

Natural remedies against (natural) viruses of all kinds - against e.g. flu, smallpox, shingles, herpes - partly Internet research - as critical thinking citizens without medical training but with doctors in the family - in general it is important to observe natural hygiene measures - which is important - knowing that all natural viruses can no longer survive at strong minus temperatures and very hot temperatures - e.g. terry cloth can be washed well at 95°C and only shrinks a little - it is important to note - this basic knowledge should be taught to everyone at school be given - small remark: essential oils in combination and dilution - also work wonderfully with hospital-resistant germs - which then no longer have a chance - since there is no way for the natural viruses to get used to these natural cleaning agents and - this specialist knowledge is lost to many Gone - and should be noticed again - copying allowed!

	bullet points	Application forms and possible sources of supply
1.	<p>All vitamins of the B group and a healthy diet with lots of fresh vegetables etc.</p> <p>vitamin B 12 is also available by injection from the doctor – if there is an increased need and is recommended for faster healing when monkey pox breaks out</p>	<p>This is from the recollection of a person who recounted that 45 years ago a pharmaceutical company gave a group of infected patients well-dosed vitamins B1, B2, B3, B5, B6, B7, B11, B12 for smallpox, in tablet form. Example: https://www.vitaminplus.ch/marken/burgerstein/60/burgerstein-b-komplex-100-Tatablets (also good as a preventive measure) or vitamin B complex – Becocym forte – is covered by basic health insurance in Switzerland if prescribed by a doctor. The large pack of 50 tablets. (Urine can turn very yellow, but this has no negative health implications - as far as we know, all types of vitamin B are water-soluble and should be taken with enough water so that the body can distribute them well).</p> <p>Along with fresh vegetables and fruits in the diet and in 14 days all open skin blisters had healed and the whole group of patients were medically examined and diagnosed as healed-healthy. So you can discuss this vitamin B administration with a naturopathic doctor. Vitamin B12 should be tested in the blood, if the body does not absorb the vitamin B12 well orally, the doctor could also inject it. As it is a very important vitamin to stay or become healthy. Here to order: https://www.adlershop.ch/pexpert/15088/vitamin-b12-amino-injektionsloesung-1000mcg-10-ampullen-1ml</p> <p>And they have a valid document to ask the doctor about the vitamin B12 injection. Good to know: This vitamin B12 injection is also very healing for the shingles virus and also the herpes virus & the whole vitamin B complex for both. Helpful information: https://www.netdokter.ch/laborwerte/vitamin-b12/ https://vegpool.de/magazin/b12-spritze-oder-Tatte.html</p>
2.	<p>Generally Antiviral herbs and natural remedies</p>	<p>1 . Elderberry 2 . Echinacea drops etc. 3 . garlic 4 . marigold 5 . Astragalus root (Chinese medicinal plant) 6 . Cat's Claw 7 .Ginger 8 . Licorice Root 9 . Olive Leaf Extract 10 . Oregano 11 . nettle 12 . ginseng 13 . Rosemary 13 . Dandelion 14 . aronia berry 15 . Cystua Incanus 16 . Annual mugwort = Artemesia 17 lemon balm 18 . Propolis 19 . Andrographis 20 . Skullcap 21 . Thyme 22 . onions 23 . wild garlic 24 . Horseradish (the one with bitter substances in it that is spicy) 25 . Juniper 26 . sage Find what suits you best. https://www.youtube.com/watch?v=KWZ4kmVrSvc https://www.youtube.com/watch?v=yd-0V5ofDhY Caution in this film the marigolds are shown instead of the marigolds. Both are orange, but there is one huge difference: <u>only the marigold has the beneficial effects.</u></p>
7.	<p>Generally Antiviral Teas</p>	<p>1. Rockrose - as a tea - with approx. 80°C warm water, not quite boiling like with the other teas. - or essential oil as cystus oil 1-2 drops for adults 2. Crush the cloves as a whole into 4-5 pieces with a mortar - then pour over 750ml of warm water at approx. 60-80°C and leave to infuse in the pot. 3. Star anise Crush approx. 3-4 star anise freshly in a mortar and then make a</p>

		<p>tea again with 60-80°C hot water.</p> <p>4. Marshmallow root - again crush a small amount with the mortar or if it was chopped small, about 0.5 cm cubes about 2 hours in cold water In a tea net, and then fill half a cup with the marshmallow-containing water and with 60- 80°C hot water, fill the other half of the cup</p> <p>https://www.youtube.com/watch?v=SJQR8ELUpms</p> <p>Here are the links to the scientific studies:</p> <p>https://naturheilmund.de/wp-content/uploads/2016/03/PK-03-Zistrose-Grippeschutzaf7d.pdf</p> <p>Rockrose as an antiviral medicine was mentioned as early as 2400 years ago and it is therefore important to know that it protects the cells with the essential oil it contains , which can be bought under the name 'Cystus essential oil' and is organic in a few drops of approx 1-2 can be taken in a glass of water - ask when purchasing .</p> <p>Even if the studies mostly refer to influenza viruses because of the last crisis situation, <i>it is generally effective for other viruses as well.</i></p>
4.	Generally Antiviral Foods	<p>1 . all sorts of fresh fruit - some especially mentioned in the movie below by a doctor 2 . all sorts of vegetables and salads, which can be eaten fresh so that you get more of the good ingredients (it is important that e.g. beans must be cooked, otherwise they are toxic to the body - please inquire itself – what needs to be cooked).</p> <p>Some vegetables are also mentioned in the film below.</p> <p>3 . many kitchen herbs (have already been mentioned by us before).</p> <p>https://www.youtube.com/watch?v=j0JBy6oAWlM</p>
	personal input	<p><i>We also pray to Jesus and the God of Israel for healing and experienced miracles and healings, using the additional knowledge of doctors, pharmacists and natural medicine.</i></p> <p><i>S. & R. Behnke – please donate to: www.colorfullife.ch (under 'AGB')</i></p>

We do not make any promises of healing, but we can give useful tips on how to get well. Or to prevent diseases and to get a good overview.

Since every body reacts differently, it is advisable to discuss the procedure with a doctor.