

How To Prevent Or Alleviate Viral Attacks

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Specializing in Nutrition

For several months now we have all experienced an unprecedented media blitz on a global scale 24/7, creating the corona virus (CV)/COVID 19 pandemic. Undoubtedly, this has instilled fear, panic buying, sudden loss of jobs and incomes, and a massive plunge of many businesses and economies. Numerous reports indicate that CV tests are unreliable with many false positives. Plus, many people don't realize that the CV is also found in the common cold; and that most people who died had other serious underlying medical conditions. According to the evidence (e.g. patents, Wall St. investments, conflicts of interest, Event 201 pandemic exercise, the billions of \$ in profits involved in vaccines), COVID 19 appears to have been created in a laboratory, (i.e. a GM virus or bioweapon). Hence, something very sinister is unfolding that is already severely restricting our freedom. A pandemic is the perfect weapon for tyranny. The big question is WHEN will government leaders close down ALL those dangerous labs that produce, experiment with, and use biological weapons?

With or without risk of a viral attack, everyone should practice good hygiene and teach their children to wash their hands, cover their mouths when sneezing or coughing, and not touch everything in public places. AVOID crowds at this time.

It is vital that you nourish and maintain a healthy microbiome in your gut, which is responsible for over 70% of your body's immunity. This means avoiding all refined sugar and carbs, GMOs, junk food, damaged fats/oils, gluten, glyphosate, fluoride, and other toxic chemicals. Go organic and eat for your blood type!

While there is an abundance of general helpful tips for hygiene and treating a virus, few if any address how to PREVENT a viral attack. When it comes to Nature, no one panacea (pill or vaccine) ever works, because the human body is far too complex. Thus, a multitude of measures are needed to prevent or alleviate viral attacks. Below are 18 vital tips that I found to be very effective.

1. Bathe in sunlight/full-spectrum natural daylight without sunglasses for at least one hour a day. Longer would be better as long as you don't burn your skin. Wearing a hat can protect your face from burning. Sunlight/full-spectrum, natural daylight radiates ultra violet light, which kills viruses and bacteria. UVA, the morning red spectrum of sunlight, is highly beneficial for many bodily functions. It is also used for healing many skin ailments such as psoriasis. UVB is required for vitamin D (a hormone) synthesis, which is one of the strongest known anti-cancer nutrients. Daily exposure to sunshine on the skin's natural oils enables the body produce vitamin D and nitric oxide. This greatly strengthens the immune system to help prevent illnesses or diseases. Use common sense and listen to your body. When your skin feels like it is burning, go into the shade. AVOID using sunblock/sunscreen, which gives false protection from too much sun exposure. Sunblock weakens your immune system by blocking production of natural vitamin D. The best time to sunbathe is in the morning before 11:00 AM and after 2:00 PM to sunset.

Organic gardeners and artists who work long hours in sunlight/full spectrum daylight have among the longest life spans of any profession. The sun itself is not the problem. Damage and sunspots occur when sunlight reacts with chemicals, including caffeine and medications in the body. Plus, skin cancers are more prevalent in people who live in the cooler regions than along the equatorial regions.

When plants don't get enough full-spectrum daylight, they soon become diseased and eventually die. The human body no different. The more full spectrum daylight the better. To learn more, read "*Light: A Vital Nutrient*" by Lady Carla Davis, MPH, at <http://www.NourishingBasics.com>; in the *NZ Journal of Natural Medicine*, Issue #1, 2011 <https://www.naturalmedicine.net.nz/>, or *Masters of Health Magazine*, issue #11, August 2017, <http://MastersOfHealthMag.com>.

2. Hydrate the body well with a good spring water or pure, structured water. Never go without pure drinking water. Next to clean air, structured water is the most important substance that your body needs for survival and to function. A good indicator to know if you are drinking enough water is to check the color of your urine; the clearer the better. To learn more go to: <https://www.alivewater.com/> and <https://www.dancingwithwater.com/>. Read "*Your Body's Many Cries For Water*" by F. Batmanghelidj, MD and "*Dancing With Water*" by MJ Pagman and Melanie Evans.

AVOID fluoridated water, which is highly toxic and weakens the immune system. Learn more at: <http://fluoridealert.org/> and <https://fluoridefreeaustralia.org/>.

3. Natural vitamin A (carotenoids) is the most important nutrient needed to prevent viral attack. It is found in fresh or frozen fruits and vegetables that are dark green, orange, yellow, and red in color; organic liver (chicken or calf's); and/or a natural Vitamin A, carotenoid supplement (10,000-25,000 i.u. daily/adult). Natural vitamin A also protects all the mucus membranes/mucosa in the body including the nasal, olfactory, palpebral conjunctiva, oral, tongue, bronchial, esophageal, gastric, intestinal, penile, vaginal, endometrium of the uterus, and anal. Asthma is a symptom of vitamin A deficiency. From what I observed in a medical microscopic documentary, viruses can not penetrate cells that have sufficient natural vitamin A protection.

4. EFAs in balance, especially omega 3, also help protect the cells from viral attack. Nourish the body daily with them. Omega 3 EFA is necessary for healthy breathing. Omega Nutrition's organic Flax Seed Oil is the best quality and highest vegetable source of omega 3 EFAs. <https://omeganutrition.com/>. Krill, calamari, and quality fish oils also provide EFAs and their DHA and EPA derivatives. But, check the source as a lot of seafood is now contaminated with toxic metals and plastics. Extra Virgin olive oil is a mono-saturate with some omega 6, but no omega 3. Too much omega 6 can cause a deficiency of omega 3. Fresh coconut and coconut oil do not contain the EFAs, but are rich in lauric acid that has anti-bacterial/anti-viral properties. Use this oil moderately and keep in mind that it may not be suitable for everyone. AVOID ALL damaged fats/oils (e.g. highly processed GM vegetable oils, such as canola, soy, corn, peanut, and safflower and margarine). Read "*What You Should Know About Fats & Oils*" by Lady Carla Davis, MPH, at: <http://www.NourishingBasics.com>;

<https://www.naturalmedicine.net.nz/>, issue #2, 2011; or <http://MastersOfHealthMag.com> Issue #13, October 2017.

5. Vitamin C is a vital nutrient and powerful antioxidant that protects cell health and integrity, repairs, and heals. It also nourishes the Adrenal glands, providing the energy necessary to eliminate toxins. Vitamin C is the one vitamin supplement you never want to go without. It strengthens the immune system, can save your life, and rid the body of the worst infections. But, unlike vitamin A it can not be stored. So, consume on a daily basis, high Vitamin C fruits, such as Kakadu plum, acerola cherries, rose hips, guavas, kiwi, tree ripened citrus (lemons, grapefruits, and oranges), lychees, persimmons, berries, pomegranate, papaya, pineapple; vegetables such as red and yellow peppers, chili, mustard spinach, kale, broccoli, broccolini, Brussels sprouts, snow peas, sweet potatoes; herbs and spices such as thyme, parsley, cilantro/coriander leaf, thyme, dill weed, cloves, saffron, cayenne, paprika, chili powder, basil, rosemary, marjoram, chervil, oregano, savory, tarragon; along with a daily supplement of natural vitamin C complex in mineral ascorbate form (not just sodium ascorbate) 1,000-2,000 mg daily/adult minimum. Alacer's Emergen C with potassium and bioflavonoids, Now Vitamin C Powder or Crystals, Rainbowlight's Super C with bioflavonoids, and Dr. Best Vitamin C, Mega Foods Daily C Protect are among the best Vitamin C supplements that help strengthen the immune system.

6. Iodine is a powerful anti-viral element found in sea vegetables such as Iceland kombu, kelp, nori, dulce, wakame, and Main Coast Sea Seasoning shakers <https://www.seaveg.com/shop/>, or organic iodine supplements (e.g. Bladderwrack or kelp). Iodine kills viruses and nourishes the thyroid gland, which helps to maintain normal body temperature and provide the energy needed to eliminate toxins.

7. Mineralize and balance the body's pH by consuming organic mineral and potassium (K) rich foods, such as fruits (berries, citrus, dates, grapes, etc.); steamed vegetable and herbs (green beans, potato skins, pumpkin, leafy greens, parsley, cilantro/coriander, etc.); organic meat and home-made mineral rich soups (pumpkin, turkey or chicken with vegetables, etc.). Make your own stock with spring or pure structured water, bones, herbs, garlic, and Celtic seasalt. Take a potassium citrate supplement (99 mg/adult) when you are acidic, have a cold (a virus), or cramps.

Magnesium (Mg), found in nuts, seeds, whole grains (gluten free), brown rice, cocoa, and green leafy vegetables, also greatly helps to balance the body's pH and is involved in hundreds of enzyme functions. Mg brings light into cells, which helps keep them alive and healthy. Transdermal Mg is the most effective form of Mg. Apply Elektra Transdermal Mg cream, lotion, or oil every day.

<https://www.elektramagnesium.com.au/> and <https://www.amazon.com/elektramagnesium>

Zinc (Zn), found in pepitas/pumpkin seeds, meat, fowl, eggs, beans, seafood, and seaweeds, plays a major role in strengthening your immune system and in healing. 75mg+/adult a day of Zn also shortens the duration of a cold, flu, or infection. Zn helps to activate your body's T cells (certain white blood cells tasked with destroying infected cells). If you fall ill with frequent bacterial infections or colds, shingles, or

lost your sense of smell or taste, you are Zn deficient. Take Zn citrate or picolinate.

8. **AVOID** acidic substances that weaken the immune system, such as refined sugar and carbs, coffee, tea, sodas, tobacco, alcohol, MSG, fluoridated water; and highly processed and heavily salted foods, such as luncheon meats, bacon, chips, pickles, MSG, commercial salt, and various condiments that disrupt your body's Na/K ratio.

9. **Warm your body.** The heat of a sauna kills viruses and sweating helps to eliminate viruses. To avoid re-infection, shower or bathe in hot water and avoid becoming chilled. When exposed to cold weather, keep the whole body warm, especially your head and feet. Avoid wearing synthetic materials which hinder the skin's ability to function. Natural materials, such as cotton, silk, wool, hemp, linens, and some rayons enable the skin to breathe and function properly.

10. To get rid of a viral infection, spray either Sovereign Silver or OxiSilver immune support hydrosol concentrate with 528, high up in the nasal cavity where viruses harbor. <https://sovereignsilver.com/>, <http://www.cureshoppe.com/oxysilver-immune-support-hydrosol-concentrate-with-528/>. This type of silver is a powerful anti-bacterial, anti-viral, anti-fungal, anti-inflammatory immune booster. It will kill viruses when nothing else works. Spray it also in the mouth and throat and swallow.

11. To eliminate bacterial congestion, take a quality garlic supplement (4-6 capsules) daily until completely cleared. Garlic is Nature's natural antibiotic without the side effects. It clears lung congestion better than anything. Add garlic, onions, scallions/spring onions, and leeks, which are rich in purifying sulfur, to your meals. Endo Met Garlic is one of the most effective supplements. Read: *Sulfur in Human Nutrition - Parts 1 & 2*, by Lady Carla Davis, MPH in the 2020 February and March issues of *Masters of Health Magazine*: <http://MastersOfHealthMag.com>

12. Body brush vigorously after showering with a hard, natural bristle body brush. This, along with circular exercises, (e.g. tai chi, yoga, dancing, swimming) cleanse the lymphatic system and rid the body of acids. <https://www.karenatkins.com/vital-qi-tv/>; <http://ivpt.org/ltc-yoga-teacher-training/>; <http://MastersOfHealthMag.com>.

13. Get to sleep before 11:00 PM, rest when tired, and meditate daily. The body repairs and replenishes its hormones during sleep, meditation, and relaxation. This greatly helps to strengthen the adrenal glands and immune system.

14. De-stress with daily meditation; a therapeutic massage; Biomat: <https://nexusmagazine.com/product/biomat-professional/?v=6cc98ba2045f>; Essential Oils, which are very effective and safe: <https://www.doterra.com/US/en/site/nourishingbasics>; <https://www.doterra.com/US/en/site/mastersofhealth>; and soothing music frequencies, especially waltz and harp music. To learn more go to: <https://calmingharp.com/>. Acupuncture is another very effective treatment that can strengthen the immune system, relieve pain, balance the autonomic nervous and endocrine systems without any of the side effects of drugs. When combined with nutrition all these therapies are

even more effective. They also reduce stress hormones and acidity, which in turn strengthens the immune system to protect against viral attacks.

15. The state of your health can be found in the sounds of YOUR voice. To learn more about this amazing technology and the pioneering work of Sharry Edwards, go to: <https://soundhealthportal.com/>.

16. Wash your hands well with a good natural soap, before cooking or eating, when you come home, and after going to the bathroom. AVOID chemical wipes/sanitizers which break down the immune system. Use essential oils instead, which are safer and more effective: <https://www.doterra.com/US/en/site/nourishingbasics>; <https://www.doterra.com/US/en/site/mastersofhealth>. Cover your mouth when you sneeze or cough. Don't leave dirty tissues laying around. AVOID touching things in public places. And, teach this to your children.

17. Freshen and circulate the air in your home each day. Breathe in the air near ocean waves or water falls, which are a rich source of small beneficial negative ions. Another option is to get a quality air purifier/ionizer. Do your research.

18. AVOID pollution, including EMFs, which hinder breathing. Turn off wifi and limit mobile phone usage. Do not smoke! Humming, singing, breathing OUT and holding as long as possible oxygenates the body. Practice the Butaynko, Taidao, Tai Chi, Yoga, and/or Meditation methods of breathing. These modalities are all very beneficial because they help to balance the body's pH and strengthen the immune system. For more information go to: <https://www.karenatkins.com/vital-qi-tv/>; <http://ivpt.org/ltc-yoga-teacher-training/>; <http://MastersOfHealthMag.com>.

Remember...the body has four channels of elimination:

Lungs
Kidneys
Bowels
Skin

Each channel must eliminate 2 lbs of toxins a day. DO NOT hinder them; ASSIST them!

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Helpful Links:

<https://vashiva.com/dr-shiva-on-corona-virus-time-to-talk-about-immune-health/> 6:09

Dr.SHIVA on Corona Virus - Time to Talk about Immune Health!

Dr. V.A. Shiva Ayyadurai <https://vashiva.com/time-for-truth-on-coronavirus/>

52:16 (Start at 1min.) **Time for Truth on Coronavirus** March 14, 2020

[Dr. Shiva Ayyadurai](#) [Scientist](#)

Dr.SHIVA discusses Coronavirus and teaches you what to do for yourself and your loved ones. The LIGHT of knowledge will destroy the infection of fear & uncertainty fuelled by those who NEVER cared for your health.