

10 Ways to Protect Yourself from the COVID-19 Virus, from Dr. Nagreen

<https://www.youtube.com/watch?v=Eotzk7vl788>

The Chinese now understand the behavior of the COVID-19 virus thanks to autopsies they have conducted. This virus is characterized by obstructing respiratory pathways with thick mucus that solidifies and blocks the airways and lungs. They have discovered that in order to apply a medicine then you have to open and unblock these airways so that the treatment can be used to take effect. However, all of this takes a number of days. Their recommendations for what you can do to safeguard yourself are:

1. Drink lots of hot liquids: coffee, soups, teas, warm water. In addition, take a sip of warm water every 20 minutes because this keeps your mouth moist and washes and of the virus that's entered your mouth into your stomach where the gastric juices will neutralize it before it can get to the lungs.
2. Gargle with an antiseptic in warm water, like vinegar, salt, lemon every day if possible.
3. The virus attaches itself to hair and clothes. Any detergent or soap kills it but you must take a shower or bath when you come in from the street. Avoid sitting down anywhere – go straight to the bathroom or shower. If cannot wash your clothes daily, then hang them in direct sunlight which also neutralizes the virus.
4. Wash metallic surfaces very carefully because the virus can remain viable on these for up to 9 days. Take note and be vigilant about touching hand rails and door handles, etc. Within your own house as well you can make sure you are keeping those clean and wiping them down regularly.
5. Don't smoke.
6. Wash your hands every 20 minutes using any soap that foams. Do this for 20 seconds and wash your hands thoroughly.
7. Eats fruits and vegetables. Try to elevate your zinc levels, not just vitamin C levels.
8. Animals do not spread the virus to people. It is person to person transmission.
9. Try to avoid getting the common flu as this weakens your system. Try to avoid eating and drinking cold things.
10. If you feel any discomfort in your throat or a sore throat coming on attend to it immediately using the above methods. The virus enters the system this way and remains for 3 or 4 days within the throat before it passes into the lungs.

Good luck to everyone. Take care of yourself and pass this information on!