

## COMMON SENSE SUGGESTIONS THAT MAY (or MAY NOT) HELP YOU



- 1) Get 30 minutes of **FULL SUNLIGHT** (*vitamin D3*) daily (*10am-2pm is BEST*) to build the immune system. Dark skinned folks need more. (*It's time to go in when you feel flushed.*) Or, take one **50,000 mg.** Vit. D pill a week!  
  
2) Keep your **FEET WARM** (*boots & socks all winter*). Also, keep jackets—and even comforters—in the car. Your immunity is suppressed when busy trying to keep extremities warm (*which could indicate a low thyroid*).
- 3) Spray **HYDROGEN PEROXIDE** on your **TOOTHBRUSH** (*or keep it in a sunny window*) to kill germs.  
  
4) Take a **HOT BATH** (*heat kills germs*) in **EPSOM SALTS** (*magnesium sulfate nourishes muscles & bones*) & add vinegar to restore skin acidity. Pat dry, then use organic coconut oil all over. Avoid store-bought creams!  
  
5) Elevate your metabolism by **EXERCISE** soon after waking up in the morning. Otherwise, your body will probably later crave carbs, sugar or caffeine for energy.
- 6) Gently use a mild **VIBRATOR** on your **SINUS** area (*stimulating blood flow can relieve congestion*).
- 7) When shopping, take a **CART** from the parking lot instead of getting one in the store—most **GERMS** don't survive sunlight.
- 8) Keep Essential Oil handi-wipes in the car & **WIPE THE STEERING WHEEL** often—you'll be surprised at how much grime is on it (*ditto for phones, toilet levers, doorknobs...*) Avoid handi-wipes full of chemicals.
- 9) **THROW AWAY DISH RAGS**—they can harbor strep germs! Use disposable cloths instead. (*House pets—without having any symptoms—can carry strep-germs!*)
- 10) **DRY HERBS** or citrus peels on your heat vents to purify the indoor air. Onion aromas can also kill viruses.
- 11) Drink lots of **filtered water** sprinkled with 5-10 tiny granules of Pink Himalayan or Celtic Sea **Salt** to mineralize it—so the water will penetrate into your body's cells for optimum hydration. (*Otherwise, it may just pass right through without hydrating you!*)



Note: **AI** (not Artificial Intelligence, but Avian Influenza) circulates in **wild bird droppings** in migrations every year. I think colloidal silver in poultry water along with salt electrolytes would prevent sickness.,

## AVOIDING & TREATING THE FLU SOME FOOD REMEDY SUGGESTIONS



- 12) **HOME-MADE SOUP** - boil **CHICKEN BONES** in water with herbs, celery leaves, onions & a tsp. vinegar (*to break down the minerals in the bones*). After simmering for a few hours, strain out solids and add to the broth: chicken, veggies, noodles, rice... Celtic sea salt (*minerals*), parsley (*vitamin A*), pepper (*chromium*), **GARLIC**, **CAYENNE PEPPER** & **SAGE** (*natural antibiotics*).
- 13) **OREGANO** - get some oregano oil & rub it on the bottom of your feet. This works best after a **HOT BATH** (*when pores are open*). If you have tender feet, add coconut or other oil to it so it won't **burn**. Or, take oregano oil caplets. Oregano is **anti-viral** & **anti-fungal** (*sinusitis is usually fungal overgrowth*).
- 14) **LEMONS** - warm some fresh squeezed lemon juice in a saucepan (*please don't 'nuke' FOODS that you intend to ingest—it kills the enzymes that are essential for good digestion*). Add a little honey & gargle with it before slowly swallowing it. Don't drink or eat anything for awhile afterwards —give it time to work. If it's organic, eat the inner peel (*Quercetin, CoQ10 & Hesperidin Bioflavonoids*) (*This can be more effective than store-bought vitamins.*) OR, make a **FLU BOMB\*** (*see recipe below*).
- 15) Drink **HONEY & RAW VINEGAR** in water—dark honey can have over 70 trace minerals. Vinegar breaks them down.
- 16) **HORSERADISH & HOT MUSTARD** - these open up the sinuses —they add zip to egg-salad sandwiches, deviled eggs & potato salad (*as do celery & chives*).
- 17) Eat **PLAIN\*\* organic YOGURT** topped with honey, nuts & fruits! Probiotics improve digestion (& *your complexion!*) (*\*\*Plain means not sweetened. Aspartame-poisoning mimics Parkinson's, MS, and many other neurological problems. Eating SUGAR suppresses your immune system for 4-5 hours.*)
- 18) Eat **RAW ORGANIC FOODS**—especially **carrots** (*vitamin A*) & chew them well. Or, **JUICE** veggies—they're easier to digest. Raw, unsalted pumpkin seeds are rich in **ZINC**. Processed foods are 'dead'—no **living enzymes**. Unless 'organic,' **produce** from stores is usually **irradiated** (*killing enzymes—& digestibility*).

\*Recipe for **FLU BOMB** (*from Barbara O'Neill YouTube video*)  
Crushed **garlic**, grated **ginger**, a drop of **eucalyptus oil**, **cayenne** pepper, **lemon** juice, **honey** (*you decide proportions*). Add to 1/3 cup hot water and drink 3 times a day.

## STORE-BOUGHT NATURAL REMEDY SUGGESTIONS

- 19) At the first sign of flu, knock it out with a product called **OSCILLOCOCCINUM** (*a sub-lingual homeopathic remedy*).
- 20) **SAMBUCOL** (*elderberry*) syrup is anti-viral and may cure the flu. Or, drink **HOMEMADE** elderberry wine.
- 21) Take some liquid, tasteless colloidal **SILVER**—which is known to even kill **MRSA** germs—in a glass of water.
- 22) **VICKS VAPOR RUB** (*OR peppermint & eucalyptus oil in a base of coconut oil*) on chest can open up sinuses.
- 23) Nourish your **THYROID** gland with good **KELP** to boost immune responses. Hypo AND Hyper-Thyroidism are **BOTH** usually just iodine deficiencies (*symptoms are weight gain, cold hands & feet, fibrocystic breast tenderness & disappearing 'moons' on fingernails—starting with pinkie fingers*). But always buy supplements from companies—like Shaklee or Juice-Plus that make food-based, **organic** vitamins, Avoid **synthetic** "vitamin" pills. Unless they are 100% organic, consider them to be drugs. **Cheap vitamins can contain lead & worse**.
- 24) Make & drink a 'tea' from organic lemon & orange peels. (*homemade hydroxychloroquine?*).
- 25) Avoid **FLU & COLD symptom-reliever DRUGS!** A good 'rule of thumb' is: if it's advertised on TV, you probably are better off without it. The side effects of **DRUGS** far outweigh any **temporary** benefits (*for instance, acetaminophen can cause liver failure—even death when taken with alcohol!*) Tylenol is the leading cause of liver failure in the U.S. (*I think it should be outlawed—like opium was 100 years ago.*)

These **suggestions** are just **opinions** of one very healthy 72-year-old, that, by doing these things, has been able to live a very active life without any doctor visits, pharmaceuticals (OTC **or** prescription) or surgeries for the past 20+ years. It's written because I wish someone had shared with me these suggestions 50 years ago!



Lastly, the **KEYS** to optimum health are spiritual. They are forgiveness—first received **AND then** given to others. And, the **only** One who can forgive you completely is God's Son, Jesus Christ. Ask Him into your heart and, when He comes, allow Him to love & **forgive others through you**. That brings **PEACE & JOY**—the **ultimate** IMMUNE BOOSTERS!

# Flu & Shots



For accurate vaccine safety information, here is the oldest & best website: [www.NVIC.org](http://www.NVIC.org)  
It has been maintained by parents of vaccine-injured children for over 40 years!

If you feel **flu symptoms** coming on, there are some helpful health tips inside this brochure. If you suspect it's the **Covid 19 Flu**, here are some of the best resources:

<https://AmericasFrontlineDoctors.org/Medical>  
<https://Covid19CriticalCare.com>  
<https://MyFreeDoctor.com>  
[www.PeterMcCulloughMD.com](http://www.PeterMcCulloughMD.com)  
<https://totalityofevidence.com/dr-pierre-kory/>

#### Recommended Book:

"The Truth About COVID-19: Exposing The Great Reset, Lockdowns, Vaccine Passports, and the New Normal"  
by Dr. Joseph Mercola

Until 2020, most people had **no idea** that a routine vaccine could cause things like allergies, seizures, hearing loss & ear infections, Juvenile Diabetes, Autism, dementia, paralysis and even death. The experimental, 'Emergency Use' Covid-19 shots have been a global wake-up call and has brought much-needed scrutiny to the vaccine industry.

#### VACCINE LAWS:

[www.nvic.org/vaccine-laws.aspx](http://www.nvic.org/vaccine-laws.aspx)

COVID-19 'VACCINE' INGREDIENTS:  
<https://portal.ct.gov/Coronavirus/Covid-19-Knowledge-Base/Vaccine-Ingredients>

VACCINE EXEMPTION letter (sample):  
[www.vaclib.org/legal/refuselt.htm](http://www.vaclib.org/legal/refuselt.htm)

#### VACCINE INJURY COURTS (VICP) & COVID 19

**Before 1985**, vaccine manufacturers could be **sued** if their product injured or killed someone. Now, if those shots are added to the Childhood Immunization Schedule (mandated), victims must go through the Vaccine Injury Compensation Program (VICP)—which has paid nearly **\$5,000,000,000** to vaccine-victims' families since 1985. Yet, this is only a fraction of those who have applied. Most were denied—not meeting the strict criteria or able to endure the lengthy, legal process: [www.hrsa.gov/vaccine-compensation/data](http://www.hrsa.gov/vaccine-compensation/data)  
<http://sonoranews.com/2017/07/03/vaccine-manufacturers-exempt-liability/>

Now that the Covid 19 shot has been added to the Childhood Immunization Schedule (even though children are NOT at risk without it and some VERY credible physicians believe the shot is harming children) there is no legal recourse besides the VICP for those injured by it. The Emergency Use Authorization\* protected pharmaceutical companies & doctors from liability until the shot could be added to that Schedule. And, Pfizer has a dismal legal record of **knowingly** harming people. Rap sheet at: [www.biznews.com/health/2023/01/11/pfizer-covid-rap-sheet](http://www.biznews.com/health/2023/01/11/pfizer-covid-rap-sheet) <https://lawyerinc.com/biggest-pfizer-lawsuits/>

\*EUA: Early treatment options (*Ivermectin & Hydroxychloroquine*) were **NOT recognized** by the FDA, AMA, CDC... because there cannot be ANY **recognized safe treatments** in order for an Emergency Use Authorization to be issued with experimental drugs.

#### mRNA COVID-19 'VACCINE':

does NOT **prevent** you from getting Covid-19 or from being able to transmit it! Your best **flu** defense is to have **high levels of Vitamin D** in your blood! [www.webmd.com/covid/news/20220208/vitamin-d-deficiency-tied-to-severe-covid](http://www.webmd.com/covid/news/20220208/vitamin-d-deficiency-tied-to-severe-covid)  
<https://totalityofevidence.com/dr-pierre-kory/>

#### DOCTORS AGAINST FORCED VACCINATION:

<https://AmericasFrontlineDoctors.org/>

This group of doctors came together as a response to Covid 19 shots. However, MANY doctors have opposed 'one-size-fits-all' vaccine schedules for years:

<https://physiciansforinformedconsent.org/about/>

Countries worldwide and individual states have their own organizations made up of families that have experienced serious vaccine injuries and have not been given a voice in the medical communities or in the media. Some of them are listed at:

<http://thinktwice.com/support.htm>

(Doctors are given incentives by medical organizations to have ALL of their patients 'fully immunized'.)

*You have autonomy over your own body.  
You are responsible for WHO & WHAT you believe.*

#### ABORTED FETAL TISSUE IN VACCINES

"Children who have been vaccinated with MMR and later suffered Autism have been found to have antibodies to their own brain tissue, and this may be a consequence of using fetal tissue in MMR." <http://vaccineriskawareness.com/vaccination-and-abortion/>

<https://childhoodshots.com/biblical-reasons-vaccinate/>

#### GARDASIL: How about 'ONE LESS?'

Besides the questionable efficacy of the **Gardasil** HPV vaccination, there are hundreds of reports of serious and debilitating autoimmune injuries.

<https://www.aboutlawsuits.com/gardasil/>

#### FLUMIST (nasal spray)

contains **monosodium glutamate** (MSG)—and, since the olfactory tract is a direct path to the brain, it can cause brain inflammation (*encephalitis*).

FLUMIST is NOT approved for ANYONE with a compromised immune system (*heart trouble, asthma...*). Those receiving FLUMIST become live flu virus carriers for 21 days. FluMist has a very, VERY low 'success' rate.

**FLUZONE (shots)** - FluZone did contain 25 mcg of **mercury** (250 times the EPA's safety limit for mercury in drinking water) and up to **100 mcg of formaldehyde** (embalming fluid). **SIDE EFFECTS**—see [www.fda.gov](http://www.fda.gov):

**FLUCELVAX** - was the first approved flu vaccine made in cell (*rather than egg*) cultures—cells from **DOG KIDNEYS**.

**FLUBLOK** - uses cells taken from the ovaries of Fall **ARMYWORMS**. <https://thevaccinereaction.org/2017/10/armyworms-used-to-make-flublok-influenza-vaccine/>

And, despite denials from the manufacturers of flu shots & their colleagues at the CDC, there is a growing concern among many doctors that the **ALUMINUM** in those shots may CAUSE **ALZHEIMERS** in elderly (*aging brains*) and **AUTISM** in children (*developing brains*). Many flu shots even contain mercury (*look for the word 'thimerosal'*)!

Disclaimer: This is written by someone with **NO medical credentials** — just vaccine-injured family members! This is **not medical advice**. It's just my **suggestions** AND an accumulation of information from doctors who have treated & helped cure Covid 19 patients (*some of whom have lost their licenses because they questioned the 'accepted protocols'*).