

IDEAS TO AVOID VIRAL INFECTIONS

&

TO SUPPORT RECOVERY NATURALLY

- BE INFORMED
- REDUCE FEAR
- STAY WELL

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PARENTS' SUPPORT NETWORK

Promoting Natural Immunity

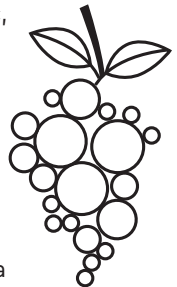
GENERAL CAUTION & SUGGESTIONS

- **Wash hands thoroughly** in warm soapy water and wash towels and linen more regularly.
- **Avoid anti-inflammatory medicines** such as Ibuprofen for symptoms of viral infections as it can prolong illness and increase complications.
- **Drink plenty of water** to stay hydrated.
- **Don't smoke or vape.**
- **Do not medically suppress a fever** (unless you have a congenital heart defect) but use natural methods and ensure a cool room to make the patient feel comfortable.
- **Avoid processed sugar** as it weakens the immune system and avoid over eating.
- **Sleep** is essential for the immune system. The hormone Melatonin is produced during sleep and has been found to have powerful anti-inflammatory benefits. Too much artificial light can reduce production of melatonin in the brain, making it harder to fall asleep. Aim to increase exposure to natural light during the day, especially in the morning.
- **Pollution** has a negative effect on immunity. It's difficult to have much control over this but consider herbs and supplements such as Coriander, Vitamin C and Iodine, and foods like Oats to help the body combat pollution. Also look up the NASA Clean Air study which researched the power of plants to reduce pollution and other chemicals in the home.
- **Breathing** is key so look up the Buteyko method (which is mentioned on the NHS site.)
- **Use steam inhalations when needed** with up to 10 drops of Eucalyptus oil x 3 daily, building up from 30 seconds (especially if you suffer from asthma or allergy) to 5 minutes.

- **A Cough** is the body's natural reaction to expel foreign bodies and pathogens. Don't suppress it with over the counter medicines but consider natural remedies to match the symptoms and keep the atmosphere humid. The NICE guidelines recommend honey for over 1 year.
- **Increase humidity.** It is important to keep nasal passages moist. Generally, viruses tend to thrive when humidity is low so spritz the air and keep plants in every room.
- **Avoid caffeinated drinks** within several hours of eating as it reduces the body's ability to absorb the foods' nutrients.
- **Fear and stress** reduce immune function and can impair decision-making. Manage stress by watching comedy shows, rationing the news, keeping your sense of humour, meditation, exercise and making time for relaxation.
- **Magnesium baths made with Epsom salts** (alternate with a cold shower if you're otherwise healthy.)
- **Moderate exercise and sunshine** is very important to maintain a healthy immune system and state of mind.
- **Salt water gargles** x 3 daily for a tickly or sore throat.
- **White chopped onion** in the room for its anti viral properties.

SPECIFIC NUTRITION

- **Anti-viral foods:** Ginger, Turmeric, Garlic, Red Grapes (resveratrol) and Onion.
- **Kiwis** are a superfood high in Vitamin C, potassium and the seeds have antiviral properties.
- **Consume Magnesium rich foods.**
- **Reishi/Chaga/shitake tea** brewed on a long low heat to boost the immune system.



THERAPEUTIC SUPPLEMENTS

- **Lugols Iodine 15%** deactivates the virus on contact. Take 2 drops a day internally in water, (one drop for children) and or inhale drops dispersed in a salt pipe. Test on inside wrist to check for tolerance.
 - **Vitamin C** and don't forget **Zinc**. Liposomal C is generally good as an immune support but when using for established infections higher doses are required. In active infection Dr. Sara Myhill suggests taking Vitamin C in ascorbic acid form to bowel tolerance: 10g per hour.
 - **Clinical evidence for Vitamin C**
"High dose Vitamin C can not only improve anti-viral levels, but more importantly, can prevent and treat lung injury (ALI) and acute respiratory distress (ARDS)" The Shanghai Government
- NB: In 2009 Intravenous Vitamin C saved a New Zealand Man with Damaged Lungs after being in an induced coma from Swine Flu.
- **Glutathione** There are reports that Glutathione plays a role in oxidative stress and regulation in lung inflammation. Levels are lower in older people so this is a supplement that could make a huge difference.
 - **Vitamin D3 (with K2)** If you have a flu like illness take more than the recommended daily dose for a few days. E.g. boost for 1 day (50,000 IU) or 3 days (10,000).

HYDRATION

Drink regularly Hydration is especially important if you are older or on medications, have any infection or if you have a fever.

Herb teas are recommended such as Rosehip with Vitamin C, Ginger & Lemon for antioxidants Chamomile to soothe, and Thyme and Peppermint for the lungs.

HOMEOPATHY

PLEASE REFER TO YOUR HOMEOPATH, THE HELPLINE OR IAN WATSON'S HANDY GUIDE <https://cutt.ly/2tZJcTn>

ESSENTIAL OILS



Essential oils and Iodine can be dispersed with an atomizer (1 – 5 drops essential oil for every 3 tablespoons of distilled water) or in a burner or diffuser.

Various oils do have differing anti-microbial effects, so there is a good rationale for using a mixture of any of the following essential oils:

Clove, Cinnamon, Thyme, Oregano, Lavender, Sweet Marjoram, Peppermint, Tea-tree, Eucalyptus and Rosemary.

*These essential oils can protect the respiratory tract from pathogens and can also be mixed with Iodine.

HERBS TO SUPPORT HEALTHY RESPIRATORY SYSTEMS



Some viral infections come with inflammation, which heavily affect the lung health, so the best herbs are going to be those that target inflammation, lungs and give general immune support.

- **Mullein & Astragalus** – lung-supporting herbs.
- **Cinnamon** – anti-inflammatory herb.
- **Echinacea** – immune support, plus some antiviral/antibacterial activity.
- **Turmeric** – anti-inflammatory herb, plus some antiviral/antibacterial activity.
- **Thyme** – coughs and colds.
- **Elderberry & Yarrow** – immune supportive.
- **Listen to CNM's video Part 3** (College of Natural Medicine), which shares the recipe for Fire Cider, specific herb teas and an immune boosting soup.

NB: Please check before using herbs & oils if you are pregnant, breast feeding or using with children.

WHEN SYMPTOMS INCREASE

- **Consult your homeopath or other health practitioner.**
 - **Rest** but don't forget to walk around occasionally to keep the body moving. Sleep but don't lie on your back.
 - **Use a Salt pipe** with salt, oils, colloidal silver or Lugol's Iodine or a nebulizer. (If you are using a nebuliser consult a health professional.)
- * Watch Dr Sarah Myhill's useful 5 minutes YouTube 'Advice on treating viral infections Part 1' using Vitamin C and Iodine. Also see Dr Axe.com for using colloidal silver safely
- **Let the fever run its course.**
 - **Take short term high doses of Vitamin C** (AA Ascorbic Acid) and Vitamin D (D3 with K2).
 - **Control your breathing** and exhale slowly through pursed lips (or what your physio has recommended if you have a health condition). Relax your shoulders and lean forward. Please refer to NHS 'Techniques to help manage breathlessness'.
 - **Call 999 if you are having acute difficulty breathing.**



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References can be found on the **Arnica website**
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