

## **PROTECT YOUR HEALTH AND AVOID PANIC**

These following recommendations in dealing with the Corona Virus cannot replace a visit to the doctor or the consumption of medication. They merely contain suggestions for prevention and dealing with the pandemic. And they are not only helpful facing Corona but any kind of infectious disease. Feel free to share this text!

**We wish you resistant health!**

Elisabeth Karsten ([Elisabeth-karsten.de](mailto:Elisabeth-karsten.de)) & Yesha Z. Karmeli ([natura-heilpraxis.de](mailto:natura-heilpraxis.de))

### **Physical measures:**

The first priority is the strengthening of your immune system. This can be supported by an alkaline diet – eating primarily fresh fruit, vegetables and legumes and rather avoid meat, wheat, dairy products, coffee and alcohol. Also the consumption of horseradish is good for the immune system. It is also important to drink a lot of clean water, possibly with lemon and ginger, about two litres per day. Furthermore supplementing your diet with Vitamin C and D, zinc, selenium and probiotics is wise. A mixture of essential oils should contain rose geranium, tea tree oil, cinnamon and fir, i.e. in an oil bath or in an aroma lamp. Also, black cumin seed oil with juniper is helpful. If you need more, you can go to a doctor or a health practitioner and get a hydrogen infusion with vitamin C and balance your health deficiencies. If you deal with exhaustion Q10 and a vitamin B complex will help. As will walking in the fresh air, moving your body at least 20 minutes per day and sufficient sleep. Furthermore washing your hands regularly with soap is wise. Especially if you've been using public transport or been to public spaces, like a railway station etc. If you have a cold – even if it is not Corona – you should always cough and sneeze into your own elbow and keep a polite physical distance to other people. As well as taking a regular bath with Epsom Salt.

### **Psychological measures:**

Besides the physical hygiene psychological hygiene is also meaningful. If you constantly feed yourself with news and images about the pandemic and don't leave any space for anything else, you feed your fears and thereby weaken your immune system. It is important to make sure, to not talk about it all the time and possibly intensifying your own fears by listening to those of others. It is also most recommendable to feed your mind with positive content and not forget other events in your life and the world – that will put your own situation more into perspective. And whenever possible, to laugh as heartily as possible. Fortunately the pandemic is a goldmine for comedians and cartoonists. Furthermore we recommend watching definitely more comedies than any kind of doomsday movies or series! For laughing strengthens the immune system! Just as much, as heartfelt hugs, 15 minutes of dancing or singing and anything you enjoy! In general it is worthwhile to ask yourself what serves you most right now and then to focus on that!

### **Spiritual measures:**

To regularly go into inner stillness and focus on your own palpable truth creates inner peace. Some people also are helped by prayer, especially if your thoughts tend to create horror scenarios. There is a popular Buddhist prayer for example that helps to broaden our perspective and your heart. Adapted to our conditions it goes like this: "May I be well and happy and healthy and peaceful. May everybody in my environment be well, and happy and healthy and peaceful, may everybody in my country be well and happy and healthy and peaceful. May everybody in the world be well and happy and healthy and peaceful. May all sentient beings be well, and happy and healthy and peaceful." Repeating this several times a day calms your mind and helps you to focus on a positive outcome of the entire situation!