

## COVID-19 HOME REMEDIES

### **COW MILK**

DRINK MILK – PROVIDES GLUCOSE IN LACTOSE ENERGY FOR THE ADRENALINE FOR STRONG HEALTH AND GLUCOSE IN COCONUT WATER FOR LOSS OF COVID-19 VIRUS BY SUGAR MOLECULES

3 GLASSES – MORNING/ AFTERNOON/ EVENING

<https://newatlas.com/medical/sugar-molecules-kill-viruses/>

### **EGG SHELL**

CALCIUM ENRICHED RICH FOOD – STRENGTHENS THE IMMUNE SYSTEM

1 IN MORNING AND AFTERNOON

<https://lakewoodacupuncture.org/2020/04/20/calcium-immunity/#:~:text=How%20Calcium%20Helps%20Your%20Body,phagocytes%2C%20to%20come%20and%20destroy>

### **SALT WATER**

COLD SALT WATER – RESISTANCE ON COVID-19 VIRUS – AND GOOD IMMUNE SYSTEM

1 TBS 1 GLASS – 4 TIMES A DAY – START FROM EVENING TILL NIGHT

<https://www.sciencefocus.com/news/coronavirus-simple-salt-water-solution-could-help-reduce-symptoms/>

### **YOGURT**

FUEL ON ENRGY – FOOD ENERGISED – ENERGY FOOD GLUCOSE – A STAMINA AND ENERGY IMMUNE BOOSTERS – GLUCOSE ENERGY

1 CUP – EVENING AND NIGHT

<https://www.healthline.com/health/food-nutrition/greek-yogurt-benefits#nutrition>

### **COCONUT WATER**

GLUCOSE ENERGY – RESISTANCE OF THE IMMUNE SYSTEM TO FIGHT ON WITH THE GERM

4 TIMES A DAY – MORINING – AFTERNOON – EVENING – NIGHT

<https://www.nutraingredients-asia.com/Article/2020/03/11/Coconut-and-COVID-19-Philippines-studying-antiviral-properties-of-coconut-oil-as-potential-treatment>

### **SUGAR FOOD AND CALCIUM AND SALT WATER – COVID-19 RESISTANCE**

**THE ABOVE DIETS WILL GIVE RELIEF FROM SYMPTOMS LIKE FEVER , COUGH, SORE THROAT AND HEADACHES**

COVID-19 SYMPTOMS HOME REMEDIES

### **TIREDNESS AND DIARRHEA**

SALT WATER IN MORNING, AFTERNOON AND EVENING

## **ACHES AND PAIN**

SALT WATER BATH AND COCONUT WATER

### **CONJUNCTIVITIS**

Bathe your eyes. Before touching them, wash your hands with soap and warm water. Dry them with a clean (or disposable) towel. Clean away any pus, crust or discharge with a disposable cotton swab and a weak salt water solution (1 teaspoon of salt in 500 mL of cooled, boiled water).

Wipe your eye once, from the end nearest your nose to the outside, then throw the swab away. Continue until your eye is clean. Wash and dry your hands again. Cotton wool balls are not ideal because they can unravel, leaving cotton in your eye. Gauze pads from your chemist or disposable eye makeup removal pads are best to use.

### **LOSS OF TASTE OR SMELL**

FRICITION AND TOUCH , SQUEEZE YOUR NOSE FOR 1 MINUTE – SMOOTHENS THE GLANDS

LACTOSE GLUCOSE IN MILK – SMELL AND TASTE GLANDS RECOVERED BY MILK PROTEIN LACTOFERIN

### **RASH ON SKIN**

Epsom salts (magnesium sulfate) have traditionally been used in a warm bath to soothe muscle aches and pains. But [soaking in Epsom salts](#) or magnesium- and mineral-rich Dead Sea salts may also help relieve itching and scaling.

#### **How to use it**

- Add 2 cups of Epsom salts or Dead Sea salts to a warm tub. (For children, consult with your doctor on the amount.)
- Soak for [15 minutes](#).
- Rinse off after soaking, pat dry, and use a moisturizer.

### **DISCOLORATION OF FINGER AND TOES**

A WATER THERAPY – SOAK IN HOT SALT WATER FOR 3 MINUTES – 4 TIMES A DAY

### **DIFFICULTY IN BREATHING**

DRINK LOTS OF WATER – FRICTION OF WATER HELPS

EAT EGGS AND DRINK SALT WATER

DRINK MILK AND EAT EGG SHELL – BREATHING FLOW SMOOTHENS ON LUNGS

### **CHEST PAIN OR PRESSURE**

COCONUT OIL MASSAGE