

You, or someone you know has tested positive for COVID-19. Now what? Likely, you have heard the horror stories and you are terrified. And in the days to come you may be trying to make last-minute decisions on health and family. The anxiety is overwhelming. Let us go into this with a calm and clear focus. Getting what you need in line now will help in the days to come.

First things, you will need some **basic supplies**.

- Clove oil- this is great for the circulatory system, and it helps a lot with the muscle pain and body aches. Mix a couple drops into your favorite lotion and rub yourself down a couple times per day
- Eucalyptus oil- This you will use for steam inhalation 3 to 4 times per day for the first week. Then decrease to twice per day, morning, and night for the next week or so. (If you have high blood pressure, monitor it carefully while using this oil, it can affect blood pressure.)
- Raw or pickled garlic- eating a quarter of a clove twice per day will help with circulatory, blood pressure, and is a fantastic fighter against virus and bacteria.
- Gingerroot- This you will steep in warm water and drink, several times per day.
- Turmeric- Powdered or in a tea, mix in with your warm water and your food
- Red Pepper- This will shut down the body aches and the joint pain, and its relief is immediate.
- Copaiba oil- Rub on your chest and back as an anti-inflammatory.
- Breathe- For the neck and chest.
- GBombs- Greens, beans, onions, mushrooms, berries, seeds. Several times per day eating these items. Likely, you are not going to want to eat, but just a few of these are going to keep your strength up. Even mixing these together with the red pepper in a burrito is an easy way. Be cautious to chew small bites thoroughly and swallow with caution. Covid can affect how you swallow. Try to avoid added sugar as this has been found to feed the covid.
- A facial massager- this is going to help you keep the inflammation from building up in your head and causing headaches.

- Vitamin D and a high potency multivitamin. I took 6000 IUs of vitamin D as well as Life Extensions Two Per Day high potency multivitamin, every day for 13 days. I also took a tablespoon of **black strap molasses** every day. (This is high in potassium for cardiac health as well as Iron, calcium, phosphorus, vitamin B6 and antioxidants)

There is your shopping list. Most of these items you can get at Natural grocers.

My family and I did not take any Tylenol. I did, however, have two telehealth visits with PA Patel, as well as a visit to Urgent Care to check our lungs on the seventh day. I was prescribed a steroid for breathing as well as an antibiotic for a sinus infection, as a precaution, if I needed it, as well as an inhaler. I did fill the prescription, but thus far, have not needed it. My daughter, as well, was prescribed an antibiotic for a sore throat in case she had strep and prednisone for breathing if she needed it in the coming days. She was able to heal naturally as well. I personally felt it was very important to let our bodies fight and heal as naturally as we could. However, it was a comfort to know we had these medications if our immune systems needed help.

My biggest issue was nighttime **hypoxia**. I would quit breathing when I tried to sleep, which made getting rest very difficult. I would sleep with the bed elevated and on my stomach with an oxygen monitor on my finger. I would watch that while I slept lightly, staying awake enough to keep breathing. This was something that I struggled with for about 5 nights before it started improving. I was prescribed nighttime supplemental oxygen, however, to this day I have not heard from the oxygen company and have no idea whatever happened to it. I have managed it on my own, with a lot of breathing exercises. I do not recommend that though, and if you are able to get the nighttime support for breathing that you need, do it! (Copy and paste this article for silent hypoxia

<https://www.bu.edu/articles/2020/3-reasons-why-covid-19-can-cause-silent-hypoxia/>)

We did set an alarm and get up and walk every half hour. While my husband and daughter liked to stay in bed, because they could sleep, they had to get up and keep moving. Oxygen levels improved greatly when we would get up and walk.

We did this starting the second day when we had gotten control of the body pain. From the second day on, we were up and moving.

I lost my smell for about 4 or 5 days, and my taste was off. I could distinguish sweet, salty, sour, but taste itself as not there. I do not think anything we did influenced how long the smell was gone. You must be careful when it comes to foods because you will not know if they are spoiled or not. And time is a concept that is hard to keep. The days pass quickly. You can truly be standing next to a rotting fish, and you will not smell even a hint of it. This is where the eucalyptus steam comes in. I would sprinkle some oil in the shower and let the hot water run until the bathroom filled with steam. As there was three of us, it was much easier to do it this way and all get the steam. You might opt for a pot of boiling water and a towel over your head. Whatever works, just do these 3 to 4 times per day for the first couple days. Then ease off to once in the morning and once in the evening. Studies have shown that **eucalyptus oil** kills the bacteria and virus in the lungs. I will link these studies on my Facebook page for you to look over. (Study showing eucalyptus oil inhibits COVID:

<https://pubmed.ncbi.nlm.nih.gov/33848890/#:~:text=Conclusions%3A%20The%20Outcome%20of%20this,be%20used%20in%20its%20treatment.>)

We also used the **raindrop oils** every day, along our spines and on our feet. If you need instruction on raindrop, please let me know. (Thyme, 2 drops, Oregano, 2 drops, Basil, 5 drops, Cypress, 5 drops, Marjoram, 5 drops, Wintergreen, 5 drops, Peppermint, 5 drops). If you are using this on **children**, use **one drop** of each oil mixed in with a carrier oil. If your child is under age 12, omit the Wintergreen oil. If you have high blood pressure that is uncontrolled, do not use this combination. Omit the Thyme and the Peppermint- these oils have been known to alter blood pressure. If your blood pressure is controlled, you may be ok to use one drop of each of those oils without any negative effects.

The most important thing is **getting up and keeping moving**. This keeps your circulation going as well as keeping your lungs active. One thing you do not want, is anything settling in your lungs. Keep moving, keep breathing, and do not settle on your back. This is one time where a rounded back and leaning forward is preferred. Watch TV leaning forward and rounded. Try not to recline back for the first 10 days. Keep a cheerful outlook and focus on better days to come. Focus on

what you want to do when this is over. Negative attitudes and negative thinking really feed the Covid. Try to not have any disagreements and try to find joy in every moment. This will help the anxiety as well.

Stimulating the Vagas Nerve:

<https://drarielleschwartz.com/natural-vagus-nerve-stimulation-dr-arielle-schwartz/>

Follow this video to stimulate your vagal nerve. Use this to eliminate or help with the headache. Be sure to check your oxygen monitor if you start getting a headache. If that is ok, check your blood pressure. This technique can help with breathing and the blood pressure. If neither the oxygen level or the blood pressure is off, then it is likely the fluid is building up in your brain and lymphatic system. I am going to teach you how to get it moving and get rid of the headache.

(<https://www.allied-services.org/news/2020/june/the-vagus-nerve-your-secret-weapon-in-fighting-s/>)

Moving the lymph:

https://mybrightbody.com/blogs/blog/how-to-do-lymphatic-drainage-face-neck#Facial_Lymphatic_Massage

Follow this instructional video to get the lymph moving. If you are on any antibiotics, you CANNOT use this technique yet. You can lightly pull down beneath your ears and pull away from the base of your neck, but that is it, for now. Once you are finished with the antibiotics and any bacterial infection is under control, you can follow the lymphatic drainage.

These are things that helped us. Covid effects everyone differently. Some of you will heal fast and only have a couple of days, whereas we had a full 2 weeks. We had more of a moderate case rather than a mild case.

Note This video tells you that flushing, or color is not the lymph, however, this is **not a COVID specific** video. With COVID you **can** experience flushing and heat, this is part of the vagal response. Most people who experience this will be having issues with blood pressure, anxiety, flight, or fight response. A lot of you will not

have this reaction, but some of you will. And you may not have this reaction while doing lymph movement yourself, but it may happen when you come in.

Our symptoms:

Muscle and body aches, stiff neck, diarrhea, nausea, chest pressure, chest pains, cough, congestion, stuffy nose, sinus pressure, headache, fatigue, hypoxia, blood shot eyes, dry skin/dry eyes, loss of taste and smell, vision changes, numbness/tingling, cold sweats, clammy skin on hands and feet, blood pressure changes, stomach pain, swelling in face, hands, feet, swallowing difficulties, sleep changes, anxiety.

Food!

This might be a tough one because not everyone likes the same things. We kept our foods simple, and **plant based**. Cantaloupe, honeydew, watermelon were the winners for us. And a lot of rice with mushrooms and onions. I truly enjoyed alfredo the best, a sister made it for us, and it was fantastic. While I could not taste much, I could distinguish the salty taste of the parmesan alfredo. You can make this with plant-based products. Truly though, having any desire to eat might be a challenge. In that event, crackers are a great thing (even if they are hard to find right now). Fruit, berries and melons, and butternut squash soup were about all we could eat. And those bean burritos with a lot of red pepper!!

Recovery!

You have made it through the first 10 days and officially move into recovery mode. Keep moving! Keep walking and getting up and moving every half hour throughout the day. Keep breathing your steam, keep taking your vitamins. You are almost ready to start the recovery process with us at **BeYu llc**. By day fourteen

you should be feeling more normal and ready to come in to start moving fluid. Until you get there though, practice the self-help options I have given you above. Keep limiting sugar, keep drinking your fluids and thinking positive!

Our Covid Recovery program consists of removing fluid and inflammation, healing energy, breathing exercises, a lot of chest work (for fluid removal) and an essential oil therapy. Plan to come in twice per week, for a few weeks, while we get everything moving. Also plan to be using these techniques yourself at least twice per day. Some of you may need a full 3-week program, some longer and some may only need a couple of sessions. Not everyone is the same, but everyone has had positive reviews for this program. It WORKS!

Thank you for choosing **BeYu llc**, for trusting us to help you through this difficult time in your life.