

What Helped Me Cope with COVID-19: Holistically

Lori Nicholson

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▶ **First Week:**

- ▶ Vitamin C: 1,000 mg. * 3x/day
- ▶ Zinc lozenge: 2x/day
- ▶ Vitamin D: 5,000 IU * 1x/day
- ▶ Oscillococcinum: 1 vial weekly (a couple of weeks before and then first week of illness)

▶ **Second Week:**

- ▶ Vitamin C: 1,000 mg. * 1x/day
- ▶ Zinc lozenge: 2x/day
- ▶ Vitamin D: 5,000 IU * 1x/day

- ▶ Once I came out of isolation: Multivitamin (A, C, D, E, K), Magnesium supplement (needed to absorb Vit. A), Probiotics, Vitamin C (needed to absorb Vit. K—muscle testing how many), Zinc lozenges (muscle testing how many). For the probiotics, looked for Bifidobacterium infantis and a good variety of Lactobacillus strains.

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- ▶ (First Week) KungFu.Life: 5 Shaolin Qi Gong Breath Exercises to Strengthen the Lungs [#StayHome](#) Train & get Strong [#WithMe](#) (YouTube)
- ▶ Jin Shin Institute: I've been following Jin Shin Institute throughout my COVID-19 illness, and these holds have been helping me keep my airways open. It's great lung and immunity support, whether you are ill or healthy: <https://www.facebook.com/jinshininstitute>
- ▶ Essential oils: Oregano on feet. Eucalyptus, Breathe, OnGuard in diffuser. Breathe (diluted) on chest and upper back. OnGuard spray throughout room. Later changed to: Peppermint on head and veins of legs. Diffuser: Eucalyptus, Peppermint, OnGuard. Once homeopathy was started, only diffused Lemongrass.
- ▶ Started homeopathy.
- ▶ Positivity, positivity, positivity.
- ▶ MEDITATED AND BREATHED DEEPLY to keep lungs open: Calm Breathing, Breathing Out to the Universe.
- ▶ 2.4 Hertz binaural beats (used *without* headphones so that there was a vibration to the sound). Kept this going around-the-clock for DAYS.