PUTTING TOGETHER A HOME CLINIC

Here is list of essentials would be helpful to handle small health problems. Most of your home sicknesses will be for acute (short term) illnesses.

1. ***Oil of Oregano.*** ***A medicine chest in one little bottle. Take 5 drops at the back of the tongue, swallow with a swig of water, gargle, and swallow with another small sip of water. Take at the beginning of any discomfort such as hot nose, sore throat, burning eyes, nausea – all precursers to colds or flus. Take every 20-25 minutes for 3 doses, then wait and see if all is rectified. You can also get oil of oregano in capsules. Don't do longer than 3 days (3 doses each day). You can also use the oil of oregano for topical infections, as well as mouth infections and problems.***

2. ***Rife machine.*** ***This is now called a 'frequency generator'. Dr. Royal Rife developed this machine in the 1920's to help heal his wife's cancer. The frequencies are known to kill or rebalance fungi, parasites, bacteria and viruses. Many of these pathogens are at the root cause of disease and in any event they will weaken the immunity. There are many on the market from $500 to $10,000. The one we like is the GB4000 Frequency Generator. Cost is $1700 U.S. plus shipping and extras.***

3. ***Vitamin C.*** ***In an infected state, you can easily do 8,000 mg in divided doses.***

4. ***Vitamin D.*** ***Normally we would do 2,000-4,000 IU daily, but if you are coming down with an infection eg. Cold or flu, you can do 20,000-25,000 IU a day for just 3 days, then drop back down to the normal dose.***

5. ***Goldenseal*** ***caps or tabs. Taking 2 of these twice a day will handle most simple infections eg. Diverticulosis, bladder infections, respiratory infections. Don't take longer than 10 days or you disrupt your flora.***

   Vicks Vaporub ***for rubbing on chest when there is upper respiratory congestion. Also can rub on sore muscles.***

6. ***Essential Oils to have on hand:***
   Lavender oil. ***Number 1 oil in the world. Use full strength for burns, skin problems. You can also use as a relaxant when breathing in its fumes.***
   Basil oil. Really good for bruising.

7. ***Probiotics*** ***for diarrhea and other bowel disorders.***

8. ***Activated Charcoal*** ***for food poisoning, intestinal disorders.***

9. ***Liniments*** ***for sore, aching muscles.***

10. ***Bach Flower Remedies*** ***– might get them through a health food store or wholistic clinic. Keep them just in case. Easy to use – just two drops in 50ml pure water – you can use up to 10 drops in one formula. Test for formula using pendel or muscle testing or read what the Bach Flower Remedies are used for. Take a couple of drops in water or under the tongue as often as needed – every few minutes in emergencies.***

11. ***If you are prone to certain disorders, make sure you have remedies on hand for those problems.***
    eg. Homeopathic Belladonna 30c for ear infections.
    D Manoose for bladder infections
    Cantharis 30c homeopathic for bladder infections
    Oil of oregano dabbed on mouth infections
    If you are prone to respiratory infections, have Quercetin on hand – take two twice a day. This was one of the stars helping Covid infections.

Colds and Flus are the most common infections most people have. It is said that we should have a cold or flu once a year to keep up the immune system. No one enjoys having these pathogens but if you are prepared you can greatly lessen the effects. Many of the natural viral preparations include selenium, echinacea, L lysine, olive leaf, elderberry, astragalus as well as Vit. A and C.
Eucalyptus essential oil is great to breathe in for respiratory stuffiness.

Homeopathics are really wonderful for cold/flu symptoms:

Aconite is first choice for any kind of inflammation. The infection comes on quickly. Person feels exhausted, restless,
Bryonia is for dry cough. This was the number one remedy for the covid infection.
Arsenicum Alb. Is a homeopathic for nausea from influenza – soooo helpful.
For Fevers: remember a small fever (up to 103F) is actually beneficial, but if it is getting out of hand, you can use cool cloths to bring down the fever through the skin.

Epsom Salts – use a cupful in a hot bath to relax tense muscles. If you get food grade you can use in a liver/gall flush.

Rubbing Alcohol. *Good sterilizer – external use only. Also can sterilize equipment.*
Hydrogen Peroxide – you can get 3% from the drug stores and this is good for external use, and sterilizing equipment also. This is not food grade, so don't swallow. Occasionally you can get food grade but the government has mostly taken it off the market.

Colloidal Silver *– you can get equipment and make your own. Sota Instruments in B.C. Sells this and much more lovely equipment including equipment you can use to kill infections in the blood.*

For bruising: Basil essential oil is good, do several times a day. Ice packs are good (20 minutes on, then one hour off the area, repeat several times).
Arnica topically is a famous homeopathic remedy for bruising; you can also take the pill form internally for internal bruising (eg. After surgery).

For burns: We usually run cool water immediately on the area to stop the burn process, then use Lavender oil topically to heal the skin.

For trauma: Bach Flower Rescue Remedy

For Heartburn, indigestion: Try enzymes with your foods if available. Carbo Vegetablis homeopathic is great for bloating, gas after eating, slow digestion. Nux vomica homeopathic is good for stomach pains of all types, overeating, weak feeling. Arsenicum Alb. Homeopathic from eating spoiled or bad food, also good for stomach flu (nausea, vomiting etc).

Equipment to have at home:

Oximeter – tells you how much oxygen is in the blood. When sick it may go as low as 90, and if it goes much lower it can be trouble. It should normally be 98-99 but if you have lung issues, smoking etc. It can be lower.

Blood Pressure testing equipment – get monitor online or at at drug store. They have the wrist type which are much more comfortable than the one that goes around the arm.

Rife Machine aka Frequency Generator. These give hertz frequencies that disrupt and kill bacteria, viruses, parasites and fungi. It comes with information so you know how to use it for different problems.

Thermometer – have several kinds, some just place on the forehead, most use the temperature from the mouth or rectum, or under the arm.

Silver Pulser straps to your wrist. Helps most diseases as a blood cleanser. Also can make ionic colloidal silver. Get at Sota www.sota.com

Magnetic Pulser. Also from Sota. This is a hand paddle you place on the body and can be used over clothing.

Lasers:

SunPower LED – easy to use, fits in the palm of your hand, helpful for muscle, joint pain. Tom Kerber is handing these and there is good support from the company. Sunpowerled.com 1 – 905 – 643-1212

Blue light therapy can be used for sinus or tooth/gum infections, skin infections. Crosby Advanced Medical Systems makes professional type blue light therapy (hand held laser cam) that runs about $8,000 Cdn, or they have a home use version, much cheaper. Contact them at 407 823-9502. They also have powerful lasers you can use for pain, skin problems, well being.

Qwave skalar laser. These will run you a couple of thousand dollars each and you can buy as many as you wish. There is a great protocol you can follow and training. 1-877-429-8622 www.scalarwavelasers.com

Small flash light so you can see into eyes and areas when there is not enough light present.

Tweezers

Magnifying Glass

Razor in case you need to shave an area.