



PANDEMIC PREPAREDNESS

CONSIDERATIONS FOR YOUR
MEDICINE CHEST & TOOL KIT

Dr. J. Nicholas DNOM, BCND

Board Certified Doctor of Naturopathy

HEALTH IS A TREASURE

Health is a treasure. Of all temporal possessions it is the most precious. Wealth, learning and honor are dearly purchased at the loss of the vigor of health. None of these can secure happiness, if health is lacking. It is a terrible sin to abuse the health that God has given us; such abuses enfeeble us for life, and make us losers, even if we gain by such means any amount of education. – {CD 20.1}

**MORE DOCTORS, WITH MORE ADVANCED TECH...
BUT MORE DISEASE AND DEATH**

ITS YOUR RESPONSIBILITY

- **You have a responsibility to prepare and take charge of the health of your family...**
- **Being passive in a war means you will be caught unprepared and off-guard... and will lose**

WHAT SHOULD BE AT HOME

BRONCHIAL STIMULATING & ANTI-ASTHMATIC HERBS

- Elderberry, Peppermint & Ginger
- Mullein & Lobelia – equal parts & standard infusion = anti-asthmatic and broncho-stimulating
- Wormwood & Cayenne OR Goldenseal & Cayenne
- Garlic and Onions – odorless available

NUTRACEUTICALS

- **Vitamin C Powder**
 - Natural – Camu Camu, Acerola, Rose Hips, Citrus bioflavonoids
 - Synthetic – Sodium Ascorbate, Ascorbic Acid
- **Vitamin D**
 - Natural – Direct Sunlight, Cod Liver Oil, Beans/Seed Sprouts, Mushrooms,
 - Synthetic – Cholecalciferol as D3
- **Zinc**
 - Natural – Ginger, brewer's yeast, pumpkin seeds, wheat germ, melon seeds
 - Synthetic – Zinc picolinate, Zinc gluconate, Zinc citrate; zinc lozenges
- **Complete Liquid Multivitamin/Multimineral** – for high nutrient absorption plus phyto-chemical support.
- **Probiotic** – rebuild gut flora / microbiome for robust immunity

WHAT SHOULD BE AT HOME

Prepare to Steam & Gargle... to rapidly destroy pathogens in mouth, nasal & bronchial passages

ESSENTIAL OILS – FOR STEAMING

- Menthol Crystals
- Peppermint
- Eucalyptus

ESSENTIAL OILS – FOR INGESTING (100% THERAPEUTIC ORGANIC GRADE)

- Pine oil
- Oregano
- Lemon

GARGLING & CLEANING NOSTRILS

- Hydrogen Peroxide(H₂O₂) 3% – dilute 50 / 50 with water
- Saline spray – use as needed to clean nasal passage

TOOL KIT

OXIMETER & BLOOD PRESSURE MONITOR

- To keep check on blood oxygen levels
- Monitor blood pressure

PORTABLE HANDHELD NEBULIZER

- Oxygen Water or
- Food Grade Hydrogen Peroxide (H₂O₂)

PORTABLE FULL SPECTRUM INFRARED SAUNA

- Artificially induced fever to thermalize pathogens
- Boost nitric oxide production
- Mitochondria support (cellular rejuvenation & energy production)
- Accelerate detoxification and clear lymphatic channels

TOOL KIT

JUICE EXTRACTOR

- **Fresh RAW organic vegetable juice daily (16 oz – once or twice/day)**
 - **Carrots, celery, ginger, granny smith apple for taste**
 - **For the diabetic – Carrots, Celery, String beans, 1/2 granny smith apple, ginger**
- **Cleanse and Rejuvenate cells and tissues to boost natural defenses**

FOR THE SERVICE OF MAN...

**HE CAUSE THE GRASS TO GROW
FOR THE CATTLE AND THE HERBS
FOR THE SERVICE OF MAN...**

Psalms 104:14

THE WONDERFUL GARLIC

1. Mustard oils in garlic has a cleansing effect on the system and helps to promote persitalsis, appetite and diuretic action.
2. Dr Albert Schweitzer used garlic to cure gangrene, Typhus, cholera and leprosy. It is reported that garlic had an **82% SUCCESS** rate compared to **15%** by the drug Amphotericin against special meningitis cases.
3. Garlic makes immunity to poliomyelitis as proven in the middle ages in Europe during the great plagues.
4. Garlic has the broadest spectrum of any antimicrobial agent known by scientists. It is **ANTI-OXIDANT, ANTI-SEPTIC, ANTI-VIRAL, ANTI-BACTERIAL, ANTI-PROTOZOAN, ANTI-INFLAMMATORY, ANTI-FUNGAL, ANTI-PARASITIC, DIAPHORETIC, EXPECTORANT, VERMIFUGE.**
5. If garlic is cooked, it is no longer an anti-microbial, as all the Allicin would be destroyed.
6. Garlic also contains **MANGANESE**. There is evidence that a lack of Manganese can affect Glucose Tolerance, which is the ability to remove excess sugar from the blood. Its deficiency therefore contributes to Diabetes.
7. Sulfur is a compound found in Pancreatic Insulin and Garlic is rich in organic sulphur.

THE WONDERFUL GARLIC

- 8. GARLIC is the highest source of Selenium which also contains GERANIUM, which works with SELENIUM to protect against all invaders.**
- 9. GARLIC is one of the highest sources of Selenium and also contains GERANIUM, which works with SELENIUM to protect against all invaders.**
- 10. Garlic and Onions contains potent clot fighting compounds. They block the detrimental blood-clotting proclivities of FATS. So when fatty foods are eaten, a safeguard against clotting is to have garlic and onions. AJOENE, is the anti-coagulant compound in garlic.**
- 11. Garlic releases a strange type of ultraviolet MITOGENETIC emission referred to as GURWITCH RAYS. They stimulate cell growth and strengthen the immune system.**

FLU BOMB

Three times daily for max 3 days

- **1 clove garlic**
- **1"- 2" ginger**
- **1/2 tsp cayenne**
- **1/2 to 1 lemon/lime freshly squeezed**
- **1 tsp honey**
- **1 drop tea tree or eucalyptus oil**

**add 1/2 cup warm water. Blend, strain
and drink immediately.**

Q & A



PRESENTER: DR. J. NICHOLAS DNOM, BCND
BOARD CERTIFIED DOCTOR OF NATUROPATHY

Office: 267-627-0499