



7 Ways to Graft a Remedy

1) From Blank Pellets to Medicated Pellets:

- a. Fill a 2-dram vial $\frac{3}{4}$ full of blank pellets.
- b. Add professionally manufactured pellets (at least 30th potency) to the vial... 4 #40-size pellets or 15 #10-size pellets.
- c. Add 3-4 drops of 95% alcohol (190-proof) to the vial; cap, then shake for a couple minutes.

2) From Previously Grafted Pellets to More Grafted/Medicated Pellets:

- a. Start with a 2-dram vial $\frac{1}{4}$ full of pellets remaining from a previous graft.
- b. Add 2-4 drops of 95% alcohol (190-proof) to the vial; cap, then shake for 15-20 seconds.
- c. Add blank pellets to the vial until the vial is $\frac{3}{4}$ full; cap, then shake for a couple minutes.

3) From Medicated Pellets to a Liquid Dilution:

- a. Put 7 #40-size or 25 #10-size pellets of a remedy into an empty dropper bottle.
- b. Fill bottle with 40% vodka (80-proof) to within $\frac{1}{4}$ inch of the top.
- c. Once pellets have completely dissolved, shake.
- d. For example: Cuprum Metallicum 6C

4) From Liquid Dilution to Liquid Dilution:

- a. When a liquid dilution bottle is close to empty ($\frac{1}{4}$ left), refill with 40% vodka and shake.
- b. For example: Hamamelis 200C + Arnica 3C liquid.

5) From Medicated Pellets to Medicating Potency

- a. Dissolve 5-20 pellets (depending on size), add just enough 40% vodka to cover pellets, and let dissolve completely.
- b. Fill bottle with 95% alcohol to within $\frac{1}{4}$ inch of top, and shake.
- c. For example: Arnica 3C pellets into a liquid that is at least 87.5% alcohol.

6) From Liquid Dilution to Medicating Potency:

- a. Add one dropper full of a liquid dilution to a new dropper bottle.
- b. Add 95% alcohol to within $\frac{1}{4}$ inch of the top, and shake.
- c. For example: Lycopodium 30C in 20% alcohol purchased from OHM, made into a liquid that is at least 87.5% alcohol.

7 Ways to Graft a Remedy *(continued)*

7) From Medicating Potency to Medicated Pellets:

- a. Fill a 2-dram vial $\frac{3}{4}$ full of blank pellets.
- b. Add 3-4 drops medicating potency to the vial; cap, then shake for a couple minutes.

PLEASE NOTE:

- Pellets under the 30th Potency cannot be used for grafting blank pellets, but liquid dilutions can be made from any potency of pellet or liquid.
- Medicated pellets are pellets that have already been made into a remedy. On the other hand, a medicating potency is a liquid dilution which is at least 87.5% alcohol and thus can be used for grafting blank pellets.
- Dropper bottles may be any size: 1/2 ounce, 1 ounce, 2 ounces, or even 4 ounces. However, the best bottles for making liquid dilutions and medicating potencies are the 1/2 ounce bottles. They are the least expensive (a case of 24, Vivaplex brand, is available on Amazon for around \$12), and each bottle will hold enough remedy to last a family several weeks or months.





30-day Sugar Detox Challenge

Goal - Cut out or significantly limit all sources of added sugar for 30 days and focus on consuming nutrient-dense, whole foods that don't contain added sugars.

Benefits - Any dietary pattern that reduces or cuts out added sugar is likely to benefit overall health, especially among people who regularly consume high amounts of added sugar. Consistency is key, so this challenge should be viewed as a jumpstart, not a long term solution. If you cut out added sugar for 30 days only to return to a diet that's high in added sugar, the benefits of following an added-sugar-free diet will be quickly lost. The following benefits are related to reducing added sugar in general.

- **Blood Sugar** - Reduce blood sugar and insulin levels.
- **Body Weight** - Lose weight when a nutrient-dense diet that's high in protein and fiber is substituted.
- **Oral Health** - Helps protect your teeth from added risk of cavities and gum disease.
- **Liver Health** - Helps reduce liver fat and improve insulin resistance.
- **Heart Health** - Helps reduce heart disease risk factors like high triglyceride and LDL cholesterol levels.
- **Other** - Helps reduce symptoms associated with anxiety and depression, aids in skin health and will help improve energy levels.

Foods to Avoid - Resist foods and beverages high in added sugars including:

- **Sweeteners** - table sugar, honey, maple syrup, corn syrup, agave, coconut sugar
- **Sweetened beverages** - soda, sweetened juices and smoothies, sports drinks, sweetened coffees
- **Condiments with sugar** - ketchup, BBQ sauce, honey mustard, coffee creamer
- **Sweetened dairy products** - flavored yogurt, ice cream, chocolate milk
- **Sugary baked goods** - cookies, cakes, donuts, bread with added sugar
- **Sugary breakfast foods** - sugar-sweetened cereals, bars, granola, flavored oatmeal
- **Candy** - chocolate, gummy candies, caramels
- **Sugary alcoholic beverages** - mixed drinks, sweetened liquor, sweetened canned alcoholic drinks
- **Artificial & naturally derived low or no-calorie sweeteners** - Splenda, Equal, stevia, and monk fruit.

Foods to Eat - Fill up on whole, nutrient-dense foods, including:

- **Vegetables** - broccoli, cauliflower, spinach, carrots, asparagus, zucchini, sweet potatoes, etc.
- **Fruits** - apples, oranges, berries, grapes, cherries, grapefruit, etc.
- **Proteins** - chicken, fish, beef, tofu, eggs, etc.
- **Healthy fat sources** - egg yolks, avocados, nuts, seeds, olive oil, unsweetened yogurt, etc.
- **Complex carb sources** - beans, quinoa, sweet potatoes, butternut squash, brown rice, etc.
- **Unsweetened beverages** - water, sparkling water, unsweetened coffee, and tea

30-day Sugar Detox Challenge *(continued)*

Are there downsides?

There are no adverse physical health effects associated with reducing your added sugar intake, as long as you do so responsibly and couple it with healthy eating choices for the duration of the 30-day challenge.

However, like any restrictive dietary pattern, no-added-sugar regimens may lead to unhealthy eating behaviors in some people. For example, some people may find that they develop an unhealthy preoccupation with healthy food or harmful food rules around foods they used to enjoy after participating in this type of challenge. The emphasis on short-term restriction needs to be balanced with long-term, sustainable dietary and lifestyle modifications which are most important for overall health.

If you cut out added sugar for 30 days only to return to a high sugar diet, the health benefits of added sugar reduction will be canceled out.

Sustainable ways to lower sugar intake

If you decide to participate in a 30-day no sugar challenge, use it as a time to discover which foods or beverages are contributing most to your total added sugar intake. This can help you cut back on those sources when the 30-day challenge is over.

After the challenge, try not to focus on giving up all sources of added sugar for good, as this is unrealistic for most people. Instead, attempt to transition to a diet low in added sugars and high in healthy foods that you can maintain long term.

Keep in mind that you can create your own challenge that focuses on reducing — not completely restricting — added sugar. This may be a better choice for people who currently consume a high amount of added sugar. For example, if you currently consume four cans of soda per day, try reducing your soda intake by one can every week for 1 month. This can help you slowly cut back on your added sugar consumption in a realistic way.

Finally, it's important to understand that your focus should always be on your long-term health. Instead of focusing on completely cutting out certain foods or beverages, try adopting a way of eating that nourishes your body while allowing you to enjoy your favorite foods occasionally – a very effective approach when it comes to overall health.





A Good Night's Sleep

Video Summary of "The Optimum Morning Routine," Andrew Huberman Ph.D.

Andrew Huberman, Ph.D., is a neuroscientist and tenured Professor in the Department of Neurobiology at the Stanford University School of Medicine. He has made numerous significant contributions to the fields of brain development, brain function and neural plasticity, which is the ability of our nervous system to rewire and learn new behaviors, skills and cognitive functioning. See video description for additional BIO. All the text within this document is credited to statements made by Dr. Huberman during his interview with Jocko Willink.

Discussion: Science based practical advice for doing things better.

- There are 2 elements: Sleep and non-sleep deep rest.

Sleep and Waking Up

- Sleep is fundamental practice within our 24-hour cycle.
- Without sleep we are down regulating.
- One night of bad sleep isn't a big concern.
- Goal: Get good sleep at least 80% of your nights.
- Every cell in our body has a Circadian Rhythm; a clock regulated by our genes.
- Sleep gets your body's clock aligned.
- When your clock is out of alignment, your health is affected; makes it harder to think.
- If you wake up before the sun is up, turn on as many brights as possible, then when sun is up, get natural light as soon as possible, even if it is a cloudy/foggy day.
- Get at least 5-10 minutes of natural sunlight without sunglasses every day or most days.
- Practice getting natural light in your eyes within 1-hour of waking up.
- We are on a 24-hour cycle; light is what helps regulate cortisol – establishes what is called the Cortisol Pulse.
- The Cortisol Pulse sets our body's temperature, rhythm, and motion. It sets your level of alertness, focus and mood. Get the cortisol pulse set as early as possible in the morning.
- A late start in the morning due to very little light or no natural light is not enough to set the Cortisol Pulse.
- Setting the pulse at noon or in the afternoon is known as the Circadian Dead Zone. This causes Cortisol Pulse to shift to later in the day. This is a signature of depression, anxiety, and difficulty falling asleep.
- If a person goes out in sun with sunglasses, it stops the "wake up" call to the brain. Avoid wearing sunglasses after you first wake up. Example: When driving to work.
- The light to the eye sends a signal to the Hypothalamus.
- Hypothalamus establishes when the Melatonin will be released about 16 hours later.

A Good Night's Sleep *(continued)*

- The 24-Hour Cycle: Day = Cortisol = Awake, Night = Melatonin = Asleep
- A person can get bright light from electronic devices after waking up, but it isn't enough. We need photons for sunlight.
- If in an area where bright light is limited, get an inexpensive LED light box [portable photo shooting box is what was used in the video]; you don't have to buy a daylight simulator, find a light box, put it on your desk and look at for a few minutes in the morning, then when the sun is out, get outside and get some sunlight.
- The signal to the eye to the Hypothalamus also triggers Dopamine.
- Dopamine's main role is to drive motivation, craving and pursuit.
- Dopamine manufactures adrenaline – Dopamine is not the molecule of pleasure.
- Sunlight makes you feel good. Important in animals. Affects testosterone in animals.
- People who get 20-30 minutes of light on their skin three times a week (based on a study where people wear sleeveless, no hat, no sunglasses, wore shorts) had an increase of testosterone in men and estrogen in women. Increased the human sex hormones. Increased Dopamine.
- During the winter months, a person needs to double or triple the amount of time outside. Instead of 10 minutes, make it 30.

Caffeine and Exercise

- Autonomic Nervous System –Sympathetic (Feed/Breed) and Parasympathetic (Rest/Digest)
- Adenosine is created and builds up while we are awake.
- Adenosine turns on the Parasympathetic System and suppresses the Sympathetic System.
- While we sleep the Adenosine is pushed back down.
- How does coffee/caffeine affect adenosine?
- If you wake up and are still tired that means you still have adenosine in your system.
- Coffee blocks Adenosine and makes you more alert, but when the caffeine wears off, adenosine binds to receptors, and you get an “afternoon crash.”
- Recommendation or useful practices for a “No Crash – Stay Awake” afternoon:
 - Delay having coffee 60 to 90 minutes after waking up. Let the adenosine reduce to the lowest before having any caffeine.
 - If it is hard to delay your coffee in the beginning, try to start pushing the coffee out 15 min per day until you reach your goal.
 - Exercise in the morning can clear out the adenosine.

Temperature

- How does temperature affect sleep? Why do we wake up when we do?
- Your temperature naturally rises during sleep and triggers cortisol which is what wakes you up.
- The Cortisol Pulse peaks about 2 hours after you wake up. The body temperature continues to rise and peaks around 2 or 3 in the afternoon (temp max).



A Good Night's Sleep *(continued)*

- Temperature then starts to drop which is why you are triggered to get sleepy and fall asleep.
- It is important to sleep cooler at night.
- When your body temperature goes down, you get sleepy and stay asleep.

Cold Water

- Why is cold water good for us?
- Making the surface of your body cold or doing exercise causes the core body temperature to go up; it increases body temperatures and wakes the body up.
- Ice water baths/immersion or cold showers can increase body temperature. (One study had people in 60 degrees water for 1 hour or 40 degrees water for 20 seconds.)
- The shock caused by these methods is called Adrenaline, which tells the Locus Coeruleus in the brain to tell the body and brain to WAKE UP ! There is a benefit to the body and the brain getting this type of shock; there is an alignment that happens between the two parts.
- The cold water is shocking. The first 30 seconds are tough, but it passes. Good if you can get 1 to 3 minutes in the 45-degree temp. Whether the longer 60-degree bath or shorter lower temp bath, the dopamine increases greatly, doubling or more.
- The amount of pleasure eventually experienced is directly related to how much pain you experience.
- Note: Dr. Anna Lembke, author of Dopamine Nation, describes a patient that was able to reduce and end a cocaine addiction due to an effective amount of dopamine experienced doing cold water baths. [You may need to read the books to learn more.]
- The Mood Enhancing Effect is real.

Mood Enhancing Checklist

- Dopamine, temp increase, light, and exercise create a "summertime" feeling inside us regardless of where we live.
- If we don't get these things, we can be in a place that is summertime, but be in a wintertime mode. We create a wintertime inside our body; health, energy and mood go down.
- Getting what you need earlier in the day will help you get a summertime mode inside your body which will help health, energy, and mood increase.
- (Dr. Huberman did mention that afternoon exercise also has some important benefits but did not go into that.)

For additional information go to <https://www.hubermanlab.com/>





A Word About Cell Salts

Jacque asked me to say a word about cell salts. Cell salts are also called tissue salts or biochemic salts. They are mineral salts, "salt" being defined as a product of the chemical reaction that takes place when an acid and a base are mixed.

For instance, if you mixed hydrochloric acid (HCl) and sodium hydroxide (NaOH), you'd get sodium chloride (NaCl) and water (HOH, or H₂O). Sodium chloride is ordinary table salt, and it is known homeopathically as Natrum muriaticum (Nat mur).

There are many cell salts that are used in homeopathy. But there are 12 main ones; so ordinarily when someone is referring to cell salts, they are referring to one of these 12.

They are:

- Calc fluor (calcium fluoride)
- Calc phos (calcium phosphate)
- Calc sulph (calcium sulphate)
- Ferrum phos (iron phosphate)
- Kali mur (potassium chloride)
- Kali phos (potassium phosphate)
- Kali sulph (potassium sulphate)
- Mag phos (magnesium phosphate)
- Nat mur (sodium chloride)
- Nat phos (sodium phosphate)
- Nat sulph (sodium sulphate)
- Silica/Silicea. [A note about Silica: it is not chemically a salt; it is Silicon dioxide. I have no clue why it gets classified as a "cell salt," but there you go.]

Some people think that "cell salt" refers to only the low potencies (3X, 6X, or 12X) of the remedies above. But actually, the cell salts can be used in any potency. So Nat mur 1M is still a cell salt (it used for some forms of extreme muscle weakness), and so is Silica 30 or 200 (which is used for addressing potential or actual side effects from vaccination), and so is Mag phos 1M (which is considered prophylactic against tetanus).

That said, if you're looking to order a cell-salt kit, all of the remedies will ordinarily be in the 6X potency. If you order a 12-cell-salt combination remedy such as Bioplasma, some of the cell salts may be 3X and others will be 6X.

I hope that this clarifies the issue rather than further confusing it. If I struck out, please let me know and I will try again.



Addressing Candida Auris

Prevention:

1. Avoid hospitals, that is where this will be spread. If you need to go to a medical facility, try to be in and out and wash your hands afterwards.
2. If you are in a hospital or care center insist that all staff wash their hands before touching you. Washing their hands upon entry, but then touching a computer or their own clothes before touching the patient is not good enough. If it requires a family member to be there monitoring that then do it. File a complaint if necessary. Do not care if they are irritated by you. Prevention is huge.
3. If I had a loved one who was about to go to a hospital or a facility where C. auris or other pathogen might be a problem, I would try to shore up his immune system beforehand (and during his stay at the facility) with things like high-dose Vitamin C and excellent nutrition; and if his immune system were already somewhat compromised, I'd use some herbs and homeopathics prophylactically. Herbally, the first herbs coming to my mind are Sida and holy basil (also called sacred basil or tulsi); homeopathically, Calc carb comes to mind.

Homeopathy:

Homeopathically, I have protocols for thrush and for Candida vaginal infections, but nothing for C. auris. However, if someone I knew had a C. auris infection, I would approach the case from the perspective of classical homeopathy: I would choose the remedy or remedies based on the symptoms that were presenting in that particular patient. If he presented with an ear infection, I would consider ear-infection remedies. If he presented with a fever and chills, I'd consider Gelsemium or some other remedy. If he presented with an ear infection plus a fever with chills, I would use my repertory to ascertain if there were a remedy which addressed all of those symptoms. If he had a wound infection, I'd consider Hepar sulph, Hypericum, and Arsenicum (plus a dressing of raw honey). If he developed sepsis, I'd use Pyrogenium. By using a classical approach, it should be possible to address C. auris. Acquiring the Candida nosode would also be a good step for addressing this. Nosodes can be bought here: <https://hajekhomeopathy.square.site/product/poly-candida/103>

Herbals:

There are several herbs that can be used against Candida subspecies. If you look at Buhner's Antibiotics book, you'll find a great discussion of Candida and protocols for how to address Candida infections, even systemic ones. See especially pp. 74 - 75.

Essential Oils:

The study below shows essential oils as a good weapon against the drug resistant Candida auris. Four essential oils used in this study were Tea tree, Cajeput (white tea tree), White Thyme and Naiouli (cousin of Tea Tree). Conclusion of this study: EOs inhibited planktonic growth & completely inhibited biofilm formation. Application of these 4 EOs, particularly White Thyme and Cajeput were an effective preventative as well as treatment !

Addressing Candida Auris *(continued)*

This study reviewed essential oils and Candida auris in 4 different areas. topical, surface disinfectant, diffusion and synergy with antifungals. Cinnamon Bark, Cinnamon leaf, Clove and lemongrass showed the most potent antifungal activities. Cinnamon Bark, Lemongrass and Clove show positive antifungal activity through diffusion. Lemongrass elicited additive or synergistic activity with all antifungals used in the study. Clove bud elicited additive or synergistic activity except with Amphotericin B.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9331469/>

Seeing the results of these studies, I would think Thieves essential oil and / or cleaner could be used as Thieves essential oil blend contains Clove, Lemon, Cinnamon Bark, Rosemary and Eucalyptus Radiata. There is an entire book written about thieves and mold which is also a fungus but not a yeast! It would be interesting to see research using thieves essential oil blend against Candida auris. Here is the research that has been done on Thieves showing it's antibacterial, antifungal and antiviral activity...

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9311903/>

As always, everyone, especially pregnant or nursing mothers should research to ensure the essential oil or the oil blend is safe for them to use.





Asthma - Water Cure

The “Water Cure” was developed by Dr. F. Batmanghelidj (Dr. Batman)

<http://www.watercure.com>.

For those of you with asthma, it has been described as trying to breathe through a straw. Dr. Batman, was an Iranian-American doctor who discovered that asthma was a symptom of dehydration, and proved that it could be treated by drinking 8 glasses of water per day. Salt is also required in the daily diet, specifically sea salt or Himalayan Pink Salt. Do not use iodized salt.

Gatorade is another product that contains salts and is suitable for hydration + salt. Gatorade is also available in granular form, allowing you to add water at home. This is a much cheaper alternative, as you do not need to pay shipping for the water, tax and deposit. Suggest limiting Gatorade to once per week, or when needed (emergency treatment).

Question: How do I treat an asthma attack, when the supply chain is broken, and traditional asthma medication is not available?

Answer:

- (a) Option 1 – Drink 1 quart of Gatorade. This includes water and the required salts. You will feel better within 15 minutes.
- (b) Drink 1 quart of water (filtered tap water is good, bottled water, etc.). Take a few grains of Himalayan Pink Salt on your tongue. You will feel better within 15 minutes.

Question: How do I prepare a water inventory to treat my asthma?

Answer:

- (a) Option 1 – Drink water from the tap, or filter and store in refrigerator. New York City water is one of the best waters available from the tap (Thank you NYC DEP).
- (b) Option 2 – Purchase a water cooler from Costco. Purchase 5 gallon bottles of water, and drink 8 glasses of water per day. Keep at least 2 weeks supply of water in stock at your residence.

Asthma - Water Cure *(continued)*

Question: How do I purchase salt?

Answer:

- (a) Option 1 – Buy Himalayan Pink Salt from either Winners, local cooking store or the Italian Market. Use this to prepare your meals, pasta, etc. This is the best salt on the market.
- (b) Option 2 – Purchase sea salt from local grocery store. Very good salt. Product of Italy is recommended.
- (c) Do not purchase or use iodized salts as they are not effective.
- (d) I purchase both Himalayan Pink and Italian Sea Salt for my personal use and cooking.

Question: If this treatment works, why do doctors and nurses not know about this?

Answer:

- (a) No money can be made by selling water, resulting in no interest in this treatment, from the pharmaceutical industry. If the local pharmaceutical salesman cannot make money from selling water, he won't promote the cure through sales calls, lunches and conferences with doctors and nurses. A salesman requires commissions, car allowance and expenses to pay for his efforts. A tier 1 pharmaceutical sales representative, has earnings within the top third of the industry (\$100,000++). Costco sells water from a 16 square foot area of their store. Not a major profit center. Please verify this with friends working in the pharmaceutical industry and at Costco.
- (b) More trips to the restroom are required with this treatment.

Question: I used to go to the gym and my asthma was always under control. Did the exercise benefit my asthma?

Answer:

- (a) Yes, exercise is good. With exercise at the gym, we tend to drink more water. It is the hydration and drinking of water that keeps the asthma under control.
- (b) More trips to the restroom are required with this treatment.

Question: I like to drink beer, wine and spirits on the weekend, but find that this sometimes makes me wheezy? What should I do?

Answer:

- (a) Option 1 – Beer, wine and spirits tend to cause dehydration, and it is the dehydration that results in noticeable asthma symptoms. Suggest reducing your consumption of alcohol.
- (b) Option 2 – Reduce consumption of spirits, by inserting a glass of water between each glass of beer, wine or spirits. Drinking of this additional water may also limit the impact of hangovers on the following day.



Asthma - Water Cure *(continued)*

Question: I am allergic to cats and dogs, which make me wheezy. What should I do?

Answer:

- (a) Option 1 – Best to not have cats, dogs, or furry creatures, at your primary residence as pets. If you must visit a home with a cat or dog, ask that the pets be put outdoors. When you get home, change your clothes, take a shower, and drink water.
- (b) Option 2 – Drink water and take your Himalayan Pink Salt.
- (c) Option 3 – Adopt a budgie bird as a pet. Budgies are very good companions for asthma patients. You can house train your budgie, teach he/she pet tricks, and produce YouTube videos (Banko the Budgie). Many asthma patients also have pet budgies.
- (d) Option 4 – Adopt a pet turtle named Clive (Elementary show – Sherlock Holmes). Turtles are good pets for the asthma patient.
- (e) Option 5 – Keep bees on the roof of your flat in NYC (Elementary show – Sherlock Holmes). Bees are also good pets for the asthma patient.

Question: If I have to take my friend /boyfriend/girlfriend/son/daughter to the emergency room for an asthma attack, what should I do?

Answer:

- (a) Option 1 – Pack up your friend/boyfriend/girlfriend/son/daughter in the car and start driving towards the emergency room. Stop at the 7-11 store along the route and pick up a quart of Gatorade. Have your friend drink this as you make your way to the hospital.
- (b) Option 2 – Check in at emergency room for treatment.
- (c) Option 3 – Take ambulance to hospital. Ask the ambulance attendant to provide a saline IV solution, to hydrate the patient, while awaiting treatment (salt + water) at the emergency room.

Question: My mother is now 87 years old, never had asthma, but is now wheezing and breathing heavy. What should I do?

Answer:

- (a) Option 1 – Senior citizens tend to get dehydrated, which causes heavy breathing. Work towards drinking 8 glasses per day.
- (b) Option 2 – Have at least one glass of fluids at each meal. Encourage drinking of peppermint tea (with no caffeine) after each meal.

Question: My mother is now 65 years old, and drinks 10 cups of coffee each day. What should I do?

Answer:

- (a) Option 1 – Coffee tends to cause dehydration, but drinking fluids is generally positive.
- (b) Option 2 – Encourage drinking of water and peppermint tea (with no caffeine) after each meal.





Asthma - Water Cure *(continued)*

Question: We are at DisneyWorld and bottled water costs \$5.00 per liter. What should I do?

Answer:

- (a) Option 1 – Best to bring your own water whenever possible.
- (b) Option 2 – Encourage drinking of peppermint tea (with no caffeine), brought in a thermos.
- (c) Leave early, go back to hotel, drink water and go to bed early.





Basic CPR & Choking First Aid

CPR (Cardiopulmonary Resuscitation)

Perform this emergency lifesaving procedure when the heart stops beating. Immediate CPR can double or triple chances of survival after cardiac arrest. Keeping the blood flow active – even partially – extends the opportunity for a successful resuscitation once trained medical staff arrive on site.

Infant CPR

Under 1 year old

Check for Consciousness

1. Shout and tap or flick the bottom of the infant's foot.
2. If there is no response and the infant is not breathing, call 911 and begin chest compressions.

Do 30 Compressions (Figure 1)

1. Position the infant on a flat hard surface.
2. Imagine a horizontal line drawn between the infant's nipples. Place two fingers of one hand just below this line, in the center of the chest.
3. **Compress the chest about 1 1/2 inches.**
4. **Pump at a rate of 100-120 compressions/minute.**



Open Airway (Figure 2)

After 30 compressions, open the airway by gently tipping the head back by lifting the chin with one hand and pushing down on the forehead with the other hand.



Do 2 Rescue Breaths (Figure 3)

1. Cover the baby's mouth and nose with your mouth.
2. Gently blow until you see his or her chest rise. Let the air escape - the chest will go back down. Then give one more breath.
3. Give 2 breaths after every 30 chest compressions.



Continue CPR (Call 911 After 2 Minutes)

If you are by yourself, keep doing CPR for 2 minutes (about 5 cycles of compressions and breaths) before calling 911. Don't stop CPR until help arrives or the infant becomes responsive.

Basic CPR & Choking First Aid *(continued)*

Child CPR (1 year old to puberty)

Check for Consciousness

- Shout their name and tap or shake the child's shoulders.
- If there is no response and the child is not breathing, call 911 and begin chest compressions.

Do 30 Compressions *(See Figure 1)*

- Position the child on a flat hard surface.
- Put one or 2 hands on the breastbone directly between the child's nipples.
- **Compress the chest about 2 inches.**
- **Pump at a rate of 100-120 compressions/minute.**



Open Airway *(See Figure 2)*

After 30 compressions, open the airway by gently tipping the head back by lifting the chin with one hand and pushing down on the forehead with the other hand.



Do 2 Rescue Breaths *(See Figure 3)*

- Cover the child's mouth and pinch his/her nose closed with your fingers.
- Gently blow until you see his or her chest rise. Let the air escape - the chest will go back down. Then give one more breath.
- **Give 2 breaths after every 30 chest compressions.**



Continue CPR (Call 911 After 2 Minutes)

If you are by yourself, keep doing CPR for 2 minutes (about 5 cycles of compressions and breaths) before calling 911. Don't stop CPR until help arrives or the child becomes responsive.



Basic CPR & Choking First Aid *(continued)*

Adult CPR

Check for Consciousness *(See Figure 1)*

- Tap the person's shoulder and shout, "Are you OK?"
- If there is no response call 911, or shout for someone to call 911.

Do Chest Compressions *(See Figure 2 & 3)*

- Position the victim face up on a firm, flat surface.
- Place the heel of one hand in the center of the chest between the nipples, and the heel of the other hand on top.
- Use your upper body weight (not just your arms) as you push straight down on the chest between 2 inches - 2.4 inches.
- Push hard and fast at a rate of 100 to 200 compressions/minute.

Continue CPR on the person until they start breathing normally or help arrives.



CHOKING FIRST AID

Observe for signs of choking. If the victim can't cry, cough or speak, shout for someone to call 911, and immediately follow the following steps.

Infant (under 1 year old)

5 Back Thumps *(See Figure 1)*

- Sit or kneel down, then **hold the infant face down** on your forearm with the head slightly lower than the chest.
- **Thump the infant gently but firmly five times** on the middle of the back using the heel of your hand.



Basic CPR & Choking First Aid *(continued)*

5 Chest Thrusts *(See Figure 2)*

- If the above doesn't work, **turn the infant face up on your forearm**, resting on your thigh with the head lower than the body.
- Using two fingers placed at the center of the infant's breastbone, **give five quick chest compressions**. Press down about 1 1/2 inches, and let the chest rise again in between each compression.
- **Repeat the sequence of 5 back thumps and 5 chest thrusts** until the object is forced out or the infant becomes conscious.



Adults & Children (over 1 year old)

Apply Abdominal Thrusts *(See Figure 3)*

- **Stand behind the victim.** Wrap your arms around the person's waist and tip the person forward slightly. If a child is choking, kneel down behind the child.
- **Make a fist with one hand.** Position it slightly above the person's navel.
- **Grasp the fist with your other hand.** Press hard into the abdomen with a quick upward thrust – as if trying to lift the person up.
- **Perform abdominal thrusts** until the object is forced out or the person becomes unconscious.



For Pregnant Women *(See Figure 4)*

Do high abdominal thrusts. Stand behind the person, wrap your arms around them, and position your hands at the base of the breast bone. Quickly pull inward and upward. Repeat until the object is forced out or the person becomes unconscious.



NOTE FOR ALL UNCONSCIOUS VICTIMS: If the victim becomes unconscious while giving choking aid, call 911 and begin standard CPR with chest compressions and rescue breaths.





Benefits of Calendula Oil & Tincture

Calendula officinalis – Pot Marigold has many healing uses and belongs in everyone's homes and gardens.

Benefits

1. Wounds and ulcers: Calendula is unrivaled in the healing of wounds. It is effective at preventing viral attacks and fungal infections from wounds. Calendula will keep the wound odorless and reduce pus formation. You can apply it both on old and new wounds; it will quickly reduce discomfort.
2. Treats chapped/dry skin: Calendula oil contains carotenoids that do not only moisturize your skin but also make it soft and increase the capability of retaining moisture. A very effective lip balm.
3. Works on scars: You can also use this oil on scars to reduce their appearance on skin. You can add a few drops of calendula oil to your bath water regularly to eliminate the scars.
4. Reduces thread veins: Thread veins are those tiny veins that are broken and appear on the skin. You can reduce them by regularly washing with calendula mixed into water.
5. Helps reduce skin acne: This oil is used in skin care products for its anti-inflammatory and antibacterial properties. It is also used in massage oil and face cream. It very helpful with skin problems like acne. Use as a facial: After washing the face, take a few drops of calendula oil and dab on your face. Massage well into the skin.
6. Bug bites and animal bites: Can aid in reducing pain irritation from bug bites. Small animal bites can be treated by applying a few drops of calendula oil.
7. Aids healing of burns, scalds and sunburns: The anti-inflammatory agents of calendula oil can diminish pain from burns. You can use a few drops of calendula oil on sunburns to sooth the pain. Or use the tincture diluted in water and spray on the wound. Additionally, to use on burns in a compress, use muslin saturated with a diluted calendula solution.

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Benefits of Calendula Oil & Tincture *(continued)*

8. **Reduce diaper rashes:** Apply the oil (or a salve made from it) and then sprinkle some bentonite clay over the area. Both calendula oil and clay are considered cloth diaper friendly.
9. **Use before applying makeup or to repair skin around eyes:** You can use calendula oil on your face before putting makeup on it. You can take a few drops of calendula oil on your fingertips and apply on the skin around your eyes. It can be applied to the face regularly before going to bed to repair the skin.
10. **A few other ideas:** Massaging with calendula oil can give relief to arthritis patients. The antioxidant properties of the oil can eliminate the harmful effects of the chemicals on your skin. It can aid in the healing of bed sores. Additionally, it can be used after childbirth for tears both externally and internally. The petals and the leaves of the marigold can be eaten in a salad.

Making Calendula Tincture:

Tinctures are made from the leaves and flowers. Succus is made from fresh plant juice.

Herbalist Stephen Buhner's recipe is 1 part fresh flowers to 2 parts 190 proof alcohol. Grind up the flower petals, place in a sterilized mason jar and pour the alcohol over them. Place them in a dark spot for 3 weeks, shaking them once each day. After three weeks is complete, decant the tincture into a smaller jar. You can also make a tincture using dried flowers with a ratio 1 part dried flowers, 5 parts 70% alcohol.

How to use: The tincture can be used for all wounds; one of the greatest healing agents. A few drops can be added to water and consumed or applied to wounds. They can be added to spray bottles and spritzed on wounds or in the mouth.

Herbal Actions: Anti-inflammatory, Lymphagogue, Vulnerary (promotes wound healing), Antibacterial, Antiseptic, Antifungal, Emmenagogue (stimulates menstrual flow), Cholagogue (stimulates bile).

Making Calendula Oil:

Can be used internally and externally – It is a wonderful healing agent and can be used in a variety of ways. Richo Cech's book, *Making Plant Medicine*, details how to make fresh and dried herb oils on page 85:

- 100 g dried and coarsely ground calendula blossoms
- 500 ml olive oil



Benefits of Calendula Oil & Tincture *(continued)*

Place ingredients in a crockpot or mason jar. Stir thoroughly until oil and herbs are incorporated. Maintain at a temperature of 110° to 120°F for two weeks. Keep dry infusions out of the sunlight. Stir the oil at least 1 time daily. Once 2 weeks is complete press the oil. Use a tincture press to press out all the oil from the dried herbs. Pour into a clean, dry jar. Allow to stand overnight. Carefully decant through several layers of cheesecloth into another clean, dry jar. Leave the sludge. Good for approximately 2 years.

Homeopathically Calendula is used for open, torn, cut, lacerated, ragged or suppurating wounds. Wounds raw and inflamed; it takes away the local pain. The parts around the wound become red, with staining in the wound. Pain excessive and out of all proportion to injury. Antiseptic for sores, abscesses, infection at the site of a wound.

References:

<https://www.extrachai.com/benefits-and-uses-of-calendula-oil-skin/>

<https://mommypotamus.com/calendula-oil-benefits-uses/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4665477/>

Robin Murphy, Natures Materia Medica

<https://chestnutherbs.com/calendula-sunshine-incarnate-an-edible-and-medicinal-flower/>





Cayenne Pepper - Culinary Spice or Medical Powerhouse

My introduction to cayenne pepper began in my first Homeopathy class. Mick was my instructor and she told the class about her carrying kit of remedies. She mentioned cayenne pepper and cayenne tincture and explained its uses; I was intrigued. Mick discovered the power of cayenne pepper through an herbalist friend. Her husband was chopping wood and the ax glanced off the wood and landed on his boot above the steel toe. The friend ran into the house to the spice cabinet. She put 2 tablespoons of cayenne pepper into 8 oz of water and the rest of the powder she took outside to her husband. She had the husband drink the cayenne water and poured the cayenne pepper powder onto the wound until it stopped bleeding. This took 3-4 minutes. She bruised some comfrey leaves and wrapped them around the wound and bandaged it. The wound was checked every few hours by pulling back the comfrey leaves, but not disturbing the cayenne patch, to make sure there was no bleeding; the husband did not have a fever and his pain level was manageable. The next morning, she unbandaged the wound and pulled back the cayenne pepper and the wound looked good, no inflammation, no pus. After 4-5 days, the wound was healing nicely and barely left a scar. The cayenne helped with the pain as well as staunched the bleeding. Through her further studies, Mick discovered that cayenne also dissolved clots. Having a family history of heart disease, she carries the cayenne tincture in case she or someone she encounters is having a heart attack or stroke.

Noted herbalist Dr. John Christopher (1), N.D., and Dr. Richard Schulze, N.D have stated that cayenne pepper tea can stop a heart attack! The pepper must be at least 90,000 heat units. The hotter the pepper will mean more phytochemical properties and more medicinal effect. Capsaicin is the compound in hot peppers that makes your mouth burn. It is a catalyst which means it multiplies the strength of other herbs used with it. (2) Get the hottest peppers you can find - Habanero, Serrano, Cayenne.

According to these herbalists, put a teaspoon of cayenne powder into a cup of hot water, steep until cool enough to drink and give sips to the patient. In their experience, the heart attack would stop very quickly. Cayenne reduces the mucus in the venous system and immediately increases circulation.

Cayenne equalizes the blood pressure, feeds the cell structure of the venous system and reduces and normalizes the blood flow.

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Cayenne Pepper - Culinary Spice or Medical Powerhouse *(continued)*

The major benefit of cayenne pepper is that it stops bleeding whether internally or externally, stops heart attacks, stroke or shock and dissolves clots. It will also revive an individual and help with dizziness, weakness and confusion.

According to Dr. Schulze (3), cayenne pepper is the number one first aid herb. If you are having any problem with blood—be it blood loss, disease, clots or even stoppage—cayenne is the herb of choice. Because cayenne has high amounts of Vitamin A and Vitamin C, it also cleans and disinfects the wound. You can either make your own cayenne tincture (4) or purchase one. Dr. Schulze sells cayenne tincture on his site <https://www.herbdoc.com/cayenne>

Other Amazing Benefits of Cayenne (5)

- **PAIN RELIEF** - When taken orally or applied topically (recipe for homemade muscle rub (6), capsaicin leads to the excitation of the nerve endings that transmit pain to the brain. Works as a great pain reliever for muscle soreness, itching from psoriasis, as well as nerve pain, bursitis, tendonitis, joint inflammation as with arthritis, fibromyalgia, neuropathy, and post-surgical nerve pain. Many people experience relief from migraine headaches through oral consumption or by directly applying cayenne pepper oil to the temples.
- **COLDS AND SORE THROAT** - Use as a gargle or tea mixed with
- **ULCERS** - Cayenne pepper, as contradictory as it may sound, has been used to prevent and treat The powerful anti-inflammatory and antibacterial properties of capsaicin have been found to relieve symptoms associated with bacterial infections and stomach ulcerations.
- **WEIGHT LOSS** - Capsaicin, the active compound in cayenne is proven to increase metabolism and reduce food cravings! Cayenne heats the body up, so it burns calories bringing the body back to normal
- **GUM DISEASE** - Cayenne pepper eliminates gum disease by increasing circulation to the gums (7)
- **BOOSTS IMMUNITY** - Cayenne pepper is a great source of Vitamins A, B Complex, C, E and K as well as potassium, calcium, manganese and 8 It helps the body remove toxins from the blood.

This article just skims the surface of the amazing health benefits offered by cayenne pepper; there are so many more. Any of my references will guide you to the many advantages of cayenne pepper. It's an amazing herb that does more than just add spiciness to your chili.

1 <https://www.curezone.org/art/read.asp?ID=19&db=4&C0=77>

2 <https://journalofnaturalmedicine.com/cayenne-pepper-benefits-and-how-to-use-them/>

3 <http://whale.to/a/cayenne.htmlhttps://www.thealternativedaily.com/cayenne-pepper-stops-heart-attack/>

4 <http://cayennepepper.info/health-benefits-of-cayenne-pepper.html>

5 <https://juicing-for-health.com/homemade-muscle-rub-recipe-for-pain-relief>

6 <https://journalofnaturalmedicine.com/natural-remedy-for-gum-disease/>

7 <https://www.lybrate.com/topic/cayenne-pepper-benefits-and-side-effectS>





Covid Vax Homeopathic Protocols

For post-vax, pre-adverse-reactions take: (1) homeopathic Carcinosin 200C, one dose every 2 weeks; or 1M, one dose every month. AND (2) Dandelion tea or tincture twice daily (take off one day per week). I would keep this up indefinitely.

Before being vaxxed (say, someone who is being forced to be vaxxed in order to keep his job) take:

(1) Vitamin C, taken to bowel tolerance (which, for most people, is several thousand milligrams daily), starting a month before the injection (or as soon as you can, if less than one month out) and continuing for 1 month after the injection. Liposomal Vitamin C would be the best form, but it's expensive. Of the powders, sodium ascorbate is easier on the stomach for some, but has a saltier flavor. Ascorbic acid has a stronger, sour flavor. Some have found mixing both powders together, 50/50 allows them to take twice the amount of Vitamin C. Vitamin C should be taken in divided doses throughout the day, perhaps 1,000 milligrams per dose. That can be done every hour or two during waking hours. You'll know when you're taking too much because you will have to run to the toilet after a dose. At that point, reduce the amount of Vitamin C a bit. But take as much as you can without your stools getting loose. The sodium ascorbate powder that SteveBC recommends can be found here: <https://www.vitacost.com/nutribiotic-sodium-ascorbate-buffered-vitamin-c-powder>.

(2) Homeopathic Thuja 30C and Silica 30C: Take each remedy twice daily, separating the Thuja and Silica by about 15 minutes or so; start 1 week before the injection (or as soon as you can, if less than 1 week out) and end 1 week after the injection.

(3) Homeopathic Hypericum 1M and Ledum 1M: The easiest way to do this is to put 15-20 pellets of each remedy into a water bottle, let the pellets dissolve, and then shake the bottle to mix everything up. One dose is one sizable sip (about 1 tsp). Start dosing 24 hours before the shot (or as soon as you can, if less than 24 hours out). Take one dose every 2 hours leading up to the injection, and then immediately before the injection. Resume dosing about half an hour after the Camphor dose in Step 4, and then take every 2 hours for the next 48 hours (and longer, if the injection site is still painful after 48 hours). Take doses during waking hours only, and separate from Thuja and Silica by about 15 minutes.

(4) Homeopathic Camphor 200C: As soon as you can after the injection (within a few minutes, if possible), take one dose of Camphor. Then wait about half an hour to resume the Hypericum-Ledum as described in Step 3 (every 2 hours for 48 hours after the injection).

Covid Vax Homeopathic Protocols *(continued)*

Bentonite clay poultice: As soon as possible after the injection (within minutes, if possible), apply a bentonite clay poultice to the injection site. Use maybe a teaspoon (or maybe more) of clay powder; and add enough water so that you get a paste that is neither too thick to easily spread, nor so runny that it drips all over. Cover with plastic wrap and hold in place with gauze or an Ace bandage or medical tape. Make and apply a fresh poultice every hour for 4 or 5 hours; then every 3 or 4 hours for at least 24 hours. Redmond Bentonite Clay is a good clay, and it can be purchased from <https://redmond.life/products/redmond-bentonite-clay-20-oz>

(6) There is evidence that a tea made from dried dandelion leaves may provide some protection from the spike proteins of the Covid virus. Perhaps it would also provide protection against the spike proteins in the vaxxx. Dandelion leaf tincture might be another option worth trying.

(7) If after getting the shots you develop any symptoms (pain and/or swelling at the injection site, fever, convulsions, etc.), use an appropriate homeopathic remedy (examples: Cuprum met 6 for convulsions, Belladonna 30 for high fever, etc.). If problems persist months later, then take Thuja 200C twice daily until very much better.

For post-vaxxed and having adverse reactions take: homeopathic Carcinosin 200C once weekly, or 1M twice monthly (or more often if it seems indicated, for instance if the person develops cancer); (2) Thuja 200C twice daily; (3) Silica/Silicea 200C twice daily; (4) Spike 1M once per month, succussing before each use; (5) dandelion leaf tea (1 cup) or tincture (5 drops in water) twice daily, taking off one day per week; and (6) any other remedies or tinctures indicated by the symptoms of the particular adverse reaction (so if the person is depressed and suicidal, then Aurum met; if the person develops cardiac issues, then hawthorn tincture and a remedy such as Cactus or Lachesis or whichever remedy is indicated; or if the person developed brain cancer, then the Banerji protocol for brain cancer; and so on).

The remedies and herbs would be taken for a couple of months, and then the symptoms would be reevaluated in order to determine if the remedy/herb schedule should be continued or changed or discontinued. If the person experiences an aggravation or a proving, the remedies and herbs would be stopped and he should speak with someone knowledgeable about homeopathy.

For Everyone take: Spike 1M once a month (for those pregnant or nursing, use the 30C instead). Additional doses as needed if you get a cold or flu, along with the indicated remedy. Always succuss before each dose. Taking the Spike remedy is appropriate for everyone even if you are following on of the other protocols above.





Dealing with Toxic Plants

Sick from Toxic Hemlock (*Conium maculatum*) - <https://www.abchomeopathy.com/r.php/Con>

We all pay for the beautiful lush flora that is absolutely incredible right now. We have toxic hemlock growing everywhere in Kentucky and since covid it's much more noticeable on roadsides and fields. I have found that if I've been working in the garden beds and begin to feel off and jittery at night, I have to take homeopathic **Arsenicum** - <https://www.abchomeopathy.com/r.php/Ars> and/or **Rhus tox** - <https://www.abchomeopathy.com/r.php/Rhus-t> (these weeds are so toxic!). Homeopathic **Anacardium orientale** - <https://www.abchomeopathy.com/r.php/Anac> is the one for rashes or under the skin itching post being outdoors for me (think feelings of the start of poison ivy or poison oak rash even if exterior rash is not present.)

An acquaintance from another country who just moved to Kentucky last fall has never had seasonal allergies until he moved here. Ragweed, goldenrod, and tree pollens make even the healthiest person sometimes have itchy eyes, watery nose, sneezing, sinus inflammation and even joint pain. Sometimes these toxins can present in the extremities and joints as arthritis or other debilitating conditions. How many roadside city and state workers are affected by such health conditions which could be caused from toxic plants being mowed and maybe easily reversed by homeopathic remedies?

And I had tried everything even through a naturopath and nothing helps like homeopathy with allergies and feeling sick from poisonous plants and weeds such as poison ivy and poison hemlock.

Here are a few articles to help you understand the scope of the problem:

- <https://www.courier-journal.com/story/life/home-garden/2021/08/11/poison-hemlock-spreading-kentucky-what-to-watch-for-how-handle/5492573001/>
- <https://www.thespruce.com/poison-hemlock-identification-removal-6265664>
- <https://bygl.osu.edu/node/328>

The last article describes how to identify poison Hemlock vs. Queens Anne's Lace. Despite what this article says, most herbalists do not consider Queen Anne's Lace to be toxic; however, it is not recommended for medicinal use by pregnant women because it is an emmenagogue (can cause menstrual bleeding/abortion).

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Dealing With Toxic Plants *(continued)*

Make sure you know the difference between these two plants!

- 1) Children love to play with it and one is safe, one is not.
- 2) The smell of hemlock is odd (its roots tend to smell a bit like sassafras, really strong and sour.) Hemlock as a young sprout can resemble cilantro, carrots and parsnip. Use caution and take no
- 3) chances. They grow in similar soil conditions.
- 4) If a hemlock is accidentally fed to livestock, expect them to die suddenly.

*Incidentally, poison hemlock is made into the **homeopathic remedy Conium maculatum** - <http://www.homeoint.org/books/boericmm/c/con-m.htm>, which is good for various female complaints (infertility, endometriosis) and for hard tumors. Conium is one of the top remedies for paralysis in general, including Bell's Palsy, Parkinson's and MS.*

If you have poison hemlock growing in your area, it would be a good idea to contact the local extension agency or agricultural university research department for information about proper removal of the plant or simply to report an area to them.

For ingestion or liquid splashing into eyes when weeding your yard that causes a feeling of paralysis take **Arsenicum 200c** immediately.

All this came together because I noticed a slight facial paralysis feeling post gardening and a pattern of me having to take Arsenicum to cure it, prior to knowing about hemlock. Once I found out about hemlock and cross checked to see if there was a connection to ms. I looked up multiple sclerosis because I was noticing extremities having numbness along with slight facial paralysis post gardening. This was alarming so I looked up the symptoms in **Murphy's MetaRepertory** - <https://www.narayana-verlag.com/MetaRepertory-4th-Edition-Robin-Murphy/b24516> and stumbled upon Conium (toxic hemlock). Recognizing hemlock as the probable source of all the symptoms post gardening was key. Then realizing that the summer following 2020 lockdowns, the state and city roadside mowing kicked in and that stuff was in the air!!! It's possible that burning this weed can put toxins in the air!

I have not tried the isopathic approach of using Conium mac, but I might give that a try. Activated charcoal, an eyewash of Arsenicum, high dosing of Vitamin C are other resources to add to the toolbox for fighting the ill effects of poison hemlock.





Detox From Spike Protein

<https://worldcouncilforhealth.org/resources/spike-protein-detox-guide/>

[Mick] "This is a really good article. I especially like the herbal options that are discussed. A couple of points about the herbs mentioned:

- Dandelion is the cheapest, the most widely and easily available, and arguably the safest (it is safe for the young, the elderly, and women who are pregnant or nursing.)
- There are different kinds of cinnamon, and they are medicinally different. The first is Ceylon cinnamon (listed as *Cinnamomum verum* at herb houses like Mountain Rose Herbs). This is the preferred species for medicinal use. Cassia cinnamon, the second type, is significantly less expensive than Ceylon cinnamon; but it has a much narrower safety range for medicinal use. Those who wish to use cinnamon medicinally should buy the Ceylon cinnamon from a trusted source, rather than buying it at a grocery store (which might be selling the cheaper Cassia cinnamon).
- Nattokinase should not be used by those with soy allergies or sensitivities.

Many of those options are herbs that can be quite easily grown at home (Dandelion, St. John's Wort, Comfrey, Fennel, Self-Heal). Dandelion can be grown in a pot or in a half-barrel planter (if you want a lot of it). If I could have only one thing for dealing with spike proteins, that would be it. Other ones that are easy enough to come by: Ceylon cinnamon, *Nigella sativa* (black cumin/black seed), Star anise (it has some contraindications that cause me to put it near the last on the list of things I would use).

One of the items listed is Baicalein, and the source is *Scutellaria*-genus plants. Those who have Stephen Harrod Buhner's books will recognize that Baikal skullcap falls into this category; anyone who has made the Baikal skullcap tincture already has an available source of Baicalein. Buhner's *Herbal Antivirals* book, the second edition, includes Baikal skullcap in his Covid treatment protocol. Please ascertain whether Baikal skullcap can be taken long-term; and if so, how much and how often."

Probiotics can also be extremely helpful. Probiotic foods you make at home will be more targeted and alive than what you can buy at a store.

<https://www.westonaprice.org/health-topics/food-features/lacto-fermentation/#gsc.tab=0>

[Anne] Additional homeopathic suggestions. Take the remedy Spike 1M:

- 1 drop once a month preventative directly on tongue or in a gulp of water. Succuss the dosage bottle before each dose.
- If you have Covid, or think you do, dose once daily while ill. Make sure to take the remedy indicated for your symptoms as well (and other recommended treatments).

Detox From Spike Protein *(continued)*

- Take doses as needed for exposure or shedding symptoms. One dose a day for 3 days, or until symptoms are gone.
- Take liberally to address any symptoms you feel are related to spike protein exposure unless you are pregnant, nursing or treating a baby (see below).

Spike 30C: For pregnant women/babies in utero, children under 2 years old, and nursing moms.

- 1 Droplet once weekly in water or directly on the tongue. Succuss the dosage bottle before each dose.

FLCCC is another invaluable resource with many suggestions.

<https://covid19criticalcare.com/treatment-protocols/i-recover/>





Drink Chaga Tea

DOSE

Drink Chaga tea (with or without green or black tea) to obtain an enormous collection of helpful molecules. A maintenance dose would be 500-1,000 mg of powder. If ill, you should take 2-3 times that amount. Chaga in large amounts can cure cancer and prevent smallpox.

HISTORY

A brief history of chaga based on information I obtained from Clif High:

Chaga is a mushroom that grows on birch trees. It is the only thing that can kill a birch tree, apparently. Armies in Europe tried to set up their battlefield hospitals in birch forests because they are so clean. Chaga is filled with huge amounts of beneficial substances including Vitamin D3. Clif High said recently that if there is a smallpox epidemic, Chaga is a great way to prevent it. There are numerous historical reports of people traveling through Siberia contracting smallpox. However, he found **no** reports of smallpox cases among the Siberian tribes and groups who had ready access to Chaga and had incorporated it into their everyday activities. Chaga is an extremely strong immune system regulator and strengthener. It can be used by people of any age, although it is usually used against the weaknesses of aging.

BIOLOGY

For viral infections two measures matter, Receptivity and Permissivity. If a body is receptive to a virus, the virus can travel through the mucus membranes of the eyes, sinuses, mouth, throat, lungs or GI tract into the body. At that point if the body is permissive to the virus, the virus is allowed to enter cells, hijack cellular machinery and begin replicating. Chaga helps keep the body's immune system strong and well-regulated so that Receptivity and Permissivity remain extremely low against **any** virus.

BREW

I use Chaga tea every day. I mix it in a HydroFlask® with a bunch of water and drink it off and on all day. I prepare it by putting a small amount of water (half a teacup) into a saucepan, heating it up until it is barely bubbling, then pour it back into the tea cup where I have placed a couple cc's (1/2-1 tsp) of Chaga powder, and I let it steep for 10 minutes or more. Then I pour it into the HydroFlask® and fill with clean water. It's easy and tastes pretty good. You can mix other tea in with the Chaga water if you wish. The heating process releases the substances in Chaga that otherwise would not be bioavailable. Some ill people, particularly those with cancer, have been known to get Chaga in chunk form and hold a chunk in their mouth all day every day until cured.

BUYING TIPS

Chaga is available from Amazon, BulkSupplements, PureBulk, and other places. Note that I believe it is better to get wild Chaga from Siberia or Maine forests, not the ones grown on farm settings. Chaga tea cheers to your health!



Fear/Anxiety/Depression

Overview:

Anxiety and fear are normal reactions to stress and serve an important function of alerting a person to potential danger. However, sometimes anxiety can interfere with feelings of well being, interfere with daily life, and may even escalate into panic attacks. Anxiety disorders may be general or related to specific phobias.

Depression is a pervasive feeling of sadness, hopelessness, worthlessness, or helplessness. It may be mild to severe. Depression can lead to anxiety and vice versa.

Symptoms:

Persons with anxiety may experience irritability or restlessness, irrational fears, racing or unwanted thoughts, rumination, lack of concentration, excessive worry, feeling of impending doom, insomnia, fatigue, sweating, especially sweaty palms, dry mouth, tense muscles, trembling, nausea, palpitations, rapid breathing, or avoiding social situations.

Depression is characterized by a feeling of sadness that persists for several days or longer. One may experience anger and irritability, fatigue, decreased energy, ruminating thoughts, difficulty concentrating or making decisions, loss of interest, feelings of guilt, suicidal thoughts, physical aches and pains, GI issues, changes in appetite or weight, insomnia or oversleeping.

Treatments:

Both anxiety and depression may be treated with therapy, including assistance with building an active lifestyle incorporating relaxation techniques, dealing with problematic thought patterns including fear and guilt, identifying and dealing with emotional triggers, gaining confidence, and dealing with phobias. Self care should include a healthy diet avoiding caffeine, alcohol, and recreational drugs, getting consistent exercise, developing good sleep habits, time/stress management, and relaxation techniques. It is important to fact check thoughts and stay in the present moment, as often as possible. Prayer and other spiritual practices may be very helpful, remembering that we are beloved children of God and that He is in control and desires the very best for us.

Fear/Anxiety/Depression *(continued)*

icated pellets are pellets that have already been made into a remedy. On the other hand, a medicating potency is a liquid dilution which is at least 87.5% alcohol and thus can be used for grafting blank pellets.

Anxiety and depression may require medication. Xanax, Ativan, Klonopin, and Buspar are common drugs for anxiety. Buspar increases the action of serotonin, a neurotransmitter that regulates mood and increases feelings of well being, but it 4-6 weeks to be fully effective.

Antidepressants are used for both depression and anxiety disorders. Common SSRIs are Lexapro and Prozac. Common SNRIs include Cymbalta and Effexor. Those taking serotonin reuptake inhibitors should avoid St. John's wort, nutmeg, and ginseng to prevent serotonin syndrome-a potentially life threatening condition caused by too much serotonin that may cause shivering, diarrhea, muscle rigidity, fever, seizures, and even death. Tricyclic antidepressants, beta-blockers (contraindicated in asthma), and other prescription drugs may also be used.

Suicide warning signs may include: talking about the desire to be dead or to never have been born, obtaining means of doing harm like purchasing a gun or stockpiling pills, withdrawing from social contact, extreme mood swings, increased use of drugs or alcohol or engaging in other risky behavior, changing normal routines, or giving away belongings. Some people keep suicidal intentions secret.

Medications used to treat anxiety/depression may cause suicidal ideation, especially in children and young adults. If a person is an immediate danger to self or others, it is a medical emergency.

<https://www.webmd.com/mentalhealth/features/ways-to-reduceanxiety>

<https://www.healthline.com/health/natural-ways-to-reduceanxiety>





Fire, Smoke, Pollutants & Other Airborne Pathogens

A HEALTH & WELLNESS TEAM CONVERSATION

From "A Midwestern Doctor:

<https://amidwesterndoctor.substack.com/p/what-can-wildfires-poisoning-teach>

- "A Midwestern Doctor" talks about air quality and negative ions (the good guys) .. where do we find negative ions? Certain plants like the spider plant, ultrasonic diffusers, beeswax candles , thunderstorms, waterfalls .. Forest bathing.. diffusing tree oils .. I just saw this on my essential oil group., pretty cool.
- Beeswax candles - huh, that's interesting one.
- I always felt better with our holy candles burning, maybe it's just the ions (I'd still call that Providence).
- I remember reading about beeswax candles and negative ions and air purification years ago. Steve BC put something about beeswax candles in his original Covid document in March 2020 (he is always ahead of the game). When someone in my family is pretty sick, I tend to burn a beeswax candle in the sickroom. I also put a plate of yellow onions (peeled, cut in half, and cut side up) in the room near the sick person. Cut onions function very much like essential-oil diffusers and are really helpful when there is sickness about. But they have to be 100% beeswax; the 51%-beeswax candles sold at church-supply stores won't work as well. if at all, for this purpose. P.S.: In case anyone might be interested in getting beeswax candles, here's an excellent source:
https://summitdominicans.3dcartstores.com/Beeswax-Candles_c_84.html
- You're a woman after my own heart — we do onions in the sick room also... And sometimes in common rooms (kitchen, living room, bathrooms) as well.
- Ooh... I hadn't thought about the bathroom. Thanks for the suggestion! In our bathroom we keep a stainless-steel bowl of unsifted wood ash from our wood stove (unsifted so that there are chunks of charcoal; stainless in case any of the coals are live). This eliminates all bathroom odor, even the odor from dirty diapers in the trash can. It makes me wonder if a bowl of ash in a sickroom would help to purify the air from airborne viruses and bacteria.
- I've also read about putting cut onion halves on the bottom of your feet with socks on to draw out the illness.

DISCLAIMER: The information provided here by the CORAC Health and Wellness team is for educational purposes only. It is not intended to diagnose or treat any illness or condition; and it is not intended to be, nor should it be construed as, medical advice. We encourage you to make your own health decisions based upon your research and in consultation with a qualified professional.

Fire, Smoke, Pollutants & Other Airborne Pathogens *(continued)*

- Yep! We do that at our house, too. When my kids all had chicken pox 13 years ago, I remembered to put onions on the feet of my boys (they got it the day before my daughter), but I forgot to put onions on my daughter's feet. All the kids also got Rhus tox 30. My sons both ended up with fewer than 10 blisters and they barely itched. My daughter ended up with a moderate case, a good number of blisters, and so much itching that she didn't really sleep for 2 nights.
- I have a tangential tip: Whether beeswax or not, if you can get the stubs from candles which have been burning at the altar during Masses, they are great to burn at home when you feel you are in an unsettling time of spiritual attack. Much like exorcised salt and holy water, the altar candle stubs are a powerful sacramental. It was an exorcist who advised a friend to do this. She had sought help from Fr. Wang and me to pray for her teen who was going through some spiritual difficulties.
- Amen about the stubs of church-burned candles. When I said "won't work as well, if at all, for this purpose," I meant only the generation of negative ions for air-purification purposes. I didn't mean to denigrate the 51% beeswax candles for spiritual purposes.





First-Aid Kit Checklist

BACKGROUND

It's always a good idea to have either a prepackaged first-aid kit or a DIY kit on hand. Knowing how to use the items in a first-aid kit is as important as having them, so consider taking a training course. This guide is a good starting point and includes emergency essentials that you might carry separately from a kit. You'll also need to include any prescription medications your group needs, as well as additional supplies for the road or outdoor use.

1. First-Aid Basic Care

- Antiseptic wipes (BZK-based wipes preferred; alcohol-based OK)
- Antibacterial ointment (e.g., bacitracin)
- Compound tincture of benzoin (bandage adhesive)
- Assorted adhesive bandages (fabric preferred)
- Butterfly bandages / adhesive wound-closure strips
- Gauze pads (various sizes)
- Nonstick sterile pads
- Medical adhesive tape (10 yd. roll, min. 1" width)
- Blister treatment
- Ibuprofen / other pain-relief medication
- Insect sting / anti-itch treatment
- Antihistamine to treat allergic reactions
- Splinter (fine-point) tweezers
- Safety pins
- First-aid manual or information cards

2. Wraps, Splints and Wound Coverings

- Elastic wrap
- Triangular cravat bandage
- Finger and SAM splint(s)
- Rolled gauze
- Rolled, stretch-to-conform bandages
- Hydrogel-based pads
- First-aid cleansing pads with topical anesthetic
- Hemostatic (blood-stopping) gauze
- Liquid bandage

First-Aid Kit Checklist *(continued)*

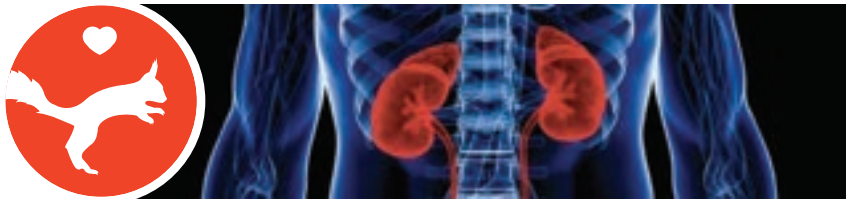
3. Additional Medications/Treatments

- Prescription medications (e.g., antibiotics)
- Sunburn relief gel or spray
- Throat lozenges
- Lubricating eye drops
- Diarrhea medication
- Antacid tablets
- Oral rehydration salts
- Glucose or other sugar (to treat hypoglycemia)
- Injectable epinephrine (for severe allergic reactions)
- Aspirin (primarily for response to a heart attack)

4. Tools and Supplies

- Knife (or multi-tool with knife)
- Paramedic shears (blunt-tip scissors)
- Safety razor blade (or scalpel w/ #15 or #12 blade)
- Cotton-tipped swabs
- Standard oral thermometer
- Irrigation syringe with 18-gauge catheter
- Medical / surgical gloves (nitrile preferred; avoid latex)
- CPR mask
- Small notepad with waterproof pencil or pen
- Medical waste bag (plus box for sharp items)
- Waterproof container to hold supplies and meds
- Emergency heat-reflecting blanket
- Hand sanitizer
- Biodegradable soap





For Kidney Stones & Kidney Infection

Berberis vulgaris (Barberry) extract/tincture... a dropperful in a little water every couple of hours (helps with the pain). Once the pain is gone, cut back to 2 - 3 times per day. Do this for 3 months or until the stones are all passed. Tabacum 200C 2-3 times per day, for nausea. If pain is excruciating, take Belladonna 3C every 10 minutes until the pain subsides.

Sarsaparilla 30C twice daily for 3 months, to help break up the kidney stones.

Organic unfiltered apple juice sipped all day long (softens the stone). Do this until the stones pass. The juice softens the stones.

For the kidney infection, Medorrhinum 200C every two until very much better. Then when the infection is gone, keep taking the remedy twice daily for a month.

If the person develops a fever, he should take Pyrogenium 200C every 3 hours until no longer needed (to ward off sepsis)

Cell Salts to Help with Kidney Stones

To make a cell salt solution, put up to 5 tablets of each cell salt in a 16- to 24-ounce bottle; fill with water (or your apple juice) and swirl to dissolve tablets. Sip throughout the day.

- #1 Calc fluor 6X – helps dissolve stones
- #2 Calc phos 6X – normalizes calcium absorption or removal
- #8 Mag phos 6X – right-sided, shooting pains, relaxes muscles, spasms

The other supplements that have been recommended amongst members of the Health and Wellness team are:

- Herb Pharm Stone Breaker Urinary System Restoration
- Planetary Herbals Stone Free



Grafting Bach Remedies

Bach remedies are a gentle way to balance your emotional state. They are remedies created from flower essences. While the initial investment in these remedies can be steep, like homeopathic remedies, your bottles of Bach remedies can be grafted to last for a lifetime. Here are some frequently asked questions.

How do you graft from the original bottle to a new one? You can use your stock bottle to graft new “full strength”; duplicates of your stock by putting 2-4 drops from the stock bottle into brandy. Using undiluted brandy is simplest. Diluting your brandy is fine; the only requirement is that the brandy be at least 30% alcohol volume or stronger (35%, 40%, etc). Fill the whole grafting container with brandy, only leaving enough space for the 2-4 drops (to whole dropper full) of the Bach remedy you are adding to graft.

Why brandy? Can I use something else? If all you have is vodka or Everclear you could use that for grafting Bach remedies and making duplicates. You don’t usually use brandy with tinctures or homeopathic remedy grafts; I would imagine it is because of the difference of distilled grain (less ‘other flavors’) vs. distilled fruit wine (brandy). Brandy is recommended because that is the style of alcohol used to preserve your stock bottle by the manufacturer.

Is there an alternative to using alcohol? Yes, raw apple cider vinegar can also be used to preserve Bach remedies.

When the original bottle begins to be depleted, can I add more ingredients to extend the life of the bottle? I would not add any new brandy (or other alcohol) to your original stock bottle until you are down to the last 1/8 th . Then I would refill it with brandy to have it last longer.

What is “the stock bottle?” You should consider the Bach remedy bottle bought from the store to be your stock bottle. Store these stock bottles upright or the alcohol will eventually eat through the dropper top.

What is the “dosage bottle?” Your dosage bottle is a mixture of 1-5 Bach flower remedies (a custom mix of what the person taking it needs) and diluted with mostly water. A little Everclear, vodka, or brandy (1 tsp for a couple oz of water) will help the dosage bottle have a longer shelf life. Storing it in the refrigerator is recommended but not required if you add the alcohol. To make your dosage bottle, take a 1-4oz glass jar and fill mostly with water, then add 1-3 drops of the Bach remedies you wish to dose and the 1 tsp of alcohol if desired. To use remedies from a dosage bottle, put 1-3 drops of liquid from the bottle into a 4-16oz glass of water and sip it throughout the day.

Grafting Back Remedies *(continued)*

Can I graft from the dosage bottle? This is not recommended because generally your dosage bottle is a mixture of 1-5 Bach flowers (a custom mix of what the person taking it needs) and diluted with mostly water.

How do I share Bach remedies with someone? The best way to share your Bach remedies with someone is to make them a dosage bottle. If they are interested in having full strength Bach remedies to blend themselves, you can follow the grafting directions and let them graft their own duplicate Bach remedies using brandy, empty glass jars, and a few drops of Bach remedy from your stock bottles.





Herbal & Homeopathic Information

RECOMMENDED REFERENCE BOOKS:

- Stephen Harrod Buhner, Herbal Antibiotics, Second Edition, 2012.
- Stephen Harrod Buhner, Herbal Antivirals, 2013.
- Joyce A. Wardwell, The Herbal Home Remedy Book, 1998.
- Richo Cech, Making Plant Medicine, 4th Edition, 2016. Strictly Medicinal Seeds has the best price, plus free shipping.

TINCTURE-MAKING:

Tincture-making allows you to preserve your medicinal herbs practically indefinitely, and it requires very few tools: grain alcohol, vinegar (a very small amount, if the herbs contains alkaloids), glass jars (canning jars, old spaghetti-sauce or pickle jars, etc.), labels or masking tape, a scale which weighs in ounces, cheesecloth or a straining bag, a sieve or a tincture press, and a bowl. As a general rule, tinctures of dried herbs are made in a 1:5 ratio – one part herb by weight in ounces, per 5 parts liquid by volume in ounces. So if your dried herb weighs 4 ounces, you need 20 fluid ounces of liquid. For fresh herbs, the ratio of herb to liquid is generally 1:2. Fresh-herb tinctures are generally made with 95% alcohol, whereas the percentage of alcohol needed for dry-herb tinctures varies by herb.

Tincture-making is fairly simple. It takes about 15 minutes to make the average tincture, and this includes finding all your tools. Once you've put it together, your tincture will be ready to use in anywhere from 2 weeks (for tinctures made with powdered herbs) to 4-5 weeks (for tinctures made with dried root or bark pieces).

Tincture-making is also economical, especially if you grow or wild-harvest your herbs. Even if you are buying herbs, the per-ounce cost of homemade tinctures can be as low as one-tenth the cost of buying them.

For dry-herb tinctures, all the herbal books expect you to dilute 95% (190-proof) alcohol with water in order to achieve the correct percentage of alcohol for your tincture. The problem with this is that 95% alcohol is expensive, and there are many states in which it is unavailable. One way to lower the cost of your alcohol and make it last as long as possible is to dilute your 95% alcohol with ordinary vodka (which is 40% alcohol) rather than with water. Vodka is cheap, and this will keep you from blowing through your 95% alcohol as quickly as you otherwise would.

Below is a chart that indicates how much 95% alcohol to mix with vodka in order to get 80 ounces of liquid with a given alcohol percentage (80 ounces is the amount of alcohol needed in order to make a 1:5 tincture starting with 16 ounces of dried herb):

Herbal & Homeopathic Information *(continued)*

Target Alcohol Percentage	Oz of 95%	Oz of Vodka
45	6.7	73.3
50	13.3	66.7
55	20.0	60.0
60	26.7	53.3
65	33.3	46.7
70	40.0	40.0
75	46.7	33.3

In some states where 95% alcohol is not allowed to be sold, 75.5% (151-proof) alcohol is available. Below is a chart that tells how much 75.5% alcohol to mix with vodka in order to get 80 ounces of liquid with a given alcohol percentage (for a 1:5 tincture starting with 16 ounces of dried herb):

Target Alcohol Percentage	Oz of 75.5%	Oz of Vodka
45	11.4	68.7
50	22.9	57.1
55	34.3	45.7
60	45.7	34.3
65	57.1	22.9
70	68.7	11.4

Tinctures must be stored out of direct sunlight. Ideally, they should be stored in a dark, not-too-warm location (in a basement or closet, in a lidded box, or on a shelf and covered with a dark towel).

Where to Buy Herbs and Supplies

There are several American and Canadian herb houses which carry high-quality products. These include Pacific Botanicals, Mountain Rose Herbs, Frontier Herbs, Mountain Maus Remedies, Starwest Botanicals, 1st Chinese Herbs, Herbies Herbs, and Monteagle Herbs. Some of these companies also sell ready-made tinctures if you would prefer to buy rather than make them.

To dispense your tinctures, you'll need glass dropper bottles and a very small funnel for filling them. The glass bottles should be amber, blue, or green (rather than clear), to keep sunlight from degrading your tinctures. Although 1-ounce dropper bottles will do, 2-ounce bottles are more convenient because they don't have to be filled as often. Mountain Rose Herbs carries bottles, but their shipping cost can be rather high. Other options would be Amazon (the Vivaplex brand is very good), a company called Specialty Bottle, and A2Z Homeopathy.



Herbal & Homeopathic Information *(continued)*

HOMEOPATHIC MEDICINE:

Recommended Reference Books and Websites

- Maesimund B. Panos, Homeopathic Medicine at Home, 1981.
- Alan V. Schmukler, Homeopathy: An A to Z Home Handbook, 2006.
- Prasanta and Pratip Banerji, The Banerji Protocols, 2013.
- The Texas Society of Homeopathy
- Joette Calabrese's Practical Homeopathy Inc.
- The National Center for Homeopathy.

General Information

Homeopathy is a system of medicine developed in the late 18th century by Samuel Hahnemann, a German physician. It operates on the principle of "like cures like": a substance which causes particular symptoms in a healthy person can be used to cure diseases or conditions that present with those symptoms.

Unlike conventional and herbal medicines, which are based on the principles of chemistry, homeopathic medicines are effective because of the principles of physics. Homeopathic remedies are prepared by a series of dilutions and shaking/agitation (known as succussion). This process of repeated dilution and succussion not only eliminates any toxicity that might be associated with the chemistry of a particular herb or substance; it also potentizes (increases the strength of) the remedy at hand.

Thus, the more times the process is repeated, the stronger the medicine becomes. Homeopathic remedies may be prepared in either solid or liquid form. In the solid form, the remedy is applied to diskettes or pellets made of lactose, sucrose, or both. In the liquid form, the remedy is prepared in water or in a water-alcohol blend.

There are two schools of thought regarding how homeopathic remedies should be chosen for specific conditions, and who is qualified to determine which remedies to use for acute or chronic conditions. These are known as classical homeopathy and practical (or protocol-based) homeopathy. For detailed information about these schools of thought, please see the recommended resources listed above. CORAC's Health and Wellness team has members who approach homeopathy from each of these perspectives.

Where and How to Purchase Homeopathic Remedies

Homeopathic remedies may be purchased individually or in a kit. The most commonly used remedies may be found at stores like Walmart or Walgreens; or they may be ordered online from companies such as Vitacost, Swanson Health Products, Lucky Vitamin, iHerb, or The Vitamin Shoppe. Less common remedies must be ordered from a homeopathic pharmacy.



Herbal & Homeopathic Information *(continued)*

Homeopathic remedies are very inexpensive, especially when compared to conventional medicines. And the most cost-effective way to buy remedies is to buy a kit; this can lower the cost of each remedy by as much as 75%, while allowing you to have many remedies on hand and ready to use when you need them.

Homeopathic remedies may be purchased from the following homeopathic pharmacies and companies, all of which also carry kits unless otherwise specified: Homeopathic Educational Services, Washington Homeopathics, A2Z Homeopathy, ABC Homeopathy, and Thompson's Homeopathic Supplies (no kits).

How to "Graft" Homeopathic Remedies

We believe that a time is rapidly approaching when you may no longer be able to buy homeopathic remedies, which makes it important to know how to multiply (graft) the ones that you already have. This can be done by using pellets or by making a liquid dilution.

To graft by using pellets, you need blank (unmedicated) homeopathy pellets, a dropper bottle of 95% (190 proof) grain alcohol, amber glass vials (1-dram or 2-dram size is best, but ½-dram will work), a small Dixie cup, and the remedy that you want to multiply (it must be in the 30th potency or higher). Label the vial with the remedy's name and potency. Put some blank pellets in the Dixie cup, pinch one edge of the cup to make a "spout," and pour the pellets into the vial. Fill the vial about full. Then put a few pellets of your remedy into the cup (3-4 if the pellets are BB size; about 10 if they are "cake sprinkle" size), and pour into the vial. Throw away the cup (to prevent accidentally reusing it if you're grafting more than one remedy). If using 1-dram vials, add 2 drops of alcohol to the vial; if using 2-dram vials, add 3 or 4 drops. Be sure not to touch the tip of the dropper to the vial (that will contaminate the dropper, which will contaminate your bottle of alcohol). Put on the lid, and shake the vial for about a minute. Some sources say that the remedy is ready to use at that point; others say to wait a few days before using. One dose of the remedy is 4 pellets.

When your vial of homemade remedy starts running low, you can use it as your "starter" for a new "batch." When the vial is about 1/4 full, add the requisite number of drops of alcohol for the vial size that you're using. Cap, and shake for several seconds. Then take a Dixie cup, pinch to make a spout, and add fewer blank pellets than you'll think you'll need in order to fill your vial to 3/4 full (because once the cup has touched your vial, the pellets remaining in the cup must be discarded if not used). Add the pellets to your vial; and if you need a few more pellets, put a very few into the cup and add them to the vial. When your vial is 2/3 to 3/4 full, cap it and shake for about a minute.



Herbal & Homeopathic Information *(continued)*

Here are a few tips to keep already prepared remedies from contaminating your blank pellets or your alcohol bottle:

- Never touch your bag or container of blank pellets to the Dixie cup that you're using.
- Never touch your alcohol dropper to the remedy vial.
- Never use a Dixie cup more than once. (For instance, if grafting two or more different remedies during the same "grafting session," use a different Dixie cup for each remedy.)
- If you happen to touch medicated pellets while grafting a remedy, wash your hands before touching anything else (the pellet container, Dixie cups, etc.).

Unlike grafts using blank pellets, liquid "grafts" can be made from a remedy of any potency. To prepare a liquid dilution of a homeopathic remedy, you need the remedy, a dropper bottle (1/2 to 1- ounce bottles work well), and vodka. First, label the bottle with the remedy's name and potency. Then use a pinched Dixie cup to pour alcohol into the bottle, filling it about 3/4 full. Add a few pellets of the prepared remedy to the bottle and screw on the dropper top. Once the pellets have dissolved, gently shake the bottle a few times. One dose of the remedy is 3-5 drops in a tablespoon or so of water. When your liquid-dilution bottle is nearly empty, simply refill it with alcohol, cap it, and shake it gently.

Where to Buy Supplies for Grafting Remedies

- Blank pellets: Hemkund Remedies, Inc. (best prices), A2Z Homeopathy
- 190-proof grain alcohol: if unavailable in your state, it may be ordered online from Culinary Solvent.
- Amber glass vials: The best price for 2-dram vials is from Premium Vials.
- Amber glass vials: The best price for 1/2-dram vials is from Amazon. The Beuticom brand is good.
- 1-oz amber dropper bottles: Amazon has several choices, including Vivaplex.





Herbs for Medicinal Purposes

Some of the best herbs to grow (or forage) for medicinal purposes are:

Grouped in order of USDA hardiness zones. Name, hardiness zone; growing conditions; type and propagation; invasive(?); books where tincturing or other use description to be found (see footnotes).

Calendula (*Calendula officinalis*); Zones 2a-11b; full or partial sun; light, poor, well-drained soil; annual; seed; non-invasive; Cech, Buhner H AB

Purslane (*Portulaca oleracea*); Zones 2a-11b; full sun; any well-drained soil, drought-tolerant; annual; seed, stem cutting; can be invasive; Cech

Burdock (*Arctium lappa*); Zones 2a-11b; full to (preferably) partial sun; moist soil, tolerates wide range of soils, especially nitrogen-rich soil; biennial; seed (pre-soak or scarify); can be invasive; Cech, Buhner H AB

Alfalfa (*Medicago sativa*); Zones 2a-9b; full sun, well-drained soil, wide range of growing conditions, drought-tolerant; perennial; seed; non-invasive; Buhner H AB

Rugosa rose, dog rose, wild rose (*Rosa rugosa*); Zones 2a-7b; full sun; humus-rich, acidic-neutral, moist, well-drained soil; perennial shrub; stem cuttings; can be invasive;

Broadleaf Plantain (*Plantago major*); Zones 3a-12b; full to partial sun; any soil; perennial; seed; invasive; Cech, Buhner H AB

Mullein (*Verbascum olympicum*, *Verbascum thapsus*); Zones 3a-9b; full sun; alkaline, poor, well-drained soil, drought-tolerant; short-lived perennial/biennial; seed or division; non-invasive; Cech, Buhner H AB

Comfrey (*Symphytum officinale*); Zones (3a-9b) 4a-8b; full to partial sun; moderately fertile, moist soil; perennial; division of fleshy roots in Spring, root cuttings in early winter, seed; can be invasive; Cech, Buhner H AB

Dandelion (*Taraxacum officinale*); Zones 3a-9b; wide range of conditions, best full sun and moist soil; perennial; seed; invasive; Cech, Buhner H AB

Saint John's Wort (*Hypericum perforatum*); Zones 3a-8b; full to partial sun; moist but well-drained soil; perennial; seed, division or softwood cuttings; can be invasive; Cech, Buhner H AB

Purple Coneflower (*Echinacea angustifolia*); Zones 3a-8b; full to partial sun; well-drained soil, drought-tolerant; perennial; division, root cuttings; non-invasive; Cech, Buhner H AB

Herbs for Medicinal Purposes *(continued)*

Lemon Balm (*Melissa officinalis*); Zones 3a-7b; full to partial sun, in any moist, well-drained soil, protect from excessive winter wet; perennial; seed, division; can be invasive; Cech, Buhner H AB

Nettle (*Urtica dioica*); Zones 4a-10b; full to partial sun; rich, moist soil; perennial; division, seed; invasive; Cech

(Purple-flowered) Oregano (*Origanum vulgare*); Zones 4a-10b; full to partial sun; well-drained (preferably alkaline) soil; perennial; seed, division; non-invasive; Cech

Sweet Violet (*Viola odorata*); Zones 4a-9b; full to partial sun; moist but well-drained soil; perennial; seed, division; non-invasive; Cech, Buhner H AB

Garlic (*Allium sativum*); Zones 4a-9b; full sun; sheltered spot, fertile, well-drained soil; perennial grown as an annual; division (cloves); non-invasive; Cech, Buhner H AB

Onion (*Allium cepa*); Zones 5a-10b; NOTE: it is more important to pay attention to daylength and latitude than hardiness; Short-day Latitudes 25° to 35°, Intermediate-day Latitudes 32° to 42°, Longday Latitudes 37° to 47°; full sun; sheltered spot, moist but well-drained soil; perennial grown as annual; seed or sets; non-invasive

Thyme (*Thymus vulgaris*); Zones 5a-9b; hot full sun; alkaline-neutral, well-drained soil, droughttolerant; perennial; seed, division, basal stem cuttings in Spring; non-invasive; Cech, Buhner H AB

Elder, Elderberry (*Sambucus nigra*); Zones 5a-7b; full to partial sun; moderately fertile, humus-rich, but also extreme chalky, moist but well-drained soil; perennial shrub or tree; seeds, suckers, softwood or hardwood cuttings; can be invasive; Cech, Buhner H AB

Oats (*Avena sativa*), Wild oats (*Avena fatua*); Zones 6a-10b; full sun; moist well-drained soil, tolerates some wet and cold; annual; seed; non-invasive; Cech, Buhner H AB (wild oats)

Cayenne pepper, or Bird pepper, or Tabasco pepper (*Capsicum frutescens*); must be over 90,000 heat units; Zones 9a-11b; full to partial sun; humus-rich or light, sandy, well-drained soil, tolerates much dryness; perennial (but usually only 2 years) if overwintered inside otherwise annual; seed; non-invasive; Cech, Buhner H AB

Tulsi, Indian Basil or Sacred Basil (*Ocimum sanctum*, now *Ocimum tenuiflorum*); Zones 10b-11; full sun; moist, sandy-loam, well-drained soil; perennial: can be grown in container or overwintered inside; seed, cuttings; non-invasive; Cech

Footnotes (books):

- Cech = Rico Cech, "Making Plant Medicine" >
- Buhner H AB = Stephen Buhner, "Herbal Antibiotics" >





Homemade Solutions to the Baby Formula Shortage

As all by now know, America is suffering from a shortage of baby formula. The question is, what can we do about it? Thankfully, the answer, although not easy, is simple: parents should consider the possibilities of breastfeeding and/or making their own formula. The purpose of this article is to provide parents with basic information about these topics, and to point them toward sources of more detailed information.

Breastfeeding

The most healthful and economical way to feed your baby is to breastfeed. Thus, women who are currently pregnant should breastfeed their babies if at all possible; and women who are currently breastfeeding their babies should continue to do so. However, even women who are not currently pregnant or nursing can breastfeed if they know how to promote relactation (the resumption of milk production by women who have stopped breastfeeding in recent weeks or months) or induce lactation (and thus produce milk without having given birth).

To learn more about breastfeeding, relactation, and inducing lactation, please visit the websites of La Leche League USA <https://llusa.org/> and La Leche League International <https://www.llli.org/>. You will find many great resources there. For women interested in increasing their existing milk supply, here is a helpful link:

- <https://llusa.org/increasing-milk-supply/>

For those interested in relactation and induced lactation, here are some links to get you started:

- <https://llusa.org/relactation-during-emergencies/>
- <https://llusa.org/induced-lactation-and-relactation/>
- <https://www.llli.org/breastfeeding-info/relactation/>
- <https://www.llli.org/breastfeeding-without-giving-birth-2/>

There are also many other internet-based information sources regarding breastfeeding, relactating, and inducing lactation. The CORAC Health and Wellness team encourages you to do plenty of research, and to print articles and buy hard copies of books for future reference.

Some books and articles mention the taking of hormones in order to promote milk production. This is not necessary because there are several herbs and homeopathic remedies that will naturally and safely promote or increase the production of breastmilk. Some useful herbs, which can be taken in tea or tincture form, are fenugreek, fennel, nettles, alfalfa, goat's rue, blessed thistle, and shatavari. Regarding homeopathic remedies, the following are useful: *Ricinus communis* 6C, *Alfalfa* 6X *Bryonia* 30C, *Calc fluor* 6X, *Ferrum phos* 6X, *Silica* (also called *Silicea*) 6X, and *China* (also called *Cinchona*) in any potency from 3C to 200C. For those who are currently breastfeeding or may do so in the future, now is the time to stock up on herbs and homeopathic remedies that may be helpful.

Homemade Solutions to the Baby Formula Shortage *(continued)*

Homemade Formula

If you do an internet search for "homemade baby formula," you will find numerous "experts" warning that homemade formula is dangerous. The clear implication is that any parent who would use a homemade formula is negligent and irresponsible at best. However, generations of babies have been raised on homemade formula. So, formula can be made safely at home, but the ingredients do matter. As always, please do your own research before proceeding.

Here's an article with a recipe and a link to buy all the ingredients in a kit, which breaks down to a little more than \$100 for a 1-month supply of formula. Radiant Life, the seller of the kit, is an excellent and trustworthy company:

- <https://www.everydaycheapskate.com/homemade-baby-formula-that-is-safe-nutritionally-sound-and-doctor-approved/>

Here are two other recipes, using powdered goat milk:

- <https://nourishingjoy.com/homemade-infant-formula/#recipe>
- http://freshly-grown.com/baby-thrived-on-affordable-homemade-goat-milk-formula/?fbclid=IwAR0QOf5oLFUk4K1sJC2mWYBN4HsEFgUtq7UD0ZGGx_ej_r0LYQII_HzdUqc

Here's a link for a baby-formula kit using goat milk:

- <https://mtcapra.com/product/homemade-goat-milk-formula-kit/?fbclid=IwAR1BDXh8GT0SFsed-z9zE0-J9h90WfVZMb4ESkKgGezgdbG>

The Weston A. Price Foundation also has good baby-formula recipes. These recipes are a bit more complicated and involved, but mothers have been using this recipe for over 2 decades, and the WAPF is a well respected organization. The first link below is to the recipe; the second link is to an accompanying video and the video transcript:

- <https://www.westonaprice.org/health-topics/childrens-health/formula-homemade-baby-formula/>
- <https://www.westonaprice.org/baby-formula-video-by-sarah-pope-2/>

You may come across formula recipes from the 1950s and 1960s. They often use Karo Syrup. Although it is unclear what ingredients Karo Syrup contained back then, today both the light and dark syrups contain additives that are best avoided for infants (see the ingredients information provided by Karo at <https://www.karofoodservice.com/faq>). Modern baby-formula recipes use rice syrup, maple syrup, and/or blackstrap molasses instead of Karo. Here is an excellent article on the use of blackstrap molasses in baby foods:

- <https://blog.homemade-baby-food-recipes.com/blackstrap-molasses-the-healthier-way-to-sweeten-babys-food/>

Another caution is to never use honey to sweeten foods given to babies under 12 months of age, because of the potential risk of botulism.





Homeopathy as “Energy Medicine?”

A B R I E F Q & A

Questioner: I don’t understand when they talk about the energy in a remedy; what is that? Is it some atoms left from succussion of what it started from?

Answer: Homeopathy is not "energy medicine" in the New Age usage of the term. On the contrary, each homeopathic remedy has a particular energy because of the physics (rather than chemistry) of the remedy.

Let's take the physics of magnets. When I was little, my mother took a sewing needle and a horseshoe magnet and showed me something cool: she stroked the needle across the magnet several times, and then used the tip of the needle to pick up a straight pin. I was amazed. She said, "I have turned the needle into a magnet." As a matter of chemistry, the needle and the magnet and the pin were unchanged; but because of the friction applied to the needle with the magnet, the physics (the energy) of the needle changed... it took on magnetic energy that it hadn't had before. And the more times the needle was stroked along the magnet (in other words, the more friction that was applied), the more the physics of the needle changed; and thus the more the magnetic energy of the needle increased.

Likewise, when a homeopathic remedy is made by way of repeated dilution and succussion (friction), there's pretty much no more "chemistry" left after a few dilutions (it's so dilute that there might not be even one atom or molecule of the original substance remaining in the liquid). However, the repeated application of friction (via the succussion) repeatedly alters the physics of the liquid remedy and thus repeatedly increases the energy of the remedy. That is why the more the remedy is diluted and succussed, the more potent it becomes. I hope I'm making sense; if not, please let me know and I'll give it another shot.

Questioner: Thank you for your help in understanding remedies a little more. Then are you saying that it is the energy in the remedies that gets the energy for healing going in your body?

Answer: That's exactly right. It's kind of similar to how the energy (again, this is physics, not chemistry) of the UV rays of the sun hits our skin and causes various physiological changes in our bodies (such as the production of Vitamin D, and the tanning or sunburning of our skin). Likewise, the energy of a homeopathic remedy causes physiological changes in our bodies, and these changes promote healing.

Questioner: Thanks. I think I got it finally!

DISCLAIMER: The information provided here by the CORAC Health and Wellness team is for educational purposes only. It is not intended to diagnose or treat any illness or condition; and it is not intended to be, nor should it be construed as, medical advice. We encourage you to make your own health decisions based upon your research and in consultation with a qualified professional.



How to Increase Lactation with Galactagogues

One of the greatest concerns of any mother is ensuring her baby is sufficiently nourished. If she is uncertain whether she is providing enough milk while breastfeeding, she should check with a lactation consultant and/or the baby's doctor to determine whether the supply is low. If there truly is a milk supply issue unrelated to lactation management, mothers may turn to galactagogues—plants, supplements, and foods that can support milk production. The following articles share possible galactagogues for mothers to consider.

Selection and Use of Galactagogues – This article lists herbs and foods that may increase a milk supply when non-medical interventions do not help.

<https://www.lli.org/selection-and-use-of-galactagogues-2/>

10 Herbs to Increase Breast Milk Supply – There are several plants that are believed to promote breastfeeding and boost milk production.

<https://www.verywellfamily.com/herbs-to-increase-breast-milk-supply-431855>

8 Great Lactogenic Foods for Increasing Milk Supply – This article lists foods that contain substances that help support the chemistry of lactation. They also contain vital minerals and healthy fats that are vital to the process.

<https://www.nourisher.co/blogs/the-milkful-blog/8-great-lactogenic-foods-for-increasing-milk-supply>

To learn more about breastfeeding, relactation, and how to produce homemade baby formula, please visit the following article:

Homemade Solutions to the Baby Formula Shortage

<https://corac.co/2022/06/04/homemade-solutions-to-the-baby-formula-shortage/>

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Introduction to Essential Oils

Anyone can use essential oils for aromatherapy, massage therapy, emotional health, personal care, cleaning, supplements and so much more. Essential oils are volatile, aromatic compounds found in shrubs, flowers, trees, branches, leaves, needles, roots and seeds. Essential oils are considered mankind's first medicine. In 4500 B.C. Ancient Egyptians were the first to discover these aromatic compounds and use them for treating illness as well as in ceremonies. Did you know that the Bible contains 33 species and 500 references to essential oils and the aromatic plants from which they came?

The power of an essential oil lies in its constituents and their SYNERGY. For instance, lavender essential oil has over 200 constituents. The constituents in essential oils defend the plant against insects, disease and environmental conditions. All the constituents work together to bring balance and healing (emotional, physical, spiritual and mental). If a constituent is missing as in synthetic or adulterated oils, therapeutic benefits will also be missing. That's why it's so very important to buy quality essential oils from a trusted company. There is no regulation. A company can put anything on their label. Please also note some essential oils are contraindicated during pregnancy and breastfeeding.

Essential oils because of their lipid-soluble structure have the ability to penetrate cell membranes and travel throughout your body, even crossing the blood brain barrier! God makes everything perfect and tends to our physical and spiritual needs through nature. There are so many great essential oils that have powerful mental and physical properties. Here are a few of my favorites...

Thieves oil is legendary for its immune support. It's like the "POWER HOUSE" of essential oil blends. It is highly antiviral, antiseptic, antibacterial and even anti-fungal! It was created from research based on the legend of 15th century thieves who rubbed botanicals (also known as Four Thieves Vinegar or "Marseilles Vinegar") on themselves to avoid contracting the plague while they robbed the bodies of the dead and dying. When apprehended, the thieves were coerced to tell their SECRET formula in exchange for a more lenient punishment. Studies have shown that after 12 minutes of Thieves diffusion in the air, there was a 90% reduction in the number of gram-positive *Micrococcus luteus* organisms. After 20 minutes of diffusing, the kill rate jumped to 99.3%. Below is the research that supports Thieves use.

Lavender is the Swiss Army knife of essential oils as it has so many uses and benefits including calming. Studies have shown it can reduce toxic cortisol levels due to stress and it increases beta waves in the brain which suggests heightened relaxation. It's supportive of healthy skin and actually promotes tissue regeneration. Look up the story of scientist Rene Gattefosse who suffered a severe burn due to a laboratory explosion. He used lavender to speed up his wound healing. Lavender is also anti-fungal, anti-tumoral, anti-inflammatory, antiseptic... the list goes on!!

Introduction to Essential Oils *(continued)*

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Lemon is sunshine in a bottle. Did you know all the citrus fruits are uplifting and improve your mood?! It's also high in limonene which has been extensively studied for its ability to combat tumor growth. It's also used widely in skin care for its cleansing properties. It can be used as goo gone! It's great for cleaning and cooking. It is thought to increase WBCs (detox and immune stimulant), it's antiseptic, improves micro circulation... so many benefits!

Frankincense...the gift given to baby Jesus... known as the holy anointing oil... used to treat every conceivable ill. It's anti-tumor, anti-depressant, promotes spiritual awareness, uplifts spirits ... great for your skin ...

Lastly **clove**. This is also part of the Thieves blend also known as "Four Thieves Vinegar". Clove is high in Eugenol and was used in the dental industry for years to numb gums. I use it or Thieves and rub it on my gums after a dental cleaning and my pain is gone instantly!! Clove was also listed in Hildegard's "Medicine", a compilation of early German medicines by the highly regarded Benedictine HERBALIST Hildegard of Bingen (1098-1179). Pretty cool, huh? 😊 Clove is anti-aging, anti-tumor, anti-microbial, anti-fungal, analgesic/anesthetic, anti-oxidant, anti-inflammatory, anti-parasitic, anti-coagulant... too many to list!

Essential oils are simple to use. Add a drop into your favorite hand cream, take a waft directly from the bottle, put in a diffuser in your home, add a couple of drops to a nice warm bath. If you are going to apply them directly to your body you can use a carrier oil (fractionated coconut, extra virgin olive oil, almond oil, etc.). If you have any sensitivities, test a little bit on the inside of your wrist first. The benefits are too great not to use essential oils every day!

My go-to WELLNESS ROLLER I like to use THIEVES, LEMON, FRANKINCENSE (sometimes OREGANO) oils.

To make a roller I would use a 10 ml (2 tsp) roller bottle and add 10 drops of each oil and top off with a carrier oil like fractionated coconut! You could add more to make a 25%- 50% ratio dilution of essential oils to carrier oil for short term use. For children ages 1-5 years, I would only add 2-6 drops. Start with the minimum. You can always add more. For immune and or respiratory support you can apply to the bottoms of feet and along the sternum. You can always diffuse these oils to reap the benefits of inhalation!

For further information on Thieves oil see the links below:



Introduction to Essential Oils *(continued)*

- <http://www.laborforlove.com/the-research-supporting-thieves.html>
- <https://plaguesage.com/news/mold/>
- <https://www.countdowntothekingdom.com/protection-from-the-coronavirus-and-future-pandemics/>

BOOKS

- "Modern Essentials: The Complete Guide to the Therapeutic Use of Essential Oils" By Alan and Connie Higley
- "Essential Oils: The On the Go Field Reference" By Life & Science Publishing
- "Essential Oils Desk Reference"(Older edition) "1st Edition Essential Oils Complete Home Reference" (New edition) <http://www.mylsp.com>

TOP 6 ESSENTIAL OILS TO BUY

- Calendula, Clove, Frankincense, Lavender, Lemon, Thieves (aka OnGaurd, Shield, Bandit)
- Appalachian Valley, DoTerra, Rocky Mountain Oils, Young Living are all reputable manufacturers

WEBSITE/FREE RESOURCES

- <https://www.catholicoilmom.com/essential-oils-webinar>
- <https://naturallivingfamily.com/category/healing-remedies/>
- <https://www.aromahead.com/courses/introduction-essential-oils>
- <https://courses.aromaticstudies.com/introduction-to-aromatherapy/>





Introductory Topical Shopping List

This document is intended to help jumpstart you with information on different home health and wellness modalities. These are the first resources to buy to get started. We recommend you choose one or two modalities to begin with so you can build knowledge and confidence every time you use them. Additional resources, including classes, are available on the CORAC website. Please reach out to your regional health and wellness coordinator if you have additional questions.

ESSENTIAL OILS

High quality essential oils are concentrated plant extracts that can be diffused, applied externally and in some cases, taken internally to relieve and/or heal a myriad of ailments.

Books:

- "Modern Essentials: The Complete Guide to the Therapeutic Use of Essential Oils" by Alan and Connie Higley
- "Essential Oils: The On the Go Field Reference" by Life & Science Publishing
- "Essential Oils Desk Reference"(Older edition) "1st Edition Essential Oils Complete Home Reference" (New edition) by Life & Science Publishing <http://www.mylsp.com>

Top 6 Essential Oils:

- Calendula, Clove, Frankincense, Lavender, Lemon, Thieves (aka OnGaurd, Shield, Bandit)
- Appalachian Valley, DoTerra, Rocky Mountain Oils, Young Living are all reputable manufacturers

Website/Free Resources:

- <https://www.catholicoilmom.com/essential-oils-webinar>
- <https://naturallivingfamily.com/category/healing-remedies/>
- <https://www.aromahead.com/courses/introduction-essential-oils>
<https://courses.aromaticstudies.com/introduction-to-aromatherapy/>

HEALING FOODS

Eating healthy meals and consuming particular foods for certain conditions can be simple, but powerful medicine.

Books:

- "Food- Your Miracle Medicine" by Jean Carper
- "Nourishing Traditions" by Sally Fallon

Website/Free Resources:

- <https://www.westonaprice.org/health-topics/>
- <https://foodismedicine.com/>
- <https://draxe.com/nutrition/food-is-medicine/>

HERBS & TINCTURES

Tincture-making allows you to preserve your medicinal herbs practically indefinitely so they are on hand when you need them.

Introductory Topical Shopping List *(continued)*

Books:

- "Herbal Antibiotics: Natural Alternatives for Treating Drug-Resistant Bacteria (2nd Edition)" by Stephen Buhner
- "Herbal Antivirals: Natural Remedies for Emerging & Resistant Viral Infections (2nd Edition)" by Stephen Buhner
- "Making Plant Medicine" By Richo Cech, best price <https://www.herbalreads.com/shop>

Top 4 Herbs to Tincture:

Chinese skullcap root powder, Cryptolepis root powder, Isatis leaf and root powder, Licorice root powder. Mountain Maus, Mountain Rose, Pacific Botanical and Herbie's Herbs are all good suppliers.

Other Equipment:

- 4-8 1/2-gallon jars
- 4 bottles 1.75L of 95% Everclear
- 10-12 bottles 1.75L of 40% vodka
- 1 quart or more Raw Local Honey

Website/Free Resources:

- https://ia803007.us.archive.org/18/items/RichoCechMakingPlantMedicinezLib.org/Richo_Cech_Making_Plant_Medicine%28z-lib.org%29.pdf
- <https://www.stephenharrodbuhner.com/articles/>
- <https://blog.strictlymedicinalseeds.com/blog/>

HOMEOPATHY

A long-standing medical practice based on the Law of Similars. Generally, sucrose pellets are administered orally that contain the remedy indicated. This can and has healed things as small as bloody noses, annoying allergies and life threatening as infectious diseases.

Books:

- "Homeopathy: An A to Z Home Handbook" by Alan v. Schmukler (not the Kindle edition) [Note: If you can only afford one homeopathy book, this is the one to buy]
- "The Banerji Protocols: A New Method of Treatment with Homeopathic Medicines" by Prasanta and Pratip Banerji
- "Additional Protocols from the Banerji Clinic" by Nimisha Parekh

Equipment:

- 1-4 bottles Hyland's Bioplasma tablets
- A 50 -100 remedy 30c and/or 200c kit.
- Bengal Allen, Boiron, Helios, OHM, Washington Homeopathic Products are all reputable

Websites/Free Resources:

- <https://joettecalabrese.com/category/blog/>
- <http://www.drdooley.net/Book.pdf>
- www.Hpathy.com
- <http://www.hajekhomeopathy.com/> (Kits and free classes)



Introductory Topical Shopping List *(continued)*

MOVEMENT

Specific movements can help to develop under-functioning parts of the nervous system. This can address a variety of issues including emotional, behavioral, learning, mental health, aging, attention and focus, and more.

Books:

- "Smart Moves" by Carla Hannaford
- "Playing in a Unified Field" by Carla Hannaford
- "Movements that Heal" by Harald Blomberg and Moira Dempsey
- "Educate Your Brain" by Kathy Brown

Websites/Free Resources:

- www.movementsolutions.us
- <https://centeredge.com/chapter-18>

SUPPLEMENTS

One our bodies, food and environment lack all the nutrients we need due to poor farming practices, over processing and toxins. Supplements can help you fill in nutritional deficiencies and realize a healthier life.

Top Supplements:

- Well balanced, bio-available multi-vitamin, Vitamin D3, Magnesium, Vitamin K2, Chaga Mushroom Powder, Quercetin, Zinc, Selenium, NAC Now Foods, Pure encapsulations, Raw Revelations are reputable manufacturers. More resources and suggested dosing information are listed on Steve's Front Porch.

Websites/Free Resources:

- <http://www.doctoryourself.com/>
- <https://stevesfrontporch.com/healing/healing-protocols/covid19-prev-n-prep-2/>
- Mercola.com has a lot of good information and sells good-quality supplements.
- SeekingHealth.com has some information on DNA flaws and how to treat them.
<https://www.seekinghealth.com/collections/multivitamins>

VITAMIN C

Properly-dosed Vitamin C, as a monotherapy, is the safest, most powerful, and broad-spectrum antiviral, antibacterial, and anti-toxin substance known to man. It works synergistically with most other therapies.

Books:

- "Curing the Incurable: Vitamin C, Infectious Diseases, and Toxins, Third Edition," By Thomas E. Levy, MD, JD, (2009 and 2011)



Introductory Topical Shopping List *(continued)*

Equipment:

- 2lbs (or more) of pure Ascorbic Acid (Vitamin C powder). Most readily available bulk Vitamin C is manufactured in China and/or dissolves slowly; this product from the UK is preferred by many.
<https://gmofreevitamins.com/product/ultra-fine-vitamin-c-powder-non-gmo-pure-ascorbic-acid-made-in-the-uk/>
- 30-90 grams (or more) of Liposomal Vitamin C in either liquid or pill form:
- **https://coremedscience.com/collections/all-products/ascorbic-acid?grid_list=grid-view**
- **https://intelligentvitaminc.com/cart/index.php?main_page=index&cPath=6**
- **<https://www.livonlabs.com/products/vitamin-c/>**
- (Allergy alert: the LivOn Labs formulation uses alcohol and soy-derived ingredients)
- Powdered sodium ascorbate is a more digestible form of vitamin C to take in high doses for
- people who experience GI discomfort with Ascorbic Acid. Liposomal is also a good option. Nutriotics is a good source.

Websites/Free Resources:

These papers describe how to properly dose Vitamin C to treat a wide variety of illnesses. Note that frequently the results are discussed in context of a specific administration method (orally in powder form, orally in liposomal form, intravenously, intramuscularly, etc.); the dosage amounts may not be directly translatable across these methods given that Vitamin C affects the body differently depending on the method used.

- **<http://vitamincfoundation.org/www.orthomed.com/titrate.htm>**
- **https://www.seanet.com/~alexs/ascorbate/198x/smith-lh-clinical_guide_1988.htm**
- "The recommended dose [for liposomal Vitamin C] is 1000-2000 mg taken 1-3 times/day, or more if under stress, e.g. a virus infection."
- See **<http://www.orthomolecular.org/resources/omns/v16n26.shtml>**
<http://vitamincfoundation.org/stone/>





Mick's Early Summer Foraging Diary

Comfrey (*Symphytum officinale*)

Comfrey is a perennial that is as beautiful as it is useful. Because of its gorgeous flowers, it could be used as a landscape plant (for those interested in having a medicinal garden that is "hiding in plain sight"). It can be harvested throughout the growing season, but it typically isn't harvested when it is in flower. Although individual leaves can be harvested before the plants are well established, one shouldn't cut all the leaves of a plant until it is well established. They may be used fresh or dried; and they may be made into tea, tincture, poultice, or salve. When drying comfrey leaves, dry them in a single layer with none of the leaves touching each other; and make sure that there is plenty of air circulation above and below the leaves. Even so, you might find that a lot of the leaves turn brown while they're drying, instead of staying a nice green. Don't use the browned ones for medicinal purposes; they will still be fine for animal feed, though (chickens, sheep, and goats love them).



There is a lot of controversy about whether comfrey can be used internally. Most of the herbal books and everything put out by the FDA makes it sound like the internal use of comfrey will absolutely kill you. It is true that comfrey contains alkaloids that can potentially harm the liver if taken internally. However, this is only a huge concern with the comfrey hybrids such as *Symphytum x uplandicum*. In fact almost all of the toxicity testing that has been done using various comfrey hybrids. True comfrey (*Symphytum officinale*) is very low in the problematic alkaloids; in fact, comfrey leaves were used as food in Europe for centuries. The roots are higher in alkaloids than are the leaves, but in true comfrey even the roots are low in alkaloid content. So to be safest, use only true comfrey and avoid the hybrids; and use the leaf rather than the root.

All of the above said, it is recommended that comfrey not be used either internally or externally during pregnancy or breastfeeding (if in need of comfrey while pregnant or nursing, use it homeopathically instead; it's known as *Symphytum officinale* homeopathically). If you have comfrey growing at your home and you're not sure if its true comfrey or a hybrid, one way to figure it out is to determine how it spreads. All comfrey spreads in clumps, the same way that chives do. However, true comfrey also spreads via seeds that will germinate and cause plants to pop up all over your garden or yard. The hybrid comfrey sets seed, but the seeds are sterile; thus it won't show up anywhere except exactly where you planted it.

Mick's Early Summer Foraging Diary *(continued)*

As far as the uses for comfrey, it is excellent for the healing of shallow cuts, abrasions, broken bones, burns, bruises and injured ligaments and tendons. It can be made into a poultice for drawing out splinters, infection, and venom from bites and stings; and the salve is useful for both healing and for pain relief.

Mullein (*Verbascum ol ympicus*, *Verbascum thapsus*)

Mullein loves sandy soil and will grow and self-seed like crazy where the soil is sandy. It really doesn't like clay; so if you have clay soil but want to grow mullein, consider either making a bed (raised or otherwise) that is amended with a bit of sand. Every part of the plant is useful medicinally, except for the seeds (which are toxic). The plant is biennial, so it flowers in the second year and then dies. The flowers are useful for making an oil that helps to heal ear infections. The dried mullein flowers are usually combined with garlic and then steeped in warm olive oil for a period of time. When harvesting mullein flowers, only harvest the top third or so of the flower head so that the rest of the head can set seed and hopefully reseed the plant.



Mullein leaves can be harvested during the first year of growth, or in the second year before the plant sends up its flower stalk.

They may be used fresh or dried, but they are pretty difficult to dry because they are so thick. I have read that if you slice them down the midrib, they dry better. Medicinally, the tea is preferred to the tincture. If you wish to tincture the dried leaves, they must be powdered first. (Dried cut-and-sifted mullein is so absorbent that it sucks up way more liquid than other dried herbs; so you'd have to add so much liquid that you'd end up with a tincture that is quite dilute, and thus not as strong as a tincture made from powdered leaf). Mullein leaf is useful for pretty much any illness affecting the lungs or the throat. It is excellent for colds, coughs, sore throats, pneumonia, bronchitis, pertussis, and asthma. For mild to moderate asthma attacks, the leaves can be burned and the smoke inhaled in order to try to open the constricted airways.

Mullein root is excellent for bedwetting in children and for urinary incontinence in people of all ages. The root is dug in the fall of the first year, or in the spring of the second year before the plant sends up its flower stalk.



Mick's Early Summer Foraging Diary *(continued)*

St. John's Wort (*Hypericum perforatum*)

St. John's wort is so named because it flowers right around the feast day of St. John the Baptist, which is June 24. So that's how I remember when to harvest the plant. (I see June 23 on my calendar and I'm like, "Oh, I have to harvest my St. John's wort tomorrow!") You harvest the flowers and the top few inches of leaves and stem. It is best tintured fresh, or made into an oil or salve when still fresh because it loses its medicinal properties quickly once dried.



St. John's wort is in the class of herbs known as nervines, which work on the nervous system. It is excellent for pain relief, particularly in nerve-rich parts of the body. It has long been used for depression, and it may help with Seasonal Affective Disorder (do not use if taking pharmaceutical antidepressants). It can also be used as an antiseptic on cuts, scrapes, and wounds.

In some people, St. John's wort can cause photosensitivity (either from using it internally or even from just harvesting the plant), so this is something to be aware of and watch out for.

St. John's wort is a perennial and is fairly hardy. However, it does not compete well with weeds or other plants; so if you plant it, make sure to keep it well weeded.

Purple-flowered Oregano (*Origanum vulgare*)

Oregano is perennial. *Origanum vulgare* is a different species from culinary oregano. The way you tell the difference is that culinary oregano has white flowers, whereas those of *Origanum vulgare* are purple. (This doesn't mean that culinary oregano is medically useless, but it is weaker than the purple-flowered variety.) Being a member of the mint family, Oregano spreads by both runners and seeds; so either plant it where it has room to run, or find a way to contain it so that it doesn't take over your garden.



The aerial parts of the plant are harvested when in flower, and they can be used fresh or dried. Tea, tincture, poultices, and salves are all good ways to use it. The plant has antibacterial, antiviral, antiseptic, antifungal, and anthelmintic (antiparasitic) properties; so it is useful for a wide range of ailments (colds, flus, wounds, cuts, scrapes, indigestion, and so on). The tea and tincture are a wonderful antiseptic (dilute the tincture before using on broken skin, or it will hurt like the dickens). Oregano can also be used in food preservation.



Mick's Early Summer Foraging Diary *(continued)*

Garlic (*Allium sativum*)

Garlic is perennial, is easy to grow and is not fussy. In my experience, it even competes pretty well with weeds. There are hardneck varieties (which set little garlic bulbils on the top of "flower stalks" each year) and softneck varieties (which do not set bulbils). I grow the hardneck varieties. Although they cannot be braided the way the softneck varieties can (you know the garlic braids that you see hanging in the kitchens of Italian families in the old movies), the hardneck varieties tend to store for longer periods. Also, the topsets can either be used for food or medicine; or they can be planted in order to rapidly increase the size of your garlic bed. Lots of people who grow hardneck garlic cut off the "flower stalks" (technically known as "scapes") before the bulbils set. This leads to the formation of larger garlic bulbs in the ground. The scapes can be used in cooking, or they can be used in floral arrangements.



Garlic is antibacterial, antiviral, antifungal, antiseptic, and anthelmintic. It helps with colds, flu, thrush, gastrointestinal infections, and UTIs. For these purposes, it is usually used raw. It is also good for asthma, hay fever, heart conditions, poor circulation, and high blood pressure, for which purposes it is usually used cooked. For topical use for cuts, scrapes, and wounds, it can be made into a poultice; or a bulb can be cut in half and simply rubbed on the wound (this will sting). Garlic is considered to be prophylactic against the flu and against cancer.

As mentioned above, garlic is good for ear infections (either used alone or with herbs such as mullein or willow bark). It can be made into an infused oil for such purposes; but if one is in a hurry, it might be worth squeezing a few drops of fresh juice into the infected ears while waiting for the oil to infuse.

For fresh use, garlic should be peeled, chopped or crushed, and then left in the open air to rest for maybe 10 or 15 minutes. This is because certain enzymes are released by this process, and the enzymes are useful for healing. For those who don't like the taste of garlic or who get digestive upset from it, it can be made into a strong tea and used as a hand or foot soak. The soak should be made with water that is as hot as can be tolerated, and the hands or feet should be soaked until the water has cooled. I have read that within 5 or 10 minutes of starting the soak, the garlic can be smelled on the person's breath.

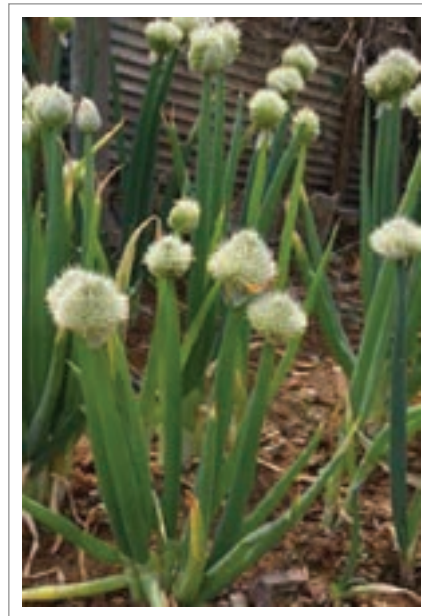
Incidentally, garlic leaves can also be used for culinary or medicinal purposes, although they're not as strong as the bulbs or topsets. Garlic is also useful in food preservation.



Mick's Early Summer Foraging Diary *(continued)*

Onion (*Allium cepa*)

Onions are medicinally useful raw or cooked. Yellow onions are medically more useful than white or red onions; and the more pungent the onion, the better (sweet onions like Vidalias are yummy but medicinally pretty useless). I can't imagine using onions for tea, but they can be used as a poultice for wounds (raw) or chest infections (cooked; directions are in Richo Cech's book "Making Plant Medicine"). The leaves can be used as well as the bulbs, but the leaves are weaker. (The leaves can also be used like chives for culinary purposes; and chives have medicinal properties similar to those of onion leaves).



Two of my favorite ways to use onions are as slices applied to the feet during illness, and cut in half and placed on a plate in a sickroom. First, the sickroom application: When someone is pretty ill, or even just beginning to come down with a cold or something, we get 2 (if huge) to 4 (if small) onions, peel them, cut them in half, and put them cut-side-up on a plate. We set the plate near the sick person in the sick room. If the person has a sore throat, or a chest infection, or a sinus infection, we take the newly cut surface of the onion and rub it all over the infected area (throat, chest, forehead, nose, cheeks, whatever). The onion juice soaks in like an essential oil and jump-starts the healing process. This onion-juice-smearing can be done as often as necessary. The cut onions will also both pull germs out of the air and put their essential oils into the air (much like a diffuser will). Replace the onion halves every 8 - 12 hours, depending on how sick the person is.

The second way we use onions when someone is pretty sick is to slice them in rounds like you would for hamburgers, and then cover the soles of the feet with them. Pull on a pair of socks; and change out the slices every 6 - 8 hours, depending on how sick the person is.

For ear infections: You can cut an onion and squeeze a few drops of the fresh juice into the ears.

Ordinary onions are biennial. It's tricky to save seed from them, and they are kind of a pain to start from seed. Onion seed is also very short-lived; it is only viable for about a year. So for those interested in growing onions for culinary or medicinal use, perennial onions are a good choice to consider. My favorite varieties are the Egyptian walking onion and the yellow multiplier onion (also called the yellow potato onion).



Mick's Early Summer Foraging Diary *(continued)*

Thyme (*Thymus vulgaris*) Thyme is perennial.

Thyme is perennial. From what I have read, English broadleaf thyme is the best medicinal variety to grow in USDA Zone 6 and warmer; and German winter thyme is the best variety for Zone 5 and colder. The German winter thyme does well here in Zone 5A. But thyme is kind of fussy; it doesn't like to be dug up and moved around the garden, and it gives up the ghost entirely if weeds even look at it funny. But if you keep it weeded and baby it a little, it will be a very productive plant for you. It is definitely one that I wouldn't want to be without.



Thyme can be used fresh or dried, and usually as a tea or tincture; and it is the aerial parts that are harvested. I have made tincture from it, but I almost always use it as a tea (the exception is when I use the tincture for topical applications such as cuts, scrapes, and mosquito bites). It is a nervine herb, so it is good for pain and for headaches, including migraines. It is antibacterial, antiviral, antifungal, antiseptic, and anthelmintic. As an expectorant, it is good for congestion in the lungs; and as a decongestant, it is good for nasal congestion. It is prophylactic for the flu, and it is good for all sorts of respiratory illnesses (colds, flu with respiratory symptoms, bronchitis, pneumonia, pertussis, asthma). It's also helpful for gastrointestinal infections, diarrhea, and UTIs.

Thyme should not be used medicinally during pregnancy.

The best sore-throat remedy that I know of is a tea made from thyme. You use 2 teaspoons of dried thyme and 1/4 teaspoon of sea salt. Cover with 8 ounces of boiling water, and steep until cool enough to gargle with. Use about 1/4 cup at a time, and gargle until the 1/4 cup is gone (should take about 5 - 7 minutes; swallow after gargling).

Tulsi, Holy Basil, Sacred Basil, or Indian Basil (*Ocimum tenuiflorum*, formerly *Ocimum sanctum*; *Ocimum africanum*; *Ocimum gratissimum*)

Tulsi is in the class of adaptogenic herbs, which are herbs that help the body adapt to stress of whatever kind (lack of sleep, worry, overwork, illness, grief, etc.). It can be grown in much of the country; but except in warm climates, it should be treated as an annual instead of the perennial that it is in its native range. Even so, the aerial parts can be harvested two or three times during the growing season even in Zone 5.



Mick's Early Summer Foraging Diary *(continued)*

Tulsi is useful in all kinds of acute illnesses (colds, flus, indigestion, diarrhea, bronchitis); and according to Richo Cech, "[it is] considered to be prophylactic against epidemics, such as cholera, influenza, and malaria." He continues, "Used on a regular basis, as tea or tincture, holy basil is likely to be prophylactic against prostatitis, cancer, and leukemia...."

This is one of the herbs that I put in my daily tea, of which I try to drink 3 - 4 cups every day but Sunday (because the body needs a weekly rest from medicinal herbs that are taken for an extended period). I can definitely tell when I run out and forget to reorder because when I haven't drunk it for a while, I tend to "succumb" to the busy-ness of life more easily and I get more colds and such.





Mick's Spring Foraging Diary

April 28, 2023

Marilyn asked me to write something about the herbs that are ready for harvesting in many parts of the country (or hopefully will be ready in the Northern reaches soon). Herbs to look for now are dandelion, plantain (if you're south of, say, Columbus OH or Indianapolis), nettles, violets, cleavers, chickweed, burdock, and purple deadnettle. Throughout the course of the day, I will send a blurb about each of these herbs, which part of the plant to harvest, and what you can do with it. I'll start with violets.

Several species of violets are used medicinally. Around here, we have *Viola odorata*. Violets can be harvested throughout the year, but they are ready for harvest in early-to-mid spring in much of the country. The flowers, leaves, and stems can all be used medicinally. They are also edible and can be used raw or cooked. The easiest way to harvest them is to grab a handful and cut the stems with a hori hori or other long-ish garden knife. They can be tinctured fresh or dried (dried is easier), or they can be dried for use as a tea. You can dry them in an electric dehydrator, or simply by laying them flat in a single layer on a tray, in a shallow box or basket, or on a bedsheet spread on the floor of a spare bedroom. Violet tea or tincture is excellent for all sorts of respiratory ailments: sore throats, coughs, bronchitis, pneumonia, whooping cough, etc. And a syrup made of the leaves and/or flowers is a wonderful cough syrup. Violet also has other uses such as treating hives, cradle cap, and some oral cancers. Below are some pictures of the violets I harvested this morning just before it started to rain.



Violets

Mick's Spring Foraging Diary *(continued)*



Violets



Dandelion



Plantain

I'm not planning to leave the violets on the sheet; I'm just spreading them out for the dew to dry off of them. After that, I'll put them on some dehydrator trays that I'll stack up on my son's desk in his room (hey, the school year is almost over, and he barely sits at the desk anyway).

Next: Dandelions. They can be harvested throughout the growing season. The buds, flowers, leaves, and roots are edible (the leaves are delicious cooked with milder greens such as pigweed, lambsquarters, kale, or collards); and the leaves, roots, and stems are used medicinally. Grabbing a handful of leaf and cutting the stems with a garden knife is a quick way to harvest. The flower stems can be eaten sparingly in order to do a spring "detox." The latex from the flower stems is said to be good for dissolving warts when applied topically for several days. Dandelion leaf and root are good for the liver and gall bladder, and for detoxifying the body from all sorts of stuff. Dandelion leaf tea or tincture is very good for helping the body detoxify from spike proteins to which one has been exposed either through the vax or through shedding. Dandelion is a tonic herb and is safe for general consumption. But it is a diuretic; so if someone is taking pharmaceutical diuretics, they should probably not also take dandelion. Also, dandelion shouldn't be taken too late in the day... the French don't call it "pis-en-lit" (pee-the-bed) for nothing.

Plantain: Our plants are so small right now that I didn't bother taking any pictures. But there are two types of plantain that are common in the US: broadleaf (*Plantago major*) and narrowleaf (*Plantago lanceolata*). There are medicinally interchangeable, but the broadleaf is more desirable simply because it gives you "more bang for your buck" (the leaves are a lot bigger, which means that collection and processing is a more efficient process). Also, narrowleaf plantain is easy to confuse with hawkweed. (If anyone is interested in figuring out how to tell the difference, I can explain it in another note). The leaves and seeds (psyllium) are the parts that are used medicinally...



Mick's Spring Foraging Diary *(continued)*

fresh or dried, tea or tincture. Some people say that plantain is edible, but I've never been that hungry. One way to use plantain fresh is to make a "spit poultice" that can be applied to insect bites and stings: you chew up a leaf and then plaster it onto the bite or sting. It will draw out the toxin and relieve the pain and swelling. Plantain makes a great "drawing salve" or drawing poultice for bites, stings, splinters, and infection. It is useful to strengthen teeth against tooth decay. And if you can't buy a multivitamin, it is excellent as a tea or tincture in combination with herbs like dandelion, violet, nettles, and alfalfa. It's good for so many things that I'd have to write a paper to go into them all. Check out Richo Cech's book, or Joyce Wardwell's book (*The Herbal Home Remedy Book*) for more details.

Nettles (*Urtica dioica*): Wear pants, long sleeves and gloves when harvesting these, because it will sting and burn anywhere that the leaves touch you even a little bit. Harvest the aerial parts of the plant before it goes to seed (after going to seed, the plants produce a substance that is not good for people to consume). If you harvest the leaves and stems when the plants are only 6-8 inches tall, you can harvest several times before the plants flower. Dry the stem and leaf entire, and then strip the leaves once the plants are dry. The books say that nettles lose their sting once they are dried. The books lied. Dried nettles are just as mean as the fresh ones; so wear pants, long sleeves, and gloves when stripping the dried leaves from the stems. Nettles can be made into tea or tincture. It is excellent for hay fever, whooping cough (mix with thyme, violet, and mullein if you have them), for pregnant women (it is full of vitamins and minerals), and nursing mothers (it promotes breastmilk production). Nettles can also be eaten as a cooked green; if you cook them, save the cooking water and drink it as a tea. (You wouldn't do this with all greens that are cooked and then eaten. For instance, you would discard the cooking water for plants that are high in oxalic acid--such as lambs' quarters or spinach--or high in goitrogens--such as cabbage, kale, and the other members of the cabbage family.). The tea and diluted tincture are also useful externally for cuts, wounds and burns. As always, see Cech and Wardwell for more information.



Stinging Nettle



Mick's Spring Foraging Diary *(continued)*

Chickweed (*Stellaria media*): This herb grows abundantly on our property, but I have never used it. It is both edible and medicinal. Supposedly it's pretty tasty. The aerial parts are used, fresh or dried. Like plantain, it can be made into a drawing salve or drawing poultice. Some of the conditions for which it is useful are eczema, hives, arthritis, gout, hemorrhoids, gastritis, burns, ulcers, sore throats, asthma, bronchitis, and pleurisy. Hmmm... maybe I should harvest some this year...

Stinging nettle is *Urtica dioica*; purple deadnettle is *Lamium purpureum*. Stinging nettle is called that because it stings; purple deadnettle is called "dead" because, although the leaves look similar to those of stinging nettles, they do not sting. Both plants are ready for harvest in the spring. But they are easy to tell apart because purple deadnettle has pretty little purple flowers and a purplish tinge to the upper leaves of the plant even during the early-to-mid spring; whereas stinging nettle has bland, inconspicuous flowers and doesn't get purplish until much later in the season. Stinging nettle also grows several feet tall, whereas purple deadnettle tops out at about 12-18 inches (I've never seen it taller than a foot). Both plants are edible (although I can't imagine eating the deadnettle because I don't like the way it smells); and both are excellent medicinals. But they are used very differently. One must be sure not to confuse purple deadnettle with a very similar-looking plant called henbit (which is easy to confuse with both purple deadnettle and ground ivy/creeping charlie. For a good article on the differences amongst the three, see <https://unrulygardening.com/henbit-vs-purple-dead-nettle/>). Regarding the medicinal uses of purple deadnettle, here is the entry from Maud Grieve's "A Modern Herbal": "The herb and flowers, either fresh or dried, have been used to make a decoction for checking any kind of haemorrhage. The leaves are also useful to staunch wounds, when bruised and outwardly applied. The dried herb, made into a tea and sweetened with honey, promotes perspiration and acts on the kidneys, being useful in cases of chill." The aerial parts of the plant are harvested, and are used fresh or dried.



Chickweed



Purple Deadnet



Mick's Spring Foraging Diary *(continued)*

Burdock (*Arctium lappa*): Burdock leaves (when they're young), stalks, and roots are all edible; and the leaves, seeds, and roots can be used medicinally (the seed tincture should not be used during pregnancy). The leaves and roots can be used as a drawing poultice for poisons/venom, splinters, infection, etc. It helps the body to detoxify. But it should be taken simultaneously with a diuretic herb such as dandelion; otherwise, burdock will cause the toxins to be eliminated from the body through the skin (and, therefore, pustules). A diuretic will allow the toxins to be eliminated through the urinary tract. Burdock is useful for conditions such as psoriasis and other skin problems, cysts, ulcers, measles and chickenpox, digestive problems, impetigo, staph infections, candida, and urinary tract infections. For medicinal purposes, both the leaf and root should be harvested in the first year; or in the spring of the second year, before the plant sends up its flower stalk. The leaves are used fresh; the root can be used fresh or dried; but the preferred use (for both tea- and tincture-making) is dried.

Because the root contains a good bit of beneficial mucilage, one must be careful when straining the tincture so as not to strain out the mucilage with the rest of the solids. For that reason, this is one tincture that it might be worth making with cut-and-sifted dried root rather than with powdered root. Season, so the seed pods don't develop until well into the growing season (by which time we have usually stopped feeding burdock to the animals).

My husband thought I had lost my mind several years ago when I told him to stop killing the burdock that was growing in several parts of our property (back yard, side yard, edge of the garden, other places). He changed his mind when we had a drought a couple of summers later. The pasture was dead, and the sheep had eaten all the grass in the yard. But the burdock was green and lush and huge, so my husband started cutting it and feeding it to the sheep and goats. They loved it, and we loved the fact that the burdock grows back after it's cut. That burdock really helped cut down on the amount of hay that we had to feed the animals that summer, and it made my husband a believer in the value of weeds vs. landscaping plants. I harvest the leaves even after the seed pods start to develop; the leaves will be a bit less nutritious that way, but the animals don't seem to mind. But what often happens is that we cut the same plants a few times during the season, so the seed pods don't develop until well into the growing season (by which time we have usually stopped feeding burdock to the animals).



Burdock





MyCatholicDoctor.com

Telemedicine

My Catholic Doctor.com, is grouped by States. Some doctors have multiple State licenses and all follow Catholic teaching. Various states have access to the following specialties and skills:

- Doctor (MD)
- Gerontologist
- Emergency Medicine & Primary Care Physician
- Primary Care Physician
- Palliative Care Physician
- Family Practice Physician
- Pediatrician
- Family Nurse Practitioner
- Physiologist
- Psychiatrist
- Caregivers for Seniors
- Certified Health Wellness Coach
- Priest (Doctor of Pharmacy) – Ethics
- Registered Dietician, Nutritionist

Telemedicine – My Catholic Doctor.com - Fees - \$59 - \$199 depending on complexity. This is very competitive when compared with rates for “Walk In Medi Centers”. Booking can be done online. Good coverage across the USA. Suggest setting up an appointment with a doctor in your area, in advance of needing medical care for your family. These doctors understand the ethics of vaccines and medicines, as it relates to Catholic teaching. Please support these professionals so that this group can grow and prosper, during these challenging times ahead. Very ethical group of professionals.

Not all States have as many physicians registered. As demand increases, more staff will be able to be brought on, to service new patient growth.

Online Pharmacy Prescription Opportunities

CostPlusDrugs.com

Online pharmacy cuts out the middleman. Cost plus drugs – Mark Cuban has gone wholesale – direct pay, no insurance (Mark Cuban) – Remove the big companies. Local compounding pharmacy with direct pay. No designer drugs. Good for fixed income.

AllDayChemist.com

Inexpensive drugs are from Indian pharmacies. No prescription required – All Day Chemist, Ivermectin is cheaper. Need a digital payment system. California office, New Jersey sells into the USA. Join a Direct Pharmacy Care (DPC). No supply chain shortage yet. Start with a supply suitable for 90 days. Direct Pharmacy Care (DPC) is the best direction.

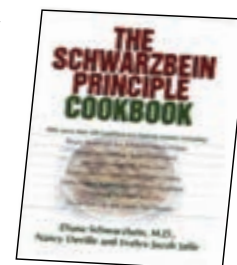
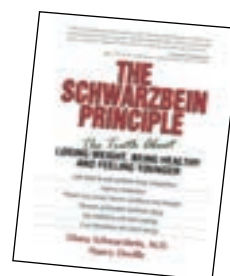


Options for Managing Diabetes

If you or a loved one struggles with diabetes, adding some of the following suggestions to your daily routine could help reduce dependence on insulin and other drugs over time. Do not stop taking your prescriptions and work with a qualified professional if possible. There is hope!

Dietary Options

- <https://www.westonaprice.org/health-topics/understanding-managing-type-2-diabetes/#gsc.tab=0>
- <https://www.westonaprice.org/health-topics/modern-diseases/treating-diabetes-practical-advice-for-combatting-a-modern-epidemic/#gsc.tab=0>



Read "The Schwarzbein Principle" by Diana Schwarzbein.

"ketoCONTINUUM: Consistently Keto Diet For Life" by Annette Bosworth AKA Dr. Boz.



Learning about becoming metabolically flexible (essentially being able to intermittent fast without trouble) is the best way to get out of being diabetic and avoiding many long-term degenerative diseases. Stop eating the standard processed American diet. Dr. Mercola (<https://www.mercola.com>) and Dr. Berg (<https://www.youtube.com/@DrEricBergDC>) are also great resources.

Homeopathy Options:

1. Homeopathic Helonias 200c, liquid or water dose* twice daily (morning and evening) and Cephalandra indica (also known as Coccinium grandis. Colloquially, the herb is known as bimba and ivy gourd.) mother tincture, 5 drops in water, twice daily, noon and night.
or...
2. Homeopathic Nat Mur 30c, twice daily and homeopathic Chininum sulph 3c twice daily and Vitex neg mother tincture (please note Vitex negundo is impossible to find in the US, and I'm not sure if chasteberry (Vitex agnus-castus) can be substituted), 5 drops in water, twice daily.
or...
3. Homeopathic Helonias 200c, Iodum 200c, Insulinum 3c all once daily and Syzygium jambolanum mother tincture 5 drops in water twice a day. If you can't find Syzygium mother tincture you can use Syzygium 3c or 6c twice daily.

Gestational Diabetes: use homeopathic Helonias 200c once daily.

More Homeopathic information:

- <https://joedelivera.com/?s=diabetes>
- <https://corac.co/2023/03/29/how-to-cure-type-2-diabetes-virtual-class/>
- <https://www.daveshealingnotes.com/adult-onset-diabetes-type-ii-natural-remedies/>

Options for Managing Diabetes *(continued)*

Herbal Options

Most of the berberine supplements on the market seem to be made from *Berberis aristata*, which is not usually sold at herb houses. However, *Berberis vulgaris* (Barberry) is widely available and is also useful for diabetes. The tincture is easy to make and would be a lot cheaper (and have a much better shelf life) than Berberine supplements.

There are also other herbs that are useful for diabetics: Ivy gourd (*Cephalandra indica*/*Coccinia grandis*), *Syzygium jambolanum*, Bitter melon (*Momordica charantia*), *Agaricus blazei* mushroom, Chaga mushroom, and Ceylon cinnamon (*Cinnamomum verum*/*Cinnamomum ceylanicum*). All of these herbs are available from reputable herb houses in the US and Canada.

Cephalandra indica (which is how it is known homeopathically) and *Coccinia grandis* (which is how it is known herbally). Colloquially, the herb is known as bimba and ivy gourd. Incidentally, this plant can be grown in most of the US. A perennial in places like CA and FL; but treated as an annual in colder regions. The tincture is fairly expensive to buy; OHM and Herbie's Herbs are the only places I know that carry it. But it is inexpensive and easy to make. If you would like more information on making your own tinctures contact your regional health and wellness coordinator.

Tincture Recipes

Berberis vulgaris (Barberry) tincture is made with the dried root, in a 1:5 herb-to-liquid ratio, with the liquid being 50% alcohol. Vinegar must be added for the extraction of the alkaloids. *Coccinia grandis* tincture is made with the dried leaf, in a 1:5 leaf-to-liquid ratio. The liquid is 25% alcohol, and vinegar must be added in order to extract the alkaloids. *Syzygium jambolanum* tincture is made in a 1:5 seed-to-liquid ratio, with the liquid being 65% alcohol. Vinegar must be added for extracting the alkaloids.

Where to buy?

Coccinia grandis leaf powder:

<https://lotus-factory.com/ivy-gourd-leaf-powder-coccinia-grandis/>

Syzygium jambolanum tincture is available from OHM and Herbie's Herbs

Syzygium jambolanum powdered seed (and you want seed rather than leaf) is available from Herbies:
<https://herbies-herbs.com/jambul-p1021>

*Learn more about water dosing <https://corac.co/2022/05/02/water-dosing-homeopathy/>





Radiation Poisoning

Homeopathy: Take 1-5 pellets as a dose. In most cases, take as often as needed (every 5-30 minutes) reducing the frequency as symptoms improve (every 1-3 hours, 2-3 times a day), unless otherwise specified. If you see no improvement after 4 doses try a different remedy. If you are running low on a remedy, put the pills in water and take 1 tsp of the water as a dose. If you don't have the mentioned potency, but the remedy is a good match, use the potency you have.

Rad Kit Remedies:

Cadmium Sulphuricum 30C, 200C, or 1M: There is a lot of exhaustion, prostration and icy coldness. There is violent nausea, retching, vomiting, anorexia, weight loss, and hair loss. Person may vomit right after taking this remedy, but should feel better after doing so.

Cobaltum 30C, 200C, or 1M: Blurred vision, humming noise in ears, dryness, itchy, sore and bruised feeling.

Radium Bromatum 30C, 200C, or 1M: Use for burned skin, skin eruptions, skin ulcers or arthritis after exposure to radiation. Use as often as needed. Reduce use as symptoms improve.

Rhus Venenata 200C: extreme itching, especially if large blisters form.

Strontium Carb 200C: Deep muscle and joint pain, spasms. Feeling faint, headache with vertigo, loss of appetite, heartburn, nausea

Sol 200C: Hair loss in clumps and emaciation. Try this remedy if Cadmium Sulphuricum seems indicated but has no effect.

Uranium nit 200C: inability to hold any food down, to the point of emaciation. Buildup of fluid in the abdominal cavity. Exhausted from fighting, so much so, that mental capacity is compromised from battling to stay alive. May not be able to hold urine without pain.

X-Ray 200C: good for burns or other skin conditions.

***Kali iodatum 3X:** Temper, violent headache, watery discharges, noise in ears, purple spots or boils on skin. Can be taken up to 3 times per day, or put in water and sipped as needed. *Always do 5 days on, 2 days off in 3X & 6X potencies.

Radiation Poisoning *(continued)*

Other possible remedies that you have from your regular 30C & 200C kits:

Arnica 30c, 200c, or 1M: for the immediate effects like shock and bruising.

Arsenicum 30c, 200c, or 1M: Anxiety, restlessness followed by weakness, chills and a desire for frequent small sips of water, feeling like you have been poisoned. Nausea, retching and vomiting after eating and drinking. Utter prostration. Extremely anxious and fearful.

Nux Vomica 30c, 200c, or 1M: Constant/Violent vomiting, intense nausea slightly relieved after vomiting. Sensitive to everything. Can be very crabby and sensitive to noise, touch, people around them, the least thing aggravates.

Phosphorus 30c, 200c or 1M: High fever with much vomiting. It is a burning heat as if the internal body is being burnt. Desire for very cold drinks in large quantities. Empty feeling in the stomach with nausea. Anxious and melancholic. Feels completely weak and weary from loss of vital fluids or who feels so tired he has become apathetic and barely reacts to what is going on around him. Hollow, sunken eyes. Hair loss in spots. Bleeding issues.

Ruta graveolens 30c: Protects the cells from damage after exposure to radiation, generally taken once per week.

The cell salts of Calc fluor 6x and Nat mur 6x taken all day in water will support your body in eliminating toxins and helping to protect the thyroid and bones. This can be taken in addition to other remedies that are indicated. *Always do 5 days on, 2 days off in 3X & 6X potencies.

If other remedies seem indicated such as Apis, Chamomilla, Ipecac, Phos Acid, Tabacum or any other remedy whose symptom picture fits.

For radiation burns: Cantharis, Calendula, Sulphur in 30c, 200c, or 1M.

Other Home Remedies:

Baking Soda: Adding ½ of a cup of baking soda and ½ of a cup of sea salt or Epsom salt in a bath and soaking for 20-45 mins will help to draw the radiation poison out of your system.

Black walnut tincture can also be used as an alternative source for iodine if you don't have any other sources. Paint the iodine on your knees or wrists, similarly to how you would use Lugol's or other external iodine supplements. It is not recommended you take this internally to help with radiation poisoning.



Radiation Poisoning *(continued)*

Bentonite clay can also be used 1 cup full in a hot bath to draw out toxins for 20-40 mins or a clay pack (mix the clay with warm water for a thick consistency) and cover a foot or hand for 10-20 mins or until the clay dries. Then rinse off with warm water. Repeat this process with a different hand or foot each day.

For radiation burns: (See remedies listed above.) You can also apply aloe vera directly from the leaf onto the wound. Calendula cream is also effective for topical treatment for radiation burns.

Coconut Oil is good to add to food and drinks during the recovery from a radiation event to support your thyroid.





Remedies for Intussusception

From the Cleveland Clinic: "Intussusception is a condition in which one segment of intestine 'telescopes' inside of another, causing an intestinal obstruction (blockage). Although intussusception can occur anywhere in the gastrointestinal tract, it usually occurs at the junction of the small and large intestines. The obstruction can cause swelling and inflammation that can lead to intestinal injury. The exact cause of intussusception is unknown. In most cases, it is preceded by a virus that produces swelling of the lining of the intestine, which then slips into the intestine below. In some children, it is caused by a condition that the child is born with, such as a polyp or diverticulum."

Note from a conventional medical professional from the H&W team: The rotavirus vaccine has intussusception as one of its major side effects.

Intussusception is a medical emergency. This article discusses the homeopathic remedies Opium, Plumbum met, and Veratrum album for treatment:

<https://www.rajeevclinic.com/disease/gastroenterology-1/intussusception-398.html>

This article gives brief symptom pictures for Opium, Plumbum, and Veratrum album; but it also lists Aconitum (30C - 1M) as a possible treatment for intussusception:

https://knowhomeopathy.com/09_intussusception_of_bowels.php

This doctor used Arsenicum 200, in water doses as needed, to successfully treat intussusception in a 7-month-old baby:

<https://www.facebook.com/drsamadhanlghule/posts/cured-case-of-intussusception-case-is-presented-by-drsamadhan-ghule-male-baby-of/910967988979823/>

From a member of the H&W team: "I just got out Murphy's MetaRepertory and looked up intussusception in the Clinicals chapter (p.2314). It says, 'See Intestines.' So I went to the Intestines chapter. On p. 1292, I found over 3 dozen remedies listed under the rubric 'Intussception'; and there are also 8 subrubrics. In alphabetical order, here are the top five remedies listed under the rubric: Arsenicum album, Colocynthis, Opium, Plumbum, and Veratrum album. The subrubrics would be helpful in narrowing down the remedy choice(s), depending on the particular symptoms; and a materia medica would be necessary to finalize the remedy choice(s)."



Reservations About Homeopathic Remedy Making Machines

Discernment Required

Some months back, we had a discussion about radionics machines, which are marketed as having the ability to make homeopathic remedies. The way the discussion ended was that I said that I wasn't comfortable with those machines; and that as a team, I'd prefer that we stick to either buying remedies or grafting them. Below is an exchange I had with a lady I'll call "Jane" I thought I would share.

"Hey Mick. Have you used bionetix or radionics in homeopathy?"

"As far as your question goes, I do not use a bionetix or radionics machine. They make me nervous (or, more accurately, they cause me to be spiritually unsettled, so to speak)."

Jane: "Oh, that is interesting with that machine. I am hearing it works very well for making medicines but I am being a techy nerd trying to figure out how a plastic bottle full of medicated pellets can transform into a glass bottle full of blank pellets without bringing over the plastic too. I thought you would be the person that could help me understand. Spiritually unsettled sparks my interest!"

Mick: "Well, that's the rub... from a scientific, "techy" perspective, there's no way the machine can work. I have had it explained to me by three people who have them and use them a lot; and none of them can explain how it works. It doesn't work on the basis of chemistry. It doesn't work on the basis of physics. Homeopathy is physics-based, and is thus based in sound science. But when they told me that you can write the name of a remedy on a piece of paper and generate a remedy, or "broadcast" a remedy to someone at a distance... there is no way that that is scientifically possible. As a Christian, I believe in the power of prayer and in miracles. But a machine is not a vehicle for prayer or miracles; and when the machine supposedly generates a "miracle" by sending a remedy through space and time to someone or by turning a word on a piece of paper into a remedy... this, to me, smacks of the occult and thus of demonic activity. I don't mean to sound harsh or alarmist, but I am very wary of all forms of occult influence. It's probably because of my great-grandmother. I'll explain: Just as there are physical and psychological miasms that get passed down through family lines, I believe that there are spiritual "miasms" that can pass through generations of a family. My great-grandmother was black and Cherokee. She was a medicine woman, and she was also heavily involved in the occult. Her son, my grandfather, became a 33rd-degree Freemason; two of his daughters (my mother's sisters) are members of the Eastern Star and are devotees of astrology. My mother escaped all that, but not without battle scars.

Reservations About Homeopathic Remedy Making Machines *(continued)*

And the way this spiritual "miasm" seems to have affected me is that ever since I was a young child, I have had (for lack of a better way of putting it) a spiritual sensitivity toward and abhorrence of anything influenced by the occult. This includes books, movies and TV, music, art, games (like D&D), you name it. This spiritual sensitivity often causes an unsettling in my interior (my soul, if you will) when I'm exposed to something occult, and this has kept me out of a lot of trouble in my lifetime. Anyhow, when I first started hearing about the radionics machines, I was skeptical (techy nerds like you and math geeks like me need hard and fast evidence, no?). But the more I learn about the machines, the more and more I get that unsettling in my soul. Is this 100% proof that the machines "work" because of occult/demonic influence? No; but it's enough for me to want to keep my distance from them. I apologize for the long-winded answer, but there's no short-winded way to explain my reasoning."

So the bottom line is that, whereas before I only had suspicions about the radionix/bionetix machines, I'm now pretty convinced that they are demonically influenced. I will never own one or use remedies that have been made on one. Everyone, of course, must do their own due diligence and prayerfully discern; but this is the conclusion that I have reached.

Additional thoughts:

"I would take your intuition very seriously and would be wary... I think our objections to this will necessarily be more intuitive, based in that sense you have of possible occult influence, or in my case on the sense that we can move from a right use of power (in materials, in words) to a grasping for power that gets disordered as it gets more and more abstracted from "grounding" in person, in substance...wanting the power more than a good end it might accomplish. In the case of transmitting a word of power via some technology, you can't help but feel that diabolical reduction of Word to means being used without recourse to the One who is Word...a reduction of prayer that eliminates the One prayed to. Anything can tempt us to 'just use it to get the effect we seek' and so to bypass the prayer that offers substance or word or act to God as worship, asking for His blessing."

"Ellen Bench had taught for years that they (remedy making machines) are to be avoided. They do not create effective remedies."





Sending Your Child to College with Homeopathy

Particularly if this is the first time leaving home for your child, you want to prepare them in every way for what they may encounter while gone for a semester. This includes possible illnesses, injuries or other conditions. First and foremost with homeopathy, you want to tailor any remedies/protocols to your child. For instance, do they have a difficult time falling to sleep or getting back to sleep when their mind is racing or they are excited? Make sure you include *Coffea Cruda* in either a 30c or 200c potency to be taken in this type of instance. Instead your child may have a difficult time falling asleep the night before an important test or presentation – include *Gelsemium Sempervirens* in either a 30c or 200c potency. If your child tends to worry and become anxious, *Ignatia Amara* 200c would help greatly in general and also if this anxiety and worry caused insomnia.

Aconitum Napellus 200c is a must have for frightful/shocking events like accidents regardless of whether it is for a victim or a bystander. *Aconite* addresses anxiety, fears, effects of fright, nervousness, nightmares, panic attacks and much more. For anything extreme with sudden onset, including illnesses, *Aconite* is your “go to” medicine. It is most useful in the first 24-48 hours of an event.

Does your child tend to pick up illnesses easily, or when they catch a cold does it always seem to morph into something more serious (like bronchitis, ear infection, sinus infection, etc.)? If you answered yes, you would also want to add *Calcarea Carbonica* to that kit in a 200c potency to be dosed 1D eoD (one dose every other day – stick with even dates on calendar to help them remember). You will also want to include *Eupatorium Perfoliatum* 200c to assist with symptoms common to a contracted virus. This is most effective when dosed through an aqueous solution (one dose in 4oz. water, dissolved, stirred before each 1 tsp. dose with a fresh spoon and kept refrigerated for 5-6 days). This is taken to meet those symptoms, so if more severe every 15-30 minutes for 4 doses and then e1-3H (every one to three hours) depending on severity. As symptoms improve, dosing frequency is further spaced to 3-4D (three to four doses daily) until viral symptoms are completely gone.

If your student has encountered sinus infections, include *Sanguinaria Canadensis* 200c to be given e 3H (every three hours) if acute or 2D (twice per day) if more mild. If pain is present, *Belladonna* 3c, 6c, 30c or 200c could be added as an SOS. *Belladonna* may also be used for high fevers, headaches, earaches, sore throats and throbbing pains, although it should not be used in lower potency than a

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Sending Your Children to College With Homeopathy *(continued)*

30c for young children. Issues with migraine headaches would use a protocol of Picric Acid 200c + Belladonna 200c (both remedies taken together). However, if your college student experiences negative effects from over study with a sensation of their brain being fried, add Kali Phosphoricum 6x, 30c or 200c to their personal homeopathy kit.

While all students must have Arnica Montana 30c or 200c as the premiere remedy for aching pains, blows, bruises, falls, fatigue, over-lifting, sore pains, sprains, trauma and much more, ladies with menstrual cramps will want a potency of 30c for Arnica to be mixed with Belladonna 30c as needed.

Three additional remedies for college students to have on hand would include Nux Vomica 30c or 200c, Arsenicum Album 30c or 200c and Hypericum Perforatum 200c. Nux vomica is invaluable for bad effects from over excess (think too much food, too many sweets, too much alcohol, etc.) It can also be quite useful for insomnia when waking at 3am and unable to get back to sleep until towards morning. Arsenicum Album addresses similar concerns but without the reason of over excess having occurred. Particularly useful when anxiety, exhaustion and restlessness are present; addresses asthma, diarrhea, fevers, food poisoning, gastritis, hay fever, flu, nausea, vomiting, weakness and many other symptoms. Hypericum Perforatum is used generally when there are issues with nerves which covers the majority of lacerations, injuries, punctures and wounds. Used together with Arsenicum 200c, this protocol will fight infections from these types of issues.

Make sure to include these remedies with easily read labels in a secure, protected kit to avoid breakage. Store kits away from extreme heat and electromagnetic sources. Include small index cards which list out the protocols specifically with name of remedy, potency, dosing and exactly why they are included. For symptoms relieved by individual remedies, list those symptoms. Remind your child that the premise for dosing is to meet the intensity of the symptoms with doses of the remedy. As those symptoms reduce in intensity, duration and frequency, the doses are spaced out further until they are no longer needed. When the symptoms are gone, the remedy ceases to be given. If the condition returns, the remedy that was effective is used again.

All remedies included in this instruction are below, although your child likely may not need all:

- Coffea Cruda 30c or 200c
- Gelsemium Sempervirens 30c or 200c
- Inatia Amara 200c
- Aconitum Napellus 200c
- Calcarea Carbonica 200c
- Eupatorium Perfoliatum 200c
- Sanguinaria Canadensis 200c
- Belladonna 3c, 6c, 30c or 200c (potency may depend on protocol)
- Picric Acid 200c
- Kali Phosphoricum 30c
- Arnica Montana 30c or 200c
- Nux Vomica 30c or 200c
- Arsenicum Album 30c or 200c
- Hypericum Perforatum 200c





Sepsis is Killing Newborns Because of Antibiotic Resistance

H&W DISCUSSION

<https://www.newsmax.com/health/health-news/infection-bloodstream-newborns/2023/06/12/id/1123233/>

MB: The Banerjis use Pyrogenium 200 for septic infections. I have also seen Gunpowder (3X to 200C) recommended. It might be good to have both of these remedies, in 200C and maybe 1M. Anne, would you recommend higher?

KR: DL, have you observed this?

DL: Since I have been out of the hospital world since September 2021, I am not aware that that is happening in the US or not. I believe we have the best practices for NICU care in this country. In spite of all that is wrong with pharmaceuticals and the medical community, I don't see how that would be compromised in the last few years. I also don't know everything!

JN from R9: Why are babies being born with sepsis? I worked in OB/gyn and peds for years... never heard of sepsis cases.

DL: Two ways babies can be born with sepsis are 1) untreated group B strep during labor and 2) a labor during which the mother develops a fever from an infection in her uterus or bloodstream. It is more common than you might imagine.

MB: Pregnant women who test positive for Strep B and who want to avoid antibiotics can take the homeopathic Strep B nosode to address the infection before delivery. Anne probably carries it. So does Helios, which carries it under the name *Streptococcus Agalactiae*.

DL: I have been thinking about how to approach this when we come to the point that we don't know if the mother is positive or negative. And we don't meet her until she is in labor. Treat mom or baby? How much time would have to elapse before the remedy would work on mom? Would I own that remedy and give it to everyone who I would care for as soon as I could and then just hope for the best? Is one dose enough? What potency?

MB: My questions are, how common is Strep B in pregnant woman, and what percentage of babies born to Strep-B-positive women end up developing a Strep B infection? The answers to these questions would likely influence the decision whether, as a matter of course, to give pregnant women and newborns the Strep B nosode. I'm not a medical professional, so I'm just spit balling here. But if the grid were down and I ended up having to help women deliver at home, I would want to have the Strep B nosode and Pyrogenium at hand. If I had never met the woman and didn't have a clue of her Strep B status, I would probably give her a dose of Strep B nosode in the 200C potency. I probably wouldn't give it to the newborn; instead, I'd give one dose of Aconitum 200C (given as a matter of

Sepsis is Killing Newborns Because of Antibiotic Resistance *(continued)*

course, because labor is "shocking" and stressful on the newborn), and I'd wait to see if he developed a fever or any other symptoms. The second the baby manifested any symptoms, I would match a homeopathic remedy to the symptom. If the baby developed any fever at all, I would probably give one dose of the Strep B nosode in the 200C potency, followed by a dose of Pyrogenium 200C. Then I would wait and watch, re-dosing the Pyrogenium if necessary, and giving any other remedy that might appear indicated. I would probably also want to have Pyrogenium 1M on hand. As I said, I'm spit balling; I'd love to hear what Anne would do in a situation like this.

DL: Thank you for responding. This is helpful. I don't remember percentages. I read some labor and delivery notes from Talitha that said that newborns seem to require 1M potencies at birth and so I was wondering about that in respect to this nosode. I once saw a newborn go downhill one hour after birth with sepsis from untreated group B strep so I have been thinking about that.

MB: Yep, DL; as I'm sure you've seen on the national H&W Signal thread, lots of us are noticing that the 30C and 200C remedies often aren't working as well as they did in the pre-Covid world; and some of us are finding ourselves starting with 1Ms instead of with 30s and 200s when treating some acutes. And If I remember correctly, Anne has told us that she and her homeopathic colleagues are using a lot more 1M, 10M, and even 50M potencies than they did pre-Covid. So maybe Pyrogenium 1M would be where to start if one suspected sepsis in the newborn. It would certainly be worth having on hand. If it were me, I still might start with Pyrogenium 200; but if the newborn's fever was still increasing 15 minutes after the first dose, or if other symptoms developed along with the fever within 15 minutes after the first dose, I'd probably dose with 1M immediately and assess whether additional remedies might be necessary.

DL: Okay. One problem is that a newborn with sepsis will be subtle and not always have a fever. That is why I am wanting to get opinions on how to approach this. If they have anything going on with their lungs, they show it well; but sepsis they can hide very well for awhile. And then they just suddenly look terrible.

MB: How would one diagnose sepsis in a newborn, in the absence of fever?

DL: Poor perfusion and color, low blood pressure, O2 sat [saturation] below 90, lack of reactivity to stimulation, low blood sugar, inability to maintain normal temp are some, usually without signs of respiratory distress like grunting and retracting.

MB: If I were to see enough of these symptoms to suspect sepsis, I would start Pyrogenium 200 or 1M. I would also use Carbo veg 200 or 1M (a top remedy for low O2 sat; hypotension; hypothermia; and weak, sluggish, or stagnant circulation) and possibly Opium 200 or 1M (which addresses lack of reactivity to stimulation, hypoglycemia, and hypotension). Again, I'm spit balling (with the help of a good materia medica and repertory).



Sepsis is Killing Newborns Because of Antibiotic Resistance *(continued)*

DL: Thank you so much. I really appreciate this. I just didn't know how to approach it myself. I just want to have a plan ahead of time because I know how stressful it can be in the moment. And now I can make sure I have these remedies!

MB: Glad I could help, Donna. Thank you for educating me about sepsis in newborns and what it might or might not look like. I'd love to hear what others would do for newborn sepsis in a grid-down situation.

K from R8: Hi MB and DL. This is such a great conversation. I wanted to chime in before I fall asleep that I was Strep B positive for all 5 of my pregnancies. I had a midwife willing to work with me though; so, after my positive test I would douche with [a certain product] and do a 2nd test; so, if going into the hospital as an emergency I would have a negative test. Because I did not want any of the antibiotics, they would force me to have. However, I did also take the strep B nosode during the pregnancy around 6 months, then before birth and after birth to help prevent any issues. In addition, you can (and I did at least once) douche or wash vaginally with yogurt to get some beneficial bacteria in there. It did not change my test. I got my Strep B nosode from Ellen Bench, also she has a birthing homeopathic kit similar but different from Anne's. I used Ellen's kit for all my pregnancies. Her remedies in it are combos. I have to check (it's in the room with sleeping people so I can't see if one applies to this); however, MB the remedies you mentioned were the same ones I thought of: Pyro, Carbo veg, Op, Aconite, maybe also a big Gelsemium like 1M or 10M... I would like to know how you can tell the fever for the woman while she is in labor? That is a pretty busy time; and if you are not in a hospital being constantly monitored, I guess it would maybe need to just be in the notes for the person assisting to be mindful and look out for it? Also, Arnica 1M in a water bottle after birth, and then added Ellen's Injury combo once I learned of it. It's like the Fab 5 and then some but sipped on them after and healed very quickly.

TB: This is the product my midwife uses. If she is concerned about Strep, she puts some on her glove when checking dilation. I can ask her if she has any other tricks. But thought we should add this to the card. <https://www.nhc.com/skin-cleanser-grapefruit-seed-by-nutribiotic>. She did it with my first pregnancy because she did not know me, but none of the subsequent ones.

JN (R6): Buhner has some thoughts on Sepsis in his book. He uses Echinacea angustifolia in large quantities for Sepsis as well.

DL: Before I would purchase the group B strep nosode I just want to know in what circumstances I would use it if the grid is down.

MB: Great question, DL. The only time I've heard of it used is when there's been a positive test; but in a grid-down situation, testing wouldn't be happening. Are there any symptoms of Strep B infection that can be detected without a test?



Sepsis is Killing Newborns Because of Antibiotic Resistance *(continued)*

DL: No since it is part of her normal flora. The only circumstance that I can think of is if I meet someone ahead of time who previously had a baby who had group B sepsis. After reading online more data the chance that I will run into that is very small and I don't think I will have a use for that. Your comment yesterday about not being able to save everyone but doing our best is how I feel also.

MB: So it sounds like what most of us would end of doing is (in the vast majority of cases) not giving the Strep B nosode to the mother. Regarding the baby, perhaps the approach should be (1) a dose of Aconitum 200 very shortly after birth; (2) watch like a hawk for any symptoms of Strep B infection/sepsis to develop; (3) if any symptoms develop, then... (4) a dose of Strep B nosode, then (5) Pyrogenium 200 or 1M if there's fever, and (6) other remedies consistent with the symptom picture. Does this sound about right, DL?

DL: Yes. So maybe I should get the group B strep remedy for that situation. The sepsis has 7 days to present.

KS: Another thought would be to give the strep B to the mother before birth, and then again after birth as a prophylactic. Because since you're not necessarily going to have the symptoms, but you know that it can potentially be an issue it would be the same as what you do with any other fear of a disease. At the point what you have the symptoms you would be treating those with homeopathy based on how they present.

DL: I like that idea. Because in my head I don't plan on staying with them for 7 days after the birth in case symptoms appear.





Sodium Bicarbonate: Nature's Unique First Aid Remedy

A Book Review by Dr. Mark Sircus

This small book comes with a great deal of referenced information on every page. At the start of it, we are reminded of some basic uses of sodium bicarbonate. It is known as one of our household cleaners and laundry detergent helper. Some of us use it for eliminating unpleasant odors. It absorbs moisture, it cleans our teeth, and is effective against canker sores. It keeps septic tanks healthy and relieves burning from bug stings, poison ivy, nettles and sunburn. It kills fleas and drives away ants.

The native chemical and physical properties of sodium bicarbonate account for its wide range of applications, as it tends to maintain a pH of 8.1 (7 is neutral).

The author gives examples of using sodium bicarbonate in emergency and intensive care situations along with more routine medical uses. There are chapters on its uses for treatment of the pancreas, kidney disease, diabetes and cancer. It is used to help with radiation: treating radioactive, chemical and heavy metal toxicity.

This book brings to light the use of sodium bicarbonate and other naturally occurring substances that can assist us with the conditions we often face in our lives. Many of these uses have been 'passed down from one generation to another' with excellent results.

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Sprouting Seeds

BACKGROUND

From CORAC Newsletter (07/25/22) | Sprouts and microgreens are a way for people who don't have the space or time to have a garden anyway. Sprouts require barely any space—you don't even need a sunny window! Aside from the fact that sprouts are an easy, cheap, and tasty vegetable anyone can grow, sprouting also has some real nutritional benefits. Sprouting legumes, grains, and seeds makes them much easier to digest and sprouts are high in fiber, and vitamins C and B.

Sprouting 101:

<https://wholefully.com/sprouting-101/>

Sprouting basics:

<https://sproutpeople.org/growing-sprouts/sprouting-basics/>

I have a "sprouter," a clever design that makes sprouting super easy, but it's easy regardless. Remember Creed sprouted mung beans on a paper towel in his desk drawer (Office fans know what I'm talking about).

4 Tray Seed Sprouter:

<https://www.ufseeds.com/product/4-tray-seed-sprouter-sprouts/4-tray-seed-sprouter.htm>

Be sure to buy seeds designated as sprouting seeds; they are higher-quality than the seeds you buy to plant in the ground. Mick from Region 6 recommends this site for **organic**

sprouting seeds:

<https://www.ufseeds.com/search?q=sprouting+seeds&searchbutton=&lang=null>

Other useful links regarding the enzyme content of dehydrated foods if you are considering dehydrating your sprouts:

Enzymes:

<https://www.realmilk.com/enzymes/>

Food Enzyme Facts:

<https://caloriebee.com/diets/Food-Enzyme-Facts>



Terrain: Stay Healthy - Don't Get Sick

DO

- Drink plenty of clean water. If you are on city water, get a filtration system to filter out chemicals and contaminants. If you are on a well and haven't ever tested the water, you may want to do so to ensure you are optimizing your health.
- Get ample sleep. Learn what your ideal amount of sleep is. Unplug from all 'bluescreens' for a couple hours before bedtime. Don't eat for 4 hours before bedtime.
- Practice rejuvenating activities. Enjoy sunshine on your face and fresh air. Exercise. Learn what helps you to decompress. Implement electronic fasts. Spend time reading scripture and praying.
- Take high quality, bioavailable vitamins. 1-5grams of vitamin C per day will greatly increase your immunity. Some individuals should take even more.
- Use homeopathic Calc carb 200c every other day for a few months if you feel like you get sick all the time. Have some homeopathic bioplasma cell salts from Hyland's on hand for days when you need a boost.
- Drink chaga tea daily to boost your immunity.

DON'T

- Stop eating refined sugar. 1 teaspoon of white sugar can suppress your white blood cell response for 5 hours. Totally eliminate or replace it with raw, local honey or raw maple syrup.
- Limit your intake of process foods (usually high in refined salt and sugar), dyes, fillers, and MSG. For some people, removing carbohydrate foods from their diet goes a long way in improving health.
- Eliminate toxins where ever possible. Look for natural laundry soap or make your own. Research your cosmetics, deodorant, creams, shampoo and anything else you put on your body (your skin is your largest organ) and find products that don't contain toxins.
- Reduce your exposure to Electro-magnetic fields (EMF). All electronics put off emf, but cellphone and wireless devices are by far, the worst offenders. Talk on speaker or with a wired earpiece so your cellular phone is not radiating next to your head. Keep it in airplane mode when you aren't using it. Put your wireless router above head level in your home, turn off when not using or look into wiring your home with ethernet.

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Steve BC's Anti-Covid Cookbook

- SIGNIFICANT UPDATES: 12/26/21 ("Kill the Spikes" section)
- SIGNIFICANT UPDATES: 12/29/21 ("Protect the Lungs!" section)

PART 1 – I MAKE PREVENTION AN EVERYDAY PRACTICE

Prevention steps taken against Covid also help prevent any other virus, as well as many bacterial and fungal infections and even cancers, heart attacks and other chronic illnesses. I take these steps because they promote good health in many ways and improve my energy and mood.

Key Step 1) VITAMIN D3: The keystone for resisting all viral illnesses including Covid-19 is getting my Vitamin D3 levels up. I test my blood level of D3 every 3-4 months and take sun or D3 supplements to get my level above 50 ng/mL at minimum and preferably between 80 and 110. I take Magnesium (malate powder) to bowel tolerance and Vitamin K2 (2 100 mcg caps a day) so my body uses D3 effectively (K2 also helps calcium get stored properly in bones).

Key Step 2) VITAMIN C: The way I calculate my needed prophylactic dose of Vitamin C is 20-25 mg of C times my weight in pounds. For me this works out to be between 2 and 3 grams of C a day. Since Liposomal C is more easily absorbed than sodium ascorbate powder, my current dose is reasonable at 2 1,000 mg caps daily.

Key Step 3) Chaga Mushroom: I know that most people won't think to use Chaga Mushroom, but for those who are willing, I consider it a key step for better health, especially for older people. I'm over age 60 and healthy, so I brew 1/4-1/2 teaspoon in hot water each day.

Key Step 4) To reduce viral replication and neutralize spikes, I take either standard Quercetin at 1 500 mg cap OR Quercetin Phytosome at 1 250 mg cap in the evening, AND always ZINC at 1 30 mg cap in the evening.

Key Step 5) To reduce viral replication and help heal the lungs, I take Selenium at 200 micrograms daily and N-Acetyl-Cysteine ("NAC") at 2 600 mg caps daily.

The five Key Steps above are items I and you should do without fail. They are critical to good health. They are critical for fighting off Covid quickly and not entering Phase 2, the most dangerous portion

Steve BC's Anti-Covid Cookbook *(continued)*

of Covid. It is also true, though, that I take a number of other supplements for my general health, some of which can also help me fight off Covid, should I be exposed. For your purposes, these are optional. Just look through the list and choose the one or few that you would like to add to your prevention program and skip the rest:

- Astaxanthin (anti-inflammatory) – Two 4 mg caps per day.
- C60 Purple Power (anti-inflammatory, encourages apoptosis of senescent cells, helps denature spikes). C60 is dosed by weight.
- Fisetin (helps clean the brain and gets rid of spikes) – 1/4 teaspoon of powder in the p.m.
- Melatonin (liquid and powder) – Up to 10 mg before bed. (Melatonin should only be used by adults over 30 years old.)
- Probiotics, such as Bacillus Coagulans and Saccharomyces Boulardii.
- Sappanwood (clears spleen, aids lymphatic system, heart and liver) – 1/4 mL twice a day.
- Vitamin B Complex (with 100 mg Thiamine) – 1 cap every 2 days in the a.m.
- Vitamin E Total (with tocotrienols) – 1 cap every 2 days in the p.m.

I don't use Ivermectin ("IVM") for prevention. Given the five key steps I take, I do not feel it's necessary, and I want to conserve inventory for when I do need it.

PART 2 – I KEEP MY PREPARATIONS AND PLANS UP TO DATE

All that is truly necessary to fight Covid is contained in the section above. If we do just those, we are already largely armored against Covid. However, given changing circumstances and what may or may not be available to us if we do happen to get Covid anyway, we should consider other supplements and services we could add in order to take care of a Covid infection even more expeditiously and effectively. Some of these ideas below are actionable now, so as to give us aid right from the moment symptoms start. Others depend on finding doctors locally who can provide certain services that would be very handy to take advantage of.

The best way to use the rest of this paper is to simply read through each subsection and decide now what to do to take advantage of its ideas – or not. It's up to each of us to choose what we want to adopt for our own practice and what we don't want to pursue. Each of these subsections stands alone and can be used or skipped as we each choose. Don't be overwhelmed by the number of options or perceived complexity. We just survey them and pick one or a few to act on. The ones we each are not interested in can be left for later or never used. Having said that, I do urge each of us to pick at least one of these next subsections and add it to our plans in case we do someday start to get sick with something that could be Covid. Remember always that with Covid, "Immediacy is Life!"



Steve BC's Anti-Covid Cookbook *(continued)*

A) Protect the Lungs!

Thanks to Pawel (and his wife!), I now have data that I think helps solve what may be the most difficult issue involved in Covid infections, which is the formation of dense mucus in the lungs as the virus and its spike protein bind to cells there, causing lung damage, dry cough, and allowing the virus and spike to get into the rest of the body. His comments provide us with all the information we need to understand Ambroxol Hydrochloride's actions against the Covid virus and spike, as well as the needed product, Mucosolvan, the only product I know at the moment that contains Ambroxol Hydrochloride.

Ambroxol, like Nebulization, will be most effective when used immediately upon symptom onset or even beforehand if I have been certainly exposed to Covid. However, because of its anti-spike actions, it can be used also in Phase 2 Covid. Since I would intend to use it as soon as I start feeling ill, I need to prepare now by having it in my home before I might get sick.

If I were to have both Ambroxol and a Nebulizer on hand, I would use both. If I had only one to choose, I believe I would choose to have Ambroxol on hand.

Because nebulizers are so versatile, though, I have purchased a table-top nebulizer and certain supplies so that I can attack symptoms at the first sign of trouble. I purchased a Pari-Trek nebulizer that can produce droplets less than 4 at ShopNebulizer, and I keep the following supplies on hand:

- Saline.
- 12% Food-Grade Hydrogen Peroxide (H₂O₂): 1-4 drops per 8 mL of saline water.
- Iodine: 2 drops of 2% Lugol's Iodine per 8 mL of saline water.
- Colloidal Silver (not proteinized silver) by itself.
- Budesonide (a non-systemic steroid for lung inflammation; by prescription) by itself OR
- Hydroxychloroquine (150 mg dissolved in 6-8 mL of saline, by prescription) by itself and administered during the first five days of Phase 1 Covid for peak effectiveness.

Between the Ambroxol product and the nebulizer, I believe I should be able to knock down a Covid infection within a couple of days of symptom onset. They are going to be important components in my first line of attack if I become symptomatic with something that looks like Covid.

To assist the benefits of the Ambroxol and/or nebulization discussed above or to replace either one if I am somewhere without them, I have three types of items of interest that also can protect the lungs. These work together to calm the GI tract and lungs, loosen and thin the thick mucus



Steve BC's Anti-Covid Cookbook *(continued)*

that can build up in the lungs, and improve immune function. Since I'm sensitive to many of the inert ingredients used in pharmacy products (as in Mucosolvan), I will focus here on products that work for me. These can work in addition to the Ambroxol and Nebulization, but they also stand alone if necessary and work together for greater benefit:

- Category One – An Antihistamine: My choice is Aller-Aid L-92. (Quercetin also helps and is part of my prevention program.) Pharmacy alternatives that have ingredients I'm sensitive to but which may work for you are Diphenhydramine or Benadryl.
- Category Two – A Mucolytic: There are a number of herbs that have mucolytic effects, including Mullein and Ivy Leaf, but in looking around, I think The best herbal mucolytic formula may be this one, so I'm trying to do some testing of it.
- Category Three – An Immune Booster: Lactoferrin. For those like me with a milk sensitivity, Organic Coconut Oil can be a good alternative.

B) Kill the Spikes!

I can use Heat, Light and Superoxygenation to kill any remaining viruses in my body (such as any that have infected my gut bacteria) and to break up or even dissolve most or all spikes into their component parts. I am using personal references and online searches to find these services:

- Hyperbaric Oxygen Therapy ("HBOT") at a clinic with the needed chambers. I would likely need one session a day for 4-7 days, until I see little or no improvement from one session to the next. I'd need either 2 atmospheres for 90 minutes or 1.5 atmospheres for 120 minutes. I am extremely claustrophobic but can use these chambers if I know I can get out under any circumstance. HBOT does so much that is useful and is my preferred way to kill off viruses and spikes. Locations near me can be found online.
- Sauna (either dry heat or Near- or Far-Infrared). The dry heat sauna needs to be at 170 degrees for 20 minutes for full effectiveness in destroying the spikes. Sauna therapy is contra-indicated if I already have a fever. Local fitness gyms often have saunas available.
- Medical Ozonation, a treatment via a trained doctor. I can look online for local docs who can do this (examples [here](#) and [here](#)). I gather it's simple and easy.
- Ultraviolet Blood Irradiation ("UBI"), another treatment via a trained doctor. This involves removing a small amount of blood from the patient, exposing that blood to certain types of ultraviolet radiation, and then infusing that blood back into the patient. I think this could be particularly helpful if a patient enters Phase 2 Covid, which is characterized by increasing sepsis, since UBI is known to be able to tamp that process down substantially and to restore blood oxygen levels within minutes. Again, I can look online for local docs who can do this (example [click here](#) for UBI Tech's physician directory referral number. I gather it's simple and easy. (My thanks to reader Barb!)



Steve BC's Anti-Covid Cookbook *(continued)*

I have also found a page online where some awake doctors around the world have combined to create a very good listing of natural supplements and a few inexpensive and safe drugs to help people rid their bodies of spike proteins. They have even structured their list by “families” of products that attack the spikes from different directions. I urge you to read their page if you would like more ideas for killing spikes. Of course, some of the items on their list are items I cite here in my Ant-Covid Cookbook, but if you want options other than those I have here, this is the article for you. To go to the article online, click [here](#).

C) Increase the doses of my “Prevention” items.

What I took for prevention needs to be increased if I start to get sick with anything that even might be Covid.

- Vitamin D3 – Raise to 50,000 to 100,000 IUs a day. Decrease back to the normal dose as symptoms decline.
- Vitamin C – Raise oral dose of the liposomal or of sodium ascorbate toward 25 grams a day (to bowel tolerance) or find a local doctor who will give me intravenous C to 75 or 100 grams daily until symptoms are near to normal.
- Chaga Mushroom – 1-2 teaspoons powder a day brewed in hot water, or suck on a chunk all day.
- Quercetin or Quercetin Phytosome – Take 3 caps a day.
- Zinc – Raise dose to as much as 120 mg per day and reduce as symptoms fade.
- Selenium – Take up to 4 200 mcg caps per day, reducing as symptoms fade.
- N-Acetyl-Cysteine (“NAC”) – Raise dose to 3 caps a day for the 600 mg caps or 2 caps a day for the 1,000 mg caps.
- Other items that can be raised are:
- Astaxanthin – Raise to 4 caps a day.
- Melatonin – Minimum 10 mg, but it can be 200 mg or even 400 mg a night if symptoms are severe. (Melatonin should only be used by adults over 30 years old.)
- Sappanwood – Raise to 1/2 mL twice a day.
- Vitamin B Complex – Raise to 3 caps a day.
- Vitamin E Total (with tocotrienols) – Raise to 1-2 caps a day

D) **Get my Supply Inventory Ready.** Below are additional items I have purchased or can obtain quickly, so that I can add them when needed to fight an active infection.

I'll add some or all of these if sick with Covid Phase 1:



Steve BC's Anti-Covid Cookbook *(continued)*

- Ivermectin ("IVM", by prescription): Normal dose has been considered to be 0.2 mg/kg or 0.45 mg for every 5 pounds of body weight. However, the Delta variant requires three times that dose, so I'll start at 0.6 mg/kg at the first sign of symptoms.
- Artecina / Artemisia / Artemisinin is like IVM but also sequesters free iron, which helps solve a problem caused by the spike. I would take 1-2 500 mg caps per day.
- Boswellia supports a healthy inflammatory response all over the body, including in the lungs and GI tract as well as the brain. I would take 3 caps a day until well.
- Bromelain works with NAC to dissolve spike proteins. I would take 1 cap with each NAC dose.
- Grapefruit Seed Extract reduces viral and bacterial infections. I would take 15 drops in water 3x/day.
- Lion's Mane Mushroom can reduce and heal damage to the Central Nervous System. I would take 2 caps a day while ill and then 1 cap at night for a year afterward.
- Lumbrokinase at 20-40 mg/day and/or Nattokinase at 1-5 caps/day plus Serrapeptase at 250,000 units/day and Rutin at 500 mg 2x/day all work together to provide various ways to prevent and heal undesirable clotting without bleeding risk.
- L-Lysine is an amino acid that suppresses viral replication. I would take 2-6 500 mg caps per day.
- Niacin (nicotinic acid form, the flushing kind) helps detox the body and rebuild NAD+ levels for improved energy. I would start low to gauge the intensity of the flush and work upward as rapidly as possible toward the full dose of 1,000 mg twice a day.
- Olive Leaf Extract reduces infections and lowers blood pressure. I would take 2-8 caps a day.

I'll add this steroid if I'm unlucky and my Covid infection goes to Phase 2:

- Methylprednisolone (a systemic steroid, by prescription): Taken according to instructions.

Alternatives to IVM if I can't get IVM:

- Artemisia annua or Artemisinin – As mentioned above, I use Artecina.
- Nigella Sativa (seeds or oil). Also known as Black Seed Oil. Available from many sources.
- Fucoidans. I would take according to the bottle's instructions.
- Fenbendazole ("FB"), available at Happy Healing LLC. I would take about 200-250 mg of FB with one of the caps of Vitamin E Total that I would be taking at night.

E) Monitor my Blood Oxygen Level. To help me monitor my pulse, blood oxygen and heartbeat, I have purchased a neat little finger monitor.



Steve BC's Anti-Covid Cookbook *(continued)*

F) Prepare to Reduce Opportunistic Infections. As we all know by now, Covid illnesses are often accompanied or even assisted by a bacterial or fungal infection, such as *Prevotella*, usually in the lower lungs, which can result in lung damage, pneumonia (usually double), and severe breathing problems. It is imperative that any illness that begins with any indications that the illness is Covid be treated by antibiotics at the first sign of lung involvement to prevent/minimize opportunistic bacterial and fungal infections.

- Possible Herbal Antibiotics: I have two herbal antibiotics in my inventory. I would start with one of them. They are *Cryptolepis sanguinolenta* or *Sida acuta*. They work better when taken with a synergist, such as Licorice Extract or Colloidal Silver. Given that we are dealing with a virus, I may also use both Chinese Skullcap and *Isatis* herbal antivirals.
- Possible Pharma Antibiotics: If the above don't work well enough, I may shift to prescription antibiotics, most likely Azithromycin, Clarithromycin, Doxycycline, or Amoxicillin.
- After a course of Pharma antibiotics, it can take 6-12 months to rebuild one's gut microbiome, so I will take probiotics for up to a year after using such antibiotics. These would include *Bacillus Coagulans* and *Saccharomyces Boulardii*.

G) Other items I may add. I have other supplements on hand and may add them if it seems like a good idea. These include:

- Coconut Oil: Although mentioned above in Step A, coconut oil also provides energy that is easy to digest/absorb. I would take frequent small amounts throughout the day while ill and a larger amount before bed, up to about 7 tablespoons total.
- Milk Thistle, which protects the liver (always a good idea when sick).
- A good multi-vitamin-mineral supplement is pretty much always a worthwhile addition on a daily basis.
- Homeopathy can be used to prevent or treat a viral illness and can be very useful. Expert friends and professional homeopaths can help choose the correct treatment(s). One remedy I already have on hand is *Oscillococcinum*, which I will use as soon as symptoms start.

Lastly, something that should be at the top in terms of personal priority – prayer. Expect healing miracles through prayer.

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Support For Shock & Grief

"O LORD, be merciful to us, for we have placed our hope in you. Be our strength every morning, our salvation in times of trouble." - Isaiah 33:2

People suffering from deep grief have a large spiritual wound that needs to be addressed in order to truly heal. While there is homeopathy, essential oils and Bach remedies to support someone through this process it is critical they also are pointed to sound teaching. Knowing how to direct people to these resources is paramount. Consider pre-purchasing some of the resources to have at your disposal to share with those in need.

Primary healing is through counseling/thought support, as provided:

Spiritually, people need to seek godly counsel/support. Recommended groups and books include:

- Direction for Our Times <https://directionforourtimes.com/library/direction-for-our-times/> (there is also a free online library available through this group)
- Sonja Corbitt <https://www.biblestudyevangelista.com/> are invaluable. Sonja Corbitt has a good series on Anxiety and her Sacred Healing Masterclass is well worth the cost to participate.
- Gary Roe <https://www.garyroe.com/>
- Luisa Piccarreta "The Hours of The Passion of Our Lord Jesus Christ"
- Fr Chris Alar "Suicide, There's Hope for Them and You"
- Anne, A Lay Apostle/a.k.a. Kathryn Clark "The Mist of Mercy, Spiritual Warfare and Purgatory" (pure Hope for those who bury loved ones to any tragedy or reason) and the book "Climbing the Mountain"
- Father Ron Rolheiser has done some of the Most Incredible written work on Suicide, decades before anyone else.
- "Midwife for Souls" by Kathy Kalina, packed with anecdotal stories, it evokes personal memories of people's experiences in the days leading up to the death of a loved one.

Medically, if someone needs help some good resources are:

- Alliance of Hope (24/7 staffing/counselors on their forum. Their focus is for suicide loss survivors, but they would know the best prevention professionals.) This is a secular institution. <https://allianceofhope.org/>.
- John Paul II Healing Center <https://jpiihealingcenter.org>

People also should be cautioned that the majority of mainstream therapists are not well trained.

"Why are Therapists So Rarely Trained" <https://www.usatoday.com/in-depth/news/nation/2020/02/27/suicide-prevention-therapists-rarely-trained-treat-suicidal-people/4616734002/>

"Cast all your anxiety on him, because he cares about you." 1 Peter 5:7

Support For Grief & Shock *(continued)*

Healing support modalities include:

Homeopathy

- Shock: homeopathic Aconite 200c or 1M as needed
- Deep Depression: homeopathic Aurum Met 200c every other day and Coffea 200c twice daily
- Grief/Sadness/Anxiety: homeopathic Ignatia 200c twice daily or more frequently if needed
- Overwhelmed: homeopathic Sepia 200c every other day (Female) or homeopathic Aurum Met 200c every other day (Male)
- Fear/Anger/Violence: homeopathic Stramonium 6c twice daily

Bach Remedies: Put one drop in a bottle of water and sip throughout the day.

- Star of Bethlehem remedy (grief/shock) OR
- Rescue Remedy (Overwhelmed/shocked)

Essential Oils: Lavender, Frankincense and Orange are great oils to diffuse or apply to your skin to help bring calm, relaxation and renewal.

Move: It is critical during an acute emotional experience to move. Walk, lift “heavy” items, your body produces extra adrenaline during these events and you need to metabolize it. After you are through the intense initial emotions during an experience. Exercise, walking, running, hiking, whatever is right for your body, helps people to continue to heal.

Finger Holding Reset: Gently encircle an index finger with the other hand until you feel a nice steady pulse, then hold for about 15 beats more. Repeat with the other hand. Repeat with your other fingers. For the thumb, encircle a thumb with your other hand, placing the pad of the holding thumb's fingertip on the base of the held thumb. Count the pulse for 15 beats. Repeat with other hand. The emotional mapping to your fingers is as follows: Index: fear, Middle finger: anger, Ring finger: sorrow, Pinkie: willfulness, trying-too-hard, won't let go, Thumb: worry. It is recommended you walk through all fingers and thumb and not just do the ones you think you need.

Sunshine: Get outside and enjoy sunshine on your face and skin. This is a great way to improve your mood. Combine it with walking/praying for even a few moments of refreshment.

Eat healthy fats including grass-fed butter, cold pressed coconut oil, cold pressed olive oil, bacon and fish. The omega-3 fatty acids in these foods and others help to optimize the function of your brain and nervous system.

Journaling can help some people process their feelings; others are greatly helped through listening to music. Find what works for you and don't worry if some means don't work.

Reading poetic words from Tom Zuba in “Permission to Mourn” or “Becoming Radiant”.

Heavy weight blankets and fluffy light blankets individually or in combination can help one feel physically comforted/soothed.

“Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.” - 2 Corinthians 5:17

DISCLAIMER: The information provided here by the CORAC Health and Wellness team is for educational purposes only. It is not intended to diagnose or treat any illness or condition; and it is not intended to be, nor should it be construed as, medical advice. We encourage you to make your own health decisions based upon your research and in consultation with a qualified professional.





Taming the Sweet Tooth

Refined sugar IS delectably sweet... and too much of it is destructive.

Have you been wrestling with trying to taper or eliminate your sugar habit? Sugar cravings are often caused by blood sugar imbalances. Sugar's roller coaster will take you on a high of pleasure because of the dopamine and oxytocin hits which ensue when it's ingested. After the high comes the crash when cravings seem unabated... until you satisfy those cravings with more sugar (This could also be accomplished in the form of eating an overabundance of refined, simple carbs which are readily digested, becoming glucose, just as refined sugar does.). Many are they who become trapped in the repetitive cycle.

The work of Bible Study Evangelista, Sonja Corbitt, <https://www.biblestudyevangelista.com/> is replete with teachings that address the challenges of childhood trauma and/or wounds which launch sugar addiction. This actually can be a way of self-medicating when old wounds are provoked. Corbitt's teachings rise from a foundation of healthy spiritual development integrated with healthy human development. She preaches about the power of getting with God via the Scriptures so that HE becomes the source of our dopamine and oxytocin hits. As we build our relationship with Him, we allow Him into the depths of our old wounds, the more fully to heal us.

Homeopathy has remedy options which help tremendously. Before considering those remedies, first consider this article, written by a homeopath who dives deeply into the devastating effects on the body which too much sugar causes:

<https://hpathy.com/homeopathy-papers/constantine-herings-stance-on-sugar-the-second-law-of-cure/>

Especially take note of the damage sugar wreaks on the gut microbiome, essentially weakening one's immune system as well as negatively impacting neurotransmitter production.

Helpful Homeopathic Remedies:

An oral spray, in a category of remedies - developed by homeopath Ellen Bench - named, **Remedi Health Solutions**, has a particular remedy called: Blood Sugar Support, available here:

<https://www.azurestandard.com/shop/product/nutritional-supplements/homeopathic-remedies/blood-sugar/support-blood-sugar-spray/31844?package=HP343>



Taming the Sweet Tooth *(continued)*

Additional remedy options:

- Etylicum 200C
- Saccharum album 200C and 1M Argentum nit
- Chelidonium
- Syzygium tincture

Additional remedies to consider:

- Nux vomica
- Helonias
- Possibly Avena Sativa (milky oat) tincture

If you have more questions, consider studying homeopathy and/or touch base with a budding homeopath in your region.





Tea Time - Take a Nutrient Break

Don't just have snack time for the kids, have tea time. Incorporate a break in your day to enjoy a cup of herbal tea that will do your body good. This is a great time to talk about the herbs you are enjoying and what they are good for. It can also be a time to read a chapter of a book together, listen to uplifting music, read a poem or a devotional. It does not have to be complicated or long, but can build a routine that allows you to rejuvenate with some additional nutrients in the middle of the day. You can serve the same or different blend of tea in the morning and evenings. If you feel it is too hot for tea, make your tea time into iced tea time.

Practice blending your own teas from plants you can forage in your local area. Have the children help collect the plants for drying and then crumble them for storage when ready. Making tea does not have to be precise. Play around with amounts of herbs and combinations. Write down the ones you like!

Herbs/Plants to consider blending for tea:

- Alfalfa
- Bergamot
- Catnip/catmint
- Chamomile
- Dandelion
- Dill
- Echinacea
- Elderberry
- Fennel
- Lambsquarter
- Lemon balm
- Mallow
- Nettle
- Oatstraw
- Peppermint
- Pineapple weed
- Plantain
- Red Raspberry leaf
- Rosehip
- Sweet clover (occasional)
- Thyme
- Violets

If you are pregnant, on blood thinners or have thyroid issues be sure to check for contradictions before drinking herbal tea blends.



Tincture Making

Micks' Spring Foraged Herbs

Chickweed (*Stellaria media*)

- Part used: herb, emergency food source, high in vitamin C, can be eaten raw

Cleavers (*Galium aparine*)

- Parts used: herb

Dandelion (*Taraxacum officinale*)

- Zones 3a-9b; wide range of conditions, best full sun and moist soil; perennial; seed; invasive; Cech,
- Buhner H AB. CAUTION: Not to be used where there is an obstruction of the gallbladder ducts or small intestines.
- Parts used: roots, leaves, flowers, Vitamin A & C, high in Calcium.

Nettle (*Urtica dioica*)

- Zones 4a-10b; full to partial sun; rich, moist soil; perennial; division, seed; invasive; Cech, CAUTION: Fresh plant will cause minor to severe skin irritation.
- Parts used: Leaves & roots.

Plantain (*Broadleaf Plantain* (*Plantago major*))

- Zones 3a-12b; full to partial sun; any soil; perennial; seed; invasive; Cech, Buhner H AB
- Parts used: leaves & seeds, Leaves are edible and can be used as a pot herb.

Sweet Violet (*Viola odorata*)

- Zones 4a-9b; full to partial sun; moist but well-drained soil; perennial; seed, division; non-invasive;
- Cech, Buhner H AB

Tincture Making:

Tincture-making allows you to preserve your medicinal herbs practically indefinitely, and it requires very few tools: grain alcohol, vinegar (a very small amount, if the herbs contains alkaloids), glass jars (canning jars, old spaghetti-sauce or pickle jars, etc.), labels or masking tape, a scale which weighs in ounces, cheesecloth or a straining bag, a sieve or a tincture press, and a bowl. As a general rule, tinctures of dried herbs are made in a 1:5 ratio – one part herb by weight in ounces, per 5 parts liquid by volume in ounces. So if your dried herb weighs 4 ounces, you need 20 fluid ounces of liquid. For fresh herbs, the ratio of herb to liquid is generally 1:2. Fresh-herb tinctures are generally made with 95% alcohol, whereas the percentage of alcohol needed for dry-herb tinctures varies by herb.

Tincture-making is fairly simple. It takes about 15 minutes to make the average tincture, and this includes finding all your tools. Once you've put it together, your tincture will be ready to use in anywhere from 2 weeks (for tinctures made with powdered herbs) to 4-5 weeks (for tinctures made with dried root or bark pieces). Tincture-making is also economical, especially if you grow or wild-harvest your herbs. Even if you are buying herbs, the per-ounce cost of homemade tinctures can be as low as one-tenth the cost of buying them.

For dry-herb tinctures, all the herbal books expect you to dilute 95% (190-proof) alcohol with water in order to achieve the correct percentage of alcohol for your tincture. The problem with this is that

Tincture Making *(continued)*

95% alcohol is expensive, and there are many states in which it is unavailable. One way to lower the cost of your alcohol and make it last as long as possible is to dilute your 95% alcohol with ordinary vodka (which is 40% alcohol) rather than with water. Vodka is cheap, and this will keep you from blowing through your 95% alcohol as quickly as you otherwise would.

Below is a chart that indicates how much 95% alcohol to mix with vodka in order to get 80 ounces of liquid with a given alcohol percentage (80 ounces is the amount of alcohol needed in order to make a 1:5 tincture starting with 16 ounces of dried herb):

Target Alcohol Percentage	Oz of 95%	Oz of Vodka
45	6.7	73.3
50	13.3	66.7
55	20.0	60.0
60	26.7	53.3
65	33.3	46.7
70	40.0	40.0
75	46.7	33.3

In some states where 95% alcohol is not allowed to be sold, 75.5% (151-proof) alcohol is available. Below is a chart that tells how much 75.5% alcohol to mix with vodka in order to get 80 ounces of liquid with a given alcohol percentage (for a 1:5 tincture starting with 16 ounces of dried herb):

Target Alcohol Percentage	Oz of 95%	Oz of Vodka
45	11.4	68.7
50	22.9	57.1
55	34.3	45.7
60	45.7	34.3
65	57.1	22.9
70	68.7	11.4

Tinctures must be stored out of direct sunlight. Ideally, they should be stored in a dark, not-too warm location (in a basement or closet, in a lidded box, or on a shelf and covered with a dark towel). Try high-quality products. These include Pacific Botanicals, Mountain Rose Herbs, Frontier Herbs, Mountain Maus Remedies, Starwest Botanicals, 1st Chinese Herbs, Herbies Herbs, and Monteagle Herbs. Some of these companies also sell ready-made tinctures if you would prefer to buy rather than make them.

To dispense your tinctures, you'll need glass dropper bottles and a very small funnel for filling them. The glass bottles should be amber, blue, or green (rather than clear), to keep sunlight from degrading your tinctures. Although 1-ounce dropper bottles will do, 2-ounce bottles are more convenient because they don't have to be filled as often. Mountain Rose Herbs carries bottles, but their shipping cost can be rather high. Other options would be Amazon (the Vivaplex brand is very good), a company called Specialty Bottle, and A2Z Homeopathy.





Upper Respiratory Infections & Covid

Treatment for typical upper respiratory infection includes the following:

Rest at home..

Try to push fluids..

Nasal Saline Spray or gel 3 to 4 times per day to help with nasal moisture and to wash out mucous (after breakfast, lunch, supper, and bedtime).

Humidifier at bedtime in the room where you are resting or sleeping.

Mucinex or guaifenesin for use with plenty of water.

Salt Water Gargles. Take 1/2 cup water in a mug. Put in the microwave 1/2 minute. Not too warm so as to burn your tongue. Use one teaspoon of salt. Gargle as needed. Usually I recommend 3-4 times per day (after meals and bedtime).

Go to a clinic or ER if not better or symptoms are getting worse..

There are additional things to do for COVID-19 or very infectious viruses.

COVID Activity Restrictions and Additional Instructions: Per CDC guidelines:

1. Try to lie on your stomach as often as you can. If you can not lie on your stomach, lie on your side. Avoid laying on your back.
2. Cover cough and sneezes.
3. Wash hands often with soap and water for at least 20 seconds.
4. Hand sanitizers may be used with alcohol content of at least 60% alcohol.
5. Clean household surfaces with commercial cleaners that contain bleach or disinfectant.

Upper Respiratory Infections & Covid *(continued)*

Symbicort/Z-Pack/Medrol dose pack/Pulse OX use:

If Positive COVID: Advised to quarantine for 10 day from positive test.

We have prescribed the following medications: Symbicort inhaler: Two puffs twice daily- AM and PM dosing and as needed. You have an instructions sheet on its use.

Z-pack:

This is an antibiotic- to treat presumed pneumonia.

Medrol dose pack:

This is a steroid to help you feel better and to allow the antibiotic to work better. Please eat when you take this medication. Do not take Motrin, Aleve, Advil, Ibuprofen or aspirin while taking the Medrol dose pack. You can take Tylenol as needed for aches/pains/ fever reduction.

Motrin is not contraindicated with COVID, just not to be taken with steroids.

Consider Measuring Oxygen at home:

Consider buying an oxygen probe for your finger. If your oxygen drops below 90 please go to the ER. There will be two numbers displayed on the probe. One is oxygen the other is pulse. Please refer to the user guide with your probe to identify which number is oxygen and which is pulse.

If your saturation falls below 90 % please go to the ER.

Other vitamins and minerals:

Vitamin D 2000 IU daily

Vitamin C 1000 mg 2 X per day

Quercetin 250 mg per day

Zinc 50 mg per day

Melatonin 5-10 mg before bed.



Upper Respiratory Infections & Covid *(continued)*

If you have COVID Aspirin is also indicated as long as you have no allergy. Take 325 mg daily with food.

Finally Ivermectin:

In a weight appropriate dose Ivermectin has been shown to stop the viral replication and entry into subsequent cells. Ivermectin 0.2 mg/ kg/ dose. Take X1 and repeat 3 days later. After that loading dose, it is done weekly or every 2 weeks as a prophylaxis. Sometimes as far between as 1 month depending on your exposure to the virus. This can be done as prophylactic or as treatment during disease or BOTH. It has been shown to save lives in literature and in practice. Don't go at this alone. See My Catholic Doctor.Com for a doctor who may help. Or go to the Front Line COVID-19 Critical Care Alliance aka FLCCC website for more details as well.

<https://mycatholicdoctor.com>

<https://covid19criticalcare.com>





Water Dosing Homeopathy

Putting a selected homeopathic remedy in water is an excellent way to extend the life of your remedies and it also has a "gentling" effect on the remedy. Taking a pill can be the equivalent of telling your system "Move now!" and taking it in water as "Please, move now." For people who tend to be sensitive (to allergies, alcohol, caffeine, etc.), it is best to have them start with a water dose. If they react to a pill, move them to a water dose. You can also dilute further for intensely sensitive people; 4th dilution and 8th dilution.

A water dose would be as follows: 1-5 pills for 8 oz of water making sure there is room to succus (or shake) a min of 10 times by hitting against your hand. This is 1st dilution. For a 4th dilution you would take 1 teaspoon of this water, add to another container with 8 oz of water and succus, this is a 2nd dilution. Continue until 4th. Some people, after they have used the water dilution enough times, are able to move up to stronger dilution then eventually to a pill. Water dosing works wonderfully, especially when there is oversensitivity.

Some people report an odd feeling on the back of their tongue when taking homeopathic pills directly. This could be an oversensitivity to sucrose, lactose or alcohol. If you have this sensation, give water dosing a try.

Water dosing is also good when you are taking a protocol that requires two remedies to be mixed.

Keep your water dose in a clean glass jar in your refrigerator for a week or two. If you wish for it to have a longer shelf life, add 1 teaspoon of vodka (only if you do not have an alcohol sensitivity).

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What Can Wildfire Toxicity Teach Us About COVID-19 & Treating COPD

— TIPS FOR THOSE STUCK IN FUMES OF THE CURRENT WILDFIRES —

<https://pierrekoray.substack.com/p/what-wildfire-toxicity-can-teach>

Midwestern doc talks about air quality and negative ions (the good guys)... where do we find negative ions? Certain plants like the spider plant, ultrasonic diffusers, beeswax candles, thunderstorms, waterfalls... forest bathing... diffusing tree oils... I just saw this on my essential oil group... pretty cool.

Health & Wellness team conversation:

- Beeswax candles - huh, that's interesting one.
- I always felt better with our holy candles burning, maybe it's just the ions (I'd still call that Providence).
- I remember reading about beeswax candles and negative ions and air purification years ago. Steve BC put something about beeswax candles in his original Covid document in March 2020 (he is always ahead of the game). When someone in my family is pretty sick, I tend to burn a beeswax candle in the sickroom. I also put a plate of yellow onions (peeled, cut in half, and cut side up) in the room near the sick person. Cut onions function very much like essential-oil diffusers and are really helpful when there is sickness about.
- You're a woman after my own heart — we do onions in the sick room also... And sometimes in common rooms (kitchen, living room, bathrooms) as well.
- Awesome info about the onions. And Amen to SteveBC's vast and deep knowledge.
- I have a tangential tip: Whether beeswax or not, if you can get the stubs from candles which have been burning at the altar during Masses, they are great to burn at home when you feel you are in an unsettling time of spiritual attack. Much like exorcised salt and holy water, the altar candle stubs are a powerful sacramental.



For those affected by fires & smoke. Keep those diffusers going, friends! This picture below was shared by a friend who checked her air quality when she woke up, then again an hour later after diffusing Raven and Lemon. Pretty incredible, isn't it?

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What Can Wildfire Toxicity Teach Us About COVID-19 & Treating COPD *(continued)*

- But they have to be 100% beeswax; the 51%-beeswax candles sold at church-supply stores won't work as well. if at all, for this purpose.
- Beeswax Candles at The Cloister Shoppe: <https://summitdominicans.3dcartstores.com/>
- P.S. In case anyone might be interested in getting beeswax candles, here's an excellent source: https://summitdominicans.3dcartstores.com/Beeswax-Candles_c_84.html
- Amen about the stubs of church-burned candles. When I said "won't work as well, if at all, for this purpose," I meant only the generation of negative ions for air-purification purposes. I didn't mean to denigrate the 51% beeswax candles for spiritual purposes.
- Oh yes. I didn't mean to negate anything you "said." You are a bearer of such a great span of knowledge and I understand why the 100% beeswax is essential for generating the negative ions.
- I'm actually laughing at the limits of electronic communication because. for one thing, it cannot convey tone. My line "whether it's 100% or not" could be said with a nasty sassy lassie tone and be so obnoxious. But I was just noting the difference in my "tangential" tip. It's all good.
- Wow. Have never thought of this.
- It was an exorcist who advised a friend to do this. She had sought help from Fr. Wang and me to pray for her teen who was going through some spiritual difficulties.
- Haha! I know what you mean about the tone thing in writing. And I also totally knew that you weren't going all "mean girl." I just wanted to make sure that you and others knew I wasn't being snitty about the 51% vs. 100% beeswax candles.
- Ooh... I hadn't thought about the bathroom. Thanks for the suggestion! In our bathroom we keep a stainless-steel bowl of unsifted wood ash from our woodstove (unsifted so that there are chunks of charcoal; stainless in case any of the coals are live). This eliminates all bathroom odor, even the odor from dirty diapers in the trash can. It makes me wonder if a bowl of ash in a sickroom would help to purify the air from airborne viruses and bacteria.
- I've also read about putting cut onion halves on the bottom of your feet with socks on to draw out the illness.
- Yep! We do that at our house, too. When my kids all had chicken pox 13 years ago, I remembered to put onions on the feet of my boys (they got it the day before my daughter), but I forgot to put onions on my daughter's feet. All the kids also got Rhus tox 30. My sons both ended up with fewer than 10 blisters and they barely itched. My daughter ended up with a moderate case, a good number of blisters, and so much itching that she didn't really sleep for 2 nights.





Wounds

BASIC FIRST AID SKILLS:

Knowing how to stop bleeding and dress a wound are basic first aid skills. A wound is a damage in the skin or mucous membrane, which may be associated with profuse bleeding.

The healing of the wound is affected by its size and location, cleanliness, and the injury mechanism (wound type).

Tattered or dirty wounds or wounds on mobile areas heal slower.

Causes:

- Scratch, or flesh wound: graze, falling.
- Puncture wound: needle, nail, or other sharp object.
- Cut: paper, knife.
- Bruise: falling, being hit, being squeezed.
- Bite: the bite of a human or animal.
- Gunshot wound: firearm, nailer, or similar. Symptoms:
- Bleeding. • Edges of the wound are tattered or neat. • Foreign object or dirt in the tissue.

► First aid:

- Stop the visible bleeding by applying pressure to the wound.
- Clean the wound under cool running water.
- Apply medical tape to close the edges of a small cut.
- Do not remove a foreign object attached to the tissue. • Cover the wound with a protective bandage.
- Ensure that your tetanus vaccine is valid (validity 10 years, a booster vaccination can be given after 5 years, if necessary).

Wounds *(continued)*

Seek medical care within 6 hours of the creation of the wound, if

- The wound is tattered, deep, or several centimeters long.
- Bone, muscle, or other tissue is visible in the wound.
- There is a foreign object in the wound.
- Bleeding cannot be stopped.
- There is dirt in the wound and you are unable to clean it.
- The wound is a bite wound.
- The wound is in a joint area or on the face.
- The wound is infected

Redness in the area is normal for a new wound. But if swelling and redness persist and there is pus formation the wound can be infected. Prevention is key. Cleaning the wound and keeping it dry with clean covering is important. Applying a thin layer of moisture barrier such as triple antibiotic cream prior to covering with a clean bandage is important.





Yarrow

Yarrow (*Achillea millefolium*) is a perennial plant from the Asteraceae family and it is one of the most useful and widely available herbs you can find.

It's the best-known species of the genus *Achillea* due to its various therapeutic uses in both folk and conventional medicine.

The *achillea millefolium* plant is native to temperate regions of the Northern Hemisphere, including North America, Europe and Asia. It has fern-like foliage and colorful flowers of red, pink, salmon, yellow and white.

Yarrow has been used since ancient times by cultures around the world. Traditionally, it's been consumed as tea, applied to the skin or even cooked with in order to reduce inflammation (especially in the digestive tract), help treat skin wounds, and relieve anxiety and insomnia.

While you have probably never heard of this plant before, centuries ago it was actually a very popular vegetable. Back in the 17th century, the leaves were commonly prepared and consumed like spinach.

If you like tarragon, yarrow has a similar flavor profile and can be used in place of tarragon in recipes.

The flowers, leaves and stems are collected when the plant blooms. You can eat a yarrow flower and steep it to make tea.

Health Benefits

- Wounds, cuts and scrapes
- Bruises
- Burns
- Rashes
- Inflammation
- Bug bites and bee stings
- Fever
- Cough and cold
- Toothaches and teething
- Bleeding gums
- Menstrual cramps
- Detoxification and regulating blood flow
- Acne and skin irritations
- Anxiety
- Insomnia
- Indigestion & heartburn
- Muscle spasms

Yarrow *(continued)*

It possesses anti-inflammatory agents that have a positive impact on the skin pH and moisture content.

In addition, it's a natural antiseptic so it can prevent wounds from getting infected. This is why many healing ointments include yarrow as a key ingredient.

The chemical achilleine present in this plant is also known for its ability to stop bleeding. In powdered form, studies show it can be sprinkled on wounds to not only stop bleeding, but also to dull pain. As a tincture, it can be sprayed on wounds to stop bleeding as well.

It may help treat widespread skin conditions as well, including hemorrhoids, rashes and slow-healing broken skin.

Risks, Side Effects, and Interactions

It should not be used by pregnant women. If you're breastfeeding, speak with your doctor before using yarrow products.

It's not commonly recommended for pediatric use due to a lack of studies to determine whether or not its usage is safe in children. Speak with your child's doctor if you're interested in using it with your child.

When taken by mouth, yarrow can possibly cause drowsiness and increased urination. Topically, it may cause contact dermatitis or skin irritation.

Discontinue use if you see signs of irritation.

If you're allergic to plants in the Aster family, like ragweed and daisies, then you may likely be allergic to external and internal use of this herb, so be careful. It can make skin more sensitive to sunlight.

Is yarrow ever poisonous to humans? It's not generally considered toxic, but be careful when using the oil because it contains thujone in small amounts. Also found in wormwood, thujone is toxic in large amounts and has a narcotic effect on the brain.

This herb also contains coumarin, which has blood-thinning abilities. This is why it should not be combined with prescription blood thinners.

It can possibly interact with the following medications as well:

- Blood thinners (like warfarin)
- Lithium
- Stomach acid-reducing medications (like omeprazole)
- High blood pressure medications
- Drugs that cause sleepiness (like anticonvulsants and sleeping pills)

Speak with your doctor before taking yarrow if you have a history of any chronic diseases or take any medications regularly.



Yarrow *(continued)*

How To Make a Tincture

According to Richo Cech's book, *Making Plant Medicine*, the basic formula for fresh herb tinctures 1:2 (75A:25W); the basic formula for dry herb tinctures 1:5 (50A:50W).

General procedure for making fresh herb tinctures 1:2 (75A:25W):

- Coarsely chop and weigh the fresh herb or root and put it in a blender.
- Measure and mix the menstruum in a separate jar.
- Pour the blended slurry into a macerating container.
- Cover tightly, shake, and set to macerate in a dark place at room temperature. Label with date and herb name.
- Shake daily for a period of 2 weeks.
- At the end of this time, pour the macerating herb into a pressing cloth and express thoroughly by hand or with a tincture press.
- Collect the crude tincture in a jar, label, and set it on a shelf to settle overnight.
- The following morning, decant the clear liquid through a filter and collect the finished tincture in a jar.
- Store in labeled amber glass bottles, well-stoppered, in a cool room, and out of sunlight.

General procedure for making dry herb tinctures 1:5 (50A:50W):

- Grind the dried herb down to the consistency of coarse cornmeal by using a suitable mill or, if applicable, by crushing the herb and rubbing it through a screen.
- Measure and mix the menstruum in a separate jar.
- Weigh the herb and pour it into the macerating container.
- Slowly pour the menstruum over the ground herb.
- Cover tightly, shake, and set to macerate in a dark place at room temperature. Label with date and herb name.
- Shake daily for a period of 3 weeks.
- At the end of this time, pour the macerating herb into a pressing cloth and express thoroughly by hand or with a tincture press.
- Collect the crude tincture in a jar, label, and set it on a shelf to settle overnight.
- The following morning, decant the clear liquid through a filter and collect the finished tincture in a jar.
- Store in labeled amber glass bottles, well-stoppered, in a cool room, and out of sunlight.

Useful links

- <https://growingupherbal.com/fresh-yarrow-tincture/>
- <https://practicalselfreliance.com/yarrow-achillea-millefolium/>
- <https://arealgreenlife.com/yarrow-oral-care/>
- <https://draxe.com/nutrition/yarrow/>
- <https://theherbalacademy.com/9-herbal-remedies-for-a-toothache/>
- <https://solidarityapothecary.org/yarrow-plant-profile/>
- <https://thehouseandhomestead.com/yarrow-home-remedies/>

