# PNEUMONIA

**Polarity Therapy. Place the left hand under the back of the skull, high on the neck of the patient. Place the right hand on their forehead. Think of breaking free or loose of pneumonia. Hold for 20 minutes. If you are going to the hospital, do this on the way, non-stop holding. When done, put right hand on front of chest, left hand at the back of the chest and hold for 5 minutes.**

## PNEUMONIA HERBAL TINCTURE FORMULA:

**equal parts of these tinctures:**

- **Lobelia**
- **Mullein**
- **Calamus (Acorus)**
- **Echinacea**
- **Elecampane Inula**

**The first 4 hours: take 25 drops every 20-30 minutes (1 capful/1 teaspoon) along with 1000 mg Vit. C.**
**The next 24 hours take 25 drops every 2 hours (except when sleeping) along with 1,000 mg Vit. C.**
**After that take 25 drops 3 times a day, along with 1,000 mg Vit. C**
**If sensitive to Vit. C, use Ester C. You may use the powdered Vit. C and mix it right in with the tincture formula if you with. You may also add a little honey and/or lemon to the mixture for taste.**

## Other:

**Echinacea herb helps the immune system**
**Ginger root is antimicrobial, helpful for fever**
**Goldenseal herb and licorice root herb are natural antibiotics. Don't use for longer than one week. Avoid licorice root if you have high blood pressure.**
**Eat a diet of raw fruits and vegetables.**
**Try onion or potato poultice on the chest.**