

Hi, just

This is just a follow-up because I wanted to send you a portion of a letter from a Dr. in Santa Fe that she’d written to her patients and it was sent to me by one of her patients. She is a regular MD but includes some very interesting info on how to kill the Corona virus at home for free. zI don’t have the virus and have not tried this so am just sending you this for your discernment, NOT because I endorse her or her info. however I found it really interesting and thought you might as well. We hae very little ov the virus in NM and not even one Covid-19 patient at our hospital which services 35,000 people. I think I sent this before but wanted to send it again. I just made a batch of this. It’s so easy. You can make your own hand sanitizer at home - easy and inexpensive.

<https://youtu.be/eeY-FVia1Vg>

2/3 cup rubbing alcohol (at least 90%)

1/3 cup Aloe Vera Gel

Few drops any essential oil you like. I used oil of lavender.

Mix well.

I’d be interested to know if any of you have tested positive or had this virus? If so, I pray it will be mild and you will recover soon!!

Here iss the letter. God bless all of you! Abbie

From Dr. Erica Elliott in Santa Fe. She is a medical doctor who uses a lot of natural remedies as well. I am including only the portions of her letter directly relevant to the natural treatment of Covid-19. This is her advice.

“Dear Friends, March 27, 2020

Over a dozen people have asked me to write another group email about COVID-19. .
 **Tips for Protection against getting COVID-19**
Viruses cannot be killed because they are not living organisms. They are made up of genetic material surrounded by a shell, or capsid. They can be inactivated by several methods, one of which is heat.

Viruses in general are heat sensitive which is why fevers play such an important role in healing. The fever interferes with viral replication. Coronavirus is especially heat sensitive. At temperatures between 130-140 degrees F, the capsid collapses, inactivating the virus. We can take advantage of that trait by using heat to protect us.

Given that water boils at 212 degrees F, you can protect yourself from being colonized by the virus by inhaling steam into your nose and sinuses where the virus attaches before moving down into the lungs.  Researchers report that the virus can remain in your nose and sinus cavities for up to three days.You don’t need to inhale the steam into your mouth because, when you swallow liquids, the virus will get washed into your stomach where the gastric acid will inactivate the virus.

When you return to your home after being in contact with the public, try to remember to inhale steam to give yourself some extra protection. Bring water to a boil in a pan and then turn off the heat. Put a towel over your head and inhale the steam for two full minutes. Be sure not to burn your mucous membranes. I add a couple drops of eucalyptus essential oil to disinfect my airways.
 If you are fortunate enough to own a sauna, you could sit in the sauna at 140 degrees F for 15 minutes every day. In addition to steam inhalations several times a day, drink hot ginger tea throughout the day, take hot baths, use your sauna if you have one, and use a heating pad on your chest. Don’t forget to stay hydrated.

In addition to the heat treatments, you could take high doses of vitamin C throughout the day. I prefer using **liposomal vitamin C**. Liposomal means a “body of fat” surrounds each molecule of vitamin C, much like putting each molecule of vitamin C into an envelope. The fatty envelope allows us to take huge doses of vitamin C, which otherwise would cause us to have severe cramps and diarrhea.

Doctors in China successfully used intravenous vitamin C to help save the lives of their patients with COVID-19. I have been using 25,000 mg of intravenous vitamin C in my medical practice for almost 30 years to successfully treat viral infections. Since many outpatient doctors are not seeing patients in person unless there is an emergency, you won’t have access to intravenous nutrients. Instead, you can take your liposomal vitamin C and increase the amount you take each day, from 2,000 mg twice a day, up to 10,000 mg twice a day for three days. If you don’t tolerate this amount, reduce the dose.”