

Covid-19 Treatment and Preventative Measures

THE HEALING IS IN THE PRAYER!!

This disease is affecting African Americans because we have underlining health issues such as Diabetes, Asthma, Hypertension, etc.

- Another factor we are the frontline worker, bus driver, janitor, and nurse. We do the job of service, which has become a high-risk position.
- This disease produces fever, coughing, distress and difficulty breathing.

SOLUTIONS TO HELP PREVENT COVID-19

1. Build your immune system by boiling garlic, ginger, turmeric and drinking it.
 1. **KEEP NOSE AND THROAT CLEAN**: Gargle throat with warm saltwater.
 2. Take vitamins, vitamin C, as well as take Lobelia capsule or drink the tea which is used to improve respiratory function.
 3. Drink hot teas, herbal tea such as (lemongrass, ginger, peppermint sweeten with honey garlic.) Avoid drinking anything cold. Drink warm water or room temperature.
 4. Hot soups are also effective.
 5. Eat fruits and vegetables. Use a liquid diet pineapple, grape, orange juice room temperature (blending greens fruit cleanse the body).
 6. Use a humidifier to keep the air moist – drop eucalyptus oil to keep the nose clear and tea tree oil to clean the air, lavender oil will also help you sleep at night.
 7. **DO NOT** lie in the same position constantly change positions frequently sit up, turn, as frequently as possible.
 8. Hold your breath for ten seconds and exhale out (strengthens your lungs) You can also blow a balloon, do this 10-20 times a day.
 9. Raise your arms above your head it may hurt, but your lungs are located in your back and by stretching your muscles will move the mucous.
 10. Have someone at your house cup their hand and beat on your back from the bottom of the rib cage upwards.
 11. Boil some garlic, oranges, lime or lemon skin and turmeric. Stand over the steam and take Deep breaths as long as you can bear it.
 12. Place a towel over your head and steam your face the mucous will drain from your nose.
 13. Fomentation: At least three times per day use warm towels on your back for three minutes then apply a cold rag and rub briskly for thirty seconds (doing this regimen increases the white blood cells for healing.)
 14. While doing fomentation treatment apply a cool towel to the forehead.
 15. If you have no one to do fomentation take a hot shower and let the water beat on your back, raise your arms and take deeps breath, then switch to cool water for 10 seconds.

FINALLY, PRAY AND PRAISE GOD FOR HEALING!!