

Anne Hajek: Homeopathy CV Treatment and Prevention

- 1) CV is changing so rapidly, it's not normal, it's not usual (to see this rapid change) with Acutes (acute conditions).
- 2) In the Homeopathic treatment of CV, different remedies are popping up all the time that are helping people.
 - a) These are not the typical remedies that normally help during colds and flus.
 - b) I also want to talk about the Kits (available for purchase on her website) as well. So you know how to use the kits.
 - c) I want to talk about the symptoms we are seeing, so you are aware of the changing picture of CV.
 - i) I've come across the Smallpox Nosode helping.
 - ii) Also, another one, Hippozaenium helping (in CV First Line Kit)
 - iii) Carbonium Oxyenisatum (Homeopathic Carbon Monoxide)
- 3) I'm going to start with the Covid Remedy Kit:
 - a) Covid Influenzinum (A Nosode---A remedy made out of CV itself. Influenzinum is used as a preventative for the flu.)
 - b) Pneumococcinum (A Nosode---Made with diseased material, the infected sputum or excretion of someone who had Pneumonia. It helps prevent Pneumonia when taken)
 - c) Pertussis (A Nosode---made from Whooping Cough)
 - d) Variolinum (The Smallpox Nosode, made from Smallpox)
 - e) We have found these nosodes to be preventative
- 4) Starting with Covid Influenzinum/Pneumococcinum (because Pneumonia usually goes with CV):
 - a) Anne's family had CV, horrific coughing/fatigue, even with remedies it dragged on. At the end of three weeks, her husband would start coughing and his vision would grow dim. She gave him:
 - i) Covid Influenzinum (nosode)
 - ii) Hepar Sulph (for croupy cough symptoms with a lot of mucus. Her husband had so much mucus, it was like he was drowning, it was scary)
- 5) Pertussis (nosode) because he now had a whooping cough symptom. (Whooping cough is when you cough so hard and it causes even more coughing. You can hardly catch your breath).
 - a) After a few doses of Pertussis Nosode, her husband's whooping cough immediately stopped.
 - b) Anne took some because this is a weaponized virus, made up of different things.
 - c) Both Anne and her husband were 100% Better in hours! All symptoms were GONE. It was like they NEVER HAD IT.
 - d) This is why she added Pertussis to the Preventative Pack.
- 6) Variolinum (Smallpox nosode) is preventive, but can also be used during CV.

- a) She has kits with and without the Variolinum nosode, in case one already has this nosode and doesn't need it again.
- 7) How to Take these Nosodes Preventatively:
- a) Take the CV Influenzinum weekly.
 - i) Write a day on your calendar, so you remember the day you've picked, and take it weekly as a preventative.
 - b) Take the Pneumococcinum, being a higher potency, take monthly.
 - c) Take the Pertussis- take it monthly.
 - d) (What we have found, the Homeopathic Community around the world) Take the Variolinum as a preventative monthly. Start with this.
 - i) If you are exposed to someone, you can take the Variolinum every 3 to 5 days.
 - ii) If you have symptoms, you can take it daily, up to twice a day.
 - iii) This is if you start feeling ANY kind of symptoms, that tiny little---your nose is running or you have a scratch in your throat and you've been exposed. If you are not exposed take it once a month
 - iv) If you are not sure, you can take it once a week.
 - v) The Variolinum, ONLY, is the one to increase, the other ones continue taking them only once a month or once a week, [as she specified above]
 - vi) What we've found with these nosodes, especially with Variolinum, is you either don't get CV, or you get a mild case.
- 8) What you can use to treat CV is in your kits.
- a) Regardless of where you purchased your kit from, the core remedies are the same.
 - b) There will be probably, at most, 10 remedies that are different. These different ones are the ones used least.
 - i) For example: you're always going to have Belladonna, you're always going to have Gelsemium, Arnica, Ignatia, Nat Mur and the core cold/flu remedies.
 - ii) The core remedies to treat cold and flu will be in your kits, regardless of where you got them.
- 9) After you get CV you'll have regular remedies in your kits you will use:
- a) Say if you are lethargic, you'll take Gelsemium, from your regular kit.
 - b) If you're not taking the preventatives and you have EXTREME FATIGUE, beyond lethargy, that's when you'd want to take the Baptisia 1M, which is in your CV First Line Kit.
 - c) This is beyond lethargy. **Typical lethargy is Gelsemium**, that 1M is also in the CV First Line Kit.
 - d) Take **Baptisia for extreme lethargy**---you might fall asleep when you're talking, it's just relentless. It's beyond fatigue you've experienced before.
 - e) Prior to CV, Anne only used Baptisia 1M once, in an acute. But now, with CV, extreme fatigue is prominent and being seen a lot.
- 10) Belladonna 1M is if you're spiking a high fever.
- 11) Variolinum is there. With nosodes, you don't have to take all of them if you get CV. Take one. See what happens. These are my notes on the indications for picking a nosode.

12) Hippozaenium Nosode

- a) This one if you have a pneumonia-type experience. If an x-ray was taken, you'd see a "broken glass" appearance [of the lung tissue].
- b) You will want to use it if you're feeling this way, you have low oxygen, climbing up and down stairs is difficult, breathing is really hard regardless of any type of movement.
- c) You might have chest pain, headache, fever, vomiting. The vomiting may be severe. You may have congestion, fatigue and heart palpitations. It doesn't mean you have to have all of these symptoms, but if you have some of those, that is where Hippozaenium helps.
- d) Take it once a day for four days. That would clear it up.
- e) Another thing with CV, maybe you take one dose of Hippoz, and you feel 70% to 80% better, even more and you stop taking it, and then a couple of days later, boom! You feel bad again. So take this for three or four days. Even if you're feeling better. The thing with CV, is you have the symptoms and you feel better and then you're worse again.
- f) This is not normal for remedies! Usually with Acutes, you take a remedy and you're fine! Not with CV,

13) If you have whooping cough symptoms, or even right at the beginning, you think you may have CV, take Pertussis right away! It is part of the disease they've created.

- a) Take one dose
- b) You can do this whether you have a positive CV test or not.
- c) You may just know this is what you have.
- d) Typically, most of the time, you only need one dose of a nosode.
- e) In taking the Pertussis nosode, it clears at least that one piece out. I don't know how many pieces of different viruses are in CV. It's just crazy.

14) These are all in your kits, somehow Croup is in this. It goes from a croupy cough to a whooping cough. The main three remedies for Croup, if you would have these symptoms with CV or with Croup:

- a) Spongia, first and foremost, Spongia 200c, don't bother with anything lower than that, unless you've been taking remedies most of your life, especially children.
- b) Aconite if it comes on suddenly, or they've been in a strong wind. But take Spongia first.
- c) Hepar Sulph. This is for Croup with mucus, a lot of mucus. Give them that pellet however you need to. If they are coughing hard, it may be difficult. In a serious situation, you can even put it in a spray bottle and spray their face, it will get in their mucous membranes and work.

15) Question: How many pellets? Is one pill the dose for all of these? A: Yes. One pellet. You only need one, but sometimes with smaller pellets, it's hard to just get one pellet out, more come out. So that's why I say one to five. If the pellets are big enough so you only get one, take one. That's what I like about Boiron tubes. They have that nice cap that you turn and one pellet comes out. You only need one.

- a) A dose is whatever you take at one time. It can be one bottle or one pellet.
 - b) Whatever the heck you can get into somebody if they are in distress, just get it on their lip.
- 16) Bacillinum is also another cough remedy. So there are three of these, they are all very similar, but they are all just three different forms of Tuberculinum, which is Tuberculosis.
- a) Tuberculinum just TB (tub)
 - b) Tuberculinum Aviaire, that is the bird flu (Tub av)
 - c) Bacillinum
- 17) They are all in there because they have all helped different people get over this. But you don't need ALL of these remedies if you get CV, pick one of the nosode. I'm gonna give you the nosode list.
- 18) Nosode list:
- a) Bacillinum
 - b) Hippozaenium
 - c) Pertussis
 - d) Tuberculinum (Tub)
 - e) Tuberculinum aviaire (Tub av)
 - f) Tuberculinum bovinum (this not for taking at first, but after the effects. I'll get into this later)
- 19) These all have affinity to the lungs and affinity for coughing. As I said, take Pertussis first. Whatever one you think sounds interesting, take after you take Pertussis first. Take Tuberculinum, if nothing happens take Tuberculinum aviaire. They all have been helpful.
- 20) Question: Can I purchase without prescription? A: It depends. Where I get mine you have to be a Homeopath. You generally need a prescription, but you can get them from me on my website. They are harder to find and harder to get a hold of. The nosodes work stronger/in a different way than other remedies. The FDA has something about it with them being from diseased material, which is fine. They should not be used willy-nilly.
- 21) Baptisia for severe, severe, fatigue. Start with Baptisia 1M. If a person has not been on preventative remedies, I'd start straight with Baptisia.
- 22) Gelsemium for fatigue that is not as bad, because you've been on the preventatives. Gelsemium you'll feel lethargic, you'll feel heavy. This fatigue you have had before with prior colds and flus before.
- 23) Bryonia is where you don't want to move. Breathing can make you cough. Breathing can hurt. Breathing can hurt your ribs. Your cough can be severe pain in the chest. Extreme dryness with Bryonia. You can't get enough water. Their mouths are super dry. Extremely dry. The biggest keynote is not wanting to move---it can be the whole body, not wanting to move to breathe, it can be moving your eyes. It can be that bad. It doesn't have to be that bad but it can be that marked and significant.

- 24) You've got the other remedies in your kit, you have the key notes. We'll have a class on the rest of those. What happens after you have CV? That is where you take either Tuberculinum bovinum or Squilla to get the taste and smell back.
- Most often, with most people I work with, one dose of Squilla has been plenty with get taste/smell back
 - Tub boy, I've had other colleagues use that. Sometimes they'll take more than one dose. Either one, I'd take one dose and wait. Because oftentimes, you'll get your taste/smell back that same day. If you get no response after 2 to 3 days, take the other remedy. You only need one pellet per dose.
- 25) Question: Where do you get all of the kits? Answer: They are on my website. They are abbreviated.
- 26) Kits:
- CV Pre (the one that has CV Influenzinum, Pneumococcinum, and Pertussis)
 - CV Pre Plus (with the Smallpox nosode--Variolinum) It is a preventative and can be used with CV
 - CV First Line Kit has 1M remedies and nosodes that helps people get through this quickly.
- 27) Question: Are these all 1M? Answer: Some are 1M, some are 200c. You can check the website.
- 28) Sticta is a remedy for tachycardia with CV. Anne is questioning whether she'll include this or not.
- 29) Carbonium oxygentum is another remedy she offers that is good for restoring the whole oxygen. It has been fast to restore people. Whenever you see carbon in a remedy, it is for oxygen, there is a need for oxygen. When I put these in kits, I put in the potency that Homeopaths around the world have reported as helpful. That is an odd remedy---not one a lot of people have.
- 30) That covers the kits! Mostly what I'd like you to know is that things change fast, it's too much to keep up with. [remedies/kits]
- 31) Question: About dropper bottles: what is one dose in your liquid? Answer: One drop! Same thing as with the liquid as with a pellet; one bottle or one drop is [can be] one dose. It's what you take at one time.
- If your bottle runs low, refill it with distilled water and add the strongest/highest proof alcohol you have to keep it pure. Add like a half a teaspoon.
 - The more a remedy is diluted, the stronger a remedy becomes.
 - So you'll never dilute it in a negative way. You'll never run out.
- 32) Question (about dose) How often [to take the CV Influenzinum]? Is it only used as a preventative? Answer: The dropper, Influenzinum, is preventative and is only taken once a week. In that kit, the 30c is typically a weekly dose. The 200c is a monthly dose.
- Except, unfortunately with cv there is always an exception, with the Variolinum, you can take it more than that if you are actually exposed, you can take it daily. If you are experiencing symptoms, you can take it twice daily, like immediately. Don't wait until tomorrow. Like keep it by your bed.

- b) Anne does this also with Oscillococcinum. But, Anne did not find Oscillococcinum to be helpful with cv.
 - i) It comes in a different form [than normal Boiron pellets]. The pellets are teeny. It will tell you on the box to take a whole vial. **YOU ONLY NEED ONE PELLETT.**
 - ii) It's a waste to take the whole tube. They want you to buy more. That box with 36 vials will last you until we all die, LOL.

33) Question: You know how we can graft remedies? Can you graft nosodes? Answer: Yes. It's all the same. A remedy is a remedy is a remedy, in that respect. Mick is the Queen of Grafting Remedies. I never tried it until she talked about it.

34) Question: What was the preventative dose of Smallpox? Answer: Once a month **UNLESS YOU ARE EXPOSED TO IT.** That one, from what I'm reading, you can take it more often!

- a) You can take it weekly, as a preventative, feel free.
- b) I would suggest you take it once a month.
- c) If you know you're exposed, or you think you are feeling symptoms, I would even do it that way, because you never know, if you're at the grocery store and know that someone had it, and start feeling symptoms.
- d) It is called: Variolinum (Vario on the bottle).
- e) If you are actually exposed, take it every day for five days. See how it goes.
 - i) If you don't actually notice any symptoms **STOP.**
 - ii) If you notice symptoms [after you stop], start taking it again.
 - iii) If you notice symptoms, you can take this up to twice a day.

35) Question: What size pellets do you use? Answer: For my kits, I use the #20.

- a) These are called #35 [shows a vial with pellets large enough to count] but you can kind of see, they are really easy to get one out, and only one. But, you know, you could count how many are in there, which is fine, except I'd rather have #20's, that you can't even count, because it's a bazillion more doses.
- b) So I use #20s. They [the smaller #20's] can be annoying because they are hard to get out.
- c) That's why I say: "One to five pellets" is a dose. You can take them out and tap them into the cap, but it is hard to get only one when it's really little.
- d) So again, remember, you can take the whole bottle. I've had my kids do that when they thought it was their yummy candy when they were younger, so hide them from your kids, or your grandchildren!
- e) [Shows a vial with size #10, very small, pellets] Here's a #10. Is that poppy-sized?
- f) It doesn't matter the size of the pellets.
- g) You can have a pellet half the size of #10 [shows minute pellets] and the dose would still be **ONLY ONE.** Isn't that amazing?! It's mind-blowing! One drop, the tiniest drop, the tiniest pellet---it's really **JUST PREFERENCE.** I probably have enough to send everyone some, forever.
- h) It's **PREFERENCE.**

36) QUESTION: Why take Variolinum and not the others [nosodes]? Answer: You're taking them both. So with a covid preventative kit, you'll take them **ALL** as preventatives:

- a) THIS IS THE ONLY TIME with the flu, WE'VE NEEDED TO DO THIS---Precovid, it was NOT DONE. Post cv, this is the world we now live in.
 - b) Cv influenzinum
 - c) Pneumococcinum (prevents Pneumonia)
 - d) Pertussis (clears out the part that is whooping cough)
 - e) Variolinum it's similar to whooping cough. Smallpox is similar to whooping cough. That is why it works.
- 37)QUESTION: When you get exposed, you take more Variolinum. Why Variolinum and not the cv Influenzinum? What's special about Variolinum? ANSWER: The CV Influenzinum has NOT BEEN SHOWN TO WORK, while the Variolinum WILL KICK IT OUT and also PREVENT IT.
- a) If you have someone who is sick with cv in a house, and you were to take it, studies have shown you'll either get a very mild case or not get it at all.
 - b) TOO much of a nosode can cause problems---BUT THE VARIOLINUM IS NOT. People ARE NOT having symptoms of proving.
- 38)QUESTION: Should you take preventatives after you've had covid? ANSWER: No, you don't need it.
- 39)Anne also uses Good Samaritan Oil. The recipe is on Countdown To The Kingdom. It has not antidoted anything. I only use a drop on my ears, neck and wrists. Everything is a rumor right now. We don't want to take remedies or medicines out of fear. When Homeopaths, who are in communication around the world, actually see cases of disease, then it would be appropriate to consider a remedy. Anne says she will respond as soon as she believes there is a bona fide need to respond, rather than respond out of fear.
- 40)QUESTION: How to antidote a remedy? ANSWER:
- a) It's hard to antidote a remedy
 - b) Vicks Vapor Rub, usually,
 - c) Menthol or Camphor, usually.
 - d) Camphora 200c the remedy, is THE BEST to antidote
 - e) If you want to antidote it, it won't work
 - f) Antifungal creams can antidote a remedy
 - g) Antidoting due to what you eat/drink DEPENDS ON THE SENSITIVITY OF THE PERSON:
 - i) If you never drink coffee and you drink it, it can be an antidote.
 - ii) But if you DRINK COFFEE all the time, you can put your remedy IN YOUR COFFEE, and you'll be fine.
 - h) It's hard to antidote a remedy. You'll KNOW IT, if you do.
- 41)QUESTION on a carrier oil. ANSWER: Don't use mineral oil. Anne spilled some on her vinyl table cloth and it took off the color. She prefers olive oil, grapeseed oil or something else that won't do that. Coconut oil is not always liquid so not a good choice. Fractionated Coconut Oil is always liquid.
- 42)QUESTION: What is good for Hemorrhagic Fever? ANSWER:
- a) Mercury was in every Ebola kit.

- b) Lachesis (from Bushmaster snake venom)
- c) When it comes to ANYTHING Hemorrhagic, Snake venoms are some of the best remedies.
 - i) Snake venoms are either
 - (1) Hemotoxic (harms blood) or
 - (2) Neurotoxic, and they work on your brain.
 - ii) Hemotoxic Snake venom remedies are good for use with Hemorrhagic Fevers.
- d) We had Ebola in Minnesota, they weren't a big deal to treat.
- e) When it's a pandemic or epidemic usually a handful of 5 or 6 remedies will treat people. Normally there are lots of remedies that will treat coughs, for instance.

43)QUESTION: Is Our Mother's Oil the same as Good Thieves Oil or Good Samaritan Oil?

ANSWER: I don't know; I've never heard of it.

44)QUESTION: What does 200c mean and 1M? ANSWER:

- a) Remedies are diluted from the initial substance.
- b) It starts with taking a substance, Example: Thuja (from Arborvitae)
 - i) Take one needle, grind it in mortar and pestle
 - ii) Take one part of that to 99 parts alcohol, that is 1 c (c =100)
 - iii) Take one part of that, to 99 parts water, that is 2c
 - iv) The initial substance is always pure, nothing grows in alcohol, that's why they start it like that, in alcohol
 - v) This is diluted until they get to 200c, if you can even imagine that. It's a lot of work.
 - vi) 1M is a thousand. It is the same process.
 - vii) 1M is done the same way except they take one part of the substance to 99 parts alcohol.
 - viii) Then they take one part of that with 99 parts water,
 - ix) They keep going until they get to doing that a thousand times.
 - x) The more they dilute THE STRONGER IT GETS
 - xi) YOU CAN DILUTE TO INFINITY
 - xii) YOU CAN NEVER HAVE A DISEASE STRONGER THAN A REMEDY
 - xiii) It's mind-blowing. To make enough remedy to last until the end of the world would take one Arborvitae tree.
 - xiv) There is SUCCUSSING in between [the dilutions]. Hahnemann figured it out. St. Hildegard von Bingen had writings that Hahnemann read to learn how to do this. There are movies on Prime Video about St. Hildegard. [Anne recommends these videos.] She called them: "The Simples" ---plants, animals and minerals, she called: "The Simples."

45)QUESTION: What is a remedy for tachycardia? ANSWER:

- a) For tachycardia WITH Influenza, specifically, it's Sticta
- b) Tachycardia, itself, has A MILLION remedies

- c) Anne spoke with a woman in the Homeopathic community who is also a Physical Therapist in a hospital. She asked if anyone had seen heart issues with cv? The woman noticed a stroke and heart attacks 6 months after covid.
- d) Remedies push the body to heal, instead of suppressing symptoms. You will end far better with using remedies. It should help 6 months later, as well.

46)QUESTION: Would you use the same remedies if cv presented with just a runny nose and sinus symptoms but not the lung involvement? This is happening in covid cases where I am. Are there different remedies? ANSWER:

- a) Kali Bich is the main remedy for Sinus infection, especially for face pain in checks. Especially when you blow your nose and it's clear, but you know something is in there.
- b) Silica if pain is in the forehead
- c) Pulsatilla (usually only a female hormonal remedy) worked for Anne's son with Sinus infection, he blew his nose and his ears got plugged. It worked. It was unusual.
- d) Normally with cold and flu in pre-covid world, one remedy would clear it out. Now we are seeing a lot of suppressed symptoms, so you're seeing multiple doses and more remedies. It's not natural to need many doses or so many different remedies to treat a cold and flu.

47)QUESTION: Any preventatives for the regular flu? ANSWER:

- a) I would stick with CV Influenzinum is close to Influenzinum, I'd stick with that.
- b) Oscillococcinum is the first thing I will take for any flu symptoms. If it works, and symptoms are better, great, you can repeat it until you're better. If after 3 doses, it does NOTHING, you need to find a different remedy.
- c) Ferrum Phos
- d) Aconite
- e) Those are the three remedies that will usually hand the symptoms of initial onset of cold/flu

48)QUESTION on grafting. ANSWER: Grafting is multiplying remedies. H&W will have a class on it. Check the website.

- a) Another way to multiply your remedy is to water dose them:
 - i) Drop a pellet in a bottle of water. You can add a tiny bit of alcohol to preserve it.
 - ii) Succuss it if you are going to repeat doses. Succuss (shake/hit on your hand) in between doses.
 - iii) If you have it in a glass and not a bottle and you know you're going to need repeat doses, stir it vigorously with a spoon. This prevents proving.

49)QUESTION: When you put the remedy in water, is one sip or one bottle one dose? ANSWER:

- a) You can do both!
- b) One sip is a dose as well as the whole bottle, if you were to drink the whole bottle at once.

50) Anne recommends free online book: It's an introductory book, Dooley's Homeopathy: Beyond Flat Earth Medicine – free to read online

a) <http://www.drdooley.net/Book.pdf>

51) QUESTION: Can any remedy be put in water? ANSWER: Yes. You don't need alcohol, it just preserves it. I would put in the highest proof alcohol is best. Everclear is best. But if you don't have Everclear, use whatever you have.

a) If you don't add alcohol, refrigerate it or dump it.