



# Corona Virus Remedies

## Seven Steps to Health

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- ▶ Firm believer in God's Word and follower of Jesus
- ▶ Accepted and practiced the health message for 19 years
- ▶ Software Architect for IBM Product (CPQ) 17+ years
- ▶ Certified Health Coach from Dr. Sears Wellness Institute
  - ▶ Specialties in Family/Children, Adults/Seniors and Pregnancy
- ▶ Professional Member of American College of Lifestyle Medicine (ACLM)
- ▶ Current Master Herbalist's Student working toward PhD
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- ▶ 1 - Because of our own choices, whether they are done willfully or by ignorance.
  - ▶ This is the greater majority of examples in the Bible. God is seeking to lead us onto a better path. (Exodus 15:26, John 10:10)
- ▶ 2 - Because of the case of Job
  - ▶ This is the minority with 2 other cases, a total of three in the entire 66 books of the Bible. Job did not do anything wrong but, God has allowed it as a test. (Job 1,2, 42)



# Does God want us to be sick?

- ▶ No, God came to give us life abundantly but ...
- ▶ Satan wants to destroy us

“The thief cometh not, but for to steal, and to kill, and to destroy: I am come that **they might have life**, and that they might have it more abundantly.” John 10:10



HEALTH  
IS  
WEALTH



## How does God plan to give you good health?

- ▶ The seven pillars of health built on top of the foundation, the Word of God.



- ▶ **Amazing fact: Do you know how long you can live without air?**
  - ▶ 3 Minutes
  - ▶ <https://www.livescience.com/32320-how-long-can-a-person-survive-without-water.html>
- ▶ **Important Notes**
  - ▶ Sleep with a window near you cracked open
  - ▶ Eliminate stagnated pools or sources of
    - ▶ foul air around you or your home.
  - ▶ Stay away from smokers and vapers.



- ▶ **Amazing fact: How much time is needed for optimal sleep?**
  - ▶ Older adults (65+): 7-8 hours, Adults (18-64 years): 7-9 hours, Teenagers (14-17 years): 8-10 hours, School children (6-13 years): 9-11 hours
  - ▶ <http://www.sciencedirect.com/science/article/pii/S2352721815000157>
- ▶ **Important Items**
  - ▶ Please sleep at least 8 hour per day.
  - ▶ Turn off any screens 2h to 30m before going to sleep.
  - ▶ Resolve all your issues before going to sleep.
    - ▶ Ephesians 4:26



# Nutrition: You need the right fuel to get moving

- ▶ **Amazing fact: What are the only 2 plant food sources have the 9 essential proteins?**
  - ▶ Quinoa and Soybean.
  - ▶ [https://en.wikipedia.org/wiki/Complete\\_protein](https://en.wikipedia.org/wiki/Complete_protein)
- ▶ **Important Notes [1]**
  - ▶ Eat 75% green food category
    - ▶ All things that God made without processing or steamed.
  - ▶ Eat 25% yellow food category
    - ▶ Things lightly process like cooked beans, rice, cooked items, etc.
  - ▶ Eat 0% red food category
    - ▶ Processes foods such as cakes, white flower, white bread, meats, fried foods, junk food, etc.



# Sunlight: Let's get out there and enjoy!

- ▶ **Amazing fact: What would happen to you if you would never see sunlight?**
  - ▶ 1. You're more likely to be depressed.
  - ▶ 2. You're less likely to survive cancer.
  - ▶ 3. You're more likely to develop aggressive prostate cancer.
  - ▶ 4. You have an increased risk of dementia and Alzheimer's disease.
  - ▶ 5. You may be more likely to have psoriatic arthritis.
  - ▶ 6. You may be at risk for more severe heart disease.
  - ▶ 7. You could get pneumonia.
  - ▶ 8. You're more at risk of being developing schizophrenia.
  - ▶ <https://www.prevention.com/health/vitamin-d-deficient>



# Sunlight: Let's get out there and enjoy!

- ▶ Amazing fact: What would happen to you if you would never see sunlight?
  - ▶ 9. It may speed up multiple sclerosis.
  - ▶ 10. You're more likely to die prematurely.
  - ▶ <https://www.prevention.com/health/vitamin-d-deficient>
- ▶ Important Notes
  - ▶ Take vitamin D3 every (2500 IU or more).
  - ▶ Do something outside like take a walk, care for plants, etc.
  - ▶ Enjoy God's creation and reflect on His love for you.



- ▶ **Amazing fact: What is the optimal exercise for you?**
  - ▶ “The one that you would do!” Dr. Williams Sears. (Walking is the easiest and swimming the most complete one.)
  - ▶ <https://www.askdrsears.com>
- ▶ **Important Notes**
  - ▶ Do a simple High Intensity Training (HIT) [1]
    - ▶ 30s running / fast walking
    - ▶ 60s walking & breathing deeply
    - ▶ Repeat 9 times
  - ▶ What will this do? (see next slide)



[1] <http://setfitnessny.com/7-amazing-benefits-of-hit-backed-by-science/>

## “Perfect health depends upon perfect circulation” [2]

- ▶ Improved cardiovascular health
- ▶ Improved blood pressure
- ▶ Improved insulin sensitivity and blood sugar control
- ▶ Improved cognitive function
- ▶ Increased bone density
- ▶ Increased HDL cholesterol (the “good” cholesterol)
- ▶ Enhanced joint flexibility
- ▶ Lower back pain relief
- ▶ Decreased belly fat
- ▶ Note: All items above are from [1]



[1] <http://setfitnessny.com/7-amazing-benefits-of-hit-backed-by-science/>

[2] <https://m.egwwritings.org/en/book/388.1288>

# Water: The elixir of life... H<sub>2</sub>O anyone?

- ▶ Amazing fact: Do you know what is H<sub>2</sub>O? how about H<sub>2</sub>O<sub>2</sub>? What is 90% H<sub>2</sub>O<sub>2</sub> used for?
  - ▶ H<sub>2</sub>O = Water
  - ▶ H<sub>2</sub>O<sub>2</sub> = Hydrogen Peroxide, 90% H<sub>2</sub>O<sub>2</sub> = Rocket Fuel
  - ▶ [https://en.wikipedia.org/wiki/Hydrogen\\_peroxide](https://en.wikipedia.org/wiki/Hydrogen_peroxide)
  - ▶ [https://en.wikipedia.org/wiki/Soyuz\\_\(rocket\\_family\)](https://en.wikipedia.org/wiki/Soyuz_(rocket_family))
- ▶ Important Notes
  - ▶ Drink your water number 4 times a day
    - ▶ When you wake up with 1oz of lemon
    - ▶ 2h after your breakfast
    - ▶ 2h after your lunch
    - ▶ At 6:30 instead of your dinner (cold water) with 15 minutes walk.
  - ▶ Water Number = (Weight \* 0.8) / 4 in oz



# Temperance: We have to keep it all in balance

- ▶ **Amazing fact: What is the correct definitions of Temperance?**
  - ▶ A) Balance the good with the bad, B) Don't drink alcohol
  - ▶ C) Obtain completely from the bad and only do the allowed good
  - ▶ D) None of the above
  - ▶ <http://amazinghealth.com/AH-health-temperance-moderation-abstinence>
- ▶ **Important Items**
  - ▶ Stay way from those things that are bad.
    - ▶ Don't set yourself up for temptation but pray "lead us not into temptation"
  - ▶ Learn to provide for those things that are good. (Isaiah 1:16-20)



- ▶ God wants you to have health, Satan wants to destroy you...

THE CHOICE IS  
**YOURS**

CHRIST MADE ALL THINGS NEW

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## ▶ Vitamin C

- ▶ Sepsis is responsible for 1 in 5 deaths worldwide each year, killing 11 million out of 56 million people in 2017 alone. Sepsis is also one of the leading causes for influenza deaths.[1]
- ▶ An IV protocol has been shown to dramatically improve chances of survival in septic patients. Giving adult patients 200 mg of thiamine every 12 hours, 1,500 mg of ascorbic acid every six hours, and 50 mg of hydrocortisone every six hours for two days reduced mortality from 40% to 8.5% [1].
- ▶ Recent research has demonstrated the vitamin C-hydrocortisone-thiamine protocol lowers mortality in pediatric patients as well, from 28% to 9% in the first 30 days [1]

## ▶ Vitamin C Shot (11mg)

- ▶ 1oz of squeezed lemon juice
- ▶ Every 1h for acute
- ▶ 3x per day for preventive
- ▶ Amla Power (Indian Gooseberry) (42mg)
  - ▶ 1 tsp 2x per day 30m before meal, with water.
- ▶ Eat one grapefruit a day

## ▶ Quercetin

- ▶ They discovered a derivative of **quercetin** provided **broad-spectrum protection** against a wide range of viruses, including SARS<sup>18,19</sup> and Ebola. Chrétien and Mbikay are now starting a clinical trial to evaluate the effectiveness of quercetin against COVID-19. [2]
- ▶ In summary, quercetin has been found to limit viral illness via three primary mechanisms.
  - ▶ First, it **inhibits the virus' ability to infect cells**.
  - ▶ Second, **it inhibits replication** of already infected cells, and
  - ▶ third, it **reduces infected cells' resistance to treatment** with antiviral medication. [2]
- ▶ According to a study<sup>61</sup> in the Journal of Virology, "As an FDA- approved drug ingredient, **quercetin offers great promise** as a potential drug in the clinical treatment of SARS." [1]

## ▶ Quercetin Water

- ▶ ½-1 Red Onion
- ▶ 1 Cup of hot water
- ▶ 3 cloves of garlic
- ▶ ¼ cup of honey
- ▶ 1oz of lemons juice
- ▶ Blend it all up and dilute into ½ little of water.
- ▶ Drink as part of your water during your water time.

[1] <https://articles.mercola.com/sites/articles/archive/2020/02/04/novel-coronavirus.aspx>

[2] <https://fitness.mercola.com/sites/fitness/archive/2020/03/27/coronavirus-high-temperature.aspx>

## ▶ Vitamin D

- ▶ As detailed in "[Vitamin D Prevents Infections](#)," research shows high-dose vitamin D supplementation lowers the risk of respiratory illnesses and lung infections in the elderly by 40%. As noted by an author of that study, "Vitamin D can improve the immune system's ability to fight infections because it bolsters the first line of defense of the immune system." [1]
- ▶ Research<sup>34</sup> published in 2009 pointed suggests fatality rates during the 1918-1919 influenza pandemic were influenced by season, with greater numbers of people dying during the winter than the summer. According to the authors:<sup>35</sup> [1]

## ▶ Vitamin D3

- ▶ 1000 - 2500 IU every day
- ▶ Spend time outside every day
- ▶ Expose face and hands to sun.

## ▶ Vitamin D3 High Dose

- ▶ 50,000 IU per week [2]
  - ▶ ~7100 IU per day

[1] <https://articles.mercola.com/sites/articles/archive/2020/03/09/coronavirus-prevention.aspx>

[2] <https://articles.mercola.com/sites/articles/archive/2016/11/28/vitamin-d-prevents-infections-cancer-risk.aspx>

## ▶ Induced Fever (Hyperthermia / Pyrexia )

- ▶ Like the influenza virus, coronaviruses (as a general group) **incubate in your sinuses for about three days<sup>10</sup>** before moving down into your lungs, and appears to be destroyed by temperatures around 133 degrees F (56 degrees Celsius), which is easily achieved in a sauna. [1]
- ▶ As reported by the World Health Organization during the 2003 SARS epidemic,<sup>11</sup> **"Heat at 56°C kills the SARS coronavirus at around 10,000 units per 15 minutes."** Chances are COVID-19 may be equally susceptible at this temperature. [1]
- ▶ Blend AB1 was also effective against H1N1 and HSV1 viruses. **With this dual activity, against H1N1 and against S. aureus and S. pneumoniae notably, AB1 may be interesting to treat influenza and postinfluenza bacterial pneumonia infections.** These blends could be very useful in clinical practice to combat common infections including those caused by microorganisms resistant to antimicrobial drugs.[2]

## ▶ Steam Inhalations

- ▶ 6 drops of eucalyptus oil [2]
- ▶ 15m 1-3x per day

## ▶ Hot and cold

- ▶ 3m Hot
- ▶ 1m cold
- ▶ Repeat 3 times

## ▶ Infrared Sauna

- ▶ 30m 1-3x per day

[1] <https://fitness.mercola.com/sites/fitness/archive/2020/03/27/coronavirus-high-temperature.aspx>

[2] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5552930/>

## Exercise boots your immune system

- ▶ In the current body of work,<sup>4</sup> researchers in the U.K. analyzed the blood of 125 very active adult cyclists, ages 55 to 79, for markers of T-cells. T-cells, which help your immune system fight infections, are produced in your thymus, a gland that gradually shrinks as you age.
  - ▶ Notably, T-cell activity was not only higher in active versus inactive older adults, but the very active cyclists were also producing a level of T-cells common among young adults in their 20s. [1]
- ▶ The British Medical Journal says adults, on average, spend nine to 10 hours each day sitting.<sup>27</sup> The damaging effects of this level of inactivity simply cannot be offset by a 30- or 60-minute workout a few days a week.
  - ▶ The key is to get more nonexercise movement into your day. As featured in the video above, to help reduce sitting and encourage movement, I use a standing desk. I also do most of my reading on a Kindle when I go for my daily walks on the beach. [1]
- ▶ Hight Intensity Training (HIT)
  - ▶ 30s running / fast walking
  - ▶ 60s walking & breathing deeply
  - ▶ Repeat 9 times
- ▶ Walk 10-15m after your meals.
- ▶ Exercise routine (Beginner)
  - ▶ 1 push up
  - ▶ 1 sit-ups
  - ▶ 1 squad
  - ▶ 5 military push up
  - ▶ Rest for 30s
  - ▶ Repeat 8 times
  - ▶ Do it every day, increase by 1 per week

[1] <https://fitness.mercola.com/sites/fitness/archive/2018/03/23/exercise-in-old-age-strengthens-immunity-heart.aspx>

## Drinking Water (Hydration)

- ▶ “as important as any food you eat, **drinking adequate water is vital for flushing food through your system, flushing toxins and keeping your body hydrated.** Many turn to so-called “sports drinks” for hydrating while working out, **but clear, pure water is the ideal beverage.**” [1]
- ▶ There are clearly disadvantages to not drinking enough water, as your body is made mostly of water. **In fact, your body consists of about 42 liters (11 gallons) of water, which accounts for between 50 percent and 70 percent of your body weight.** Your blood is 85 percent water, your muscles 80 percent water, **your brain 75 percent water** and even **your bones are 25 percent water,**<sup>9</sup> which signals the importance this fluid plays in your health.
- ▶ Drink your water number 4 times a day
  - ▶ When you wake up with 1oz of lemon
  - ▶ 2h after your breakfast
  - ▶ 2h after your lunch
  - ▶ At 6:30 instead of your dinner (cold water) with 15 minutes walk.
- ▶ Water Number =  $(\text{Weight} * 0.8) / 4$  in oz

[1] <https://articles.mercola.com/sites/articles/archive/2018/02/01/boost-immune-system.aspx>

[2] <https://articles.mercola.com/sites/articles/archive/2017/05/27/drink-8-glasses-of-water-myth.aspx>

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- ▶ Download link will be below the video

“The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly”

John 10:10