

	According to internet research: and experiences – colorfullife.ch	<b>Clear table – Fit against viral diseases and co. May be copied and forwarded.....good health</b>
	<b>If symptoms are severe, consult a doctor.</b>	<b>What does it do? - Personal responsibility, everyone takes what is good for them... for people aged 18 and over</b>
1st	Turmeric – yellow spice powder has been for many years used in Asia as a medicine and for seasoning.	The curcumin dye attaches itself to the outer shell of the Covid virus, penetrates it and prevents the Covid virus from multiplying. Effective against many different viruses. <a href="https://www.heilpraxisnet.de/naturheilpraxis/kurkuma-wehrt-viren-ab-laut-neuer-studie-20200721519639/">https://www.heilpraxisnet.de/naturheilpraxis/kurkuma-wehrt-viren-ab-laut-neuer-studie-20200721519639/</a> Caution: only side effect: if you have gallbladder problems, you should discuss turmeric with your specialist.
1st	Costs about 20g approx. CHF 1.40 to CHF 3.-  Also available in tablet form. Without a prescription	Turmeric can be easily absorbed by the body when heated, as in coffee, or as an ingredient in cooking, and when consumed it also has an effect on the throat and pharynx area. As a preventative measure, about 3-4 pinches a day are enough, but everyone has to find out for themselves how much they need. There is also a recipe for a turmeric paste that you can make yourself and just follow the daily amount given. Take cold: With a little black pepper. You can also stir ½ teaspoon into yoghurt and eat it or add it to warm porridge etc.
1st	Tablets CHF 22.- / 70 pieces	<a href="https://microbiologysociety.org/news/press-releases/turmeric-could-have-antiviral-properties.html">https://microbiologysociety.org/news/press-releases/turmeric-could-have-antiviral-properties.html</a> <a href="https://www.zurrose-shop.ch/de/biosana-kurkuma-plus-70-stueck/">https://www.zurrose-shop.ch/de/biosana-kurkuma-plus-70-stueck/</a>
2nd	Apple cider vinegar, naturally cloudy without preservatives	1 teaspoon or 1 tablespoon diluted with 0.5 liters of water 3 times a day strengthens the immune system and has many different health effects which also make you strong against viruses. Be careful not to take it for too long – it can attack the tooth enamel – it is better to take a course of 1-2 weeks.
2nd	Cost 1 L CHF 2.- to CHF 7.-	Apple cider vinegar can also be used very well in salads and if you like, you can add honey to the drink while it is still lukewarm to make it taste more pleasant. Apple cider vinegar as above, diluted, is also suitable for washing for various skin problems, as it supports the skin's natural acid mantle.
2nd		<a href="https://www.praktischerarzt.ch/magazin/hausmittel-apfelessig-effekt-auf-die-gesundheit/">https://www.praktischerarzt.ch/magazin/hausmittel-apfelessig-effekt-auf-die-gesundheit/</a>
3.	Buy Covidgum at clevergum.de or for other countries at disapo.de Children from 6 years can take it.	A chewing gum with scientific research showing that the essential oils it contains had a killing effect on the Covid virus after just 15 minutes of chewing. Read the scientific report about it. <b>It's almost too simple to be true...but it's true!!!</b>
3.	Costs 1 can with approx. 30 pieces costs CHF 9.90 - Transport to other European countries CHF 12.-	Covidgum can be chewed at any time without any problems, but remember to spit it out and dispose of it properly by wrapping it in paper, etc.
3.	From 6 years	<a href="https://covidgum.com/#covidgum">https://covidgum.com/#covidgum</a> <a href="https://www.disapo.de/search/result.html?term=Covidgum">https://www.disapo.de/search/result.html?term=Covidgum</a>
4th	Garden herbs: thyme, rosemary, oregano tea, etc. Nettle tea	Antiviral effect, use fresh if possible in normal dosage as you would add it to food and heat it - then the essential oils are released. Thyme tea loosens mucus when coughing.
4th	You can also buy fresh in the supermarket for about 3.- parsley, chives, onions, garlic	To spice up salads or to season stews and meat, you can add various garden herbs to different dishes. Strengthen the immune system.
4th		<a href="https://www.youtube.com/watch?v=5RwLHrpBlM">https://www.youtube.com/watch?v=5RwLHrpBlM</a>
5th	vitamin D	It has been scientifically proven that the body then experiences the infection like a minor flu and no serious complications arise.
5th	Vitamin D in drop form Vitamin D as tablets between CHF 7.50 & CHF 15.-	It is essential to spend 15-20 minutes in the sun every day without UV protection so that vitamin D can develop. <a href="https://lebensmittel-naehrstoffe.de/lebensmittel-mit-vitamin-d/">https://lebensmittel-naehrstoffe.de/lebensmittel-mit-vitamin-d/</a>
5th	Does the health insurance	<a href="https://www.focus.de/gesundheit/coronavirus/kehrtwende-vom-">https://www.focus.de/gesundheit/coronavirus/kehrtwende-vom-</a>

h	company in Switzerland pay if the doctor prescribes it to protect against viral diseases? But you can also buy it without a prescription.	<a href="https://www.bundeinstitut-fuer-riskanalyse-doch-ein-einanderhang-zwischen-corona-und-vitamin-d-bundesbehoerde-lenkt-ein-und-warnt_id_13300068.html">bundeinstitut-fuer-riskanalyse-doch-ein-einanderhang-zwischen-corona-und-vitamin-d-bundesbehoerde-lenkt-ein-und-warnt_id_13300068.html</a> <a href="https://www.infranken.de/ratgeber/gesundheit/coronavirus/corona-vitamin-d-schwerer-wandel-art-5070115">https://www.infranken.de/ratgeber/gesundheit/coronavirus/corona-vitamin-d-schwerer-wandel-art-5070115</a>
6th	zinc - trace element	A trace element that is found in some foods: <a href="https://lebensmittel-naehrstoffe.de/zinkhaltige-lebensmittel/">https://lebensmittel-naehrstoffe.de/zinkhaltige-lebensmittel/</a> it protects the cells from e.g. viruses etc.
6th	zinc	The scientific studies are astonishing. <a href="https://www.aargauerzeitung.ch/leben/studien-zeigen-zink-macht-viren-murbe-und-trage-konnte-dies-auch-gegen-corona-helfen-ld.1265866">https://www.aargauerzeitung.ch/leben/studien-zeigen-zink-macht-viren-murbe-und-trage-konnte-dies-auch-gegen-corona-helfen-ld.1265866</a>
7th	Cystus 052 lozenges Active ingredient: rockrose, an ancient medicinal plant from antiquity can be purchased without a prescription.	Suck 2 lozenges 3 times a day and they work directly in the throat area, where the viruses first settle. The cells are strengthened in a special way and you are almost not at all susceptible to the Covid virus or usually recover quickly.
7th	Cystus 052 132 pcs. - 50.- In Switzerland, supplementary insurance pays for it if the doctor prescribes it.	These lozenges are also available in flavor. <a href="https://www.haller-kreisblatt.de/lokal/borgholzhausen/22931994_durchbruch-fuer-Dr.-Pandalis-Die-Pflanze-aktiv-gegen-Covid-19.html">https://www.haller-kreisblatt.de/lokal/borgholzhausen/22931994_durchbruch-fuer-Dr.-Pandalis-Die-Pflanze-aktiv-gegen-Covid-19.html</a>
7th	Sore throats usually go away within minutes.	<a href="https://www.zurrose-shop.ch/de/cystus-052-bio-lutschtabletten-honig-orange-132-stueck/">https://www.zurrose-shop.ch/de/cystus-052-bio-lutschtabletten-honig-orange-132-stueck/</a>
8th	Sinupret forte tablets Without a prescription approx. 25.- or <b>with a prescription, the basic insurance pays</b>	This mucus solvent (extract from plants to dissolve mucus) can be taken as described and it is essential to drink 0.5L with plenty of water or tea within a few minutes of taking it, because immediately after about 20-30 minutes you will feel the mucus dissolving.
8th	For children there is the Sinupret syrup	It is important with all expectorants that the body receives enough unsweetened liquid so that the mucus liquefies.
8th	Does the supplementary insurance pay, <b>Bronchipret</b> – Ivy-Thyme cough syrup 17.90	<a href="https://www.amavita.ch/de/p/bronchipret-thymian-efeu-syrup-fl-100-ml-7135097">https://www.amavita.ch/de/p/bronchipret-thymian-efeu-syrup-fl-100-ml-7135097</a>
	Echinacea drops	Strengthen the immune system against viruses
	Multivitamins with zinc and selenium	All vitamins are important, especially iron, as it transports oxygen in the blood and our immune system absolutely needs it.
	All-round Immune Tablet	<a href="https://www.drhittich.com/Abwehrkraft/Rundum-Immun-Kapseln/?listtype=search&amp;searchparam=Anti%20Virus%20Rundum%20Immun#var">https://www.drhittich.com/Abwehrkraft/Rundum-Immun-Kapseln/?listtype=search&amp;searchparam=Anti%20Virus%20Rundum%20Immun#var</a>
	Alkaline good nutrition	<a href="https://www.youtube.com/watch?v=f7AI23l0IGI">https://www.youtube.com/watch?v=f7AI23l0IGI</a>
	Positive attitude to life	Everything that brings joy also strengthens the immune system: dancing, singing, laughing, making up stories, praying to Jesus, painting, complimenting others, saying good things.
	wash	Washing at temperatures above 60°C with detergent also destroys viruses. Since this is often not possible, you can also freeze the laundry for around 1-2 hours. <i>Even sub-zero temperatures destroy viruses!</i>
	Meat	Even with raw meat it is advantageous to freeze it beforehand. And then fry or cook well.
NEW	with high fever  Almost every painkiller also has a fever-reducing effect – please pay attention to this when purchasing.  Costs approx. CHF 3.- to 10.-	Drink plenty of lukewarm liquids, e.g. camomile tea, about 3-4 litres a day and also drink plenty at night. If normal painkillers which also reduce the fever no longer help...the following is recommended: Calf compress with vinegar water, approx. 0.5 litres diluted with 1 tablespoon of apple cider vinegar, first put a very wet cloth with this liquid and then a dry one around it and observe whether the fever goes down - change it as soon as the wrap no longer has a cooling effect. If that doesn't help either: Fill the bathtub - a trusted person should be there (to check the circulation and help getting in and out) - with lukewarm water (definitely not hot water) so that you feel comfortable and once you are in, slowly let cooler water run in, pay close attention to the condition - if the sick person no longer feels well then stop early.

	Depending on the condition, stay in the bath for approx. 10 - max. 15 minutes and then try to sleep in bed. The body temperature then usually drops to a healthy level. If the person is too weak, you can also rub the body with damp cloths and the resulting evaporative cooling can have some effect - always check whether the person's condition improves - if not, contact a doctor.
<p>For eye infections</p> <p>Black tea approx. CHF 2.- to 4.-</p> <p>Visine eye drops approx. CHF 8.- to 10.-</p>	<p>Bring 2 bags of black tea to the boil in about 1 cup of water (unsweetened), simmer for about 1-2 minutes, squeeze the black tea bags into a clean tablespoon and let cool slightly.</p> <p>Place squeezed black tea bags on your closed eyelids – they should be slightly moist so that the active ingredients can be absorbed for about 3-5 minutes.</p> <p>Afterwards, you can use normal eye drops like Visine – if the redness has not subsided yet.</p> <p>In case of purulent eye infections, also consult a doctor.</p>
<p>For breathing difficulties and severe sinus infection</p> <p>Inhale</p> <p>Salt CHF 1.-</p> <p>Italian herbs CHF 3.-</p>	<p>Inhaling steam: put a saucepan with about ½ teaspoon of salt or sea salt in one litre of water (to prevent the nasal mucosa from drying out), then add oregano, rosemary and other Italian herbs to the water (about 1 teaspoon), then inhale over the saucepan while it is simmering gently, at a distance of about 30 cm, with a large towel over your head and if it gets too hot, open it a little so that you can comfortably breathe in the hot air. Remove your make-up beforehand. If your nose is very crusty, apply a fatty nose cream or olive oil beforehand, inhale for about 10 minutes - sometimes 5 minutes is enough.</p> <p>The high steam temperatures destroy bacteria and viruses, and the strong blood flow allows the body to defend itself.</p> <p>Finally, you can rub a little olive oil into your nose - especially if your mucous membranes are dry. When you're done, don't forget to rinse your face briefly with cold water; this closes the pores and is good for your health. If you want to go outside, please wait at least 15 - 30 minutes beforehand, and in winter, only go outside well wrapped up with a hat and scarf, etc.</p>
<p>In case of severe mucus in the bronchi</p> <p>Cough syrup made from natural herbs Lindol CHF 7.- Coop</p>	<p>Always drink cough syrup made from natural herbs with plenty of liquid - test which cough syrup suits you best - sometimes those made from ribwort plantain like Lindol are still very effective - and Bronchipret from the pharmacy or the natural cough syrups at Migros are also good.</p>
<p>mouthwash</p>	<p>Buy a simple mouthwash and gargle if you have a sore throat. Some mouthwashes have even been proven to be effective against Covid viruses - if you gargle with them. Here are some products: Corsodyl, Dentyl Dual Action, Dentyl Fresh Protex, Listerine Cool Mint, Listerine Advanced Gum Treatment, SCD Max and Videne</p>
<p>charcoal tablets</p> <p>30 pieces - 11 euros</p> <p><a href="https://www.shop-apotheke.com/arzneimittel/3056515/kohle-compretten.htm">https://www.shop-apotheke.com/arzneimittel/3056515/kohle-compretten.htm</a></p>	<p>Activated charcoal powder is in every ambulance and rightly has its place there. It binds viruses and bacteria and all toxins that harm the body and is excreted black out the back of the body without combining with other body cells. Many people also take it as a general detoxification treatment in the spring.</p> <p>Often it is only used in cases of alcohol and drug poisoning or food poisoning, but its ability to bind viruses, which often occurs in the intestines, is very good for supporting viral infections. Always drink plenty of water to avoid constipation. Start with a small amount - dissolve half a tablet in a glass of water. But the medicinal charcoal does not harm the body. Only take a small amount. If necessary, buy laxative tea, etc.</p>
<ul style="list-style-type: none"> <li>• cayenne pepper</li> <li>• Tabasco</li> <li>• hot chili</li> </ul> <p>Costs between 3.- - 7.-</p>	<p>Loosens mucus in the sinus area. Sometimes makes you cry a little, which can be part of it. Don't take more than you can tolerate. Everyone is different, so start with a small pinch in tea or coffee and see if you get the desired effect. Don't overdose - otherwise you could have circulatory problems. The spiciness also releases endorphins in the brain, which support the immune system. Don't take it if you have a bad sore throat - as it will irritate you even more.</p>
<ul style="list-style-type: none"> <li>• Nasivin nasal spray without preservatives 8.-</li> <li>• annual recipe if the doctor prescribes it, the basic insurance covers it</li> </ul>	<p>This nasal spray is generally well tolerated and is covered by basic insurance in Switzerland. It is also available without a prescription. Normally, sprays keep your nose clear for up to 6 hours. If not, you should remember to apply cream to the inside of your nose every now and then to prevent it from drying out...or inhale as described.</p>
<ul style="list-style-type: none"> <li>• expert Prof. Bhakdi</li> </ul>	<p><a href="https://www.youtube.com/watch?v=ipchD-IVzqQ">https://www.youtube.com/watch?v=ipchD-IVzqQ</a></p>

