

Immune system protocols

It's very likely that most of us will get Covid-19 in the next couple years
It's an exciting time - the whole world is thinking about health and immunity
Time to shift our foundations - reflect on our lifestyle
Clean diet
We have become grounded and localized

Front line of defense - Our protective mechanisms will be our best line of defense

1st - The energetic protective aspects of our body - Wei Chi

Wei Chi is the energetic boundary
Fortifying and strengthening your energy field
Fear monologue, Victim monologue, Weakens the immune system
Meditation
Being in a good space

2nd - Skin health

First line of defense
We have an oil barrier that protects us from our outside pathogens
How do we fortify and support this protective envelope

We want to make sure the biofilm on it is strong
Good Oils, Essential Fatty Acids, Coconut Oil
Abhyanga - Ayurvedic massage with oils

The liver helps process all of the fats and creates healthy skin
Protecting the liver - spring tonics, dandelion root tea, nettles, bitters before meals
It's also important to have a good microbiome on the skin
Do not shampoo and soap all of the time
Get out in nature,
Get your hands in the dirt

Make sure we have a lot of antioxidants in our diet

Chocolate

Berries

Vitamin C -

Camu Powder - Camu is most famous for its mega-C content-containing about 10 % or 30 to 60 times more vitamin C than an orange. Camu also contains a broad range of antioxidants, phytochemicals, amino acids, as well as many vitamins and minerals like beta-carotene and potassium. The powerful elements found in camu have a wide range of therapeutic effects. As a potent, whole food carrier of naturally occurring phytonutrients, camu's nutrition is greatly superior to man-made pills (isolated forms) as it enables optimum utilization of nutrients within the body

3rd - Digestive track

Stomach acid -

Destroys pathogens if we have strong stomach acid

A little teaspoon of apple cider vinegar and honey every day - supports your immune system and strengthens your stomach acid - the honey coats the stomach lining

Meadowsweet herb helps increase stomach acid
A good Digestive tea to enhance the body's health

Gut Heal Tea

Here is a simple formula for a gut-healing tea:

- calendula (*Calendula officinale*) flower
- plantain (*Plantago major*) leaf
- peppermint (*Mentha piperita*) leaf
- chamomile (*Matricaria recutita*) flower
- ginger (*Zingiber officinale*) rhizome
- fennel (*Foeniculum vulgare*) seed
- licorice (*Glycyrrhiza glabra*) root

Blend equal parts of each herb in their “cut and sifted” preparation – as they are normally dispensed in bulk – and store the mixture in an airtight container. (You may want to use a smaller portion of the licorice root, though, as its sweetness can be cloying – 1/3 to 1/4 part relative to the other herbs.) For each quart of tea, use two heaping tablespoons of the blend. (This is quite a lot more herb than is contained in a normal tea bag!) Put the blended herbs in a french press or mason jar, and pour boiling water over them. Steep covered for ten to fifteen minutes, and drink in quantity throughout the day – at least a quart each day. You can't have too much!

This formula blends wound-healing, warming digestive, liver protective, and gas-dispersing actions, and is very open to personalization – everyone can feel free to use more, or less, of each herb as suits their taste. As it stands, this formula is fairly neutral, but its energetic qualities are easily manipulated. If you tend to run cold, emphasize the ginger and fennel; if hot, reduce those and use more peppermint, or add rose petals; if you're often dry, put in more licorice and use fresh plantain; if moist, increase the calendula.

Other herbs can also be added or substituted for one of the ingredients. For example, someone with hypertension (high blood pressure) should substitute marshmallow (*Althaea officinale*) root for the licorice. For those who are not taking any pharmaceutical medications, St John's Wort (*Hypericum perforatum*) can be added for its beneficial effects on the liver. Other worthy additions may include centaury (*Centaureum erythraea*), a bitter stomachic; catnip (*Nepeta cataria*), often

useful if heartburn is a component; self-heal (*Prunella vulgaris*), another vulnerary; and sage (*Salvia off.*), which is particularly good if there's difficulty digesting fats. A clinical herbalist can provide more information on the actions of these herbs, and how best to personalize a formula for an individual's constitution and condition.

Digestion and tension - Carminative herbs

For gas and tension and buildup in the digestive system

Fennel seeds

Ginger

Fenugreek

Peppermint

These may not be the best herbs for an acute situation they will help fortify the body and calm down inflammation

Medicinal mushrooms - calm down the inflammation

Soothing demulcent herbs - calm down inflammation

Marshmallow root - calming

Slippery Elm - Soothing herbs

4th - Gut flora - Microbiome - our true immune system

This is where we should put most of our attention when it comes to maintaining a protected sphere from viruses and bacteria and other pathogens

The microbiome is in our lungs, on our tongue, on our skin

Our microbiome should be like a permaculture garden - a whole system of healthy vibrant land

The challenge is that in the modern world with the types of food and the increase of antibiotics we have actually destroyed this garden inside of us and created a land that might be fertile for the first moment but then it becomes inflamed and no longer gives good nutrition

This is a huge problem in the western world - we have an imbalanced and inflamed gut, which is causing more problems than anything else

If we are to get exposed to a pathogen it is the microbiome where we can really be protected and not get as many symptoms

Microbiome health starts by creating the right environment for bacteria to thrive in, we need fungi and even a few parasites

Creating an environment that is self-measuring and self monitoring and its thriving

Most important are Pre biotics

Things that are indigestible, whole foods, vegetables that have indigestible fibres,

skins on the yams, skins on the broccoli
Eating whole foods
Lots of fibre
Medicinal mushrooms
Nutrition rather than calorie content

Its not just about putting pre-biotics and probiotics in there
It means creating a complex environment

Honor the smalls

Our immune systems are wired to interact with life.

The health of our immune systems depends on the constant interaction with life, the microbial world, and the viral world.

When we are cut off from this and in isolation then we lose the integrity and robustness of our immune system and body ecology.

In the same way that when we are cut off from social interaction we lose the robustness of a connected self that is embedded in community.

We are presence and the power of our minds is to establish an intention.

Perhaps it would be beneficial if we could hold the intention that the human and the other than human collective that is my person be harmonized

5th - Lungs

The airways - huge piece of our immune system

How strong is the lung muscle

Oxygenation of the cells

Wim Hof Breathing

Hyper oxygenating and hypo oxygenating

Deep meditative breathing

Slow breathing, yogic breathing

Emptying the lungs and then breathing in

The mucous membranes need to be moving

Neti Pot

Mental Sphere Protocols

Stress!

Homeostasis /Adaptability

Are we balanced and managing our stress

Maintaining your adaptability and balance during turbulent times

Maintaining whole system alignment and integrity

Living in a balanced way - finding activities and nutrition that help us be the adaptogen we are looking for

Adaptogenic herbs

Good nutrition - whole foods

Medicinal mushrooms

Being out in Nature

Breathing in the elements

All of these help us to find balance in the world

Fear sets us off balance and keeps us in our fear and takes us out of our power

It is important at this time to maintain our balance

Our bodies are intelligent - they know how to respond to this

Taking deep breaths

Doing meditation

Grounding into ourselves

Ground - go inside - get more in alignment with what you really want, who you really are

The body has the innate ability to heal itself - the herbs, the protocols, the treatments; the therapies are only the things we use to support the body to in its already innate ability to do this.

Listening to how we feel instead of how the media or the people around us feel

Protecting ourselves from out of balance and out of harmony environments and not being so easily swayed into fear and disillusionment

How does our body feel with the food we eat and the choices we make?

Stay away from simple sugars - sugar will depress your immune system for up to 24 hours - some alternatives, honey which is antibacterial anti-viral

Herbs that are known as adaptogens - powerful for feeling relief from stress - a herb that protects the organs in the body from the damaging effects of stress - they build the reservoir of resources our body requires to deal with emotional, physical, mental stressors

Herbs that generate adaptation - the ability to adapt to the world around you

When you are under stress it takes from the resources that your body has.

Adaptogenic herbs

Astragalus - deep immune herb - protective and anti-inflammatory

Ashwaganda - stamina building, yin and cooling if you have excess yang heat

Ginseng - energize and invigorate the body if there is too much cool and damp energy

Medicinal mushrooms - nutritive foods, immuno modulators, immuno nutrition - the herb that delivers to the body resources, glyco-nutrients - very complex sugars, long chains sugars called beta-glucans

Reishi - Cordyceps

Chaga

Turkey Tail

Nervines - Calm down the nervous system and relax the body - bring us into the body and make us more present

For the virus of the mind - catastrophobia

Anxiety and fear in the body

Help us sleep - this is when the body does most of its repair and regeneration

Skullcap

Valerian

Hops

Chamomile

Passionflower

Motherwort - helps with the lungs -

<https://www.herbalremediesadvice.org/benefits-of-motherwort.html>

Reishi

Nighttime Nervine Tea Blend

Skullcap

Milky Oats

Lemon Balm

Chamomile

Mix equal Parts of herbs together.

2-3 heaped Tsp. tea blend per 1 large cup of water BELOW boiling temperature.

Cover cup and steep for a good 10 min. Drink before bed.

A Pleasant Tasting Valerian Blend

This can be used as a nighttime sedative tea or a daytime tea to calm the nerves and support digestion (take small sips throughout the day).

- Lemon Balm 2 parts
- Valerian 1 part
- Rose Petals 1/2 part
- Anise Seed (bruised) 1/4 part

1 Tbsp. tea blend per 1-cup hot water. Cover and steep 10 - 15 minutes.

The active range of dried valerian root is between 5 - 10 grams, depending on your weight and constitution. Experiment with a small dose and increase as needed. To prepare a tea, soak the root in a cup with cold water for as long as possible. Ideally, start the soak in the morning and use the tea in the evening, effectively soaking the herb for 12 hours. A shorter soak will also work, but it will be weaker. The absolute minimum is 15 minutes, the longer the stronger. Strain before use.

For tension and anxiety, valerian may be combined with American skullcap. This also forms a good basis to build an insomnia formula, for example, lemon balm may be combined with these two, in equal parts, for sleep troubles.

Laughter

Chocolate - good quality - raw - reduces stress

Immune protection

Vitamin C – Camu - - take it before your sick and then high dose when everyone around you is sick

Foods that have lots of color in them Medicinal mushrooms

Food Security

Look to do something that is within your own power with your own hands and making food is one of those actionable pieces.

Small providers in your area that are making real food and offering delivery in the community

We have become local and grounded

Support local farmers

Learn local weeds - they know the stressors in our environment

Grow a garden, container garden in the city is possible too

Learn a skill or craft - what have you always wanted to do?

Bone broth and meat stock

Meat stock - helps to calm the digestion down, super nourishing nourishes the intestinal lining and beneficial for gut, liver and the immune system.

Predominantly meat on bones and cooked for a shorter amount of time - about 1 1/2 hours cooking time - tolerated by everybody - more supportive of digestive issues fortifies the gut lining - full chicken, just about cover it with water, simmer it for 90min take chicken out and strain

Bone broth is predominantly bones and cooked for a longer amount of time - bigger carcasses after roasting turkey or quail - 20 - 24 hours - if your gut is not well, it can tend to make things worse. If your gut is well then it works for you.

Dashi - vegetarian broth - 2-3 shitake mushrooms with 3 or 4 pieces (size of your hand)

Intestinal lining is your barrier to the outside world - you want to fortify this lining as best as you can

Look after the gut, liver and immune system

Stacking nutrition in Stocks and Bone Broths

Great article with suggestions for bone broth/stock recipes

<https://www.fiveflavorsherbs.com/blog/epic-bone-broth-medicinal-recipes>

You can add the following herbs

Thyme, parsley, bay leaves

Turmeric, ginger

Burdock, dandelion

Nettles, Alfalfa, Oatstraw, Red Clover blossom

Seaweeds

Ashwaganda

Astragalus - works with the lungs but is a deep immune herb - anti-inflammatory - once the virus has set in do not use it.

Medicinal Mushrooms

Medicinal mushrooms - nutritive foods, immuno modulators, immuno nutrition - the herb that delivers to the body resources, glyco-nutrients - very complex sugars, long chains sugars called beta-glucans

Reishi - Cordyceps

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Switch them up - do one mushroom for a few days then switch to another - to avoid allergic reactions

Reishi

The fruiting body - reduces inflammation and modulates your immune system either direction - people with auto immune conditions can safely use reishi - a lung tonic - is contraindicated for people who are already taking blood thinners or ACE medicines

There is a cascade of benefits, calming the mind, ease tension, strengthen the nerves, improve memory, sharpen concentration and focus, build willpower and as a result build wisdom. Making the mind quiet and producing a zen like state. The great monks in the east and mountain hermits and spiritual seekers used it

It can detoxify and regenerate the liver, which cleans the blood and transports more oxygen to your brain which affect the memory

Nourishes your bone marrow to produce white blood cells that manage the immune response/inflammatory response

This herb has had 10,000 years of use

One of the most anti-inflammatory herbs on the planet

One of the greatest herbs for insomnia, when you are drinking reishi you are drinking these glycol-nutrients which is soon to be understood as an essential nutrient for our bodies and food for the immune system. Your body will take these beta-glucans and put it into your bone marrow - uses these as building for essential parts of our body. - Building our body, supplies our bodies with the nutrients needed to form its own immunity. Give our bodies the building materials it needs to do whatever it needs to do with is.

All mushrooms are like all medicines - there can be contraindications with some people