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Revealing the True State of the Nation

Here's How Everyone Can Avoid Getting The Coronavirus

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URGENT!

Practical Advice for Coronavirus Prevention and Holistic Remediation

CORONAVIRUS Precautionary Measures and Health Tips

[The Coronavirus Coach](#)

The rapidly unfolding coronavirus pandemic should not be underestimated. Given what is known thus far, this highly contagious virus ought to be taken seriously by everyone. Hence, every person on the planet is encouraged to get their house in order (especially the medicine cabinet) so that they are ready for any eventuality.

It's always best to take these proven preventive measures sooner than later where it concerns any type of viral infection. By doing so, even the various coronavirus infections can be avoided. Folks who can sequester themselves in their home offices and/or significantly reduce their exposure to public places always fare much better. "Catching the corona" is by no means a foregone conclusion for any individual.

List of Basic Things To Do

First, start to eat right (LOTS of garlic and ginger and turmeric and curried foods). Lean toward hot soups, stews and broths particularly at dinner time for the rest of the flu season. Avoid cold foods from the fridge especially yoghurt, sandwich spreads and cold drinks. Add just a little boiling water to quickly warm up juices as well as nut or seed milks. Frozen foods like ice cream are strictly forbidden. Cook all vegetables much softer than usual. Best to go vegan, if possible; otherwise, all animal meats ought to be very well cooked and eaten infrequently.

Drink Flu Tea, especially during the cold season (the essential ingredients are ginger, cayenne pepper, lemon and honey but don't heat the lemon or the honey—add them after the fresh ginger tea is brewed). Also drink plenty of warm fluids, specifically herbal teas that are decongestants and expectorants. Herbal teas that have antimicrobial and immune-stimulating properties are important when viral infection symptoms are present.

Be regular about replenishing the diminished intestinal flora with probiotics; beverage and food-based forms are much preferred to nutraceuticals (e.g. capsules). For those with lactose intolerance and/or casein allergies, acquire some coconut, cashew or almond yogurt or kefir (let these warm up first before eating). Also, consider probiotic rectal implants when significant flora depletion is suspected.

Be sure to stay away from mucus-producing foods and beverages. Avoid dairy in particular (especially cheese, milk and ice cream). Also avoid wheat, white sugar, red meat, eggs, soy, alcohol, artificially sweetened sodas, desserts in general, etc. This is a great time to minimize the intake of processed foods, packaged food, canned food, frozen food and especially junk food and fast food. "Corporate food" in supermarkets ought to be reduced; fresh produce, whole grains, organic ingredients, etc. are much healthier choices. The shorter the distance from farm to table the better.

If restaurant food cannot be avoided, be careful to only order the most cooked items on the menu. Raw foods and dairy products are quite exposed to environmental pathogens as well as highly vulnerable to kitchen mismanagement practices and other types of contamination. Don't eat out unless you must. And, go organic, fresh, locally-grown and what's in season IN YOUR OWN KITCHEN. Remember: "The cure is in the kitchen."

Start to transition your diet from acidifying foods to alkalizing foods so that you move to approx. 75% alkaline and 25% acidic. Especially cut down on constipating foods, beverages and nutraceuticals such as mineral supplements with too much Iron.

Regular Exercise and Stretching, Power Walking and Rebounding, Hatha Yoga and Pilates, Tai chi and Qigong are all great to do. Get as much exposure to Sunlight as possible for natural Vitamin D production. (Sunlight is said to be the best of disinfectants so the coronavirus doesn't like it). A 20 to 30 minute aerobic walk in nature is the single best way to cleanse the entire lymphatic system—A MUST!^[1] Don't power walk outside when the skies are heavily chemtrailed; you'll feel the health consequences.

The respiratory system must be clear and clean, strong and efficient since this virus targets the mucus membranes in the lungs and sinuses. Use a Neti Pot regularly during this flu season with 1/4 tsp of sea salt dissolved in body-temperature distilled water. Have a saline nasal rinse kit on hand such as [NEILMED'S SINUS RINSE](#). Breathwork as simple as daily deep breathing outside in the fresh air is highly recommended; so are certain pranayama practices. Coherent breathing is particularly effective in activating the body's natural immune response (See this [video link](#)).

Try to sleep well between 10:00 PM and 4:00 AM every night. Keep all technology out of the bedroom including smartphones and TVs. Remove all light sources, cover the windows, and use an air purifier that generates white noise to cover up distracting night-time sounds.

Change all IT devices in the home from wireless and WiFi to wired connections. Even keyboards and mice ought to be hardwired. Those living or working in a 5G environment ought to eliminate all WiFi completely.

Use wired landline phones whenever possible, NOT smartphones. There are also free Internet-based phone lines available that are easily hardwired. Replace the smartphone with an old-fashioned 4G flip phone. (Wuhan City, China was designated a special “5G Demonstration Zone” in the months prior to the coronavirus outbreak.)

Assemble a first aid kit with Colloidal Silver or Silver Hydrosol, Zinc supplements, Turmeric power or extract, Vitamin C and Vitamin D. Have a CAL-MAG-POT mineral supplement handy as well as some Selenium.

Acquire some anti-microbial Essential Oils (especially Oils of Oregano, Basil, Thyme & Peppermint). Get some Thieves essential oil and an atomizer to diffuse in the ambient environment, particularly the bedroom before sleep!

Also, have Olive Leaf extract, Pau d'Arco tea and an Echinacea & Goldenseal combo in the medicine cabinet. Buy some Grapefruit Seed extract, in liquid form, for all sorts of medicinal and body care applications.

Keep some food-grade Hydrogen Peroxide in the fridge in the event that low-dose HP therapy becomes necessary. Lugol's Iodine is an absolute must when fighting any coronavirus, and especially effective for cleaning ALL produce.

Buy some BAC-HP homeopathic remedy to quickly subdue any bacterial infections that can weaken immunity (Purchase link [HERE](#)).

Have a good supply of Sea Salt available for gargling as well as Rock Salt for cooking. Pink Himalayan Salt is especially good for medicinal use.

Manuka Honey has strong antibacterial and antiviral properties as well as anti-inflammatory and antioxidant benefits.

Mouth care should include daily tongue scraping first thing in the morning followed by a Sovereign Silver mouth bath (hold 1 tbsp of silver in mouth for 20 to 30 minutes after teeth-brushing.[2] Then spit it out and thoroughly rinse mouth with water. For us health nuts, this can be followed with 15 to 20 minutes of oil pulling by swishing around in the mouth 1 tbsp of either sesame or coconut oil. (The toothbrush should be washed with peppermint soap after each use and soaked in hydrogen peroxide at least once a week.)

For those who get really sick or really are ambitious, do a coffee enema.[3] There's no quicker way to cleanse and refresh the liver blood. Moreover, performing a gallbladder flush / liver cleanse is an effective way to decongest the liver which then enhances the detoxification pathways during sickness, disease or injury.

Take a crash course in strengthening your immune system at this website: [The Health Coach](#). For those who are chronically experiencing any form of immunosuppression, it's imperative to do an immune system checkup. Particularly for those folks who have suffered

from any of the Chronic Degenerative Diseases or Third Millennium Maladies or Alphabet Soup Ailments (e.g. CFS, EBV, AIDS, HIV, COPD, MS, ALS, Lupus, Lyme, Morgellons, Fibromyalgia, Rheumatoid arthritis and other autoimmune disorders), conducting a systematic immune system audit is a MUST. Whereas a strong immune response is the BEST defense against the coronavirus, even a compromised immune system can be quickly strengthened. For example, an infected root canal or cavitation site can be properly remediated thereby removing a constant burden from the immune system.[4]

Wash hands thoroughly for at least 20 to 30 seconds with an anti-microbial soap after being out in public but especially after handling all mail and parcels; raw food items; and food packaging such as boxes, cans, cartons, bottles, plastic containers as well as beverage cups.

Regularly sanitize all door handles and faucet handles as well as vehicle door handles and the steering wheel. Be sure to keep Ethyl Alcohol and Distilled White Vinegar on hand to disinfect contaminated surfaces, especially in the kitchen and bathrooms. There are individually wrapped [hand wipes](#), which use alcohol to kill pathogenic micro-organisms on contact, to keep in the vehicle as well as hand sanitizers that do the same for the home and office.[5]. Above all, avoid touching your eyes, ears, nose or mouth (your head, for that matter) with unwashed hands.

This particular strain of coronavirus could develop into a serious situation (i.e. Pandemic) which will then require great vigilance and resolve. Be alert to any unusual symptoms in the home and workplace for yourself and others. Stay away from any individual who is presenting any type of flu symptoms.

Avoid all public places, when practical, for the rest of this flu season. If you are the family caregiver or a healthcare provider, take all the extra precautionary measures to avoid exposure (wear the right type of hospital-grade mask **rated as N95 anti-viral**, wash hands regularly **with antimicrobial soap**, keep a safe distance when appropriate, etc.). Disinfect, Sanitize and Cleanse whatever, wherever and whenever necessary. The kitchen and bathrooms need to be cleaner than ever since that's where most illness and disease begin.

Don't travel unnecessarily. Especially avoid airplanes, trains, buses, subways and cruise ships. At least for the rest of this flu season, minimize attendance at family gatherings, office parties, restaurants, etc. Skip all the conventions, conferences, forums, seminars and other large meeting places this year, particularly those with overnight stays.

Lastly, stay out of fear and live life with courage during these challenging times. Have faith in the Higher Power and know that everything always happens for the best. Pray for protection for yourself, your family and friends, and all of humanity.

Everyone, take good care!

— The Coronavirus Coach

(An Integrative Health Consultant & Biomedical Researcher)

The preceding list of “Things To Do” may seem a little too ambitious or demanding for some folks. If so, only do whatever you can ... and be sure do what really resonates with you. Remember:



Submitted by *The Coronavirus Coach*

[The Health Coach](#)

Editor's Note

The Coronavirus Coach was Board Certified in Integrative Medicine and is a long-time biomedical researcher. As an Integrative Health Consultant, he is a practicing Holistic Health Coach and Wellness Counselor for 30 years. Two of his specialty areas over the past decade include Internet addiction and smartphone dependency. As an Addiction Counselor and Dependence Coach, his primary focus has been **smartphone dependency and depression**. Because of the swiftly evolving epidemic of smartphone-related illness, injury and disease, *The Coronavirus Coach* also addresses 5G Syndrome and 5G Flu as well as an Electrohypersensitivity.

Sources

- [1] [What's The Best Way To Cleanse The Lymphatic System?](#)
- [2] [Sovereign Silver Bio-Active Silver Hydrosol for Immune Support* – 32 Fl Oz](#)
- [3] [Coffee Enema](#)
- [4] [Root Canals & Focal Infections](#)
- [5] [How to Kill the Coronavirus on Contact Surfaces \(Video\)](#)

Guidance for the Healthcare Professional

[Natural Protection Strategy Against Viruses, Including the Coronavirus](#)

[CORONAVIRUS TIPS: How To Treat Infected Children Holistically](#)

[CORONAVIRUSES: The Best Herbs and Essential Oils for Treatment](#)

[CORONAVIRUS: An Ounce of Prevention Is Worth a Pound of Cure](#)

Health References

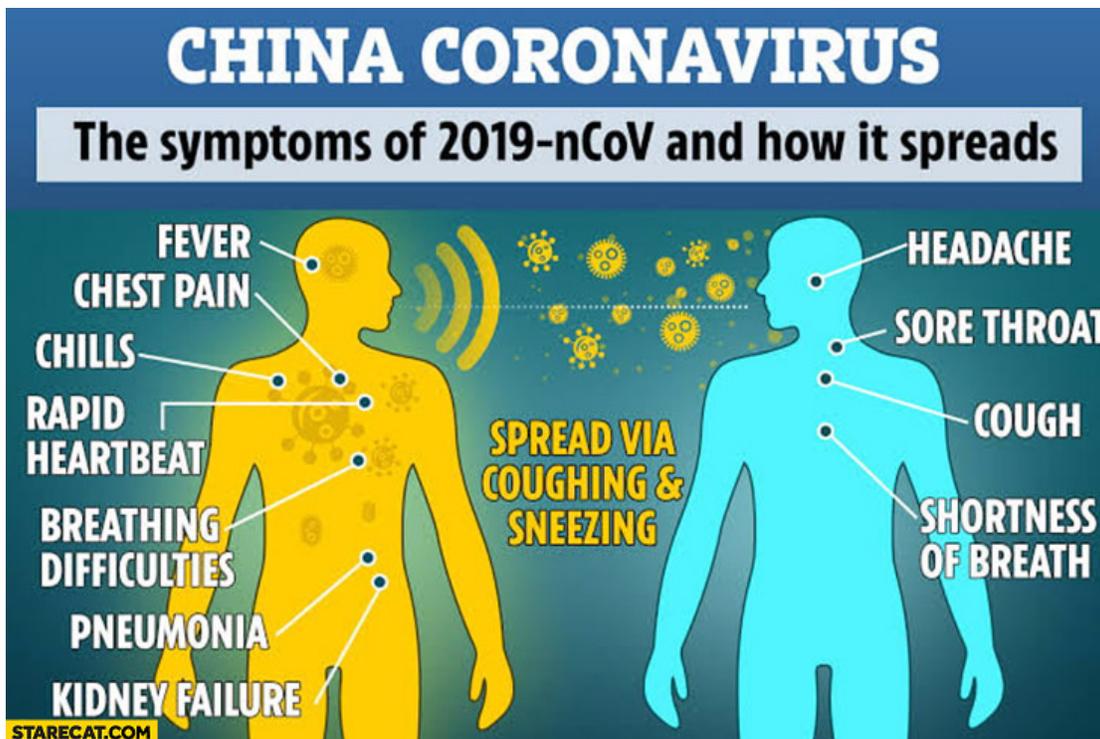
[CORONAVIRUS GUIDANCE: How to successfully manage viral infections and avoid their serious consequences](#)

[CORONAVIRUS TIPS: Here are the best ways to immediately treat a viral infection](#)

[Can Herbal Medicines Fight Wuhan Coronavirus?](#)

[CORONAVIRUS DISEASE RESEARCH: 75 Abstracts Documenting Efficacy of Natural Medicines](#)

Common Symptoms of Wuhan Coronavirus (COVID-19)



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