



4 Things You Can Do at Home to Ease Coronavirus and Pneumonia Symptoms

More than three months after the novel coronavirus (COVID-19) was first reported, deaths from the virus continue to increase throughout the nation. To protect others and not overburden the medical system, people who develop symptoms of an upper respiratory infection are being asked to stay at home. The only health-related advice we are getting from mainstream medical experts is to "rest and drink fluids."

You should absolutely wash your hands, self-isolate, and stay hydrated, but you can also help reduce your chance of getting sick in the first place by strengthening your immune and respiratory systems. If your lungs are healthy and your immune system is strong, you may reduce your risk of worsening symptoms - or you may even be able to ward off the virus entirely.

My recommendation to support immune and respiratory health? Anti-viral and lung-supporting natural approaches from South America.

Everybody, especially people who are over 60 years of age and/or have ongoing health challenges or a compromised immune system, can greatly increase their chances of staying out of the hospital and making a quicker recovery by adding the right botanicals and medicinal foods to their dietary intake.

Fortunately, scientific research shows that there are safe botanicals used by indigenous peoples for millennia that have immune system supporting, anti-viral, and anti-inflammatory properties. They also can strengthen the immune system to help fight against pathogens. Even foods with medicinal properties, such as garlic, onions, ginger and lemons, can become powerful allies for our immune system's self-defense mechanisms in the early stages of disease progression.

Below, I present four progressive steps for self-care that I and others have found to be helpful in this time of crisis. I must emphasize that these suggestions are given only as a complement to mainstream medical advice.

What you will read below is the same kind of advice you would receive from doctors and other health care practitioners who practice alternative medicine, complementary medicine, or functional medicine.

Even though various routes may be taken to accomplish prevention and recovery, I have received impressive testimonials for the following four progressive steps to self-care.

Each step is a bit different, with varying dosages of several botanicals and medicinal foods. Your doctor may tell you to take care of yourself at home until you are sick enough to need the hospital. If you find yourself in this situation, consider using the suggestions below to customize your own program of health support.

Four Steps to Increase Your Chances of Staying Well During a Pandemic

Step One - Prevention

1. Socially isolate yourself as directed by political officials and doctors.
2. Wear a mask when you must go into public spaces
3. Wash your hands carefully (gloves?) after touching objects touched by other people -- every doorknob, every elevator button, every exchange of money, etc.
4. Start taking daily "maintenance" doses of Peruvian rainforest botanicals, like 1/4 – 1/2 tsp or 2 – 3 caps of [Camu Camu](#) twice daily (anti-viral and high in natural Vitamin C) and 1/2 to 1 tsp of [Cat's Claw](#) daily (immune system strengthener).

Step Two – If Infection Symptoms Appear

If you develop even a single symptom of an upper respiratory infection, or if you develop stomach distress or diarrhea, switch from a daily maintenance dose of immune

strengthening botanicals to a “high maintenance” dose, which means taking double the amount of a normal maintenance dose of the botanicals, multiple times a day. You must self-treat several times a day in order to get the full benefit. If you have any congestion in the chest and/or shortness of breath/difficulty breathing, begin to take 1/2 to 1 tsp or 3 – 4 caps of *Desmodium adscendens* or one cup of [Desmodium](#) tea using 2 tsp of loose tea per cup several times daily.

Step Three - If Coronavirus Symptoms Appear

If you develop COVID-19-like symptoms (fever, cough, fast heartbeat, shortness of breath, rapid and shallow breathing, tightness in your chest, a sore throat, swollen glands, loss of your sense of taste or smell, fatigue, or diarrhea) consider increasing your use of the immune system strengthening botanicals to an “immediate and urgent” dosage level, which is one and a half to two times the “high maintenance” dose. This should be taken several times a day. Make sure you are supporting your lungs adequately by continuing to take the *Desmodium* as often as needed.

You might also consider adding a hot tonic drink that is anti-inflammatory and immune-system enhancing and also has natural anti-viral effects. I like the one I learned about in Peru. It contains lemon, ginger, garlic and onions. (See recipe below).

Step Four – If Symptoms of Pneumonia Appear

In addition to those listed in Step Three, additional symptoms of pneumonia include a persistent cough that produces yellow, greenish, or even bloody mucus and a sharp or stabbing pain that gets worse when you cough as well as rapid, shallow breathing.

If you are experiencing one or more of these symptoms, what should you do? Get in touch with your doctor by teleconference first, rather than go to a hospital where you may be exposed to many sick people. Follow your doctor’s advice. If the doctor advises staying at home awhile longer before resorting to a hospital visit, consider taking very aggressive steps at home, which may help reduce your symptoms quickly.

Most importantly, you can take 1 - 2 teaspoons or 4 – 6 caps of *Desmodium adscendens* as often as you need to in order to help relax your chest muscles and open up the bronchial tubes of your lungs. This can help you breathe deeply and effortlessly.

A customer recently wrote to us about her sister-in-law who contracted the coronavirus and how *Desmodium adscendens* greatly improved her breathing and helped ease her coughing:

*My sister-in-law, Maria, had the coronavirus for 3 weeks. At age 63, she was high risk and she has several serious medical conditions. She had previously used [Royal Desmodium™](#), with great success, to help with her allergies and recurrent pneumonia. When she contracted the Corona virus, she started using the *Desmodium* to help with her breathing, coughing and further development of more serious lung issues caused by the virus. I truly*

believe this product was instrumental in saving her life. I am so grateful to Whole World Botanicals for bringing this potent product to the U.S., especially in this time of crisis. I have purchased more for my other family members to have on hand, so they also can be prepared. Maria has said, "These drops really do work!" Thank you, Whole World Botanicals.

~ Barbara S., San Diego, CA

Another customer told us about her nephew and his wife – both frontliners in a New York City hospital – who also became infected with COVID-19. They both began taking Camu Camu, Cat's Claw, and Desmodium and within three days, they were feeling much better.

My nephew, an Operating Room Assistant, and his wife, Myra, a NYC Critical Care RN, were both diagnosed with COVID-19. They had all the symptoms including fever and cough. Myra's fever was 101 degrees and her husband's was 103.5. Her brother-in-law who lived with them had all the symptoms as well with a fever of 103.7. At one point my nephew's breathing started to deteriorate, and his X-rays came back with signs of pneumonia. He was prescribed antibiotics but was warned antibiotics would not treat the COVID-19. Having had my own great experiences with Whole World Botanicals products, I suggested they start taking [Royal Camu^R](#), [Royal Cat's ClawTM](#) and [Royal DesmodiumTM](#) immediately, which they did. They also took the Peruvian anti-viral tonic as well as Tylenol for their headaches. Three days later their fevers were gone and their oxygen levels were almost back to normal! The family thinks that everything they were taking was essential for their recovery. They note that COVID-19 is overwhelming physically and is mentally draining. The Royal DesmodiumTM not only helped their breathing, but also helped them relax at night and have better rest.

~ Karina C, New York, NY

You can also drink four (4) glasses a day of the anti-viral tonic described below, in addition to taking botanicals that support the immune system.

Anti-viral Tonic Recipe

Here is the recipe for a Peruvian tonic which can be a very effective part of your arsenal in combatting a viral infection.

- 3 liters of water (a liter is equal to just over a quart).
- 4 garlic cloves, crushed (you can use the flat of a kitchen knife)
- 2 onions, peeled and cut into pieces
- 3 lemons, cut into small pieces with the peel left on

- 1 3-inch piece of fresh, peeled ginger

Note: Be sure to let your crushed garlic sit for 10 to 15 minutes. This allows time for an enzyme reaction to take place that activates and boosts garlic's beneficial compounds.

Directions: Add all the ingredients to a large pot and bring to a low boil. Continue the low boil for 15 minutes and then strain. Drink at least two glasses of this tonic daily. If you are older and/or have underlying health conditions, consider drinking four glasses a day.

Why These Ingredients?

Garlic is widely known for its many health benefits. Studies show that the antiviral properties of garlic extract can help combat influenza A and B ([Fenwick and Hanley, 1985](#)), as well as number of other viruses – including viral pneumonia ([Hughes et al, 1989](#)).

Ginger is a natural anti-inflammatory food, which can help reduce the inflammation of the bronchials, a major symptom of pneumonia. It can also help alleviate the muscle pain and nausea associated with the coronavirus.

Onions have antimicrobial and antioxidant properties that have been [widely researched](#).

Lemons have a high Vitamin C content (50% of the recommended daily amount), which makes them an excellent natural antiviral.

Many of us can benefit from my model to help support immune and respiratory health. I truly feel that we have the tools to ease symptoms of COVID-19, and even reduce the changes of pneumonia, hospitalization, and complications.

Viana Muller, Ph.D.
Co-founder, Whole World Botanicals

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