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## **COVID-19 (Wuhan Coronavirus) Update: Homeopathics, Herbs, Foods, Essential Oils, and Supplements for Prevention**

Dear Friends,

There aren't many scientific papers on COVID-19 as it's emerging, and the most accurate we can be is to provide an informed clinical impression. Forty years ago, I made the decision to tell people not to smoke because it could cause lung cancer; however, it took 30 more years for the scientific community to prove this fact. The message should be obvious - Asking for complete scientific proof in this situation won't provide an accurate understanding of the situation.

In my background as a former lieutenant commander in the Public Health Service, in this situation, I have the option to wait until all necessary proof is in before making a statement, or I can give my informed medical public health opinion based on 47 years of experience. I've made the choice that if I'm wrong, the worst that happens is people get healthier. If I'm right, this protocol can save many lives. There are other agencies, including government agencies, and people who I believe are taking similar positions.

Dr. Anthony Fauci, director of the National Institute of Allergy and Infectious Disease at the National Institute of Health, says, "We are on the verge of a global pandemic reasonably soon." The coronavirus infections at this point are showing up in between 25-27 countries. Director of the CDC, Dr. Robert Redfield, has said, "This will be a major pandemic with repeated infections." AMAC (Association of Mature American Citizens) has issued a statement, "The coronavirus is worse than the international media claims."

One of the top world experts on biological weaponry, as well as a professor of international law at the University of Illinois, is Dr. Francis Boyle. He also had a law passed in the US in 1989 against the use of bio-weapons, which was adopted into world law in 1989 (the *Biological Weapon Anti-Terrorist Act of*

1989). I'm getting much of my overall information from him in trying to understand this COVID-19 virus. Dr. Boyle has stated that this is a very serious situation and feels that this COVID-19 weaponized virus was the result of bio-weapon technology that escaped from the DSL-4 laboratory in Wuhan, China. He also points out that there are scientist around the world confirming that this is a weaponized virus.

Dr. Francis Boyle also points out that there are 4 French scientists who recently published an article in the journal, *Science Direct*, on antiviral research on February 10, 2020. These scientists did a genetic analysis of the COVID-19, and their analysis showed a form of bio-weaponization that "may provide a gain of function to the COVID-19 for efficient spreading in human population as compared to other coronaviruses". The phrase "gain of function" means "manmade and weaponized". This analysis included the observation of a spiked protein shell on the virus for better penetration into human cells. He explains that the phrase, "gain of function", directly implies that DNA genetic engineering was done. In other words, their research showed the COVID-19 virus was clearly weaponized. This conclusion is also in alignment with the findings in India at Kusuma School of Biological Sciences showing that there was a genetic sequence taken from the HIV virus to and implanted into the COVID-19 to improve infectivity. Their research was published in the *Lancet*, but, later, it was "pulled out" of the publication. Dr. Boyle also points out in a 2010 journal, *Archive of Virology*, from Australia that there has been active work in the use of SARS and HIV to create weaponized chimeric viruses.

The most serious research that he communicates is a study reported at the DSL-3 laboratory in North Carolina in 2015 that shows that MERS (another weaponized coronavirus) was developed with the technology that makes "gain of function". The article states, "A SARS-like cluster of circulating bat coronavirus has potential for human emergence" (*Nat Med* 6/21/15). He also documents that a leading bio-warfare scientist from Wuhan was trained in "gain of function" technology from the DSL-3 laboratory in North Carolina. In this paper they admit being paid by China to train the Chinese scientist from the Wuhan DSL-4 laboratory. It's specifically designed to infect human respiratory airways. It is thought provoking to realize that the National Institute of Health, according to this 2015 North Carolina paper, okayed this training of the Chinese scientist. In other words, this technology was not stolen by the Chinese, but, rather, sold to them. Apparently, they also used an HIV cell wall attack virus DNA section that helps it penetrate cells. This 2015 training done by the North Carolina DSL-3 laboratory was also approved by the National Institute of Health, as cited in their 2015 paper. (Phonetically pronounced, the top Chinese researcher was Genlee Hi Shi.) The MERS research showed a 36% fatality. Generally, at this point, with the current virus, we have a gain in what they call "pathogenesis" from 2% to 15-

18%. The point is, this top Chinese researcher was trained at the North Carolina DSL-3 laboratory to develop "gain of function" bio-weapon technology. In another very recently released paper, 2 Chinese professors at the South China University of Technology also concluded that the virus leaked out of the Wuhan laboratory.

A few months ago, there was a paper, published in the Lancet, that stated the incubation period for the COVID-19 was 24 days rather than 14. This means holding someone in quarantine for 14 days is insufficient prevention. The problem, as mentioned earlier, is that it takes a long time to document all that's happened. In summary, we can surmise that the bio-weapon technology that is the basis of COVID-19 was developed in the US and sold to the Chinese before it's accidental release from the Wuhan DSL-4 laboratory.

Why are humans choosing to act criminally by making offensive bioweapons against humanity and against the Biological Weapon Anti-Terrorist Act of 1989? It may actually be a reasonable idea that all these DSL labs around the world (including the 12 in the US) be shut down for the protection of humanity. From a biblical point of view, the fourth of the four horsemen of the apocalypse is the rider on the pale (slightly green) horse, who brings plague and pestilence.

Our best defense against this is to care for ourselves preventably the best we can. This is why I've created this prevention and treatment protocol for optimal protection and treatment. Since it is highly likely we will all be exposed, this protocol is the key to dealing with this.

### **When flying or traveling I recommend 2 essential oil blends:**

Immortal Immune – to put on the tops of your feet before bed and upon waking.  
Germs-Be-Gone – to spray on surfaces (such as airplane seats and tables)

### **Recommended Homeopathics:**

Bryonia  
Gelsemium  
Eupatorium  
Influenzinum 200c to 1m

### **Include the following herbs and foods in your diet to protect you from COVID-19:**

The basic mechanism of infection is that the virus latches onto the cell's surface. As many laboratories around the world have noted, COVID-19 is weaponized with an HIV delivery system. First noted in India, it is highly likely this is a human

virus weaponized with an HIV delivery system and also a SARS-like upper respiratory component. At this point, even some officials from communist China are saying it was accidentally leaked from a laboratory in Wuhan. Some have said that the virus enters through an ACE2 receptors on the cell wall membrane, and, supposedly, Asian people have 5 times more ACE2 receptors than other populations. Others are saying it may be more race-specific with the Japanese and Chinese people being the most susceptible. Older people are statistically dying the most, and no fatalities have been reported for children under 10 years old.

The virus enters the cell via a vesicle called an endosome. Once inside, it releases its RNA into the cell cytoplasm and hijacks the cell machinery to produce more viral proteins and thus virus. It also releases an enzyme called 3CL (3-chymotrypsin-like protease). This enzyme attacks the cells defense mechanism against the coronavirus inhibitors.

The following herbal remedies that are suggested destroy the 3CL enzyme and thus protect the cell's ability to protect itself against the coronavirus. The best for destroying the 3CL enzyme is **quercetin** and **epigallocatechin gallate**, which is found in **green tea** and **green tea extract** we carry (to add to other beverages). These anti-3CL substances are also found in:

- **flax seed**
- **citrus peel**
- **tickberry leaves**
- **orange peel**
- **oregano**
- **garlic**
- **ginger**
- **elderberry**
- **turmeric**

### **Essential Oils to protect you from COVID-19:**

Shanti and I have decided the most important essential oils, which were key for prevention and healing during the bubonic plague are:

- **eucalyptus**
- **clove**
- **grapefruit**
- **cinnamon**
- **tea tree**
- **lemon grass**
- **frankincense**
- **Immortal Immune**

## · Germs-Be-Gone

Add these into your overall prevention system. *The key concept is prevention.* Rub on top of feet, wrists, and chest.

**Let's use this situation to improve our overall health habits and wellbeing by:**

- 1) Deepening our connection with God .
- 2) Getting enough sleep.
- 3) Minimizing stress.
- 4) Staying hydrated.
- 5) Associating with loving people.
- 6) Exercising moderately.
- 7) Doing breathing exercises everyday (pranayama).
- 8) Eating high raw and eating 100% vegan.
- 9) Utilizing my Wuhan Coronavirus Protection Protocol.

The healthier you are and the more proactive steps you take, you minimize your chances of catching and/or dying from the coronavirus.

**To protect and enhance our natural immunity, here is my current Wuhan COVID-19 Protection Supplement Protocol:**

**Illumodine** - 20 drops in a glass of water 3 times daily (15 minutes or more away from food) (Iodine has been shown to destroy SARS and MRSA viruses and, in its atomic form [Illumodine] is probably the most powerful antiviral on the planet.)

**Nano Silver** - 1 teaspoon twice daily (Nano Silver has been shown to destroy SARS and MRSA viruses.)

**Red Algae** - 2 capsules twice daily such as on waking and bedtime (away from food). Red algae is extremely anti-viral.

*\*Illumodine, Nano Silver, and Red Algae are the top 3 antivirals.\**

**Mega Defense** - 4 capsules twice daily (for building and protecting the immune system)

**Antioxidant Extreme** - 2 capsules twice daily

**Licorice Root** - take as tea or tincture once daily (for lung protection)

**Vitamin D** - 2,000 IU daily (for building the immune system)

**Vitamin A** - 25,000 IU daily (for protecting our upper respiratory mucus membranes and lining)

**Vitamin C** - as much as you can take before diarrhea

The good news is that this plague could be a sign of a great awakening and a huge spiritual shift on the planet. Our task is to survive this plague to participant in the cosmic messianic shift in consciousness.

May we all be blessed to take appropriate prevention and to stay strong in uplifting the health and spiritual energy of the world.

Blessings to your health and wellbeing,  
Rabbi Gabriel Cousens, MD, MD(H), ND(hc), DD

*“The views, thought and opinions expressed in this article belong solely to the author and do not necessarily reflect the official policy or position of any other agency, organization, employer or company.”*