

# A Covid-19 Success Story

Tara Christopher Eyre, M.H.

Our family experienced Covid-19 up close and personal in November 2020. This experience is one example of how we put my education from The School of Natural Healing to work.

On November 18, when I arrived home from work in the evening, my middle son (a competitive swimmer) told me his cough was “different.” He has had a regular cough from constant exposure to chlorine and the poorly ventilated air inside the pool area during the winter. We monitor his cough routinely, as this is a weak area of his body. He also informed me that he was experiencing loss of smell and taste, classic Covid-19 symptoms. Because he was feeling a little bit sick, he had already started taking the Super Garlic Immune formula and made himself a batch of tea (he knows the drill). I took him for a Covid-19 test the next morning and the results came back positive. I was tested at the same time and my results were negative.

How did we handle this new viral invasion? We quarantined as a family (as required by the State), but we did not quarantine our son by himself in our home. Instead, we dealt with this virus the same way we have handled every other viral infection that has come through our family.

Dr. Christopher taught that when one family member is sick, everyone needs to increase their nutrition and supplement with natural therapies to fight the infection as well. This is the protocol every member of our family followed while we quarantined:

- As a family we drank gallons of tea. I made a big batch of tea for the family morning and afternoon (we used equal parts of Raspberry/Spearmint/Catnip or equal parts of Comfrey/Spearmint with 1/8 part of Lobelia).
- We added ¼ - ½ teaspoon of Dr. Christopher’s Composition Power (Chest Formula) to each mug of tea.
- Each person took the following supplements:
  - Dr. Christopher’s Super Immune Garlic formula (3 – 5 times each day)
  - Echinacea tincture (3 – 5 times each day)
  - Liposomal Vitamin C (morning and evening)
  - 5,000 mg of Vitamin D3 (once a day)
  - 10 mg of Zinc (once a day)
- We ate massive amounts of fresh produce – specifically grapefruit, oranges, pineapple, berries, and salads.
- We had a green drink each morning.
- We made fresh juices throughout the week.
- For dinners we had homemade nutritious soups.
- My son and I both did a modified Cold Sheet Treatment (hot bath with tea followed by a cold shower and straight to bed). The other family members' symptoms were so mild they didn’t feel like they needed this therapy.
- We spent time together playing games, reading, and enjoying being home.

*Note:* This is not an exhaustive list of ways to support the immune system. There are other herbal preparations we have used, such as Elderberry Syrup, Dr. Christopher’s INF formula, Turkey Tail Mushroom, Kid-e-Well, Olive Leaf extract, etc.

During our quarantine my husband and I both worked remotely from home, both of my sons had school online, and my daughter continued her homeschooling. So, besides cancelling any in-person activities, life continued as normal.

My middle son had mild cold-like symptoms that lasted 3 days. The rest of us were a little achy the next week (over Thanksgiving) and all tested negative for Covid-19 on Monday, November 30. We finished the required quarantine on December 5 and everyone was healthy and back to activities on December 7.

My education through The School of Natural Healing paid off again, instead of panic we had peace. We supported each of our immune systems and they did their job beautifully. This is the gift of natural healing, working with the body and supporting it to take care of any virus or other infection that comes our way.

***Tara Christopher Eyre** is a Master Herbalist and Certified Foot Zone Instructor/Practitioner. She loves helping people on their journey toward health.*