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00:08 Speaker 1: I love to have these seven supplements and herb botanicals in my kitchen pharmacy, because when you might have the first symptoms, by the time you get to the health food store, or you order them online, the disease or the symptoms are going to be a little too aggressive, and then they might not be as effective. So these are the kind that I like to use at the very, very beginning of feeling a certain kind of way. And they all have a massive body of data showing not only their efficacy, but their safety. So that's a reason why I recommend them. And here they are. The first one is called beta-glucan. This is a fantastic supplement, very well studied. There are hundreds of published studies out there on how effective it is at strengthening your immune function. You can take it in pill form.

00:58 S1: Number two is vitamin C. Now, I don't want you to buy the crappy stuff that you find in the supermarkets or in health food store. Most of them are synthetic. Try instead taking it in food form. Too many foods out there are high in vitamin C, things like broccoli and spinach, and red peppers and winter squash and tomatoes, of course, the citrus fruits, papaya and other tropical fruits. So stay away from the plasticky pill stuff and consume them in foods every single day. Number three is zinc, which I had mentioned in a previous video, and again, very highly effective, lots of science on what it does to stimulate your immune function. I prefer them together with vitamin C, but since you are taking them, the vitamin C in food form, then maybe the zinc can be taken in pill form or in chewables. They're very, very popular.

01:54 S1: Number four is colloidal silver, and it is really, really effective. It's been used for hundreds of years all over the world. Supplements out there are getting better and better, and so you might wanna talk to your regular health food expert to tell you what is the best brand out there. I love the ones that you spray in your mouth or take it in liquid or tincture form directly under the tongue. Colloidal silver is known to kill viruses and bacteria on contact, so really, really effective. The next one is goldenseal. A lot of people take it for strep throat and other serious conditions of the throat and respiratory system. I love taking it in tincture form or tea form, 'cause it's very grounding and very warming, and makes you feel really well, especially when you're not feeling... When you're feeling really congested in this part of the body.

02:50 S1: The sixth one is garlic. You probably heard about it many, many times. A lot of people take garlic in pill forms to avoid that garlic breath, but guess what? It is that stinky part of... That part that gives you that garlic breath, where the compounds, the active compounds that are good for you live, so you need to live with that. My suggestion is use it in your meals. Make sure that... You don't have to use a lot of it, just two or three garlic cloves per meal is enough and then have half an apple after a meal to get rid of that garlic breath. And again, a very highly studied natural compound that kills viruses and bacteria.

03:34 S1: And finally, my oil of oregano. My trusted oil of oregano kills all the bad guys. It is known as one of the most potent natural antibiotics known to man. It is an essential oil. You can put it directly under the tongue as an essential oil, just a couple of drops, or even better, add it to a glass of water, because it tastes really strong. It could be really stinky. Or you can take it in tiny, tiny pills, where you take one tiny pill about three times a day as a preventative measure. And if you have any issues in the mouth, any issues of the respiratory system, or any kind of sores in anywhere in your body on the skin, do not put it straight into the skin is... You could actually burn, and it could actually cause a burn on your skin. Instead, you actually ingest it or if you absolutely wanna put it

inside your skin, first and foremost talk to your herbalist, and secondly, you wanna always use a carrier oil.

04:37 S1: So one or two drops of oregano oil in about a teaspoon of your carrier oil. It could be coconut oil. It could be olive oil. It could be avocado oil. It could be any other... Almond oil, any one that you might prefer, and that's how you put it on your skin. Never on your face, you can put it directly inside your mouth. Take it under the tongue, ideally with water or with a carrier oil, and it is fantastic. It's really one of my favourites. So that is the end of video number three. Thank you so much for listening, and this is the end of this section, so run to your bonus videos and PDFs and I will see you again on the next section.

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