

SIMPLE HOME GUIDELINES TO PREVENT **COVID-19** AND CARE FOR PATIENT SUFFERING FROM COVID-19

Our medical team has compiled information from scientists worldwide that could have positive results using simple remedies available in everyone's home.

Dear beloved citizens of India:

We are deeply heartbroken to see the present crisis our country is facing due to Corona Virus. We truly feel and believe that every citizen of our country are our brothers and sisters and so in a small way we wanted to respond to the situation by giving a small helping hand by sharing some useful step by step information that could help you and your family manage this pandemic situation successfully. As a nation we all must do our best to manage this situation successfully.

There are multiple factors contributing to this crisis, which are:

- Fast spreading of the infection and sudden increase in the number of cases.
- Shortage of hospital beds and medical personnel to provide medical care.
- Shortage of resources.

Keeping these factors in mind we have come up with some useful information based on authentic scientific research which could help you:

- Equip yourself with knowledge to prevent the infection.
- Equip yourself with knowledge to provide care to your family members within your capabilities.
- Equip yourself with knowledge about the available resources in your hand that could be useful to manage the crisis.

Hope this information would be useful and let us all fight this crisis together and come out successfully.

Yours faithfully,

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HELPLINE: If you need our support to guide you, please call us at **82485 62462** between 9:30 am to 4:30 pm Monday through Thursday, or you can also leave a WhatsApp message on the same number, and we will get back to you.



HOW TO PREVENT COVID-19

Goal:

- To prevent the infection from spreading from one person to another;
- To cut the link for viral multiplication;
- To increase the number of immune cells;
- To increase the capacity of immune cells function;
- To enhance the intelligence of the immune cells.

Follow the Government Guidelines:

Act:

- Wear mask;
- Social distance;
- Hand washing frequently;
- Using sanitizer.

Reason:

- Prevents virus spreading from one person to another.
- Prevents virus spreading from one person to another.
- The virus dies when mixed with soap and water.
- Kills the Virus.

Things that will increase your immunity:

Diet:

- Eat lots of vegetables and fruits;
- Eat lots of green leafy vegetables;
- Eat nuts and seeds (specially pumpkin everyday);
- Sprouted grams;
- Eat coconut milk yogurt;
- Drink Aloe Vera;
- Increases the number of immune cells (T-Cells).
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- Nuts have vitamins and minerals essential for the immune system.
- Provides essential nutrients for immune system.
- Enhances the functions of the immune cells especially Macrophages and Natural killer cells, also increases the respiratory tract immunity.
- Rich in Zinc. Zinc inhibits virus multiplication.

Lifestyle:

- Exercise 30-45 min. everyday;
- Sleep - early to bed, for a full 8 hours
- Drink lots of water;
- Breathe clean air;
- Sunlight
- Stay positive in thought and action
- Increases the number of immune cells.
- Increases the efficiency of the T cells.
- Increases neutrophils functions.
- Practice deep breathing exercise and breath fresh air and avoid polluted air because it deregulates viral immune restore.
- Vitamin D from sunlight is very important nutrient for the immune system. Normal vitamin D level makes your immune system smarter by killing the virus and does not over react by producing fluid accumulation in the lungs which is the cause of death.
- Increases T cells and natural killer cells.

THINGS THAT WILL DECREASE YOUR IMMUNITY

Act:

- Sugar
- Tea & Coffee
- Smoking
- Alcohol
- Animal products
- Refined food

Reason:

- 40% decrease in Immune function, 5 hours Immune system fails to function efficiently.
- Decreases the function of the Immune cell T-Lymphocytes.
- Decreases the function of Immune cell alveolar Macrophages, Neutrophils, Lymphocytes and Natural killer cells.
- Decreases the function of Adoptive Immunity.
- Slows down the immune function.
- Decreases the T- cell function.

Refined food means, food that is processed to an extent where the edible part of the food is also removed. In rice when the fiber is removed it becomes white rice. In wheat when the fiber is removed it becomes white flour (Maida). Any food that has been made with white flour and white rice like bakery items, pizza, burger, bread, Idly, dosa etc are not whole food. So, it's best to eat whole food like brown rice, dosa and idly made with brown rice, pizza, burger, and bread made with whole wheat. Millets are also good for immune system.

WARNING SIGNS OF WHEN TO SEEK A HOSPITAL:

- Fever does NOT reduce;
- Difficulty in breathing;
- Oxygen saturation dropping less than 95%.

OTHER IMPORTANT TIPS:

1

Please take all the medication for your existing problems like Diabetes, Hypertension, Heart Disease, etc. **Do NOT** stop any medication without consulting your doctor.

2

Please consult your doctor and do all the investigations he or she suggests. **Do NOT** make your diagnosis. It is very dangerous.

3

Follow all the treatment your doctor advises you to do.

4

Don't panic. Make your decisions thoughtfully.

CARE FOR FAMILY MEMBERS SUFFERING FROM CORONA VIRUS

Goal:

- To reduce the rapid multiplication of the virus.
- To manage the symptoms like fever, dehydration etc.
- To prevent complications and fluid accumulation in the lungs.
- To know the danger sign and how to act?

To reduce the multiplication of the virus:

Act:

- Neem leaf
- Black cumin seed
- Drumstick leaves
- Basil leaf
- Garlic
- Onion
- Ginger

Reason:

- Neem has Deacetylgedunin (DCG), attaches to surface Glycoprotein (6VSB) and blocks Corona virus from getting attached to the human cell. Inhibits RNA polymerase (6M71) main protease and thus, stop Corona viral multiplication.
- An active component of black cumin seed Alfa- hederin and Nigellidine inhibits Corona virus and also has high Antiviral activity, Anti-inflammatory, Immunomodulatory, Anticoagulant, Bronchodilatory, Antihistaminic, Antitussive and Antioxidant activity.
- Drum stick has Apigenin-7-O-rutinoside and other phytochemicals has high binding affinity with the virus and could act as Corona virus inhibitor.
- Phytochemicals in basil inhibits Corona virus.
- Garlic has Allyl disulfide and Allyl trisulfide inhibits 6LU7 proteins in corona virus and prevents the invasion of corona into the human body.
- Onion has Myricetin, Quercetin and Tricetin acts against Corona virus spike protein and has drug like nature.
- Gingerol in ginger inhibits the Corona Virus 5S-5-Hydroxy-1, 7-bis(4-hydroxy-3-Methoxyphenyl)-3-heptanone.

To prevent fluid acclumination in the lungs:

Act:

- Turmeric
- Steam inhalation
- Sleep in prone position

Reason:

- Curcumin binds and inhibits the target including Corona virus protease, spike glycoprotein-RBD, and PD-ACE2, which are involved in virus infection.
- Aids in enhancing respiration.
- Aids in maintaining saturation.

“STOP VIRUS TEA”

FOR STOPPING VIRUS MULTIPLICATION

- Neem leaf 1 handful
- Black cumin seed 1 tsp
- Drumstick leaves 1 handful
- Basil leaves 1 handful
- Garlic 4 cloves
- Small onion 4
- Ginger small pieces

Boil all these ingredients with 1 1/2 cups of water and drink in the morning, 4 to 5 times a week.

“ALKALIZING JUICE”

TO ENHANCE IMMUNE FUNCTION

- One hand full of Coriander leaf
- One hand full of Curry leaf
- One hand full of Mint leaf

Blend all the three with a glass of water and drink.
If you do not have the above ingredients then take any three types of green leafy vegetable, make a juice and drink.

“STOP INFLAMMATION TEA”

TO PREVENT RESPIRATORY COMPLICATION

- Turmeric 1 tsp
- 1 Lime

Take 1 cup of warm water, add the 1 tsp of turmeric and squeeze in juice of one lime: drink 4 to 5 times a week.

“FEVER TEA”

TO HELP REDUCE FEVER

- Fenugreek 1 tsp
- Basil leaves 1 handful

Boil it in 1 1/2 cups of water and drink every 2 hours until fever goes down.

“ALKALIZING WATER”

TO ENHANCE IMMUNE FUNCTION

Squeeze 2 limes into a liter of water and drink throughout the day.

TAKING CARE OF COVID-19 PATIENTS:

1. Isolate patient in a room from the rest of the family members, wear mask, practice social distancing at home, practice frequent hand washing with soap for at least 20 seconds, and use sanitizer when needed;
2. Drink plenty of water;
3. Drink: "Stop Virus Tea" 3 to 4 times a day;
4. Drink "Alkalizing Juice" once a day;
5. Drink "Stop Inflammation Tea" 2 times a day;
6. Drink "Fever Tea" every two hours until fever comes down;
7. Sponging until fever comes down;
8. Take Zinc 30mg twice a day, Vitamin C 1000mg to 2000mg per day in divided doses, and Vitamin D 400IU once a day;
9. Apply eucalyptus or peppermint oil on the chest;
10. Steam inhalation 3 to 5 times a day with eucalyptus or peppermint oil (3 to 5 drops);
11. Do not panic but have positive thoughts that God will help you and take care of you during this crisis. Convert your fear into faith in God by changing your thoughts.
12. Walk and expose the body to sunlight, if possible, 30 minutes a day between 10 am and 2 pm;
13. Keep a healthy diet:
 - Breakfast: 1 cup grams + vegetable soup + few nuts and seeds + aloe vera
 - Lunch: 1 cup brown rice with dhal +boiled vegetables +coconut milk yogurt + nuts and seeds
 - Dinner: only fruits
14. Avoid sugar, tea and coffee, smoking, animal products, and refined foods.

HOW TO MANAGE FEVER & DEHYDRATION:

- Drink plenty of water; 1 liter of water for every 23kg of body weight.
- Drink "Fever Tea" & coconut water
- Sponging (take a towel and dip in water and place it over the forehead, armpit, and wipe whole body with the wet towel. Keep doing this until the temperature comes down).

SUMMARY FOR PRACTICAL APPLICATION

THINGS TO DO ON A DAILY BASIS TO PREVENT COVID-19

1. If you decide to go out of your house, wear double mask, practice social distancing, practice hand washing with soap for 20 seconds, using sanitizer.
2. Eat lots of vegetables and fruits and especially lots of green leafy vegetables, nuts like almonds, walnuts, peanuts, and sprouted grams.
3. Take coconut milk yogurt every day.
4. Aloe vera and some pumpkin seed every day.
5. Exercise every day for 30 to 45 minutes.
6. Sleep: Go to bed early by 9 pm and make sure you have at least 8 hours of sleep.
7. Water: Drink adequate water. One must drink one liter of water for every 23kg of body weight.
8. Air: Get as much as fresh air possible.
9. Sunlight: Expose body to sunlight for 30 min between 10am to 2 pm.
10. Positive thoughts: Fill your mind with positive thoughts.
11. Avoid sugar, tea and coffee, smoking, alcohol, animal products, and refined food.
12. Drink "Stop Virus Tea" 4 to 5 times a week.
13. Drink "Alkalizing Juice" once a day.
14. Drink "Stop Inflammation Tea" 4 to 5 times a week.

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