

Covid19 - REFRAMING THE VIRUS

At very base biological and molecular levels there is a crossover on a molecular level between lots of different types of microbes and humans. A human's genome is 8% viral in origin, so 8% of every humans genome is from a virus. Its not junk, it does very important things.

Viruses have influenced mammalian evolution. For example, not only has a virus given us the capacity for a placental birth (which they have) but they gave us this 10 separate times in rodents, mice, bats, etc. in parallel supposedly completely unrelated situations.

Viruses can [transfer DNA](#) from organism to organism, sometimes inserting it into the germline (where it becomes heritable). Known as horizontal gene transfer, this is a primary mechanism of evolution, allowing life to evolve together much faster than is possible through random mutation. As Lynn Margulis once put it, we are our viruses.

Some of my homeopathic mentors believe that viruses emerge from within us

These corona viruses are heavier and thicker, they don't mutate very quickly but they get deep into the lungs

So the lungs are the big issue with this

Other cold and flu viruses don't go deep into the lungs like this

What are the energetics behind this virus?

According to Chinese herbalists on the frontline in Wuhan the virus has a slippery pulse, which corresponds to the lung and large intestine meridian

As well there is often a thick sticky white coating on the tongue, this is indicative of thick dry mucus

The therapy that is called for is to transform dry phlegm and moisten it up and move it out of the body

We want to restore balance from this deep congested lung that is painful and dry and nothing is moving by pushing it out.

The best herbs for working with Covid-19

Warming spices that warm up the lungs and the heart - circulatory stimulants

Chai Spices

Garam masala

Cinnamon

Turmeric

Ginger

Cayenne

Cardamon

Nutmeg
Raw garlic

All of these are for moving and moistening the lungs

These can be made into a formula or used on their own in your diet to help support moving this type of mucus out of the body

Always pay attention to your symptoms

Have good body communication - and take the right actions

Pay attention to the tissue states

Are you hot or cold?

Damp or dry?

Tense or relaxed?

This will determine what actions you need to take and how you want to treat your symptoms

Heat the chest/lungs up and break up the congestion

A mustard pack or an onion pack - do not burn the chest

You can find out how to do this on the Internet

Herbs

Elderberry Syrup - for those who are predisposed to auto-immune conditions -

it recognizes the virus and paints it like a paint ball to tell the immune system that there is a virus and the body can create antibodies and protect itself against the virus. Super nutrition for the body

Turkey Tail - one of the best antivirals for protecting the liver and the lungs - soup, stew or taking as a tincture - enhances the immune system so it can recognize the virus

Osha root = antiviral that is spicy and warming - expectorant and moves things out of the lungs

Lomatium - antiviral

Elecampagne - restorative lung tonic that tones the lung tissue and helps expel out mucus - best herb for working with this kind of congestion

Licorice - soothing and coating to the throat and the lungs and is slightly antiviral and helps move out the mucus

Coltsfoot - moves out the mucus

I prefer tinctures if people are sick around me or I feel like I am getting sick

Osha Root, Lomatium and Elecampagne are not medicines that you would want to take for long periods of time. You would take if others were sick around you and if you feel like you are getting sick and then take a break.

Some herb companies carry viral tincture blends with one or more of these ingredients in them. This is an excellent option and formulas are great way to get a range of healing effects.

Essential oils

Help move out a viral overload

Also for cleaning and disinfecting the home

Steaming - hot water with towel over head - viruses reside for awhile in the nose before they move down

Eucalyptus

Yarrow

Ravensara

Peppermint

Fir needles

Pine needles

Laurel Leaf

[Mountain Rose Herbs](#) – Resource for ordering herbs and Essential Oils in the US