
STRENGTHEN THE IMMUNITY THRU THE KITCHEN

PART 2



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.

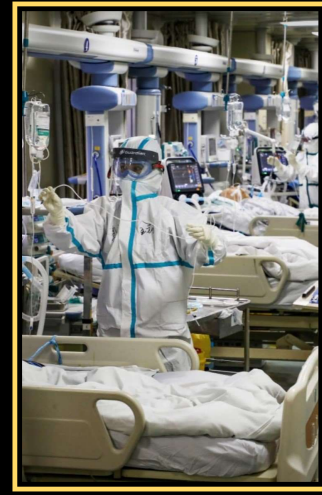
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Introduction:

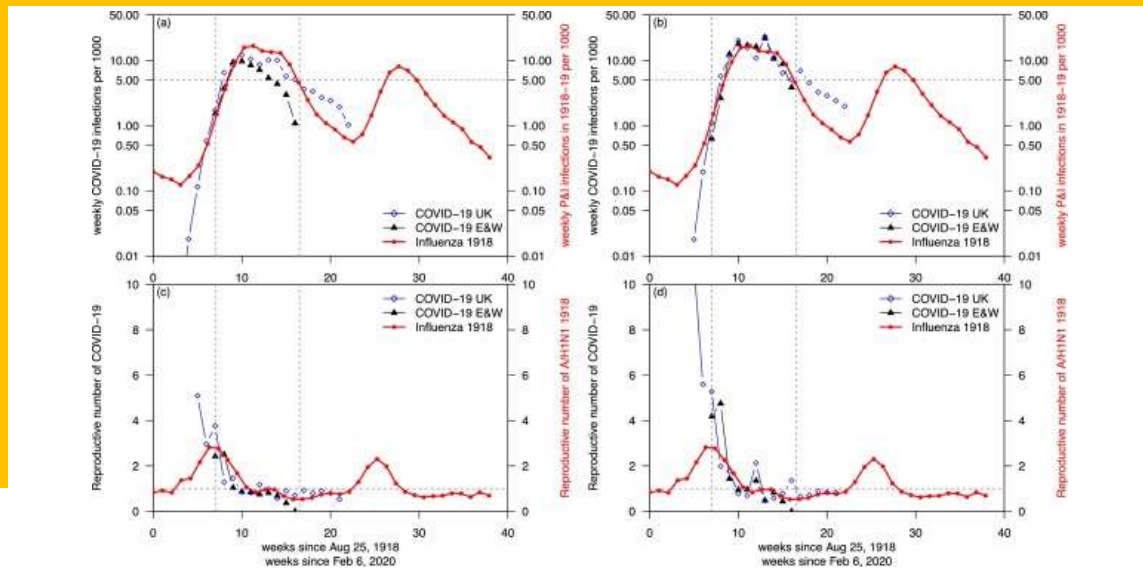
Welcome to Part 2 of Strengthen the Immunity Naturally thru the Kitchen.

Today, we will do a comparison between the 1918 Spanish Flu and today's Covid-19 Pandemic, as well as testing, and the current vaccine.

We will be providing several recipes and protocols to improve the immune system to fight the good fight using food.



This is an auditorium filled with people who were struck by the Spanish Flu 1918. And here are patients who are stricken with Covid-19 virus.

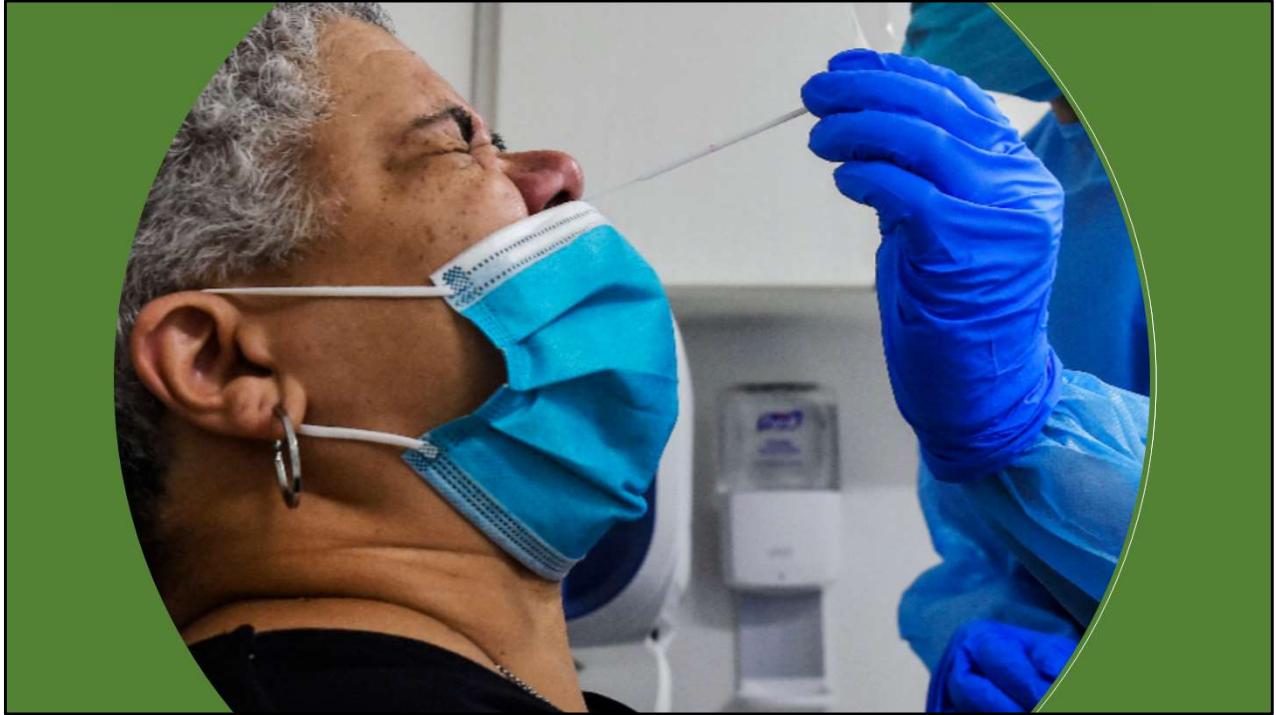


These are charts that compare the 1918 Influenza Spanish Flu and 2020 Covid 19. What we see here, are four charts, using data from the United Kingdom, England and Wales (E&W refers to England and Wales). For those of us who didn't realize these are different countries, let's look at it this way: The British Isles mainly consists of the following countries: England, Scotland, Wales, the Republic of Ireland and Northern Ireland (along with several smaller islands). These are all islands who were affected by both the 1918 Influenza and today's Covid 19 epidemic. These charts show data for P&I (pneumonia and influenza) in the middle, in red on the side, between January 1911 and December 1921 and what we are looking at here are the waves that we hear about in the news. This data covers three waves (summer, fall, and winter) of the 1918-19 pandemic and also before and after the pandemic periods. Deaths from P&I and all-causes resumed the usual seasonal pattern after the third wave in early 1919. It is well known that most of the deaths during the 1918-19 pandemic were from the 20-40 years age group but the deaths today vary from infant to people over 100 years old, so this one is very different in its scope. As you can see with the rise and fall, rise and fall action, they all correlate to "waves" of contagion, but these are the last days. As we can all see, nothing is getting better, everything is getting worse, like birth pangs, "For we know that the whole creation groaneth and travaileth in pain together until now", Romans 8:22.

The bible says that in the last days, and in case you didn't notice, these are the last days of this earth's history, that there will be "pestilences" that this is just the beginning of

sorrows.

All I'm saying is that just because the 1918 epidemic was over in three waves, doesn't mean that this epidemic will be over in three waves. In fact, the CDC is saying that this present variant of COVID19 is already mutating. So, Pray, pray, pray.



- We now have three main types of tests for coronavirus (COVID-19):
 - [molecular](#) tests are considered to be the gold standard diagnostic test for SARS-CoV-2, the virus that causes COVID-19. They detect if viral genetic material is found in a sample from an individual. If you go to a testing site for a diagnostic test, there's a good chance you'll get a molecular test.
 - [antigen](#) tests (both diagnostic tests)- are the newest diagnostic test for SARS-CoV-2. They tend to be cheaper to make than molecular tests due to their simpler design. Molecular tests look for viral genetic material in a sample; antigen tests look for specific proteins found on the surface of the virus instead. Antigen tests are typically considered to be [rapid tests](#).
 - [antibody](#) (serological)- tests detect antibodies for SARS-CoV-2 and tell if you've had a recent or past infection from the virus. Some antibody tests provide results in as little as 10 minutes.
 - The FDA has started authorizing diagnostic tests that are available without a prescription, including one that you can administer entirely at home.
 - With flu season upon us, there are now several tests that can detect both the coronavirus and flu viruses at the same time with one test.
- To date, the FDA has authorized over 300 COVID-19 tests and collection kits.

To Vaccinate or No Vaccinate?



Here we see child vaccinations in 1918 in the black and white picture. There is much talk now about the vaccination of children today-

To date:

Pfizer has approved their vaccine for children over 16 years old and up. The hope is that by the end of 2021 there would be vaccines for babies, children and teens younger than 16 years of age. Pediatricians want Kids, those 16 and under to be Part of Covid 19 Vaccine trials.

Moderna just started trials for 12- to 17-year-olds for its vaccine. It will take months to approve use of the [vaccines](#) for middle- and high school-aged kids, and months more to test them in younger children.



Making the
Best Decision



1. At the **first sign of illness: Stop everything and REST.**
2. Take a **hot and cold shower.** 3 min hot, 30 seconds cold, 3 cycles and end on cold. Don't get chilled afterwards—wear socks and don't let your feet touch the cold bathroom floor. Rest for 45 minutes after the shower.
3. Crush 2 raw **garlic cloves and blend with lemon juice.** Drink down right away.
4. Boil water in a covered pot and then take off the heat. Place a few drops of **oregano oil** in, open the pot and breathe in the vaporized oregano oil and its steam.
5. If **sunlight** is available, take a lawn chair and go sit in the sunshine. Don't get chilled, stay covered up if you need to and stay warm, and see if you can expose a little more of yourself as the sun warms you up.
6. Another simple **hydrotherapy** technique is to do a hot foot bath: use a bucket to keep the feet and ankles immersed in hot water for 20 min while your head has a cold cloth and your upper body is covered with a blanket. Keep hot water on hand to keep the water as hot as you can tolerate it. Friction rub your feet with ice cold water at conclusion of the bath, dry, and put socks on right away. Rest for 45 minutes.
7. Keep doing these things daily, a few times a day, resting in between.
8. Once you recover, rest and keep on doing these remedies 2-5 days **LONGER** after the symptoms resolve to make sure you are fully recovered.



Nature's Immune Builder by The Owner's Manual

4 cloves Garlic
2 Lemons
Ginger 1 inch
1 medium Onion or ½ large Onion
3-4 Tablespoons Honey (None if diabetic)
¼ teaspoon Turmeric, ground

Directions:
Peel and blend all ingredients. Add little Water, if needed, to help with blending. Store in a glass jar in the refrigerator for up to 7 days. Best if taken at the first sign of a cold, flu, or sore throat.

Adults 1-2 Tablespoons, several times a day
Children ½ Tablespoon



This is Nature's Immune Builder by the Owners Manual, one of our speakers from last year.

I made it right after the class and it is actually delicious!



Sore Throat Remedy by God's Medical Kit

2-4 Black Mission Figs
1 Cup Water

Directions:

Place figs in water in a container and allow to soak for 3-4 hours. Take 1 Tablespoon as needed to relieve sore throat and a remedy for constipation.



Low/High
Blood Pressure

Low/High Blood Pressure by M.E.E.T. Ministry

6 ounces OR ½ Carrot
2 ounces OR handful Spinach

Directions:
Place items in juicer and drink.
(Juicer required)

To level out blood pressure readings.

This recipe is for those who need to regulate their low or high blood pressure. It is very simple and it from MEET Ministry.



Lemon Cleanse /Blood Flow

- 2 Tablespoons of lemon juice (about ½ a lemon)
 - 2 Tablespoons maple syrup
 - 1/10 teaspoon cayenne pepper
 - 10 ounces filtered water
-

Directions:
Shake & Drink

To increase blood flow after a stroke. Also, a good detox drink.

This recipe is a multiuse recipe. It can be used as a Lemon Cleanse, to increase blood flow after a stroke, weight loss, and is also a good detox drink.

Vapor Body Rub

½ Cup Coconut Oil, solid
20 drops Eucalyptus Oil
20 drops Peppermint Oil
Pinch Cayenne (optional)
½ Tablespoon Menthol Crystals, melted (optional)

Directions:
Mix, keep in glass container

Use for congestion, colds.



Hug in a Mug

- Hibiscus Tea Bag
 - Red Clover Tea Bag
 - Peppermint Tea Bag
 - 10 oz Water
-

Directions:

Bring water to a boil, place tea bags in cup and steep for 5 minutes and drink hot.

Fights respiratory infections and quells spasmodic coughs. Also used as a remedy for congestion and is a blood purifier.



Kidney Cleanse

Make a salad of raw tomato, onion, garlic, lemon juice, and olive oil.

OR

Corn Silk Tea:

2 Cups Hot Water

Corn Silk from 1 Fresh Corn on the Cob, brown tops trimmed

1 teaspoon Honey (none if Diabetic)

Directions:

To boiling water, add Corn Silk and add Honey. Turn heat off and allow Corn Silk to steep for 30 Minutes. Strain & drink when cool.

For bladder infections, urinary tract infections, and kidney stones.



NATURALLY YOURS
AT WHITE STONE

The kidneys are **very important in the human body**. They remove waste products and drugs from the body, balance the body's fluids, release hormones that regulate blood pressure, produce an active form of vitamin D that promotes healthy bones, and controls the production of red blood cells. The waste is removed through urine. When the kidneys fail to do their work, it is called kidney failure, also called End-Stage Renal Disease, leading to Dialysis or a kidney transplant. It is important that we, along with a healthy diet, cleanse the kidneys so they function properly removing bacteria from our bodies and repelling disease. We don't want our kidneys to have any obstructions or impediments to do their work, especially in these days of Covid-19. The natural way to cleanse the kidneys is to drink plenty of water, no sodas, no coffee (which is a stimulant), no energy drinks - drink water, one of the laws of health, because we do not want to get kidney stones.



Naturally French Onion Soup

Ingredients:

- 4 Tablespoons Earth Balance Butter
- 3 Onions, sliced, various colors: yellow, white, red
- 1 teaspoon Thyme OR Fresh Thyme
- 2 Bay leaves
- 2 Tablespoons Unbleached Flour
- 2 Cups Organic Vegetable Broth, if available

Directions:

- 1 Melt Butter in a large pot on Medium Heat.
2. Add the Onions, Thyme, Bay Leaves.
3. Cook until Onions are tender and caramelized, approximately 15 minutes.
4. Discard the Bay Leaves and Thyme sprigs (if used the Sprigs).
5. Add Flour and stir.
6. Turn the heat down to Low so the Flour does not burn, and cook for ten minutes.
7. Add the vegetable broth, bring the soup back to simmer and cook for ten minutes.
8. Season to taste with salt if need be.
9. Ladle soup into bowls and enjoy!

2 Servings

This is Naturally French Onion Soup. Onions, leeks, shallots, garlic and chives have long been associated with numerous medicinal benefits. They are a very good source of vitamin C and B6, iron, folate, and potassium and are known to provide cold and flu relief with its anti-inflammatory properties and an immune booster. The flavonoids in onions are more concentrated in the outer layers, so discard as little as possible. Also, I'm told that back in the day when people got chicken pox, their ancestors used this to cure it naturally. This is a French recipe, but to make it healthier, I did not put any cheese on top.



Naturally Vegetable Soup

Ingredients:

4 Potatoes, cubed, skinned
 32 ounce Organic Vegetable Broth, if available
 Extra Virgin Olive Oil, to coat the pan bottom

Roux-

1 Tablespoon	Oregano	1 Tablespoon	Basil
1 Tablespoon	Paprika	1 Tablespoon	Parsley
1 Tablespoon	Thyme	1 Tablespoon	Onion Powder
1 Tablespoon	Garlic Powder	1 Tablespoon	Minced Garlic
½ teaspoon	Cayenne (or to taste)	½ Tablespoon	Sea Salt (opt)

Directions:

1. Coat the bottom of the pan with Olive Oil on Low Heat. Add Roux and stir.
2. Meanwhile, cut up the Potatoes. Add to the Roux, coating the Olive Oil on the Potatoes and turn the Heat to Medium to soften the Potatoes (10 Minutes).
3. Add your favorite 1 pound Frozen Vegetables: Pearl Onions, Carrots, Bell Peppers, Okra, Squash, Snow Peas, Peas, Cauliflower, Corn, Broccoli, Zucchini, Green Beans. Add the Vegetable Broth and water to cover. NOTE: Use Mixed Vegetables like "Carrots & Peas", "Chinese Stir Fry".
4. Cook the Stew on Medium Heat for 1 Hour. Then another 2 Hours on Low Heat.
5. Eat & Enjoy!

12 Servings

Now, this recipe is very popular in our household. My favorite part of it is the pearl onions which really make the flavor pop! I also like that it uses frozen vegetables instead of canned. Avoid canned vegetables which are high in sodium and look for a vegetable broth that is low in sodium. This soup is highly seasoned with garlic, parsley, oregano, and basil, as opposed to salt. Many do not realize that there is sodium in just about everything we eat, so it is unnecessary to put any additional salt on our food. Excess sodium causes high blood pressure which is linked to conditions like heart failure and heart attack, kidney problems, fluid retention, stroke and osteoporosis. But remember that sodium is an important nutrient in your body to balance fluids in the blood and maintain healthy blood pressure, and it is also essential for nerve and muscle function. Just think TEMPERANCE, TEMPERANCE, TEMPERANCE in all things.

First, allow the Olive Oil to heat up and add the "roux". Don't use too much Olive Oil, it counteracts the health benefits if the soup is greasy. Just coat the bottom of the pot so that the potatoes don't stick to the bottom when you stir them. I usually make enough to share with the entire family, so I use about (10) 1 pound packets of vegetables for a variety of palates. I like mixing it up by adding 1 or 2 bag of mixed vegetables, like Chinese Stir Fry to surprise people. I hope you enjoy it as much as I do!

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

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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: 04 Feb 2021 at 7pm CST/8pm EST

www.WhiteStoneMountain.com

www.NaturallyVegetarians.com

