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## Healing by Design

### Cold/Flu

#### 10 STEP PROTOCOL TO PARTNERING WITH GOD'S DESIGN

1. **Starve a cold. Starve a fever.** When your immune system is fighting, the last thing your body needs is food. If you lose your appetite, there is a good reason for that. Never force food. The famous author Samuel Clemens (Mark Twain) said, "A little starvation can really do more for the average sick man than can the best medicines and the best doctors." \*\* Stick to water, juices and light broths, easy to digest foods.
2. **Sunshine and fresh air!** Sunshine is great for the immune system. Take **BioAstin by Nutrex** so you can tan nicely and don't get sunburned. Avoid sunglasses, sunscreen or anything that would block light from entering your body.
3. **Avoid anything from a medical doctor or drug store.** There is a reason thousands of cold and flu products have been recalled. They are man-made chemicals. Never suppress your immune system from functioning the way God designed it. All drugs and over-the-counter products STOP the body from fighting the illness.
4. **Embrace being sick. It's ok!** We have created a culture of fear. We are scared of getting sick. God designed the body to fight! And it's ok when you are fighting something. It is natural and normal. You want to assist what the body is doing, not work against it. Working against is man-made drugs. Working with it is sunshine, fresh air, walking, avoiding heavy foods, sweating in a sauna and taking herbs. Let the mucus flow, it's normal.
5. Vitamin C such as **Pure Radiance C by Synergy**. Vitamin C is crucial for immune system function. It is a great preventative to take daily and high dosages can help when actually sick.
6. **Don't touch that fever!** Again, fear plays a role here. A fever even up to 104 is not danger. It is extremely rare for people to be in trouble from a fever. The biggest danger is dehydration! So keep water coming and take a bath. To bring down a fever if concerned, use GINGER tea or ginger compresses, an ENEMA will break a fever every time and PEPPERMINT essential oils on the feet or peppermint tea

7. **Catch it early and hit it hard!** If you want the best stuff to knock out something quick, here are the best on the market. Use these like antibiotics (God's way, God's plants, better health, no negatives). **Oregabiotic (oregano and other wild spice oils) by North American Herb and Spice (2 capsules every 2-3 waking hours)**. **Gigartina (Red marine algae, amazing against viruses, works on shingles in addition to flu's) by Vibrant Health (2 capsules every 2-3 waking hours)**. **Herbal Fighter (Echinacea and Goldenseal) by Herbally Grounded (3 squirts under the tongue every 2-3 waking hours)**. Continue to take these 2-3 days when you are over the sickness to make sure your immune system has fully recovered. **Elderberry** stop viruses from replicating. It's a GREAT preventative and also great to take when you are sick to reduce the duration of your illness.

8. **Never, ever, ever, ever, ever get a flu shot!** Is that clear enough!?!? I mean NEVER! Until you have met someone permanently injured or killed by these vaccines, you may still believe the medical and mainstream media lies that there is actually some benefit to taking these. These are toxic man-made chemicals that damage the body. Millions have been injured, don't be the next one.

9. **REST!** Yes, relax and stay in bed. Seriously, don't go to work. It isn't worth it and it isn't fair to get others sick. Your body is fighting, so let it fight. The daily stressors of work and life will only prolong your illness.

10. **Avoid antibiotics.** Yes, antibiotics have saved lives. But the name itself means "against life" = anti-biotic. It kills everything and weakens your immune system. Eat fermented foods like sauerkraut and kimchi and take probiotic. Our favorites are anything by **Renew Life or Garden of Life**.