

URGENT MEASURES AGAINST CORONAVIRUS

ALCHEMY OF HEALTH

DIET AND MEALS:

1. The richer the diet of animal fats, the more susceptible the body is to coronaviruses and especially the new Coronavirus **COVID-19** and its mutations. The "**spikes of its crown**" attach best to fat cells, and when animal fats predominate in the body, the cell walls of the lung cells become a "magnet" for the coronavirus.
2. **The most risky animal fats** that predispose the body to retroviruses are those of pork.
3. **If you eat outdoors** (snack bars, home cooking, restaurants and fast food) make sure that hygiene is strictly maintained, that food is prepared and served with masks and gloves in clean dishes and constantly disinfected rooms and surfaces

PERSONAL PROTECTION AND HYGIENE:

1. **Wear a mask whenever you are in public** (even on the street) and, if necessary, gloves (in case of open wounds on your palms), even if you have been vaccinated.
2. The vaccine provides information to the body to overcome inflammation in the event of infection, but **does not prevent infection**.
3. **Even if you are vaccinated you can and do infect** the people you come in contact with
4. **Wash your hands and face thoroughly with soap** before and after each change of environment you visit.
5. **Always carry and use hand sanitizer** when touching surfaces and objects.
6. **Carefully wipe your purchases and shoes with a disinfectant** solution or alcohol when you go home or to the office.
7. **Disinfect** door handles, toilets, sinks, doormats regularly (**after each use**) (especially in the office).

DISINFECTANT SOLUTION: Surfaces only! Not intended for hands!

1 tbsp. bleach in 500 ml of cold water in a spray bottle.

HERBAL COCKTAIL AGAINST CORONAVIRUS:

- A pinch of Rosemary
- a pinch of Thyme
- a pinch of Basil
- a pinch of Peppermint

The herbs are ground to a powder and added when preparing meals (in olive oil, tomato sauce, soups). For making tea - 1 tsp. boil in a liter of water. The infusion is also used for inhalation.

Rosemary tea (3-5 cups): kills 50% of the Corona virus in the body in 24 hours.