

	According to Internet research: 02/22 translation deepl.com	Clear table - Fit against Covid and Co. May be copied and forwarded.....goodhealth
	Means - costs	What does it do? - Everyone is free to take what does him good.....
1.	Turmeric - yellow spice powder has been for many years used in Asia as a remedy and for seasoning.	The cucumin dye attaches itself to the outer shell of the virus covid , penetrates it and alters the cell nucleus, which wants to multiply and this can then no longer multiply. Works against quite a lot of different viruses. Caution only side effect: if you have problems with bile, then you should consult turmeric with a specialist.
1.	Costs about 20g approx. CHF 1.40 to CHF 3.- Also available in tablet form. Without prescription	Turmeric can be well absorbed by the body through heating, as in coffee or as an ingredient in cooking, and by eating it, it also works on the throat and pharynx. Already suffice about 3-4 knife tips a day, but the need everyone must find out for themselves. There is also a recipe for a turmeric paste, which you can make yourself and note the specified daily amount.
1.	Tablets CHF 22.- / 70 pieces	https://microbiologysociety.org/news/press-releases/turmeric-could-have-antiviral-properties.html https://www.zurrose-shop.ch/de/biosana-kurkuma-plus-70-stueck/
2.	Apple cider vinegar , naturally cloudy without preservatives	1 tsp. or 1 tbs. diluted with 0.7 liters of water 3 times a day, strengthens the immune system and has many different health effects which also make it strong against viruses.
2.	Cost 1 L CHF 2.- to CHF 7.-	Apple cider vinegar can also be used very well in salads and whoever wants can add honey to the drink in a lukewarm state so that it tastes more pleasant. Apple cider vinegar, diluted as above, is also suitable for washing various skin problems, as it supports the natural acid mantle of the skin.
2.		https://www.praktischerarzt.ch/magazin/hausmittel-apelessig-wirkung-auf-die-gesundheit/
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 study that the essential oils contained in it after 15 min. chewing already had a killing effect on the Covid virus. Read the scientific report about it. It's almost too simple to be true ...but it is!!!
3.	Cost 1 tin with approx. 30 pieces costs CHF 9.90 - transport to other european countries CHF 12.00	Covidgum can be chewed at any time without problems, but remember to spit it out and dispose of it well with paper wrapping, etc.
3.	From 6 years	https://covidgum.com/#covidgum https://www.disapo.de/search/result.html?term=Covidgum
4.	Garden herbs: thyme, rosemary, etc.	Antiviral effect, use as fresh as possible in normal dosage, as you put it under the food.
4.	Can also be bought fresh in the supermarket ca. 3.-	To spice up salads or season stews and meats, you can add various garden herbs to different dishes.
4.		https://www.youtube.com/watch?v=5RwLHrpBltM
5.	Vitamin D	It is scientifically proven that then the body experiences the infection like a small flu & no severe courses develop.
5.	Vitamin D in drops Vitamin D as tablets between CHF 7.50 & CHF 15.-	Be sure to be in the sun every day for 15-20 minutes without UV protection, so that the vitamin D can also develop. To be on the safe side, have the blood tested and then do not overdose but dose well. https://lebensmittel-naehrstoffe.de/lebensmittel-mit-vitamin-d/
5.	Paid by the health insurance in Switzerland if the doctor prescribes it to protect against covid. But you can also buy without a prescription.	https://www.focus.de/gesundheit/coronavirus/kehrtwende-vom-bundeinstitut-fuer-risikobewertung-doch-ein-zusammenhang-zwischen-corona-und-vitamin-d-bundesbehoerde-lenkt-ein-und-warnt_id_13300068.html https://www.infranken.de/ratgeber/gesundheit/coronavirus/corona-vitamin-d-schwerer-verlauf-art-5070115
6.	Zinc - trace element	A trace element, what it is in some foods inside: https://lebensmittel-

		naehrstoffe.de/zinkhaltige-lebensmittel/ it protects the cells against e.g. viruses etc..
6.	Zinc	The scientific studies are astounding.
6.	Can be bought without prescription. CHF 17.- /250 pcs.	https://www.youtube.com/watch?v=esmJyhXnXAY https://www.zurrose.de/produkte/zink-c-kapseln-63166
7.	Cystus 052 lozenges Active substance cistus ancient medicinal plant from antiquity can be bought without a prescription.	The lozenges 3x daily 2.Stck suck and these act directly in the throat, where the viruses first settle. In a special way, the cells are strengthened and you are as good as not susceptible to the Covid virus.
7.	Cystus 052 132 pcs - CHF 50.- Supplementary insurance pays for it in Switzerland if the doctor prescribes it.	These lozenges are also available with flavor. https://www.haller-kreisblatt.de/lokal/borgholzhausen/22931994_Durchbruch-fuer-Dr.-Pandalis-Diese-Pflanze-wirkt-gegen-Covid-19.html
7.		https://www.zurrose-shop.ch/de/cystus-052-bio-lutschtabletten-honig-orange-132-stueck/
8.	Sinupret forte tablets Prescription free Bronchipret - ivy thyme Cough syrup	These expectorants (extracts of plants for expectoration) can be taken according to the description and necessarily with plenty of water, because immediately after about 20-30 minutes you can feel how the mucus dissolves.
8.	For children there is the Sinupret syrup	Important with all expectorants to drink enough water.
8.	If the doctor prescribes it, the health insurance pays for it, but there is also freely available.	https://www.bionorica.de/de/produkte/atemwege/sinupret/wie-wende-ich-sinupret-an/sinupret-forte.html
	Echinacea drops	Strengthen the immune system against viruses - this has been proven.
	Multivitamins	All vitamins are important and also especially iron, because this transports oxygen in the blood and our immune system absolutely needs it.
	All around immune tablet	https://www.drhittich.com/Abwehrkraft/Rundum-Immun-Kapseln/?listtype=search&searchparam=Anti%20Virus%20Rundum%20Immun#var
	Alkaline good nutrition	https://www.youtube.com/watch?v=f7AI23l0IGI
	Positive attitude to life	Everything that brings joy also strengthens the immune system: dance, sing, laugh, make up stories, pray to Jesus, paint, compliment others, speak good things.
	Laundry	When washing above 60°C with detergent viruses also break. Since this is often not possible, you can also freeze the corresponding laundry. <i>Minus degrees also destroy viruses!</i>
	Meat	It is also advantageous to freeze raw meat beforehand. And then fry or cook well.
NEW	For high fever Almost any painkiller also has antipyretic effect - urgently pay attention to this when buying. Cost approx. CHF 3.- to 10.-	Drink a lot of lukewarm liquid, e.g. chamomile tea, about 3-4 liters a day and also drink a lot at night. Should normal painkillers which also lower the fever no longer help...the following is recommended: Calf wrap with vinegar water about 0.5 liters diluted with 1 tablespoon of apple cider vinegar first a very wet cloth with this liquid and then a dry one around it and observe whether the fever goes down - change as soon as the wrap no longer has a cooling effect. If that doesn't help either: Into the bathtub - a trusted person should be there (for the control of the circulation and help to get in - and out)- fill lukewarm water (in no case hot water) so that you feel comfortable and when you are in it, slowly let some cooler water run in, pay close attention to the condition - if the sick person no longer feels well then also break off prematurely. Depending on the condition, stay in the tub for about 10 - max. 15. minutes and then try to sleep. Usually the body temperature then drops to a healthy level. You can also, if the person is too weak, rub the body with wet cloths and the resulting evaporation cold also works a little - always look at whether the condition of the person improves.
	For eye inflammation Black tea approx. CHF 2.- to 4.-	Bring 2 bags of black tea in about 1 cup of water (unsweetened) to a boil about 1-2 minutes simmer through, on a clean tablespoon squeeze out the black tea bags and let cool slightly. The lukewarm, place squeezed black tea bag on closed eyelids - they should be slightly

<p>Eye drops Visine approx. CHF 8.- to 10.-</p>	<p>moist so that the active ingredients can be absorbed for about 3-5 minutes. After that, you can use regular eye drops like Visine - if the redness hasn't subsided yet. In case of purulent eye inflammation, additionally consult the doctor.</p>
<p>For respiratory problems and severe sinus suppuration</p> <p>Inhale</p> <p>Salt CHF 1.-</p> <p>Italian herbs CHF 3.-</p>	<p>The inhalation of water vapor: Take a saucepan with on a liter of water about ½ teaspoon of salt or sea salt (against the drying of the nasal mucosa) then still oregano, rosemary and generally Italian herbs in the water (about 1 teaspoon) then slightly simmering over the saucepan inhale with about 30 cm distance, that large towel over your head and if it is too hot open a little - so that you can pleasantly breathe the hot air. Remove makeup beforehand. If you have a very crusty nose, apply a greasy nose cream or olive oil beforehand, inhale for about 10 minutes - sometimes 5 minutes is enough. At the high steam temperatures, bacteria and viruses are destroyed, by the strong blood circulation, the body can defend itself. Finally, you can brush a little olive oil into the nose - especially for dry mucous membranes. When you are done, don't forget to rinse your face with cold water, which closes the pores and is good for your health. If you want to go out afterwards, please wait at least 15 - 30 minutes beforehand, and in winter only well wrapped up with a cap and scarf.</p>
<p>With strong mucus in the bronchial tubes Cough syrup made from natural herbs: Lindol CHF 6.- Coop</p>	<p>Cough syrup from natural herbs always drink with plenty of liquid - test which cough syrup gets you the best - sometimes those from ribwort like Lindol are still very effective. - and Bronchipret from the pharmacy or the natural cough juices at Migros are also good.</p>
<p>Mouthwash</p>	<p>Simple mouthwash shopping and gargling, for sore throats, some mouthwashes are even proven to be good against covid viruses. Here are some products: Corsodyl, Dentyll Dual Action, Dentyll Fresh Protect, Listerine Cool Mint, Listerine Advanced Gum Treatment, SCD Max and Videne.</p>
<p>Activated carbon powder original black powder approx. CHF 10.-</p> <p>Take as directed by the pharmacist (in grams per kg body weight).</p>	<p>Activated charcoal powder is in every ambulance and rightly has the place there, it binds viruses and bacteria and all the toxins that harm the body and without combining with other body cells it is excreted black back when going to the toilet. Many also take it as a general detoxification cure in the spring. Often it is used only in alcohol and drug poisoning or food poisoning, but the property to bind viruses, which often happens in the intestine is very good for helping with a viral infection. Always drink plenty of water with it so that there is no constipation.</p>
<ul style="list-style-type: none"> • Cayenne pepper • Tabasco • hot chili <p>Cost between 2.- - 7.-</p>	<p>Dissolves mucus in the sinus area. Makes you cry a little sometimes, which can be part of it. Do not take more than you can tolerate. Everyone is different, so start with a small pinch in a tea or coffee and see if the desired effect is there. Do not overdose - it could otherwise cause circulatory problems. In addition, the spiciness also triggers endorphins in the brain and these support the immune system.</p>
<p>Nasivin nasal spray without preservatives Annual Recipe: If the doctor prescribes it, the basic insurance covers it</p>	<p>This nasal spray is generally well tolerated and is, however, only this, paid by the basic insurance in Switzerland. Normally, several sprays hold up to 6 hours a free nose. If not, one should remember to cream the nose in between from the inside, so that it does not dry out...or also inhale as described.</p>
<p>Japanese peppermint oil ("medicinal plant oil") for internal and external use. 4.- - 20.- Fr. very productive also cools with joint pain apply with a little water and about 2 x still cool with water relieves pain.</p>	<p>A good quality, which can be used externally and internally is available in some drugstores or in the pharmacy. Add 1-3 drops to half a glass of warm water and drink. Do not get it in your eyes, otherwise first wash your hands with detergent and warm water from the oil and then wash your eyes with warm water, in case of severe pain it is better to consult a doctor. This peppermint oil, also helps to concentrate and has quite a lot of good effects on our immune system and body and freshens breath - be careful not to put the mask on after - only after 10 minutes.</p>