

TOP TEN HEALING TIPS- UPDATES! ----

#1 - Please see the enclosed information and TOP 10 HEALING TIPS to increase LUNG AWARENESS and to help to reduce/manage asthma/allergies/lung illnesses and some general healing information. Further information can be found - on this site under TOP UPDATES- i.e. natural solutions, stress-meditation-prayer, diet/exercise, cold/flu/virus or please contact me.

#2 Please see the 'MUST HAVE', Healing hope team, 'TOP PRODUCT' recommendations and INNOVATIONS, below , and under TOP PRODUCTS on the main page- for optimal health/wellness/healing, and please contact me for more details, for information for Health Coaching, Occupational Therapy services, and/or questions, recommendations, consultations, and referrals to professionals, and/or adjunctive/functional and neuropathic healers/experts and solutions for optimal healing on all levels.

----**OUR MISSION**----The HEALING HOPE TEAM, RYAN'S MITZVAH PROJECT AND JEWELRY BY THREE SISTERS had united to support the WAD and GINA (Global Initiative for Asthma) initiative to reduce hospitalizations from Asthma globally by 50%, by 2015 and hosted a network event featuring key healers/products; plus monthly speakers presented at the Seven Seas Spa in Miami Fl.

The positive focus of the HEALING HOPE TEAM is on awareness, education and better control- getting at the root cause/source and healing on all levels, physically, spiritually, mentally. -Functional and Homeopathic healers/remedies may also be of benefit for prevention and treatment., i.e. I personally got the following treatments to assist in the healing process -Ai Minerals; acupuncture, ozone treatment, cupping, energetic healing, and spiritual, diet/exercise guidance. I also made some lifestyle, diet and exerci changes and did extensive research plus in addition to my registered OCCUPATIONAL THERAPY license I became certified as a HEALTH COACH by the United States Health Foundation.

Now years later, the healing journey/mission continue and the initiative is re-ignited especially with the global pandemic in our midst -the need for the right tool/team is greater than ever! A monthly LIVE EVENT will be initiated with guest speakers/experts to present tips/tools for prevention, and optimal health and healing—that will also be broadcast - **HEALING HOPE TEAM -LIVE---LIVESTREAM!** interactive broadcasts—including special guest speakers to bring you the cutting edge health/healing/wellness news/innovations -**STAY TUNED!**... *The goal is to provide healing support and cutting edge news /tools/experts to help even one person to heal- and for healing support please go to **SEARCH MEMBERS—Support- Social Member** to search for or to be a support as a '911' buddy to someone in need,; and/or **SEARCH FOR** or join the website as member (for free) to be able to **SEND SUPPORT** as a doctor, therapist, coach, healer, fitness buddy, etc You can also post any needs/goals/heath/healing solutions on the "HEALING WALL" —(under additional site features) .Also, If you are a medical or healing professional please enter the healing directory and if you would like to be a **HEALING HOPE TEAM HEALTH AMBASSADOR to spread health, hope, healing** – and to be featured on the website, in livestream broadcasts, and more please contact me. Our goal is to spread **HEALTH/HOPE/HEALING** to heal even one person at a time.

ASTHMA AND LUNG AWARENESS and GENEREAL WELLNESS TIPS—TOP 10!

•1-AWARENESS & RESOURCES

The essential key is to learn about your diagnosis-from cause to cure, There is currently a growing understanding of asthma as a collection of different processes, all causing airways to become twitchy and constricted. Once the proper causes of the persons asthma are identified, individualized/personalized treatments may be then be prescribed.

If admitted to the hospital, check that treatments and medications are rendered correctly and on time, and if not, intervene so there is no interruption in care. I was transferred out of ICU to another hospital floor, and for some reason a critical pulmonary treatment was then delayed for hours, during which I had to intervene and the nurses assistance to ensure I received my treatment, so I learned the 'hard way' how you must be an active participant in your own care. Become your own health advocate, and/or a health advocate or 'team' is highly recommended along with proactive measures, -and if you don't have a health coach or support - they are available on this website or please contact me..

-Stay current on health screenings, tests and appointments-test your lung function- and Monitor BP -weight -caloric intake - oxygen levels as needed. In addition it is recommended to be your own health advocate - listen to signals . In addition, for complete health -consider options such as medical thermography screenings that are possible cancer detection / prevention by using infrared imaging of the body. Not only can thermography detect Breast Cancer but it's also FDA cleared for Thyroid pathology, Cerebrovascular Health and Neuro-muscular Pathology.

• Learn about asthma, allergies, COPD; learn the triggers and best management and keep **CURRENT** on the advances. The **ASTHMA ASSOCIATION**, www.asthmassociation.com; COPD Foundation, www.COPD.Foundation.org, jkowalski@copdfoundation.org; and the American Lung Association, www.americanlungassociation.com; COPD Emphysema—Find and Compare Info on COPD Emphysema at SymptonFind.com, www.symptomfind.com

-There i a strong connection between your heart health and lung health- When your lungs struggle, it puts a strain on your heart. One way to support healthy lungs is by eating the heart-healthy Pan-Asian Modified Mediterranean (PAAM) Diet I recommend: <https://bit.ly/3qnNOCL>., the blue-zone or plant based diets are highly recommended. Organic diets and other information is below.

• ALLERGIC ASTHMA

Find your triggers, get tested to see what environmental and food allergies are triggers; i.e. you may have Allergic Asthma—i.e. do you have – Asthma or Allergies? Do You Have Asthma Or Just Allergies? Find out at asthmaacademy.com, Allergic Asthma — Do you suffer from allergic asthma? Learn about a treatment [option www.LivingWithAllergicAsthma.com](http://www.LivingWithAllergicAsthma.com);

You can also get tested to see if you are a candidate for allergy injections, or sublingual treatments to desensitize you to specific allergens, and/or medicine such as Claritin (Allergy Information — Get Seasonal & Regional Allergen Info – Find Helpful Tips / Guides, www.Claritin.com) to mediate your allergic response. There are also naturopathic treatments for allergies including laser and other viable

options, www.mibaso.com, www.daytonmedical.com, NOTE- mention HEALING HOPE TEAM for discount; (also see HEALPON under 'DIRECTORY' on this website- for discounts for some of the recommended resources). Allergic Asthma — Do you suffer from allergic asthma? Learn about a treatment [option www.LivingWithAllergicAsthma.com](http://www.LivingWithAllergicAsthma.com);

Pollen Count — Get Today's Forecast For Outdoor Allergies In Your Area, www.ZYRTEC.com; Environmental Toxicologists Link Household Bacteria to Asthma, ScienceDaily (May 30, 2011)-Science Video Reference

Important tests/ Innovations-

-TEST IgG Gut Check-Food Sensitivity Test—taking the guessing out of your diet -ELISA--ENZYME LINKED IMMUNO-ESAY-which reveal inflammation responses-by antibodies found in the blood stream; A food based allergy response can manifest in various ways in the body and once identified can be mitigated by eliminating or reducing the agitating agent and gut health can be restored ; plus the lifestyle questionnaire will help with diet/exercise, drug interactions, and other lifestyle recommendations-please contact me for details and further information.

-Metene Fingertip Pulse Oximeter, Blood Oxygen Saturation Monitor with Alarming Beep, Portable SpO2 Meter with Batteries and Lanyard https://www.amazon.com/dp/B0828WFD5J/ref=cm_sw_r_wa_api_glt_i_dl_ZR90VY5GC38FJSWT9EXK?encoding=UTF8&psc=1

-Preventology - colloidal silver sprayer / nebulizer

https://www.amazon.com/dp/B08F3HT3PC/ref=cm_sw_r_apan_glt_fabc_BAQCWWMZ521DE3TSRV0M

- THE BREATHER –a home gym for your lungs -

The Breather- is the first drug-free device for those who suffer from shortness of breath, speech and swallow difficulties, COPD, and other chronic illnesses

resulting in respiratory muscle weakness. The breather he helped over 5 million people worldwide breathe better

Strengthen respiratory muscles, reduce shortness of breath and promote safer swallow-

-practice RMT - Respiratory Muscle Training at home to strengthen your lungs and respiratory fitness

Say good-bye to shallow breathing - get more oxygen that your body needs to function and increase mental clarity. Reduce the need for treatments .

LIVE and ON-DEMAND education and free coaching on the app using Breathing Coach - and free demos / downloads by an experienced clinical and experienced research

Reduce the need for treatments-Ease symptoms of COPD, Stroke, Asthma, CHF, Hypertension, Parkinson's and more- <https://bit.ly/2A14r3K>

- ALLERGIES-Treating the root cause of allergies through immunotherapy is the best way to obtain long term relief from allergies. **Sublingual Allergen Immunotherapy** is recognized as a safe and effective alternative to allergy shots. Allergen Immunotherapy has been around since the early 1900s, but the use of sublingual liquid drops has been a clinical practice for the last 30 years .

-Simple at-home IgE tests the response to indoor and outdoor allergens -pets - dust mites - mold - grass - pollen -trees - grasses and more. Once your allergens are determined , a doctor will prescribe a custom formula to help your body become resistant to those triggers over time. This is called Sublingual Allergen Immunotherapy. HOW IT WORKS-A doctor will customize your formula to target your specific allergies You use the liquid drops daily by placing them under your tongue Your body builds resistance to the targeted allergies and your symptoms fade over time.

=The mission at Nectar is to turn clinical research into personalized, accessible, and revolutionary allergy care tailored for you.-My nectar.com

--ON LINE -ALLERGY TREATMENT OPTIONS - No shots, no needles, no skin tests. Just fewer sniffles and sneezes--Wyndly.com

-TELE-MONITORING- wireless telemonitoring i.e. Heart rate, blood pressure, blood oxygen, oxygen saturation, glucose levels, vital signs, peak flow monitor, PT/INR meter, and enhanced SPO2 saturation. And weight (up to 500 lbs. can be monitored.) The telemonitoring provides daily feedback regarding the effects of proper diet and medications on patients health status and can enhance treatment outcomes. Objective information is available in real time- for your physician to make changes in your medications more timely to avoid ER visits and hospitalizations by detecting changes in health status earlier. . It helps individuals including those with chronic health issue such as respiratory or cardiac disease, or diabetes, to remain independent and gives piece of mind knowing a medical professional is monitoring the patient's health daily.

Individuals are educated and motivated to take better care of themselves and to lead healthier lifestyles, i.e. Honeywell HomMed/Health Monitoring System.

TELEMEDICINE, i.e <https://www.innovativecare4u.com> is recommended for care '24/7' anytime/location in the U.S. by board certified physicians, with E-prescriptions available as needed.

Energetic and other testing is also recommended to get at the source of what is causing the allergies/asthma, or any imbalances.--- there are also herbal recommendations for treatments as well, i.e. Boswellic acid, and I can connect you with experts for that as well. A good reference is the Lost Book of Herbal Remedies.

2-EDUCATION & PROPER TREATMENT

Do your due diligence regarding your illness, to make sure you are properly diagnosed and treated to obtain best results. Find out the cause and proper management. By inquiring regarding IGe levels I found out there was a special blood test to check if my level elevated, and a treatment via XOLAIR (www.xolair.com), and (www.ritesource.com) to block toxic reactions, that I then got prescribed which has helped me prevent any further hospitalizations. Do research, ask questions, read, find both the conventional and alternative medicine experts! Through doing so, I learned that acupuncture and other treatments can be viable adjunctive options for asthma and management of pulmonary disorders, as is L-arginine, and ozone nasal treatments (to increase oxygen levels and pulmonary function. Research all medicines you are prescribed, their side effects and any viable adjunctive and/or alternative medicine options, and speak to your insurance company when needed to ensure coverage. If coverage is not offered you can opt to appeal, which I have also done successfully several times so don't give up!

PREVENTION

At the very first signs of any flu or respiratory infection i.e. colds, flu, strep throat, etc, take preventative measures should be taken because of asthmatics and pulmonary compromised individuals' increased risk of complications from influenza and other illnesses (Why Does Flu Trigger Asthma? ScienceDaily (May 30, 2011) — Researchers at Children's Hospital Boston have found a previously unknown biological pathway explaining why influenza induces asthma attacks. Dale Umetsu, MD, PhD, of Children's Division of Immunology. Influenza activates a newly recognized group of immune cells called natural helper cells . If activation of these immune cells, or their asthma-inducing secretions could be blocked, individuals could be more effectively protected when they get the flu and possibly other viral infections, presenting a completely new set of drug targets for asthma.



-Amazing healing fact: 4 cloves of Garlic

= 1 adult dose of penicillin



Garlic has an array of uses - It's been used for strep throat....Typically, doctors prescribe an antibiotic for strep throat for 10 days....This remedy will clear strep throat in 24-

48 hours. It costs next to nothing and is actually BENEFICIAL to your body



Garlic is better than an

antibiotic because it won't compromise your immune system.



stimulates the immune system.

Garlic has antibiotic qualities but at the same time

-SMART health plan - to improve health and quality of care- and cut the cost in half. The power of good health your hand—via a mobile app- is like a GPS for your health0with just a click you can show your digital health ID card, track spending and deductibles, see benefit plan information, view claims, access telehealth, manage family care and more. [Marpai cuts the cost of self funded health coverage- using artificial intelligence and neural networks to predict who will get sick, what it will cost and where to find reasonably priced care.](#) Using advanced technology, Marpai uncovers *proactive health* opportunities to intervene early so you can avoid costly near-term health events. You

are protected from overpriced, low-quality care by guiding you to high value in-network providers. You helped automatically to stay on track with annual health visits and simplify everything with the myMarpai SMART app.

-TO BOOST THE IMMUNE SYSTEM HEALTH---[tch?v=uVGs_bWDhJg](#) -plus other protocols are recommended, on this site -see HOT TOPICS- or please contact me

3- NATURAL OPTIONS for asthma, allergies/colds/flu and more—

-May include- zinc lozenges; immune support /herbal medicines i.e Zycam; Echinacea Supreme - --take all as directed to be effective; and you can consult your physician or a naturopathic doctor for preventative measures. I highly recommend, a homeopathic remedy injection vs a flu injection; Children Who Get Flu Vaccine Have Three Times Risk Of Hospitalization For Flu, Study Suggests (May 20, 2009) —

-There are also natural treatments for flu, i.e. FLU immune-- a spray -by NET remedies; and Oscillococinum -which is safe for ages 2 and up, and Guna Flu is safe for ages 6 and up.

-Detox your lungs—Mullein leaf-one of the best herbs for lung issues-to remove toxins, tar, mucus and phlegm. It opens up your airways and fights asthma. Mullein extrac-1g- 1-3 x/day .

-For SINUS-black seed oil- 1-2t/day and black seed capsules are available as well as well as seeds—1/4-1/3 t every other day or so, chew thoroughly and swallow.*increase frequency. if not feeling well. The residue will help to clear accumulated mucous., dislodging whatever sites there and is like a tonic to the body and can help to prevent viruses as well.

-16 benefits of black seed oil- <https://youtube/X6pQetPaFcM>

-Eucalyptus-can be used instead of Vic's Vapor rub, bio-freeze, icy hot, Tylenol or Aleve-for inflammation, cough, cold, runny nose, fever, flu, bronchitis and most respiratory issues, and also for kidney stones, muscle or other pain, exhaustion and shingles. Apply with a carrier oil such as coconut oil.

-- Boswellic Acids-natural option for lung health -it is great for any inflammation, asthma and autoimmune disorders; -it may also be used instead of steroids in Covid complications, *- please always consult your physician. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8256410/> ; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6747466/#B214-ijms-20-04101>

-Cough -natural remedies---<https://www.mynaturaltreatment.com/natural-remedies-for-cough/>

-6 herbs that clear mucous from your lungs-Eucalyptus, Garlic, Thyme, Sage and Oregano- Dr Oduaga Eke

- Additional naturopathic remediation measures- Ozone treatments, IV infusions-Vit C and more; Vit B 12 injections; and an immune injection

-Homeopathic remedy—i.e. Engysol by Heel, to increase WBC (white blood cell count) to reduce the severity/length of flu's, and sore throats. Avoid excessive cold, excessive exercise (if needed use a prescribed inhaler prior to exercise) to prevent cold or exercise related asthma episodes. Asthma Natural Cure — Discover this natural wonder the Chinese have used for centuries. www.elixirindustry.com; Natural Asthma Treatment Eliminate Your Child's Asthma Triggers by Improving Air Quality, www.EZBreathe.com; and *ASTHMA NATURAL TREATMENT—Fast Acting Long-Term Asthma Relief, Promotes Healthy Breathing, www.Respitrol.com/Respitrol-for-Asthma

-ALLERGY CONTROL PRODUCTS - National Institute of Health, www.nationalallergy.com guideline recommendations include allergy control products to reduce the triggers in my home environment that might cause and/or contribute to toxic pulmonary reactions

LATEST ADVANCES- New treatments are also available including stem cell treatment performed by specialized physicians, i.e Treatment for C.O.P.D — C.O.P.D Stem Cell Treatment Performed by Specialist [Doctors AngelesHealth.com/copdv](http://DoctorsAngelesHealth.com/copdv); **Please contact me for other stem cell specialists for COPD, asthma, and other illnesses, available in FLORIDA/U.S.A/ and other locations.**

- Natural cleansing, i.e. the CHARLÍS line of luxury skin care products, on a mission to provide you with toxic-free products made in the USA that nourish and cleanse your skin. Our manufacturing standards are unsurpassed, and all our products are formulated using efficacious, toxic-free, non-GMO ingredients

The following TOP PRODUCTS—including AI mineral supplements are recommended - (* and also see others featured on this websiteincluding-)

-TLC—TOTAL LIFESTYLE CHANGES—resolutions drops for appetite suppression; teas-including for water bottles , and more --

<https://shoptlcnow.com/healinghope>

-HEALY---digital nutrition /programs -<http://www.bit.ly/healinghopehealy> and other solutions, programs including measured portions, holistic approaches to weight loss, with health coaching- including consultations for PLANT BASED/ORGANIC DIET and ASSESSMENT/PROGRAMS for achieving your lifestyle and healthy weight goals -please contact me for details

-FOOD BASED SOLUTIONS --(also please see 'HOT TOPICS' DIET/EXERCISE/STRESS for recommendations plus the information to support healthy lungs/diet below). Plus I am happy to recommend many resources for consults, and health coaching.

-FOOD AS MEDICINE --

https://www.slideshare.net/ssusera9ba27?utm_campaign=profiletracking&utm_medium=sssite&utm_source=ssslideview

-Healing foods—[Healing Foods Recipes](#)- i.e. buckwheat is excellent for neutralizing allergies, and garlic is excellent against viruses, though is not recommended for those with low blood pressure, or if taking blood thinners or pre-surgery.

-Miracle Superfoods that Heal, Tony O'Donnell, C.N.C. , NATUROPATH; JUST BE GOOD-to your body, FOOD-BASED HEALING- Tonessi Inc.

-Drink a half a lemon with a few slices of ginger in warm water several times a day to boost immune system and to reduce mucous. A daily healing 'shot'-to boost your immune system-drink key lime & ginger, black seed oil, oil of oregano, lemon juice, cayenne pepper, turmeric, lemon and ginger.

-Lemon water & tumeric - <https://www.powerofpositivity.com/things-happen-body-drink-lemon-water-turmeric-every-day/?fbclid=IwAR2qOvt-OY2wVtn7eUJOTiPf5JpKWf-J0tiGxRn5bfuT4tDsbVDx6D9RPA8>

-Pineapple-has bromelain that has powerful anti-inflammatory properties.

-TUMERIC---1 organic capsule/day is recommended

-FOODS THAT HEAL- Turmeric-the curcumin content in turmeric has potent healing properties. Ginger-The anti-inflammatory compounds in ginger can effectively relieve arthritis pain. Cherries contain polyphenols called anthocyanosides that can help treat and reduce pain. The bromelain content in pineapples has powerful anti-inflammatory properties Omega-3-Rich Foods Fish oil, flaxseeds, and chia seeds can help soothe joint pain. Garlic can be used to bolster your immune system and Raw Apple Cider Vinegar (ACV) has multiple benefits. of the diaphragm, which can hinder breathing.

These foods are therapeutic for all aspects of your health-their abundance of antioxidants, vitamins, minerals, phytonutrients, and essential fatty acids help curb oxidative stress and inflammation, which are underlying factors in most diseases. Drink plenty of fluids-staying well-hydrated helps thin mucus, reduces inflammation, and relaxes the blood vessels and airways. Coffee, in moderation, can also help to open up the airways. Don't overeat- large meals—as well as sugars, refined carbohydrates, and other foods that cause bloating—expand the abdomen and restrict the movement of the diaphragm, which can hinder breathing. Plus, here are more ways to support healthy lungs: <https://bit.ly/3rBq5rt>

- Foods to reduce stress – <https://amp.mindbodygreen.com/articles/foods-that-reduce-cortisol>

-Benefits of plant based diet -<https://www.katefarms.com/articles/featured-articles/benefits-of-plant-based-diets/>

-Switch to organic food as much as possible. Studies have shown that in just two weeks of going organic, chemical levels in the blood decrease by 90%. In just six days of eating organic, glyphosate levels decrease by 75%.

-Alkaline diet-<https://thealkalinediet.org>

-NATURAL SUPPLEMENTS AND TREATMENTS-----please always consult your physician and/or functional medicine healer

- A1-ELECTROCID-- is a dietary supplement -an aqueous nutraceutical which is antipathogenic in nature due to pathogen specific electrical charge properties. -for well- being and potential to change cell metabolism and help with asthma/COPD, ; Thousands treated to date have shown significant improvements in vital signs and a reduction in various physiological and emotional conditions. Electroceuticals have been reported to kill bacteria, fungi, and viruses in as little as 2 days. When negatively charged cells come in contact with positively charged products such as Solutions4USA Electroceutical basic research has shown the potential to chance cancer cell metabolism and destroy cancer cells. as well ---please contact me for further information

-Choline Bitartrate- found in eggs, meat and dairy and is great for reducing cortisol levels, anxiety and improving memory and focus, Studies have also shown that choline can reduce immune inflammation, and suppress oxidative stress in patients with asthma

- Structured 1% Food Grade Hydrogen Peroxide is an antiseptic. It helps oxygenate the body, helps improve immune function, and may be beneficial in the treatment of chronic illnesses.

- Home/kitchen remedy for fever...Bathe in white vinegar or apply white vinegar in the entire body using a rag- Dr Farrah Bunch
- TO REDUCE RESPIRATORY MUCUS- 1. 1/4 TSP SEA SALT 2. 1 DROP GARLIC OIL 3. 1 DROP BLACKSEED OIL 4. 2 DROPS
POVIDONE IODINE 5. 5 DROPS COLLOIDAL SILVER

- How to Get Rid of Phlegm

1. Lemons- have wonderful antibacterial properties and healthy doses of vitamin C. The acid in the lemon juice is very potent so you can even use it to clean up your cutting boards.

Vitamin C is a wonderful immunity booster because it helps several immune system cells ready to combat infections. There are two ways to use lemon to help break up your phlegm.

#1- you can add two teaspoons of lime juice and one tablespoon of honey to a glass of warm water, drink this at least three times a day. Your other option is to grab a slice of lemon, sprinkle salt and pepper on it, and then suck the lemon juice out. It will help bring your phlegm out efficiently. Although this method is for those who can actually brave the taste-recommended to do this twice a day.

2. Steam- Inhaling steam is one of the best ways to help loosen up phlegm. By having steam in your respiratory system, you'll be able to make your phlegm a bit more liquid, hence easier to get rid of.

A 10-minute hot shower also will help to get rid of phlegm. Make sure you keep your bathroom closed to keep all the steam in. It is also extremely relaxing. However, make sure you moisturize after it to keep your skin healthy.

Alternatively, you can boil water and place it in a basin and cover your head with a towel and inhale the steam for about ten minutes. You can use this simple remedy a couple of times of a day.3. Salt Water- is the 'triple threat' being a powerful antibacterial agent, it helps relax your throat, get rid of phlegm.

3. Salt Water-is a 'triple threat' being a powerful antibacterial agent, it helps relax your throat, and helps to fight inflammation. To take full advantage of it, simply gargle a one-fourth teaspoon of salt in a glass of warm water - Rinse and repeat multiple times a day.

4. Honey-has been categorized as a demulcent, which is a substance that helps provide relief to your throat. Honey also has dextromethorphan, a substance used by cough medicine to help treat respiratory tract infections. The best thing about honey is that it's incredibly easy to incorporate into your diet if you want to treat phlegm. Simply add a pinch of black pepper to tablespoon honey, The pepper will aid in fighting the infection and the honey will help soothe your mucous membranes. Alternatively, you can add one tablespoon of honey to a glass of water and drink it multiple times a day.

One important note: if your phlegm is still persistent after multiple weeks or if it's acquiring a hue of green, yellow, or blood-colored, you should see your doctor as soon as possible because you might be dealing with a strong infection like bronchitis.

-To fight inflammation. simply gargle a one-fourth teaspoon of salt in a glass of warm water

--6 herbs that clear mucous from your lungs-Eucalyptus, Garlic, Thyme, Sage and Oregano- Dr Oduaga Eke

-Medicinal botanicals. It's time to get educated on your health --TheFunctionalForum.com- Dr Bruce Lipton & Dr Joe Dispenza

-Asthma and Allergies -According to a 2013 review investigating the therapeutic potential of Nigella sativain boiled extract form, authors concluded that the natural substance has potential to alleviate the symptoms of asthma by widening the bronchioles to allow airflow to the lungs.2

-Nigella Sativa -to treat allergies and asthma lowering no -rtf -<https://www.verywellhealth.com/nigella-sativa-8906>

- Boswellic Acids-natural option for lung health — Boswellic Acids-natural option for lung health -it is great for any inflammation, asthma and autoimmune disorders; Lecitin with Boswellic acid is the best absorbed form; it can be used as an herb, a resin or as an essential oil

*NOTE--Boswellic can raise blood pressure so it is recommended to take Boswellic acid in a low dose that will not raise blood pressure ---1-3/day -start with 1 per day for a few days.

** always consult your physician prior to taking any supplements.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8256410/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6747466/#B214-ijms-20-04101>

-Improvement in the Bioavailability of Boswellic acid- -In regard of the relatively low plasma and brain levels of BAs, and as a consequence of their inability to inhibit 5-LOX in whole blood, the abrogation of LTB4 synthesis in vivo by frankincense extracts remains unclear. For exploiting the potential pharmacological properties of different BAs, several approaches have been used to enhance its bioavailability [228]. Some researchers have also tried to enhance the bioavailability of BAs by administering it with a standardized meal [229]. Also, an improvement in their uptake was observed when it was administered with anionic drugs [230]. Further, different methods such as lecithin delivery form (PhytosomeR); nanoparticle delivery systems like liposomes, emulsions, solid lipid nanoparticles, nanostructured lipid carriers, micelles, and poly (lactic-co-glycolic acid) nanoparticles; and synthetic derivatization of BA have been adapted for overcoming these limitations [231,232,233]. Formulation of BA with lecithin was found to improve absorption and tissue penetration of BA in a single-dose, randomized, open-label study [234].

-Virumisin- or Artemesia—is good for lungs/breathing--2x day

-Also, based on your blood work certain minerals can be recommended for COPD --please contact me for details.

- Cold / flu prevention -<https://thesilveredge.com/prepare-for-flu-season-with-colloidal-silver-7-vital-steps-to-take-before-cold-and-flu-season-strike-at-your-home-november-19th-2018/>

--Cough -natural remedies----<https://www.mynaturaltreatment.com/natural-remedies-for-cough/>

--For asthma -chest tightening plus other symptoms. -Gfoxx Spirulina- daknang.com

To reduce allergic symptoms- the herb Perilla frutescens has miraculous antihistamine and anti- inflammatory properties - Its healing properties cannot be overestimated - it is one of the best-known antiallergic plants. It soothes ailments related to, among others, with seasonal runny nose, allergy to fur or mites, nasal congestion.

-ASTHMA- RED ONIONS-Eating onion eases constriction of the bronchial tubes

- COUGH:-MULLEIN TEA- Loosens trapped mucus and soothes sore throat

-Garlic with lemon--Chop a few pieces of garlic. Leave for half hour. Squeeze on half a lemon. Then add to a salad or hot dish.

-and you can eat a piece of raw garlic clove daily to get rid of a sore throat fast

- and here is the recipe for a natural solution, even for strep throat, as Antibiotics override your immune system, resulting in a weakened immune system.

1. Take 1 TBS of REAL GARLIC (this is very important) honey and put it on a plate

2. Mix in 1/2 TSP of cayenne pepper

3. Put 3-5 cloves of organic garlic in a press and mix into the mixture on the plate.

4. Repeat 2-3 times a day, as needed

* This statement has not been evaluated by the Food and Drug Administration and is not intended to prevent, treat or cure disease. If you want medical advice, always consult your naturopath.

-Carrot recipe;-Grate 3 carrot. (Optional add red onion. Optional add some garlic that has been chopped and left for half hour. Optional add coriander for cleansing) add very little bit water. Cook uncovered until all water is gone - even push down with a spoon to get more water out of carrots. Turn off the flame. Add 5 table spoon good oil. Turn on flame just a few mins. Done. Divide into 3. Eat on 3 consecutive days as a side or add to grain/rice. Repeat for about 6 weeks



Rosemary oil's herbaceous and energizing scent is frequently used in aromatherapy. Taken internally it helps to reduce nervous tension and occasional fatigue.

Respiratory infection- apply on chest, diffuse .Emotional balance- diffuse

To Use- * Diffuse Rosemary oil to create an atmosphere conducive for studying. * Take internally to help reduce nervous tension and occasional fatigue.*

* Add 1–2 drops of Rosemary essential oil to meats and favorite entrées for flavoring and to support healthy digestion.*

This oil is Kosher certified. Blends well with: Basil- Lavender - Peppermint - Tangerine

Cautions- Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes.

-Mix ROSEMARY WITH CLOVES— as an antibacterial remedy - <https://youtu.be/0Qub5P7EpHM>

- THIS Herbal Tea Recipe Can Heal Cough, Sinusitis, Asthma, Bronchitis and Clear Phlegm From the Lungs... - Natural Medicine Team
This is an excellent remedy to clean the lungs of every flu or irritating cough or simply for smokers. The beneficial remedy could be also used by small children because it is absolutely natural and works without any side-effects. Have in minds that sometimes remedies or home recipes show superior results than the conventional medications.— Ingredients:— ½ a liter of water – ½ kilogram of carrots, medium size – 3 or 4 tbsps of honey Initially, wash the carrots very well. After that, cut them into slices and boil them waiting to become softer. Take them away from the heat and wait to become cold. Strain the water and set it aside. Mix the water where you boiled the carrots with the honey. Subsequently, join the blended carrots, to get a blend similar as syrup. Between the advantages that this syrup offers are –clearing the lungs; prevention from acne,– avoiding cancer,– decreasing– cholesterol levels,– keeping away heart diseases,– eliminating toxins.–Use: it is recommended to take one tablespoon of the syrup every 4 hours and you will notice the progress in just 4 days. The syrup should be kept in the fridge.

*IMPORTANT-- In case that you note certain side effects, stop consuming the syrup

-Herbal tea to heal cough, sinusitis, asthma, bronchitis --<http://naturalorganichealth.com/magical-herbal-tea-recipe-can-heal-cough-sinusitis-asthma-bronchitis-clear-phlegm-lungs/> and other teas, solutions are available-please contact me.

* Plus, here are more ways to support healthy lungs: <https://bit.ly/3rBq5rt>

--VIBRANZ SILVERWAZH+ WORKS- It has been discovered that the cells in the body vibrate at various frequencies depending on their state of health. Vibranz has identified specific frequencies that match the optimum state of health for each of the body's organs and systems. These are called Human Blueprint™ Frequencies

- VIBRANZ - Mint Matrix is a completely organic, anti-aging product that restores cellular balance from the outside in, and from the inside out and also helps to stabilize blood pressure & eliminates severe pain - Mint matrix <https://vimeo.com/265759649> . For more info and to order--<http://getvibranz.com/healinghope>

--Energetic healing- throughout the years I have had in person and remote healings that truly have expedited my healing /wellness . Energetic healing is a focused on the underlying issues/imbalances and provide rapid solutions at the source of any physical or other issues. The healers can pinpoint the source of the issue on all levels and provide solutions ito heal and promote wellness in a matter of minutes versus years of treatment. Please contact me for details.

- UV light- for flu treatment- UVLRX- <https://youtu.be/ugRLoikr-4> & UV light -<https://vitalitymagazine.com/article/the-vital-light-of-nikola-tesla-healing-power-of-ultraviolet-light/amp/>

--NEW - Full Body Healing * Magnetic Water Resonance - Water Healing Frequencies To Restore The Body- <https://www.youtube.com/watch?v=Hlrkl3RBFns>

- Ozone Treatments – Ozone therapy is an effective tool to balance the immune system and keep people healthy and pain free and Ozone is a being used throughout Europe to defeat viruses. There are many treatments to balance people's health using many alternative techniques that include Ozone Therapy, Medical Qi Gong, Acupuncture, Herbal and Homeopathic Medicine. Ozone, has many uses and benefits including keeping your immune system in top shape and it is used to kill viruses.. Ozone can be used daily to stay healthy and ward off ill health and to promote optimal health. (Gajjar Technologies Pvt Ltd)

-Forget the energy drinks and caffeine Naturopath Dr. Cori Stern explains the natural ways we can increase our energy if



we are feeling [fatigued.-@HATSTRUTH](https://www.youtube.com/channel/UCATSTRUTH)

<https://youtu.be/AFuHstL17yE>

--Dimensions therapy -<http://online.anyflip.com/sqzz/tfbf/mobile/index.html>

-Almost everything in healing. Dimensions therapy has been proven in 25 years to heal 85% of all conditions and it works purely on a cellular level, accurately detecting the exact negative information in the cellular memory blocking the healing and easily and quickly clearing and imprinting the cells with the correct healing information so that the body can heal itself emotionally and physically. miracles with this blessed work. In addition-

-Craniosacral therapy to get at core issues Certain PT are trained in shroth method it helps significantly, but so does craniosacral therapy and the two together I have researched is amazing.

-Upledger.com will have craniosacral therapists

THE FUTURE- The recognition now of a third pathway for asthma, involving natural helper cells, may reflect the diversity of triggers for asthma seen in patients. Compounds targeting NKT cells are now in preclinical development. There is a growing understanding of asthma as a collection of different processes, which all cause airways to become twitchy and constricted. Once we identify the cause of the persons asthma, the best individualized/personalized preventative measures and treatments may be prescribed.

4-MEDICINE/SCHEDULE

Check medications /insurance coverage if pertinent generic and/or naturopathic options. Check for side effects and solutions. Stick to the proper dosage and schedule for prescribed medications; DO NOT TAKE inhaler/medications such as SYMBICORT– MORE THAN FOUR TIMES PER DAY; Make sure you check which medications can be used for 'rescue' and how often they can be taken; Always have a back-up supply or prescription re-fill available; Have a written schedule, dispenser, and/or sectioned pill box with days of the week, as well as assistance if needed to ensure you will follow the right schedule. Check with your doctor or pharmacist. Store your meds at the proper temperature and check expiration dates.

WARNING!-

PREVENTATION MEDS—TAKE AS PRESCRIBED BY YOUR PHYSICIAN –and DO NOT SKIP TREATMENTS— and DO NOT OVERUSE!- Most asthma control medications or corticosteroids, are prescribed to take two inhalations, twice daily-though whatever the prescribed dosage, is please follow the instructions for best results. i.e. SYMBICORT and TRELEGY- are daily meds to prevent asthma attacks, COPD and manage illness .i.e. it is a budesonide with long acting beta 2 agonists such as Formoterol. Your doctor can determine best what dosage and schedule is best for you and when or if medication dosage or frequency should be decreased or increased.

***DO NOT OVERUSE! FIND OUT HOW MANY TIMES MAXIMAL YOU CAN USE YOUR DAILY MEDS—**may be only twice a day/2 inhalations per day so please make sure, since adverse effects may occur if you do not follow the prescribed dosage.

RESCUE MEDS—AGAIN, IT IS IMPERATIVE TO TAKE AS PRESCRIBED BY YOUR PHYSICIAN. Rescue meds are short acting beta agonists, such as ALBUTEROL, that may be used usually up to 12 times a day. Again, use wisely and do not overuse since you may build a

resistance. Please learn when your rescue meds should only be utilized, i.e. when having an asthma attack; when short of breath or symptoms appear that may be precursors to an attack.

5--RESPECT YOUR BODY'S SIGNALS

Pay attention to any signs/symptoms that may trigger any attacks; i.e. allergens, including dust/mold/pollen; animal dander; cold temperatures; exercise.

At the first signs of any respiratory distress; stay calm; breathe deeply; be proactive--and take the proper rescue treatment prescribed by your physician. Call '911' --when in distress-do not delay.

- Make sure to be up to date on health screenings and tests -and consider options such as medical thermography screenings that are possible cancer detection and ideally prevention by using infrared imaging of the body. Not only can thermography detect Breast Cancer but it's also FDA cleared for Thyroid pathology, Cerebrovascular Health and Neuro-muscular Pathology.

6-EMERGENCY SOLUTIONS/CONTACTS/DEVICES

Be prepared!--have 1-3 emergency contacts; who you can contact or call should an emergency arise.

* **Have a home device** and portable medical alert device. to summon emergency help if you are unable to , i.e. www.HealingHopeTeamMedAlert.com. There are now updated devices including jewelry and sports versions available for emergency information; go to '911' devices on this website or please contact me for details/questions.

* You can find a '911' buddy on this website at "search for support window" --who you can rely on and/or be a '911' support for someone who would like one, (I recommend phone numbers to be exchanged for true emergencies)

***FILE OF LIFE**— keep your medical record and emergency contact data on your refrigerator for EMS when they arrive

• *You can also program 'emergency contacts' under 'ICE' (in case of emergency) in your cell phones' contacts/address book, List medications and important medical information like allergies an