset, Ginger, Cayenne.

2) Have a herbal bath and go to bed! Prop the bed up, so head is slightly raised. Sleep if you can, so your body can use all its power to detox and heal you. **For little children: catnip, lemon balm or chamomile (make a strong tea from dried herbs, pop it in their bath)** Hypnotics (herbs promote sleep): valerian, Californian poppy, hops, wild lettuce, kava.

3) Quercetin (the natural version of hydroxychloroquine)

Take 500mg (according to Zelenko protocol) in capsules or make your own from simmering organic grapefruit skins.

Or ideally use onions (packed with quercetin and other goodness). Pop half an onion by your bed. Chop up an onion and pop it in your socks. Make an onion and garlic chest poultice (see videos online). Chop up onion, pop in jar and add honey, leave it overnight for a cough syrup. The possibilities for how to get the amazing healing properties of onions into you are endless...

Quercetin is a natural antihistamine and anti-inflammatory plant pigment that boosts your immune system and helps clear mucus. Other foods high in quercetin: berries, cherries, kale, tomatoes, broccoli, asparagus, red wine, citrus fruits. Vladimir Zelenko likened zinc to the bullet and quercetin to the gun that gets the zinc into your cells (so quercetin is vital if you lose your taste/smell).

4) Herbal hand/foot bath or a mustard hand/foot bath.

Make a tea to pop your feet in (have a look at the herbs listed at the beginning), or pop some drops of essential oil in (one drop carrier per one drop essential oil). Ideally longer, but could just do 8 mins in morn, 8 in eve.

5) Use steam (towel over head and bowl of hot water, shower, sauna!) to help unclog everything. Try inhaling nasturtium, peppermint and thyme tea.

6) Essential oils - pop some in the diffuser, pop in a bath (1 drop carrier for 1 oil), on pillow/blankets or diluted on your chest, neck, stomach, pulse point or feet.

Thieves Blend: 40 drops clove bud, 35 drops lemon, 20 drops cinnamon bark, 15 drops eucalyptus, 10 drops rosemary.

Eucalyptus - eucalyptol has an antimicrobial effect, might off bacteria, reduces inflammation, relieves pain, and eases muscle tension that can result from a cold or flu.

Rosemary - like eucalyptus, it contains the compound cineole, which may help break up mucus and reduce inflammation.

Cinnamon – may provide relief from a cough and may protect against germs that may cause respiratory problems.

Peppermint – can help relax the muscles of the windpipe. Menthol is an extract of peppermint. When inhaled, it creates a cooling sensation that can soothe or numb a scratchy throat.

Frankincense – traditionally used to treat coughs, catarrh, bronchitis and asthma.

Oregano and Thyme – contain high levels of carvacrol which can be helpful in eliminating or protecting against viruses, microbes, germs and bacteria. Could help viral or bacterial causes of a cough.

Bergamot, nutmeg and cypress - all contain camphene, a compound similar to camphor. Can have a cooling, refreshing effect, with antioxidant properties.

Geranium – an extract called *Pelargonium sidoides* which is an effective cough treatment.

Tea tree – can inhibit growth of bacteria that may cause sinus infections and respiratory issues. May help to ease the effects of a cough.

Headache blend: lavender and peppermint on temples and base of neck. *NB: If its due to congestion, you may need an expectorant to get the mucous out.*

7. Home-made nasal inhaler (very cheap to make and reusable - 15 drops of organic essential oils rather than £2.50 for a one-time, pharma mass-produced one).
8. Try a herbal chest plaster or mustard plaster (easy via online videos – but always mix with a flour and don't put mustard in contact with skin).
9. Constant hot drinks, nourishing soups (with lots of colorful veg), bone broth. Try to avoid solids if you can, so your body can spend the time healing rather than digesting. A constant supply of hot drinks to stop anything to get down into your cold damp lower lungs, where it is harder to shift.

Chai tea spice mix, - 4 tsps each of ginger, cinnamon, cardamom, 2 tsps each cloves, fennel seeds, 1/2 tsp black pepper. Mix with 40tsps black tea. Half a teaspoon of mix will make a teapot. Leave to infuse, but make sure there is a lid on, so that the precious compounds don't dissipate in the steam (put a saucer on top of your mug). Add milk and sweeten (as desired). This is antiviral and has all the spices in that are high in volatile oils.

Native American Bronchitis Tea: 1 teaspoon elecampane root, 2 tbsps nettle leaves, 1 cup boiling water. Or 1 teaspoon marshmallow leaves/flowers, 1 teaspoon coltsfoot leaves, 1 teaspoon mullein leaves/flowers, 1/2 cup boiling water and honey.

Heat up your body from the inside with chili, ginger, horseradish. Grate into a teapot or mug with hot water over the top and drink that. It is vital that you don't let the steam escape, most of the goodness is in the vapor. Errhine: herb that stimulates nasal discharge. Herbs: Iceland moss powder, cayenne, horseradish.

Horseradish cough syrup – grate root into bowl, cover with sugar, stir well, leave for a few hours. Strain off liquid and pour into bottle. No more than 3 Tbsps per day. Coughs, colds, fevers, sinus congestion. **Horseradish sauce** – chop root, put in blender with apple cider vinegar, store in fridge, can strain off in week or two. Chew on teaspoonful to clear blocked sinuses.

Throat Soother Tea: 2 parts licorice root, 1 part cinnamon, 1 part Echinacea, 1 part marshmallow root, 1/8 part ginger. Decoction: simmer in pan of water for 20-45 mins (longer the better). Strain and drink throughout day

Ground Ivy: Elizabethan '**gill tea**' for coughs - steep in boiling water and sweeten with sugar, honey or licorice. As a snuff for congestive headache.

10) NAC to help with detox and glutathione production. If you aren't getting better – prioritize bed and try this!

11) Antioxidants (lots of dark berries, diff colors of veg) or multivitamin such as Intramax (£3 a day but contains 415 ingredients and I have seen it fix so many things). It's a lot easier to stay well than to get well.

12) Vitamin D (with K2) supplement if you haven't been taking it every day Oct-March and so are deficient. Zelenko protocol suggests 5000 IU/day or 50,000 a week for high-risk. Very cheap and well worth it in the morning to avoid all sorts of mental and physical breakdown. Also, you can't lose weight if you're vitamin D deficient, as a protective winter mechanism.

13) Huge amounts of vitamin C, every hour. It gets used up quickly, so you need to take it spaced out until you reach bowel tolerance (e.g. until you get diarrhea). Now you know the ideal dose to take tomorrow, again spaced out.

Hedgerow Vitamin C: rosehip, blackberry or hawthorn in apple cider vinegar for a few weeks. If you want to turn it into a delicious oxymel after you have strained it, pour it in a jar with 50% raw honey.

Using rosehips (unheated so you don't lose vitamin c) – pick them in the next fortnight and dry out. Use them whole as tea, or: **Rosehip vinegar** – 20-30 rose hips in jar and cover with apple cider vinegar (at least 4cm of vinegar above berries), can slit

skins to speed up, leave on sunny window sill for a month, strain and bottle. Can freeze overnight before you use. Add at least two tablespoons of raw local honey if you want to turn your rosehip vinegar into an oxymel. Can add your choice of finely ground spices or grated ginger or turmeric.

Rosehip tincture – as with vinegar but cover with spirit, leave for six weeks in dark place.

Raw rosehip syrup – slit skins, layer in wide mouth jar, with enough sugar to fill all gaps, leave on sunny window sill for a couple of months. Can add lemon, star anise, cinnamon, ginger. Strain off liquid, 1/2 tsp per day to prevent colds. Always strain well to get out hairs of opened rosehips (or cut out seeds/glass hairs before) (or squeeze out pulp) to avoid itchy bum and sore throat.

14) Fire Cider Vinegar: 1 chopped onion, 1 chopped head garlic, 1/4 cup grated horseradish and pinch chili (plus perhaps ginger, licorice, turmeric, bay, cardamom, cinnamon, orange peel, star anise). Half fill a glass jar with dry or wilted ingredients. Add cider vinegar and podge to remove air bubbles. Place jar in a warm dark place for 2-4 weeks (cover with grease proof paper or cling film if using metal lid). Strain and use (shelf life: two years with 5% vinegar, if stored correctly). Use as a vinaigrette or as a gargle. Or dilute before use as a hot drink in water.

Take some apple cider vinegar and add blackberry leaves, ground ivy, sage, thyme, rosemary or pine needles to make a herbal vinegar.

15) Garlic - try a garlic chest poultice, chew a raw bulb, have some garlic honey, rub it on your feet or look up great cough recipes. Garlic is also a vasodilator: a herb that widens the blood vessels, lowering blood pressure (see heart info overleaf).

16) Minerals (esp. zinc and selenium): make your own mineral mixes: young nettle, plantain, chickweed, dandelions or horsetail (apple cider vinegar extracts minerals brilliantly and makes them very bioavailable). Or get a *chelated* multi-mineral such as Intramin (£3 a day), so your body can take exactly what it needs in a form it understands.

Zelenko protocol suggests 25-50mg zinc (lozenges or zinc rich food although this is expensive), *Loss of taste/smell means that zinc has been used up*. 200mcg selenium and poss 500mg magnesium (https://irp.cdn-website.com/9bb879df/files/uploaded/Dr_Ardis_C-19_Prevention_Cocktail_zenagewellness.pdf)

17) Raw honey

Consider making your own herb infused honey (perhaps use pectoral herbs: **elecampane**, Licorice, Red Clover, Marshmallow, Horehound, Hyssop, Sundew, Mullein). 2/5 fill a jar with dried herb, leave to macerate for at least a month, then remove herb, store in cool dark place. Take a teaspoon of herbal infused honey 3-6 times in hot water daily if needed (once as a preventative). *Make a tea with used herb*.

Combine honey with apple cider vinegar for a **cough syrup**.

Amish Cough Syrup: 3/4 cup honey, 1/4 cup olive oil, 3 juiced lemons.

Fiery gargle or throat spray: 2 tablespoons honey, 2 tablespoons apple cider vinegar, pinch chili powder and salt, 2 teaspoons sage, 200ml water

Other herbal honeys particularly good for respiratory: thyme, holy basil, oregano, garlic, whole cloves, ginger, sage, peppermint, cinnamon, star anise). Other common herbal honeys: lavender, unsprayed rose petals, lemon balm, basil, vanilla, organic orange peel, rosemary.

If you've got a lot of mucus, you want to liquefy it with **expectorants** which lower the viscosity and promotes the expulsion of mucus from the respiratory tract (bronchial and lung congestion, coughs, asthma). Others not mentioned so far are licorice root, fenugreek, horehound, grindelia, lobelia (small amounts), bloodroot (small amounts), poplar buds, coltsfoot, yerba santa, heartsease.

Mucolytics (dissolves mucus, or thins mucus so the body can move it out of the body. For instance, herbs can have resins that speed up the secretion of fluids from the mucous membranes, or saponins, which are soap-like compounds that thin mucus. When the mucus is thinner, the cilia, or tiny hairs in the bronchial area, can "beat" or move the mucus up to the throat): polygala, lemon, elecampane, pine bark, yerba santa.

Bronchodilator (dilates the bronchi, the large air passages leading into the lungs, allowing freer movement of air in and out): ephedra (ma huang), green tea, lobelia, cannabis.

Lymphatics (stimulates the flow of lymph in the lymph vessels): echinacea, poke root, red clover, and red root. The lymphatic system is largely involved with purifying the blood system, helping to remove wastes from the tissues. The lymphatic fluid is rich in immune cells, such as phagocytes, cell eaters that remove wastes, old body cells, and toxins from body tissues and systems. Look online for lovely blends recipes (I don't heat the honey because it kills much of goodness).

Not supermarket-bought unfortunately - contact local beekeepers association to find local pure raw honey, within walking distance. It is £5-6 a jar, but the amount of work needed to produce it is extraordinary – be nice to your local bee keeper - no one makes a genuine profit out of keeping bees – and ask them for wax so you can make creams. Next summer we hopefully will have medicines made from our own honey produced from native black bees at the PHA. **If you would like to help with bee- keeping or to learn to keep your own, just let us know.**

18) Kick start your immune system immediately with Echinacea tincture (15 drops x 3 daily), boneset tincture (2ml x 3 daily) or elderberries. Consider having just a little of these in your cupboard ready – they are much less useful later in illness.

Elderberry elixir (medicine): To make a 2-litre jar • fill the jar to half-full with fresh destalked elderberries (quarter if dried) • add 4 sticks of good-quality cinnamon quill, broken into big pieces • grated peel and zest of 2/3 large oranges • a large handful of rosehips (uncut fresh or dried) • 1 oz or a large knob of grated root ginger • 5/10 cloves • add a handful of star anise pods • 3-4 jars of raw honey • enough brandy to half-fill the jar. Add the ingredients to the jar, pouring the honey over the top whilst stirring all the time to get out any air bubbles. The ingredients should just be covered with the honey. Fill the remaining space in the jar all the way to the top with brandy. Steep for 4-6 weeks, stirring daily. Strain and bottle. Use 1/2 to 1 tablespoon every 3 to 4 hours, starting at the onset of symptoms. **WARNING** – As this contains uncooked elderberry, please do not use this as a drink or take it at higher doses, as this could result in unwanted effects.

Elderberry syrup: half elderberries volume of water in pan, simmer and stir for 20 mins, allow to cool, squeeze out juice using a jelly bag. For every 500ml of juice add 250g sugar, a stick cinnamon, a few cloves, few slices of lemon, simmer for 20 mins, then strain and pour into warmed, sterilised bottles. Use as a hot cordial or take 1sp neat every few hours for colds/flu.

Elderberry glycerite: fill large jar with elderberries, pour in veg glycerine, place in sunny spot for 2 weeks, squeeze out juice, bottle in cool dark place.

Boneset – very bitter!!! The immune-stimulating and fever-reducing properties of Boneset make this herb perfect to alleviate the symptoms of colds and flu. Boneset is also an excellent expectorant, able to loosen phlegm and reduce inflammation in the respiratory tract. Boneset contains; polysaccharides, flavonoids (including quercetin), diterpenes, sterols, volatile oil, sesquiterpene lactones (including eupafolin), vitamins and minerals (especially magnesium, calcium, niacin, and phosphorus). Takes its name from a particularly virulent strain of flu that was known as "Breakbone Fever" now known as "Dengue Fever", the pain in the bones was so intense it was likened to that of a broken bone, and Boneset was used to bring considerable relief. Not for those with liver damage or pregnant.

Echinacea - phenolic compounds are powerful immune system stimulator, reduces a cold's duration by 1 – 2 days and stimulate cells whose primary function is to fight invading particles and organisms. Two pronged attack: white blood cells and spleen cells increase after ingestion of Echinacea and the core body temperature rises, accelerating the internal workings of cells meaning disease fighting cells respond faster and immune responses increase. Contains echinacin, which can help against bacterial and 'viral' infections. Antimicrobial properties and is effective against 15 different pathogenic bacteria and two pathogenic fungi. The way Echinacea combats inflammation is twofold – it stimulates hyaluronic acid production in the body (the glue that holds the cells together), and it contains compounds (alkamides) that are known inhibit the production of

cyclooxygenase - a key enzyme in the metabolism of arachidonic acid, which is involved in the inflammatory cascade. The highest concentration of alkaloids is found within the plants roots.

Immune stimulants are often contraindicated for use with people who have severely compromised immunity. This is because they might overstimulate an immune system that has no reserves, actually leading to immune suppression. Herbs: Echinacea, wild ginger (caution), thuja, osha, arnica (caution), boneset, mistletoe, castor oil, poke root, medicinal mushrooms.

Postural Drainage to help the lungs and air passages get rid of excessive mucus. The procedure is quite simple; apply some kind of heat, e.g. a wheat bag or hot water bottle, to the particular part of the chest for a few minutes, then perform postural drainage. The position should be maintained for as long as it takes to cough any now-loosened phlegm into something like a basin.

On your back Your chest should be lower than your hips, which you can achieve by lying on a slanted surface or propping your hips up about 18 to 20 inches with pillows or another item. This position is best for draining the bottom front parts of your lungs.

On your sides

With pillows under your hips, lie on one side so that your chest is lower than your hips. To clear congestion from the bottom part of the right lung, lie on your left side. To clear congestion from the bottom part of your left lung, lie on your right side.

On your stomach

Drape your body over a stack of pillows or other object, such as a beanbag, and rest your arms by your head, with your chest lower than your hips.

This position is best for clearing mucus in the lower back area of the lungs.



Take **hawthorn** if heart needs a boost. The lungs and heart work together, so each one supports /puts pressure on the other, so hawthorn (or chili) is a good idea since the heart is vital to keeping the lungs working and lots of pressure can be put on a weakened heart by a respiratory disease.

Hawthorn Brandy Daily Heart Tonic - raises or lowers blood pressure as needed, strengthens endothelial lining of heart, improves heart muscle contractions, dilates blood vessels. Berries, leaves and flowers can be used to treat angina, enlargements of heart from overwork or excessive exercise, heart damage from alcohol, can help pain from walking if blood vessels of legs aren't supplying enough oxygen. Always combine with hawthorn flower tincture if poss. (helps dissolve cholesterol and calcium deposits, hardening of arteries, plaquing).

Chili tincture – Normal dose – a couple of drops in food or as a vinaigrette raises or lowers blood pressure as needed (fill third of a jar with organic cayenne chili flakes/fresh chilis). Can stop a heart-attack or stroke (5 drops every 5 mins in cheek) and busts (normal non-jab) blood clots.

Convalescence – if you've got a fever, you need to stay in bed for the same length of time as your fever once you feel well again, or you will relapse or get another illness. If you have weird lingering symptoms, it is because you didn't finish your body's healing process.

For a dry cough you need demulcent, mucilaginous herbs which soothe irritated or inflamed tissue or mucous membranes (sore throat, tonsillitis, inflammation or heat in the upper respiratory tract). Herbs: Marshmallow root, slippery elm, flaxseed, plantain, Irish moss, comfrey.

Antitussive (relieves or reduces the urge to cough): Coltsfoot, Mullein, Licorice, Loquat leaf.

Making **plantain succus**: juice leaves, mix with equal amount honey - store in bottles in cool place. Coughs, sore throat, IBS, stomach ulcers. Dry leaves for tea.

Plantain Tincture: put in blender with enough vodka to cover them, blend up, pour into jar for a few days, strain and bottle. Stings, coughs, haemorrhoids, hayfever, allergies, IBS.

COPD – smoking, environmental or asthma – strengthen the lungs by cooking with astragalus all winter and pop in soups, stews etc. Elecampane tincture and mullein leaf tincture – lung tonic, helpful for stuck phlegm. Get off steroids very slowly, but as a priority. A great herbalist will help replace with better herbs.

Internal counterirritants are sometimes used similarly, especially to dilate the air passages and remove mucus (expectoration). Lobelia is a classic example of an herb that is very irritating to the mucous membranes when it is taken orally, which ultimately leads to relaxation of the bronchi and other internal organs after its irritation has ceased to act. Thus **lobelia** is a well-known herb for relieving **asthma** attacks.

Sage tincture: sore throats as a gargle (memory enhancing, antiviral, antibacterial).

Nasturtium tincture: for respiratory infections (expectorant, decongestant, antibiotic, antiseptic, antifungal)

Pneumonia Tincture Blend: 50ml Echinacea, 50ml boneset, 50ml osha, 50ml red root, 25ml licorice, 30ml ginger, 20ml chili. 5-10ml (3-4x daily)

Ear Ache: put salt in a sock, tie ankle of sock, warm in pan, place on ear to draw out nasties. Drip in warm garlic oil or onion juice.

Garlic – Mullein Flower Oil for Ear Infections: 2-3 Tbsps chopped garlic, 2-3tbsps mullein flowers, olive oil, heat in a double boiler on low simmer for an hour(!) and strain. Can add 2-3 Tbsps of St John's Wort oil.

Cough Syrup: 4 parts fennel seeds, 2 parts licorice root, 2 parts marshmallow root, 2 parts valerian, 2 parts wild cherry bark, 1 part cinnamon bark, 1/2 part ginger root, 1/8 part orange peel. 2 ounces of herbs per quart of water. Reduce to thick tea over low heat, strain, add 1 cup honey per pint. Warm slightly to mix and then bottle. 1-2 teaspoons every hour or two (or per bout of coughing). Brandy will preserve it.

Throat Balls: 1 part liquorice root powder, 1 part marshmallow powder, 1 part carob powder, 1/2 part Echinacea powder, 1/4 part goldenseal powder (must be organic!), drop peppermint oil. Powdered herbs in bowl, add honey to make paste, add essential oil drop, thicken with carob powder. Knead until bread dough texture. Roll into balls.