
STRENGTHEN THE IMMUNITY THRU THE KITCHEN



Disclaimer: The health information received during this presentation is for general education and is not intended to be specific medical advice. No medical care, diagnosis, or treatment is provided during this presentation. It is advisable to consult with one's personal health care provider BEFORE implementing any lifestyle changes.

NATURALLY YOURS
AT WHITE STONE

The Desire of Ages

In the Saviour's manner of healing there were lessons for His disciples. On one occasion He anointed the eyes of a blind man with clay, and bade him, "Go, wash in the pool of Siloam. . . . He went his way therefore, and washed, and came seeing." John 9:7. The cure could be wrought only by the power of the Great Healer, yet Christ made use of the **simple agencies of nature**. While He did not give countenance to **drug medication**, He sanctioned the use of simple and natural remedies.

To many of the afflicted ones who received healing, Christ said, "Sin no more, lest a worse thing come unto thee." John 5:14. Thus He taught that **disease is the result of violating God's laws, both natural and spiritual**. The great misery in the world would not exist did men but live in harmony with the Creator's plan.

Christ had been the guide and teacher of ancient Israel, and He taught them that health is the reward of obedience to the laws of God.

-Page 824

Question:

Do you remember a time before you could visit family, friends, neighbors, strangers, without wearing a face mask? using hand sanitizer? wiping down light switches?

Well, this is not a “new thing”. This happened before, in 1918 during the Spanish Flu epidemic where over 700,000 American people died; over 50-100 million people globally.

During that time, Medical Missionaries stepped up and taught the health message, putting in place policies **including self-isolation, quarantining the sick, the wearing of face masks, fomentations placed on the chest and abdomen, and boosting the immune system with a healthy diet.**

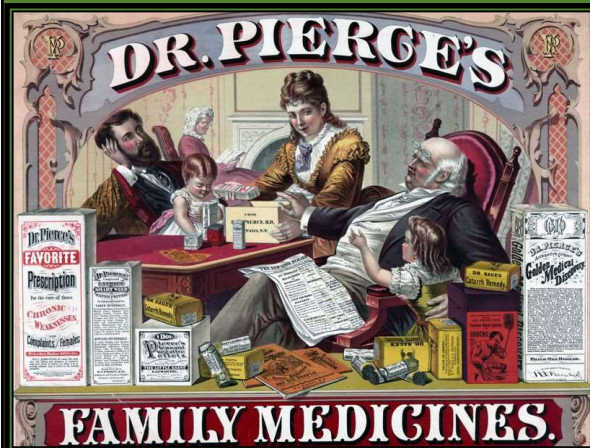
Today, we will be discussing several recipes and protocols to improve the immune system during this new era of Covid-19. But first, some history.

NATURALLY YOURS
AT WHITE STONE

Don't worry about writing all them down, they will all be on the screen as we go through them, and you can also go to [www. WhiteStoneMountain.com](http://www.WhiteStoneMountain.com) on the very first page at the bottom under Information. Again, www.WhiteStoneMountain.com and scroll all the way of the bottom under "Information"



This is a picture of an auditorium with patients from the 1918 pandemic. Next, is a streetcar in Seattle, Washington, where no one was allowed to ride without wearing a mask.



In that same time period, there were pharmaceuticals, drugs, that advertised in the United States. Unfortunately, most of them had ingredients in them that had harmful ingredients, like Cocaine, Heroin, and Opium, which were highly addictive, of course – some of which were given to children. Let us see if you can recognize any of these ingredients or labels.



MOTHERS

DON'T give your babies injurious drugs, but put one of the **FAMOUS**

SWISS ELECTRO-CHEMICAL

Teething Necklaces

around baby's neck and you will be surprised at the results. It keeps the child in a healthy condition through the period of Teething; Corrects Acidity; Prevents and Cures Convulsions, and gives Tone and Energy to the whole system.

NEVER KNOWN TO FAIL, and has obtained a world-wide reputation. Highly endorsed by thousands of Physicians and Nurses in both America and Europe. Write for Baby Book—it's free.

THE SWISS-AMERICAN CO.
4 Detroit Opera Block, Detroit, Michigan
CANADIAN BRANCH, WINDSOR, ONT.



One Real Aspirin

Counterfeits and substitutes may be ineffective, and even harmful. Refuse them. Protect yourself by demanding



Bayer-Tablets of Aspirin

Every tablet and every package of genuine Aspirin bears

"The Bayer Cross"  Your Guarantee of Purity"

Pocket Boxes of 12, Boxes of 24 and Bottles of 100

The trademark "Aspirin" (Reg. U.S. Pat. Off.) is a guarantee that the manufacturer is of repute in those tablets is of the German Bayer manufacturing.

Aspirin is actually derived from the Willow Tree. Many pharmaceuticals are packaged for the general public.



Natural Medicine

Natural Medicine has been referred to as Naturopathy - it is a form of alternative medicine which involves homeopathy, herbalism, diet and lifestyle counseling and more. Naturopathy focuses more on self-healing, which avoids modern medicines, pharmacological drugs, vaccinations and medical operations.

Natural medicines aim to incorporate gentle therapeutic techniques involving the body, mind, and even the emotions to aid in the healing process. Focusing on each patient as an individual-treating the whole person, instead of concentrating on a particular area or the patient's ailment.

Naturally Yours believes in this approach by using the Eight Laws of Health as the only Firm Foundation for True, Pure Health. We strive to aid individuals in getting to the root of the problem (the cause) and not just the leaves and branches (the symptoms). Symptoms (leaves and branches) can often be eliminated, but they will return unless the CAUSE (Root) of the problem is healed.

"Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health. In case of sickness, the cause should be ascertained. Unhealthful conditions should be changed, wrong habits corrected. Then nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system." Ministry of Healing 127.1

Now, you can find these recipes and protocols on our website:

www.WhiteStoneMountain.com, so you don't have to worry about writing these down.

Just go to the website and on the main page, you will find, at the very bottom under Information, a PDF labeled "Strengthen the Immunity Naturally thru the Kitchen Recipes".

Nature's Penicillin



Nature's Penicillin

Nature's Penicillin by 3 Angels Health Ministry

- 1 Grapefruit
- 1 Orange
- 2 Lemons
- 3 cloves Garlic
- ½ Onion
- 3 drops Peppermint Essential oil

Cut Fruits and Onion into pieces. Place in a blender with enough Water so that mixture turns in the blender. You may have to add more Water, but just a little at a time. Mix well. Add Peppermint oil last. This amount is not taken all at once, but by the spoonful throughout the day. Pour remainder into a glass jar, cover with a lid and keep it refrigerated. When ready to use, warm in a saucepan before serving.

Adults, take 1 Cup a day
Children, ½ Cup a day



Vitamin C Blast

½ or whole Grapefruit
2-3 Oranges, Medium
1 Lemon

Cut fruit in halves and squeeze juice into a glass.
Also good for children.



Cayenne Toddy

8 oz Hot Water
1 Lemon (juiced)
1T Honey
½t Cayenne

Instructions: Bring water to a boil, add all other ingredients stir and drink while hot.



Throat Wrap

- 1 Sock, soaked in warm water
- Saran/Plastic Wrap
- 2 Safety Pins
- 1 Piece of dry Wool, Sock, or thick cloth

Place sock in warm water, ring out water. Place the wet sock around the neck and pin it with one of the safety pins. Wrap the plastic wrap around the sock. Wrap the dry wool/sock/thick cloth around the neck also. Pin all in place. Best done at bedtime, securing it on during the night (but can be done in the daytime).

If you do this at the first sign of a Sore Throat, it is very effective.

Hydrotherapy.



Natural Cough Remedy by God's Medical Kit

1 Cup Honey
8 teaspoons Eucalyptus Essential Oil

Place ingredients in a container and allow to stand for 3-4 hours.

1 Tablespoon for Adults
1 teaspoon for Children



Steam Inhalation

Bowl
Water
Pot or Kettle
Towel
Timer
Menthol Crystals, Eucalyptus Essential Oils, or Onions

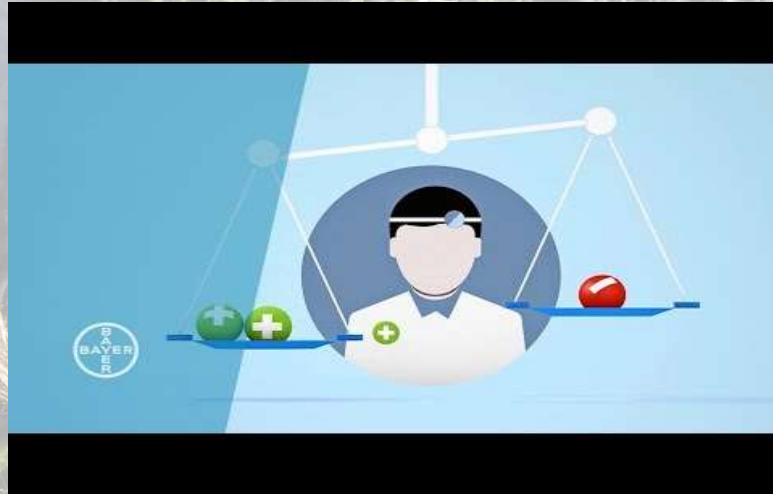
Instructions:

1. Bring water to boil.
2. Carefully pour hot water into bowl.
3. Drape the towel over the back of your head.
4. Turn on timer.
5. Shut your eyes and slowly lower your head toward the water until you're about 8 to 12 inches away. Be extremely careful to avoid making direct contact with the water.
6. Inhale slowly and deeply through your nose and mouth for at least 2 to 5 minutes.
7. May repeat this process as needed several times throughout the day.
8. Please remember to close your eyes during the steam inhalation process.

For congestion and difficulty breathing.

How healing water help to fight viruses, disease and strengthen the immunity. Hydrotherapy.

Medication Side Effects



NATURALLY **YOURS**
AT WHITE STONE



Headache Drink by M.E.ET. Ministry

3 drops Peppermint Essential Oil
4 oz OR $\frac{1}{2}$ small glass Water
1/8 teaspoon Cayenne Pepper

Mix thoroughly and drink. May repeat until relief is obtained.

Vapor Body Oil (Rub a Dub)

¼ Cup Olive Oil
¼ Cup Castor Oil
¼ Cup Sweet Almond Oil
¼ Cup Avocado Oil
10 drops Thyme Essential Oil
20 drops Peppermint Essential Oil
20 drops Eucalyptus Essential Oil

For congestion & colds. Apply to feet, neck (lymph nodes). For best results, apply overnight, sleeping in heavy clothing.





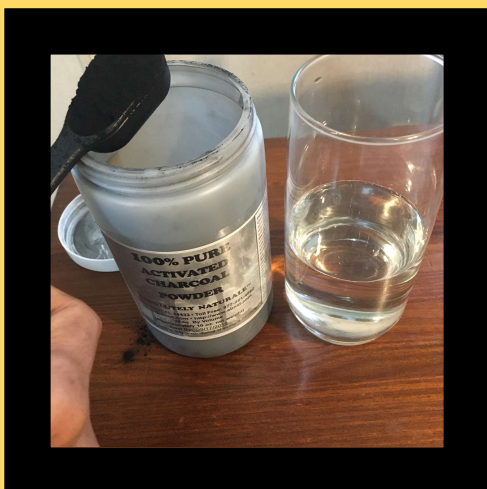
Soak a Sickness Away

2 Cups Epsom Salt
¼ Cup Hydrogen Peroxide
10 drops Eucalyptus OR Peppermint Essential drops
In a tub of water

Directions: Under hot running water, add Epsom Salt, Hydrogen Peroxide, and Essential Oil drops into tub (hot as you can handle without burning your skin). Soak in the tub for 10-15 minutes.

To alleviate congestion, coughs, and soreness of muscles that comes from acidity.

Hydrotherapy.

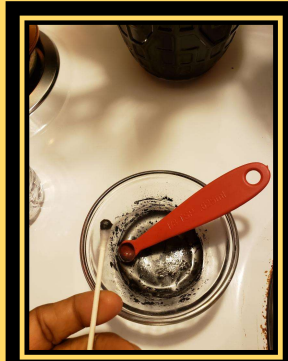
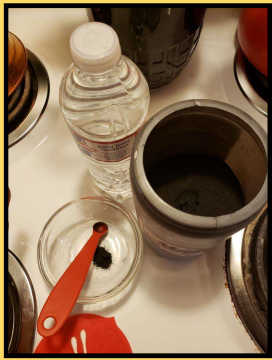


Charcoal Slurry

1 heaping Tablespoon Powdered Activated Charcoal
10 ounces Water

Stir well and drink.

Drink at the onset of illness including Colds, Flus, Bronchitis
and to remove toxins from the body.



Charcoal Nasal Mask

1/8 teaspoon Powdered Activated Charcoal
Distilled Water
Plastic Spoon
Q tip

Dip Q tip in liquid and press excess liquid out. Then insert into nostrils and make circular motion twice then hold in nostril for 15 seconds. Repeat on the other side using the other side of Q tip.

Used as a mask to block the intake of harmful bacteria through the nose.



Chlorophyll Cocktail by God's Medical Kit

4 Beet Tops
6 Carrots
½ Tomato
Handful of Parsley
Handful of Spinach

Instructions: Place all items in the juicer and drink immediately for greatest effect.

Boosts the Immune System.

Contrast Shower: A Shocking Way to Prevent Cold & Flu and Fortify the Immunity

1. Incorporate this into your shower routine daily.
2. Newbies with no prior experience, start with a regular hot shower ending with the cold water on hands and feet only.
3. Once you're better able to handle the cold, finish each shower with the cold hitting the entire body for about 30 seconds.
4. When you become an expert and able to stand 60 seconds or more under the cold, you will quickly notice your body's ability to tolerate the coldness and you're well on your way to better health!



NATURALLY YOURS
AT WHITE STONE

Shocking Way to Prevent Cold & Flu and Fortify The Immunity:

A Cold Shower = Hydrotherapy

By Healthy Living and Heathline

Cold water showers with a temperature below 70°F are an important part of strengthening your immunity, but may seem counterintuitive, cold showers are actually beneficial for both your mind and your body.

Cold showers are cheaper than a stockpile of vitamins and easier than making chicken soup.

The FDA's website even mentions [cold showers as cold & flu therapy](#). Who knew?

Are you ready....here's how it's done.....

- Incorporate into your shower routine daily.
- Newbies with no prior experience, start with a regular hot shower ending with the cold water on hands and feet only.
- Once you're better able to handle the cold, finish each shower with the cold hitting the entire body for about 30 seconds.
- When you become an expert and able to stand 60 seconds or more under the cold, you will quickly notice your body's ability to tolerate the coldness and you're well on your way to better health!

Now let's take a look at 7 reasons cold showers boost your immune system:

- A cold shower increases lymphocytes in the blood. Lymphocytes produce antibodies, which help fight germs.
- A cold shower improves blood flow circulation in all organs, especially skin, heart and lungs. The pharynx/larynx (organs of the throat) also benefit from the increased blood flow, and are better able to kill viruses.
- A brief cold water shower decreases your body's "reaction time" to cold. The cold shower "teaches" the blood vessels in your skin to clamp down faster, so you lose less warmth in draft or cold exposure.
- Gamma interferon and interleukin-4 are two important virus-fighting cytokines (immune system proteins). A new German study has shown that cold water exposure helps these two disease-fighters work better together, resulting in fewer viral colds.
- Cold showers help improve metabolism. Researchers have found that brown fat, which is healthy fat is activated by exposure to cold temperatures. The cold showers also even out certain hormone levels and heal the gastrointestinal system, which leads to eventual loss of weight.
- A cold shower makes you breathe deeply. (A big gasp when the cold water hits the skin!) A deep breath opens closed or clogged alveoli (small air sacs in the lungs) which are then less prone to bronchitis and pneumonia and other viruses of the lungs. And deeper breathing means more oxygen for the whole body.
- Cold showers help you mentally by lifting your mood. Depressed people get more colds – probably because depression lowers immunity. A brisk cold shower has been proven to lift the mood and lower stress, both of which jump start the immune response – which kills flu and cold germs.

Chik'Noodle Vegetable Soup

Good ole' Chicken Noodle Soup, but without the chicken
AND with VEGETABLES to take it over the next mile!

5 Cups Water OR Vegetable Broth
¼ Onion, diced
¾ to 1 Cup ChikN Style Seasoning
3 Tablespoons Soy Margarine OR Earth Balance Butter
1 Package Frozen Mixed Vegetables
8 ounces Pasta Noodles of Choice
¾ Cup Extra Firm Tofu, diced OR 1 can Shredded Jackfruit
Dash Cayenne

Instructions: Bring Water or Broth to boil, then add
Seasoning and Cayenne and stir until well dissolved. Then
add remaining ingredients, turn heat down to Medium
Heat, cover and simmer for about 8-10 minutes or until
pasta is tender.



Chik'N Style Seasoning



1 1/3 Cup	Nutritional Yeast Flakes
3 Tablespoons	Onion Powder
2 1/2 teaspoon	Garlic Powder
2 Tablespoons	Sea Salt
1/2 teaspoon	Celery Seed OR Celery Flakes
2 Tablespoons	Italian Seasoning
1 1/2 teaspoon	Paprika
1 Tablespoon	Parsley Flakes

Blend and store in airtight glass container.

Counsels on Health, Page 89, 90

People need to be taught that drugs do not cure disease. It is true that they sometimes afford present relief, and the patient appears to recover as the result of their use; this is because nature has sufficient vital force to expel the poison and to correct the conditions that caused the disease. Health is recovered in spite of the drug. But **in most cases the drug only changes the form and location of the disease**. Often the effect of the poison seems to be overcome for a time, but the results remain in the system, and work **great harm at some later period**.

By the use of poisonous drugs, many bring upon themselves **lifelong illness**, and many lives are lost that might be saved by the use of natural methods of healing. The poisons contained in many so-called remedies create habits and appetites that mean ruin to both soul and body. Many of the popular nostrums called patent medicines, and even some of the drugs dispensed by physicians, act a part in laying the foundation of the liquor habit, the opium habit, the morphine habit, that are so terrible a curse to society.

The only hope of better things is in the **education of the people in right principles**. Let physicians teach the people that restorative power is not in drugs, but in nature. Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health. In case of sickness, the cause should be ascertained. Unhealthful conditions should be changed, **wrong habits corrected**. Then nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system.

Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power--these are the true remedies.

God's 8 Natural Health Laws

Godly Trust

Open Air

Daily Exercise

Sunshine

Proper Rest

Lots of Water

Always Temperate

Nutrition

NATURALLY YOURS
AT WHITE STONE



REGINA BARBER

Phone: 469-441-0201
Medical Missionary



NAKIA POWELL

Phone: 318-351-1053
Medical Missionary



YASHARA PRICE

Phone: 281-898-0188
Medical Missionary

Questions?

Comments?

Next Class: Jan7th, 2021 at 7pm CST/8pm EST

www.WhiteStoneMountain.com

www.NaturallyVegetarians.com

