

A Healthy Happy New Year Kelly Pomeroy, M.H.

We hope this article finds you each happy and healthy at this holiday season. This year has been a challenge for most with the world-wide pandemic. As you finish out the last days of 2020, here's a collection of recommendations given in the articles this year in regards to COVID-19.

“It is essential to have a healthy and active immune system. Healthy immune cells rely on the same nutrients that your other cells require. So, throw away your Twinkies and Coca Cola (i.e., all junk food) and eat fresh raw produce to protect yourself from all viruses. Specific nutrients required for viral protection include Vitamin D (obtained free from the Sun), Vitamin A (plentiful especially in carrots as carotenes which are converted to Vitamin A in the liver) Vitamin C (highest in bell peppers and abundant in fresh produce) and Iodine (stored safely, and easily released in kelp) Echinacea is the king of the herbs for activating your immune system, specifically the macrophages. Elderberries have been studied and are a definite preventative for all communicable diseases.”¹

“The first line of defense for your immune system is the thin layer of mucus that covers and protects all tissues that line the entrance orifices of your body. Macrophages and other white blood cells can enter this thin layer of mucus and devour invading viruses and present the invader's genetic code to T-helper cells that activate T-Killer cells. This signaling is accomplished through the chemical messenger Interleukin-1. This immune activating signal also elevates the body temperature set-point, triggering a fever. This life-saving mechanism amplifies the immune response and impairs the invading viruses. The worst thing you can do, in a fever inducing disease, is to take a drug to stop the fever (aspirin, Tylenol, etc.). The drug interferes with the interleukin-1, stopping the fever which consequently shuts down your immune response. Therefore, you cannot adequately rid yourself of the invading virus....If you catch the flu or any other fever triggering virus help the body with the juices mentioned in the last article, keep well hydrated (the body controls temperature through perspiration), do the steam procedure with the MPR, drink raspberry leaf tea, take Dr. Christopher's famous anti-plague formula, employ Dr. Christopher's fever treatment (found in his Herbal Home Health Care book), and don't take an aspirin that stops a fever.”²

“It is our individual immune system that protects us from viruses, whether that virus is from bats, birds, pigs or from outer space. Our immune cells are designed to recognize our own cells and protect them. They also detect foreign cells and destroy them. Our immune system becomes healthy through healthy eating and strong through exposure to antigens. Our immune system is enhanced by acquiring friendly flora from physical contact with each other. It is destroyed through exposure to chemicals (i.e., antibacterial soaps, disinfectants and sun-screen). The sun heals through gradual exposure and will destroy viruses....By individually defeating viruses we can collectively be safe.”³

Remember the wise saying, if you are prepared, you shall not fear. We have been blessed with miraculous bodies. Let's seek to understand them and support them with healthy lifestyle habits. Wishing you all a safe, healthy and happy New Year!

Kelly Pomeroy is a Master Herbalist and Adviser for The School of Natural Healing. She is also a certified Foot Zoner and Instructor. She loves to continually learn about plants, the body, and the earth. She lives in Utah with her four children.

This article contains excerpts from articles written in 2020 by David Christopher, the director of The School of Natural Healing, regarding the COVID-19 virus. See references below for further information.

References

1. Christopher, D. (2020). 02-05-2020 - Chicken Little and the Coronavirus. Retrieved 28 December 2020, from https://archive.aweber.com/herbal-legacy/Hf.ul/h/Chicken_Little_and_the_Corona.htm
2. Christopher, D. (2020). 03-04-2020 - Doomsday for Coronavirus. Retrieved 28 December 2020, from https://archive.aweber.com/herbal-legacy/ORbI_/h/Doomsday_for_Coronavirus.htm
3. Christopher, D. (2020). 05-06-2020 - Covid-19 Models vs Data. Retrieved 28 December 2020, from https://archive.aweber.com/herbal-legacy/GYf03/h/Covid_19_Models_vs_Data.htm