The growing worldwide pandemic from the Coronavirus (covid19) that started in Wuhan, China, has now spread to nearly every country on the globe. Every day, the 24 hours news cycle has breaking news on the rapid spread of this virus and no news of an effective treatment on how to stop its advance. Dr. Anthony Fauci of the National Institute of Allergy and Infectious Disease (NIAID), a subdivision of (NIH) states that a safe and effective vaccine won’t be ready for about one year to 1.5 years.

Meanwhile, neither the NIAID nor the CDC will test any traditional health foods, herbs, anti-viral botanicals or older generic drugs like quinine for treating coronavirus. The covid19 virus is not impressed by this inaction, and spreads its seeds and damage far, wide, and fast. As the death rate mounts, the world’s economy also craters.

Politicians in both parties are beholden to their campaign contributors (Wall Streets bankers, big drug companies, and the many corporations they control). Washington DC has become a corporate government tangled in red tape regulations written by lobbyists and big money reps. The current plague may be a message from Divine Providence to the world that God is not happy with current human behavior.

**Coronavirus Prevention**

The Centers for Disease Control and Prevention (CDC) recommends the following to help prevent the spread of this virus:

- Wash your hands often with soap and water for at least 20 seconds.
- If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Avoid touching your nose, eyes, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick, and keep children home from school when they are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe. [Disinfectants include chlorine bleach, hydrogen peroxide, vinegar, and other natural antimicrobials like lemon juice.]
- Visit the CDC website for more recommendations.

**Recovery and Fatality Rates**

Today, March 9, Meg Jones of the Milwaukee Journal breaks down the fatality numbers for covid19 like this: 15% for persons 80 years or older; 8% for people 70 to 79; 3.6% for people 60 to 69 and dropping to 1.3% for people 50 to 59. Television reports claim there are few or no death for persons under 30 years of age and that 80% of young people who are infected recover quickly.

There is also confusion about distinguishing the differences between the common cold, the regular seasonal flu and coronavirus. My cousin, John Forgette, forwarded an email about coronavirus symptoms that came from a friend’s doctor in China who works at Shenzhen Hospital. The doctor wrote:
FROM GUANGDONG PROVINCE – CORONAVIRUS SYMPTOMS

Last evening dining out with friends, one of their uncles, who's graduated with a master's degree and who worked in Shenzhen Hospital (Guangdong Province, China) sent him the following notes on Coronavirus for guidance:

1. If you have a runny nose and sputum, you have a common cold
2. Coronavirus pneumonia is a dry cough with no runny nose.
3. This new virus is not heat-resistant and will be killed by a temperature of just 27 degrees Centigrade (about 80 degrees F). **It hates the Sun.**
4. If someone sneezes with it, it moves about 10 feet before it drops to the ground and is no longer airborne.
5. If it drops on a metal surface it will live for at least 12 hours - so if you come into contact with any metal surface - wash your hands as soon as you can with a bacterial soap.
6. On fabric it can survive for 6-12 hours. Normal laundry detergent will kill it.
7. Drinking warm water is effective for all viruses. **Try not to drink liquids with ice.**
8. Wash your hands frequently as the virus can only live on your hands for 5-10 minutes, but - a lot can happen during that time - you can rub your eyes, pick your nose unwittingly and so on.
9. You should also gargle as a preventative measure. A simple solution of salt in warm water will suffice.
10. Can't emphasize enough - drink plenty of water.

THE SYMPTOMS of CORONAVIRUS

1. It will first infect the throat, so you'll have a sore throat lasting 3/4 days.
2. The virus then blends into a nasal fluid that enters the trachea and then the lungs, causing pneumonia. This takes about 5/6 days further.
3. With the pneumonia comes high fever (over 101.4 degrees F) and difficulty in breathing

4. The nasal congestion is not like the normal kind. If you feel like you're drowning, it's imperative you then seek immediate medical attention.

Gut Symptoms in Covid19

In addition to the symptoms seen in children, adults may also have **lethargy, dyspnea, muscle ache, headache, nausea, diarrhea, vomiting, stomach cramps and disorientation.** Nasal swabs are not enough to clear a person for covid19 as this study from China has found covid19 in fecal swabs indicating that a possible intestinal infection may continue even after the nasal swabs find no more viruses. (1,2)

Covid19 found in Fecal Matter

Intestinal Incubation preceded Pneumonia - Key findings of the American Gastroentero… Assn. (2)

- Significant numbers of coronavirus patients have diarrhea, nausea, and vomiting and/or abdominal discomfort before developing respiratory symptoms.
- Researchers recommend monitoring patients with initial GI distress, which will allow for earlier detection, diagnosis, isolation and intervention.
- Viral RNA is detectable in stool of patients with suspected coronavirus; it is now clear that the virus sheds into the stool.
- Viral gastrointestinal infection and potential fecal-oral transmission can last even after viral clearance in respiratory tract.
- Prevention of fecal-oral transmission should be taken into consideration to control the spread the virus.

Ref:

Editor's Note: if the coronavirus can be suppressed or killed in the intestines, then respiratory failure and pneumonia should also be preventable, resulting in fewer deaths.
Facial Masks, Suffocation, and Nursing Home deaths

Facial masks do not protect those already infected although they do help to prevent infected body fluids from spreading the disease. The masks serve to trap body fluids like saliva and mucus from the nasal and mouth cavity of a person infected with covid19. The problem is that unless the masks are changed frequently, they can become clogged with spit and mucus that act like a barrier to stop air from flowing in and out of a person’s mouth and lungs. Elderly people wearing these masks could easily suffocate to death for a lack of air and oxygen. The high death rate among the elderly in Italy may be due to protective facial masks that are suffocating the patients.

Important – Move your parents, and friends out of Nursing Homes, and Assisted living now!

Once quarantine takes effects, friends and even family members may be prohibited from visiting their loved ones. The person with covid19 is best kept at home with friends or family members. Disposable napkins should be given to the afflicted. All fans and airflow from a furnace should be shut off to stop spreading the airborne virus to others. For heating purposes, shut off all registers that blow air. Instead use oil filled electric heaters and also remove all fans to stop blowing air that moves the virus around. Since young people under 30 years of age usually have more functional immune systems than seniors they should be the caregivers for their parents and grandparents.

Seasonal Flu Cycles- Ultraviolet Sunlight, Temperature and Humidity

We have flu seasons because when the sun moves away from us in the fall and winter, there is less ultraviolet light (UV) to kill viruses and other pathogens in the air. The flu season traditionally ends when the sun moves higher in the sky in late spring (May) and saturates the air with its germ killing UV rays. Researchers state warm air won’t kill the virus unless the temperature is 80 degrees F. or higher. However, UV light from the sun will kill germs and viruses at all temperature ranges. (1)

UV light has been used for decades in the purification (disinfection) of food products like apple cider. Hospitals use UV light to disinfect medical equipment. People with the flu or the coronavirus would have a higher rate of recovery if allowed to go outdoors, remove their facial masks, walk around and allow the healing rays of the sun to reach their bodies.

Temperature and Humidity

Researchers have found that higher temperature and higher humidity slow the spread of the coronavirus. (1) Tamerius and his cohorts found that low humidity and cold temperatures would speed the transmission of influenza viruses whereas higher temperatures and high humidity slowed the person-to-person transmission.

As most people live indoors, the conclusion from the studies is that indoor climates should have a higher temperature and higher humidity to slow person-to-person transmission and to help speed recovery of those who are infected.

Recommendations

Set indoor heating temperatures at 80 to 84 degrees F in Nursing homes and Assisted Living Centers, and also in home residences where sick persons reside. The higher temperatures will help kill infections in the afflicted.

To support the immune system, it helps to induce sweating. Have the person infected with covid19 or other influenza drink Yarrow tea to which a pinch of cayenne has been added. For best results, the temperature of the tea should be between 125 to 135 degrees F (52 to 57 Centigrade). Avoid ice-cold water. Warm water or medium hot tea will kill the virus in the throat and in the stomach. Other teas with anti-viral properties are Golden seal root or Golden seal leaf tea, Neem leaf or Neem bark tea, or Green tea. Raw honey and a slice of lemon may be added. Place patients in a sleeping bag until they start sweating or add several blankets to induce sweating and
turn the thermostat. Make sure they drink warm water or chicken broth hourly.

Patients should not be lying on their back 24/7. Adjust bed so their head and chest are at least partly elevated. Have patients walk for 5 to 10 minutes per hour - if possible.

This will speed recovery. Monitor the patient’s temperature and give them appropriate anti-viral remedies. Also, set up extra humidifiers to raise humidity in the room.

Ref: 1. PLOS Pathogens – Environmental Predictors of Seasonal Influenza by James Tamerius et al. 2013
https://journals.plos.org/plospathogens/article?id=10.1371/journal.ppat.1003194#s4

**CDC’s website is coronavirus.gov**

The CDC website has some information on the coronavirus, but needs lot of work, in my opinion. It needs treatment options, even if only experimental. The site states that the following symptoms may occur within 14 days of being infected.

Fever, Cough
Shortness of breath

The CDCs also adds: “a novel coronavirus is a new coronavirus that has not been previously identified. The virus causing coronavirus disease 2019 (COVID-19) is not the same as the coronaviruses that commonly circulate among humans and cause mild illness, like the common cold.”

**Case Report - Grapefruit seeds help with recovery**

3/2/20
West Allis, WI Conrad LeBeau

On February 19, 2020, a neighbor rings my doorbell. I opened the door and could immediately tell something was wrong. He looked ill. He told me he had a cold sweat and that he had been vomiting. I offered to take him to a local hospital. He declined my offer. I told him he might have the flu. Then, he said: “you know I am an atheist and don’t believe in God.” He said he was afraid of dying and asked me to pray for him…

I invited him inside to talk. I told him of a friend (D.B.) who had recovered from the flu about 5 years ago by eating one or two grapefruit seeds. He said he had heard of a product (Nutribiotics) made from grapefruit seed extract that killed germs and viruses. At the time, he did not have this product but did have a grapefruit. He cut the grapefruit in half and removed a few seeds, then chewed one of them and swallowed it with water. He said within a couple of hours, he fully recovered.

I shared this story with my neighbor and asked him if he wanted try the grapefruit seed extract as I had a bottle of Nutribiotics capsules I had obtained about 10 years ago and it was still dated for use. He agreed to try it. I opened one capsule and added it to 4 ounces of water. He drank it and waited. About 30 minutes went by and he said he was holding it down. I then offered to give him a fresh grapefruit seed from one I had in my kitchen and he agreed to try it.

Since my neighbor had no teeth to chew the seed, he swallowed the seed whole with a small glass of water. I wasn’t sure what a whole seed would do – it might not break down in his stomach. However, an hour went and the vomiting stopped. The cold sweats also began to diminish. He said he felt 50% better.

With his symptoms going away, he went home. Amazingly, the next day he felt good enough to go to work. A month has passed since these events and none of his symptoms have returned.

Skeptics may say this was all a coincidence or mind over matter. The public and government health officials should keep an open mind to the value of natural remedies derived from herbs, and medicinal foods like garlic and grapefruit seeds. In the worldwide health crisis now unfolding, government officials can ill afford to tell the public to wait a year of two for a vaccine remedy that may or many not work.

**My Sauerkraut and Garlic Remedy for the Flu**

I have had complete success in warding off stomach and seasonal flu this winter and in the past with the combination of sauerkraut and garlic. When the stomach acts like there is some grumbling or disturbance, I warm up a dish of sauerkraut and add one clove of fresh raw
garlic. I warm it in a pan with a little butter added or a dairy free alternative. The sauerkraut/garlic combination calms the intestines and gets rid of the bad germs and viruses. The active ingredients that kill pathogens and bad microbes are in both the sauerkraut and the raw garlic. This remedy is simple and government approval is not required.

**Spiritual Help - Pray for Guidance, but don’t panic**

We live in a multi-dimensional universe. There is the visible and the invisible. Both exist side by side. There are opposites of everything that exists. Positive vs. negative; good vs. evil; health vs. sickness; energy vs fatigue; happiness vs sadness; hope vs despair; God vs. Satan; light vs. darkness; friend vs. foe; pain vs. pleasure, and so on.

A universal prayer is The Lord’s Prayer as given by our Messiah, Jesus Christ, more than 2000 years ago. If possible, pray aloud, and be persistent in your prayers. Repeat your prayer three or more times. – God hears all prayers from all persons and from all the different religions and various denominations, and will listen and even respond to the prayers of an atheist. Use your favorite prayer or the following one that I offer here as a suggestion -

*Eternal Father, who has created all that has been, is, and will be, forgive us our trespasses as we forgive others; and deliver us from all that is evil; guide us in making choices to help us recover health of body, mind and spirit. Keep our hopes alive, and teach us how to love everyone, as thou hast loved us. Thank you for considering this request.*

**Earthclinic.com and the Coronavirus – News and Views**

Earthclinic.com has several postings about the rapidly evolving coronavirus. There are reports posted from China that the Covid19 virus over stimulates the immune system response leading to pneumonia and respiratory failure. **Sunshine** or indoor **tanning beds** that emit ultra-violet (UV) light will help calm down an over active immune system and promote an anti-inflammatory immune responses.

Helpful supplements: **Kelp tablets, Sea salt, Cayenne, Cod liver oil, Vitamin C, Zinc and Thymus tablets.**

**Five Part Rotation protocol for Covid19 or Seasonal Flu Suggestions for Adults**

**First hour** – one **Grapefruit seed extract** capsule. Consider using an advanced **NutriBiotic** formula now in health food stores with added **Echinacea and Wormwood**. Use as directed on bottle – sold online and in health food stores. If grapefruit seeds are used, limit to two per day for adults. Do not give to children under 12. (For children, substitute one of the following - Umcka if available, or Golden Seal, Oregamax or Neem.)

**Second hour** – 1000 to 2000 mg of vitamin C powder taken with a zinc tablet (zinc gluconate, zinc sulfate, or zinc picolinate).

**Third hour** – ½ cup sauerkraut in a pan with 1 large clove of raw sliced garlic – warm it up and eat with a little butter added.

**Fourth hour** - Chew one **Umcka** (*) tablet and repeat this every 4 or 5 hours apart or take 2 **golden seal root capsules** or make a cup of **goldenseal root** or **goldenseal leaf tea** or **Neem leaf or bark tea** or you could substitute two **Oregano capsules** (Oregamax by Northern Herb Co).

**Fifth hour** – add 1 tsp. of 3% hydrogen peroxide (brown bottle) and place in mouth for sublingual absorption. Hold for 2 minutes then wash it down with water. You can also add 7 drops of 35% H2O2 to a glass of water and drink it. See my booklet on **Hydrogen Peroxide and Aloe Vera** for more info.

**Sixth hour - pH measurements** – measure your saliva and urine pH using pH tape. Your saliva pH should be at or above 6.4 and your urine pH should be at or below 6.4 while fighting the infection. What you don’t want is urine pH that is alkaline above 7.0 and saliva pH that is
acid below 6.0. Repeat the cycle from the first hour through hour 5 until your doctor confirms you have recovered. Resume the hourly rotation protocol the next day, if needed.

(For more info on pH, see the Immune Restoration Handbook) pH tape 5.5 to 8.0 is available online or in health food stores.

*Umcka* is made by Nature’s Way and is sold in health food stores. This product is made from the roots of a geranium plant that grows in South Africa known as *Pelargonium sidoides*. Clinical studies (1, 2) show it helps shorten the duration of respiratory infections. I have used this product a few times and can attest it quickly gets rid of a sinus or respiratory viruses and lung congestion.

**Important** – consumption of dairy milk or ice cream, no soda, corn syrup or refined sugar is ill advised and will worsen or prolong the condition. Refined sugar and milk may weaken the immune response. It is also best to avoid cheese and all processed foods until you are well.

However, raw honey and/or propolis have infection fighting properties and may help as both products from the beehive also have antiviral and anti microbial properties.

References:
1 (Umckaloabo®), an extract from *Pelargonium sidoides* roots, exerts anti-influenza virus activity in vitro and in vivo, by Theisen LL, Muller CP published in Antiviral Research in May 2012

Other Options – design your own Rotation Protocol.

Search through the following list published in Chapter 10 of my booklet on home remedies and design your own plan of action. My theory of action is to increase the levels of good friendly bacteria activity in the colon to produce short chain fatty acid.

This is accomplished by increasing the consumption of fiber and bulky vegetables and of course water. This acidifies the stool making the colon a hostile environment for pathogenic yeast, viruses including influenza and covid19, and bacteria. This helps to prevent and treat the infection simultaneously.

Garlic, ACV and psyllium husk mixture

An alternative to eating a sliced clove of garlic with warmed up sauerkraut once or twice daily is to add 1 clove of raw garlic and one tablespoon of apple cider vinegar (ACV) to a glass of water and place in a blender. Blend for one minute and pour into a pint jar. Add 1 heaping spoonful of psyllium husk powder to the mixture. Stir and drink. It won’t taste great but it will kill the bad viruses and other pathogens in your gut and help you recover faster.

The following list of 15 home remedies to defend against infections is updated from my booklet on Hydrogen Peroxide and Aloe Vera – A Home Remedies Handbook. Consider obtaining the following items for future use – especially the ones marked in bold:

1. Tincture of iodine
2. 3% hydrogen peroxide (H2O2) – 6 pints or 3 quarts
3. 35% hydrogen peroxide – a small bottle (2 to 4 ounces) Store in freezer.
4. Sea Salt
5. Raw garlic
6. Raw garlic soaked in apple cider vinegar
7. Green olives stuffed with garlic.
8. Sauerkraut
9. Grapefruit seed extract or fresh grapefruit seeds
10. Goldenseal Root capsules and/or Goldenseal leaf tea.
11. Oregano (Oregamax) capsules. (Northern Herb and Spice) or Oregano oil
12. Neem leaf capsules
13. Colloidal silver- 10 PPM. Inhale while spraying in the mouth for treating the lungs and nasal passages. Repeat once every hour while symptoms are present.
14. Lomatium Dissectum (Sees-2000 or LDM-100) – used for pneumonia
15. Olive Leaf Extract – 20% or more oleuropein. Take as directed on label or eat 2 green olives stuffed with raw garlic every 2 to 4 hours.

More information on how to use these items in found in my booklet on Hydrogen Peroxide and Aloe Vera available at lebeaubooks.com.
Treating Pneumonia

Consider using Pleurisy root extract or warm Pleurisy root tea or Lomatium Dissectum. Use as directed on the label. Also, do not let the person lie down in bed or just sit in a chair hour after hour. Have them get up and walk. Walk slowly until they feel the urge to urinate. Stay hydrated. Drink more water and take large doses of powdered vitamin C and then walk some more and keep drinking warm water. For product sources, check with a local health food store or use Google.

Quinine – used in 100 patients!
The generic drugs - Chloroquine or Hydrochloroquine are synthetic quinine drugs used in China for treating covid19 pneumonia.


“The coronavirus disease 2019 (COVID-19) virus is spreading rapidly, and scientists are endeavoring to discover drugs for its efficacious treatment in China. Chloroquine phosphate, an old drug for treatment of malaria, is shown to have apparent efficacy and acceptable safety against COVID-19 associated pneumonia in multicenter clinical trials conducted in China.

The drug is recommended to be included in the next version of the Guidelines for the Prevention, Diagnosis, and Treatment of Pneumonia Caused by COVID-19 issued by the National Health Commission of the People's Republic of China…… “

They also added:

“Thus far, results from more than 100 patients have demonstrated that chloroquine phosphate is superior to the control treatment in inhibiting the exacerbation of pneumonia, improving lung imaging findings, promoting a virus-negative conversion, and shortening the disease course according to the news briefing. Severe adverse reactions to chloroquine phosphate were not noted in the aforementioned patients.”

“In late January 2020 during the 2019–20 coronavirus outbreak, Chinese medical researchers stated that exploratory research into chloroquine and two other medications, remdesivir, and lopinavir/ritonavir, seemed to have "fairly good inhibitory effects" on the 2019 novel coronavirus.”

Chloroquine phosphate is an old drug that has been used for the treatment of malaria for 70 years. The original natural drug used to treat malaria is quinine derived from the bark of the Cinchona tree. Quinine is also added as a flavoring to Tonic water (used in Gin and Tonic). It is possible that drinking Tonic water might help fight covid19 if you knew the right amount to use. FDA regulations limit the amount of quinine in Tonic water to 83 mg per liter.

Key generic drugs tested in China for treating covid19 related pneumonia are chloroquine or hydrochloroquine and even Kaletra- a combination of lopinavir and ritonavir used to treat HIV. It appears the FDA is dragging its feet in supporting the off label use of generic drugs to treat covid19. [FDA pronouncements dissing low cost herbal medicine for any disease is suspect as they have a long history of being hostile to natural (nature-based) remedies.]

Update- On March 22nd, Pres. Trump overrode Dr. Anthony Fauci and FDA objections and announced hydrochloroquine would now be given to covid19 patients in New York.

FDA - no conscience or is it just about the money?

A Congressional investigation into conflicts of interest within the FDA’s preferred policy of drug approvals only for expensive patented drugs is long overdue. Congress needs to get to the bottom of why low-cost drugs are constantly suppressed by the FDA for all disease conditions ranging from cancer and heart disease to covid19. People are dying while waiting for FDA approval of patented drugs. In the case of food based, nutritional and herbal medicine, FDA policy is total suppression.

Doctors have the right to practice medicine and should be able to prescribe chloroquine, hydrochloroquine or other drugs for use in treating covid19. The FDA needs to stop acting like a bad cop and stop intimidating doctors who prescribe and use generic drugs and integrative medicine for disease conditions based on the doctor’s education, experience and judgment.

FDA approval must always be optional, not mandatory; otherwise we have a medical dictatorship run by government employees in Washington. Congress can fix this problem if the public demands it, but as long as members accept campaign contributions from drug lobbyists, the conflicts of interest will continue.
Recommended Diet modifications

NO MILK OR ICE CREAM – limit to organic yogurt, kefir or sour cream or Nancy’s naturally fermented cottage cheese. Avoid regular hard cheese made as it promotes mucus.

AVOID WHITE WHEAT GRAIN PRODUCTS. NO white bread, pasta, pizza, rolls and donuts. Go easy on all grains until you recover.

AVOID refined white sugar products and artificial sweeteners. NO cake, cookies, donuts, etc.

AVOID sodas, and other drinks to which corn syrup have been added.

Avoid beef, pork and lunchmeats until your doctor finds the intestinal and respiratory infection is gone.

Avoid most cold cereals – but especially any with corn or soybeans in them.

Avoid most processed foods including smoked foods or fried, and avoid most restaurants.

What to Eat – Therapeutic Foods

Do eat Organic foods Non-GMO where possible

Do eat pickled foods including dill pickles, pickled beets, pickled cauliflower, pickled mushrooms, pickled vegetables, pickled fish, pickled pigs feet, and sauerkraut.

Do eat fermented foods including sauerkraut, plain organic yogurt, sour cream, and Kombuchu tea.

Do eat organic broths like Organic free-range chicken broth with Wakame flakes added – this increases heat and the metabolic rate.

Do eat homemade soups like chicken broth rice vegetable or potato leek soup – use Google to find good recipes.

Do eat small meals and one clove of raw garlic 3 times a day.

Do eat raw onions and baked onions one or more times daily.

Do eat one tablespoon of cold pressed flaxseed oil each day with yogurt or mashed potatoes.

Consider a Mediterranean or vegetarian diet. Sweeteners – xylitol, raw honey or stevia.

Consult over the phone with a doctor for advice on your symptoms, and discuss your treatment choices from this article and other sources before going to the Emergency Room or local health clinic. In emergencies, dial 911.

Food and Supplement Shopping List

- Grapefruit- fresh white or red
- Nutribiotic Grapefruit Seed extract capsules with Echinacea and Wormwood
- pH Tape (5.5 to 8.0) Micro Essential
- Raw Garlic Cloves
- Sauerkraut
- Green olives stuffed with garlic
- Vitamin C powder (Buffered C-Complex by Now Foods) calcium ascorbate, rose hips, acerola & bioflavonoids.
- Goldenseal Root capsules
- Goldenseal leaf tea
- Oregano (Oregamax)
- Neem leaf or Neem bark
- Hydrogen Peroxide 3% in the brown bottle or 35% food grade H2O2 in a small brown bottle with dropper pippette
- Pleurisy Root extract – for pneumonia
- Lomatium Dissectum – for pneumonia
- Colloidal silver in a nasal spray bottle – 10 ppm for sinus and lung inhalation.
- Peppermint Oil 2 or 4 ozs – for sinus and lung inhalation.
- Sea Salt (added to warm water to gargle)
- Apple Cider Vinegar
- Flaxseed oil – cold pressed
- Tincture of Iodine
- Zinc gluconate or sulfate or picolinate
- Raw honey
- Propolis
- Kelp tablets or capsules
- Cayenne capsules
- Cod Liver Oil

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