COVID-19: Take Steps to Protect
Tips from Grandmaster Hong Liu

"To prevent the Flu and the Corona virus, the top priority is to Improve your Immune System." ~ Grandmaster Hong Liu, Natural Healing Research Foundation CEO

The COVID-19 virus is serious, please pay attention to this issue, do not take chance. Wear a mask if ill, pay attention to hygiene, wash your hands frequently, avoid parties, and cancel travel. Use salt water or hot green tea to gargle in both the mouth and nose.

It is important for you to monitor your health and watch for the signs of the disease in your body, are you experiencing the following COVID-19 symptoms????

COVID-19 Symptoms:

This is the daily coronary pneumonia COVID-19 infection symptoms, please pay attention!!!

Days 1 to 3

1. The symptoms are almost equal to a cold.
2. Slight throat pain.
3. No fever, no tiredness. You can still eat normally.

Day 4

1. Sore throat and body pain.
2. Make a hoarse sound, dry cough
3. Body temperature is about 36.5°C/97.7°F
4. Begin to influence eating habits, no appetite
5. Slight headache.
6. Minor diarrhea or digestive problems.

Day 5
1. Painful throat, hoarseness.
2. Slight fever temperature: 36.5 to 36.7°C/97.7 to 98.06°F
3. Weak body and joint pain.

Day 6
1. Slight fever at around 37°C/98.6°F
2. Coughing with mucus or dry cough
3. Sore throat when eating, talking or swallowing
4. Fatigue, nausea.
5. Occasional difficulty breathing.
6. Finger pain.
7. Diarrhea and vomiting.

Day 7
1. Higher fever, between 37.4 to 37.8°C/99.32 to 100.04°F
2. Cough often, high sputum.
3. Body pain and headache.
4. Diarrhea worsens.
5. Vomiting

Day 8
1. Fever, somewhere between 38°C or more/100.4°F or more
2. Difficulty breathing, feeling chest pain with each breath.
3. Continue coughing
4. Headaches, joint pain and hip pain

Day 9
1. Symptoms will not change but will worse.
2. Fever worsens.
3. Cough persists and becomes more severe than before
4. Breathing difficulties You must breathe hard
5. At this time, a blood test and a lung x-ray test are required

Natural Healing Remedies:

Here is a good healing recipe: do it immediately! Share with your family and friends this simple, easy, food therapy that improves immunity and resistance and has preventive effects.

Immunity Recipe:

- Use 1 to 2 large garlic bulbs, Beat and peel and beat again. This release the beneficial nutrients.
    - Efficacy: strong heart, lung, anti-cancer, increase blood circulation, increase immunity.
- Use 3 to 5 bunches of green onion (only use white root part, not the green upper part)
    - Efficacy: reduce inflammation, detoxing the body, opens body meridians especially the lung meridian, sinus relief.
- Chop 1 large whole ginger into thin pieces. It is better to use the old and dry ones.

- Efficacy: anti-nausea and anti-vomiting as well as natural decongestant and antihistamine The effect is to expel cold, humidity and evil spirits.

- Add a ½ cup of <u>one</u> of the following*:
  - 1) Black Sugar; 2) Red Sugar; or 3) Mexican Piloncillo Panela Brown Sugar cones
    - Black Sugar is the best to use, it is rich in trace elements, minerals including potassium, iron, and calcium
    - Red Sugar contains vitamins and minerals especially selenium
    - Mexico Piloncillo Panela, Brown Sugar Cane contains potassium, magnesium, iron
    - All three sugars can be purchased on Amazon
  - Efficacy: increase physical fitness and immunity
- Use 20 oz or 40 oz of water
- Put all the ingredients in the pot and boil for 15 minutes.
- If you have the above symptoms of COVID-19, you should heat 2 cups each morning and night. Sweating is effective ...
- If you are healthy and want to prevent it, you can drink 2 cups in the morning
- If the constitution is weak and the nutrition is insufficient, add pre-cooked chicken in the pot.
- In summer and winter, you can add 2 tablespoons of rice vinegar. No vinegar in spring and autumn.

You should feel pain decrease, cough decrease, chest feel much better. Continue drink every day until feel better. If don't see results, call your doctor.

*Purchase on Amazon:

Black Sugar

Red Sugar

Mexico Piloncillo Panela, Brown Sugar

I hope you find this recipe helpful to you and your loved ones. Pass it On!!!

In the future, Grandmaster Hong and the Natural Healing Research Foundation will have more information to share with you. Here is what we are working on for you:

- We are actively preparing more **informative videos** so you can learn at home and follow the videos to learn, practice, and execute to help you comply with the State of Emergency mandates in your area. If you are interested, please contact us by email below so that we can send it to you as soon it is completed.
- We have many natural remedies to help you and your family deal with this health issue from specific **Qigong Exercises, Dao healing sprays, healing food recommendations, research-based information to**

help you sleep better and much more. Please contact us at the email below with what natural remedy information you are most interested in so we can better serve you as quickly as possible.

- **If you have chronic diseases such as respiratory system, cardiovascular disease, diabetes, etc., or if you would like a treatment as preventative measure or to boost immunity** at present, because face-to-face appointments cannot be arranged, we can arrange "remote healing" energy treatment, please contact by the email or phone below.

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Please share this information with your family, loved ones, friends, neighbors so together we can help more people to overcome this pandemic!

With much good qi,
Master Hong Liu
