

Main symptom of COVID19 is

- ... shortness of breath (no shortness - no corona virus)
Hold breath for 10sec, if OK and comfortable ... no corona.
- ... temperature, cough, sinuses, headache etc. are not conclusive

See:

<https://sarahwestall.com/chloroquine-explained-more-solutions-exist-get-our-country-moving-again-w-scientist-max-dr-joe/>
<https://www.youtube.com/watch?v=pEfiUQbY6xc>

Corona virus dies at 133 deg F - 56 C (sensitive to heat) in less than 15min ... lives in your sinuses and throat...

Virus hangs out at sinuses and throat --- because it is coolest part of body internal.

Kill virus with heat (virus is sensitive to heat, same as common cold virus) - breathe hot air:

- * normal sauna temperatures - 20min, 3 times
- * infrared sauna, set to 145 deg F (63 deg C)
- * inhaler with hot air, set to 145 deg F (63 deg C)
- * Cold-Arrest Procedure: breathe carefully hot air from hairdryer (from some distance on lowest setting, with spray bottle to moisturize and cool your face ...)

See: <https://www.youtube.com/watch?v=6mk6FH789JY>

Heat application:

- * inhaler with hot air (Cold-Arrest Procedure) - for 5 mins
No symptoms: 2 cycles/day (5min each, every 1 hour)
With symptoms: 5 cycles/day (5min each, every 1 hour)

Preventive support for immune system (these 3 are complementary, can be taken together):

- * C60 pure (Live Longer Labs), Shilajit or Mumyo (contain C60), Shungite water
- * black seed oil (Nigella sativa, black cumin, kalonji)
- * Curcumin

Medical drug:

Chloroquine - anti malaria medicine ... inexpensive, South Korea is using it with excellent results against COVID19
... it opens paths for Zinc to get in.

Immune system boost and help against viruses:

- * Zinc supplements
- * Vitamin C from natural sources (Rose Hip) - China government recommends HIGH doses of Vitamin C
- * Coloidal Silver
- * Quercetin and Glutathione

Homeopathy remedies (virus triggers over-reaction of immune system, symptoms similar to 1918 Spanish Influenza).

Following remedies were recommended by homeopathic doctors treating "1918 Spanish Influenza":

- * Gelsemium (most important)
 - * Bryonia
 - * Aconite (very important)
 - * Eupatorium (important)
 - * Echinacea
 - * Veratrum, Asclepias, Belladonna, Lobelia
- No taking of Aspirin.

Audio / Sound application:

Download of Le Ceil created by James Marshall - contains frequencies that support health of respiratory system:

<https://sarahwestall.com/coronavirus-analysis-points-to-bioweapon-bioacoustic-solutions-exist-w-sharry-edwards/>
<https://soundhealthoptions.com/product/le-ciel-8-minute-version/>

Rife device frequencies (dual channel), Zappers or Binaural sound:

See: <https://soundhealthoptions.com/corona-a-different-approach-summary-and-solution/>

* Use this listing of beginning frequencies (see below) in a binaural manner using an online frequency generator:

<http://www.onlinetonegenerator.com/binauralbeats.html>

* Use at your own risk. Use biofeedback of oxygen and heart monitoring to check for positive/negative reactions. Links:

<https://soundhealthoptions.com/wp-content/uploads/2019/11/LeCiel-PosReactions.pdf> and <https://soundhealthoptions.com/wp-content/uploads/2019/11/LeCiel-NegReactions.pdf>

* If you can't hear the tones of your device. Simply double the frequencies until the tones are perceptible.

* For best results only each set of tones separately using the binaural setting.

* Each tone should be played no more than one minute per tone

* Play each tone through twice, every 2-3 hours or as comfortable

* Tones should be low in volume, barely audible

* Lower frequency should always be on the A Channel (Ac), for Rife machines:

Ac / Bc

22.89 / 22.91

21.14 / 22.89

21.14 / 21.16

19.21 / 27.17

20.40 / 28.85

18.82 / 26.62

17.90 / 25.31

22.02 / 31.14