You Need a Healthy Gut to Have the Immunity to Fight Viruses like the Corona COVID-19 - Here Recipes for you.

These are unprecedented times. COVID-19 (the illness caused by the new coronavirus SARS-CoV-2) has **officially been declared a pandemic by the World Health Organization**. Many countries have sealed their borders and put the population under voluntary or enforced lockdown.

First and foremost, follow national **guidelines for preventing COVID-19**: avoid spreading the virus and cut your chances of catching it by regularly washing your hands, avoiding touching your face and reducing social contact. This is particularly important for protecting at-risk groups including people with existing health conditions, the elderly and pregnant women.

Omega-3 dietary supplements include flax seed oil, stinging nettles oil, fish oil, krill oil, cod liver oil, and algal oil (a vegetarian source that comes from algae).
More Recipes for Healthy IMMUNE System to Stop Covid 19

**Secrets Of The Tribe Quinine Capsules 1000 mg**
**Wildcrafted Quinine (Cinchona officinalis)**

**EMS 5-8 Days Quinine Cinchona Calisaya**
**Peruvian Bark Jesuit Kina Bark POWDER**

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Make a Guacamole with 4 ripe Avocados
Mix: 1 cup peas + 1 cup sprouts (any)
1 cup crushed pitted black olives
handfull of Chia, Flax or Pine seeds
1 cup Hummus  Half cup Goji Berries
Half cup of Sea Weed or equivalent
Quarter cup of each of these Oils:
Olive, Sunflower, Algae, or other
Season with Garlic, Jalapeno, Tumeric,
Curcumin, Paprika, Onion or Coriander

Serve on Cucumber Slices or Zucinni as a
dip. Eat hearty (but not to excess) and
relax after eating to maximize absorption.
Remdesivir most promising COVID-19 drug

A review of potential COVID-19 therapeutics revealed that the most effective are likely to be those directly targeting SARS-CoV-2, such as remdesivir and tilarone. This drug has it’s natural roots in the Proanthocyanidin found in nature, rich in apple and apricot seeds. Must chew the seeds to get the effect.
As well as protecting yourself from the virus on the outside, you can also build up your defenses from the inside by strengthening your immune system. Many people, especially the young, develop only very mild disease. The immune system is complex and highly responsive to the world around us, so it’s not surprising that many factors affect its function. What’s important to know is that most of these factors are not hard-coded in our genes but are influenced by lifestyle and the world around us.

One thing that you can control immediately is the health of the trillions of microbes living in your gut, collectively known as the microbiome. Recent research has shown that the gut microbiome plays an essential role in the body’s immune response to infection and in maintaining overall health. As well as mounting a response to infectious pathogens like coronavirus, a healthy gut microbiome also helps to prevent potentially dangerous immune over-reactions that damage the lungs and other vital organs. These excessive immune responses can cause respiratory failure and death. (This is also why we should talk about “supporting” rather than “boosting” the immune system, as an overactive immune response can be as risky as an underactive one.)

A HEALTHY MICROBIOME, HEALTHY GUT, HEALTHY BODY

Rather than taking supplements that claim to “boost your immune system” with no good supporting evidence, the food you eat has a big impact on the range and type of microbes in the gut. A diverse microbiome is a healthy microbiome, containing many different species that each play their part in immunity and health. Microbiome diversity declines as you get older, which may help to explain some of the age-related changes we see in immune responses, so it’s even more necessary to maintain a healthy microbiome throughout life.

The fine details of the interactions between the gut microbiome and the immune system are not fully understood. But there seems to be a link between the makeup of the microbiome and inflammation – one of the hallmarks of the immune response. Gut bacteria produce many beneficial chemicals and also activate vitamin A in food, which helps to regulate the immune system.
**EAT TO FEED YOUR MICROBIOME**

The best way to increase microbiome diversity is by:

1. **Eating a wide range of whole plant-based foods** - the main fiber is in the **plant cell walls**, which are high in fiber, and limiting **ultra-processed** foods including junk food. But plant products with the cell wall removed like pulp less juice, flour, pasta, sugar are all minus the main need of fiber.

2. **Following a Mediterranean diet** has also been shown to **improve gut microbiome diversity and reduce inflammation**: eating plenty of fruit, vegetables, nuts, seeds and whole grains; healthy fats like high-quality extra virgin olive oil; and lean meat or fish. Avoid alcohol, salt, sweets and sugary drinks, and artificial sweeteners or other additives.

3. If you are concerned about getting hold of fresh produce while self-isolating or quarantined, **frozen fruit, berries and vegetables** are **just as healthy as their fresh counterparts** and will last much longer than the currently recommended two-week isolation period. Canned fruit, beans and pulses are another long-lasting options.

4. You can also support your microbiome by **regularly eating natural yogurt and artisan cheeses**, which contain live microbes (**probiotics**). Another source of natural probiotics are bacteria and yeast-rich drinks like kefir (fermented milk) or kombucha (fermented tea). Fermented vegetable-based foods, such as Korean kimchi (and German sauerkraut) are another good option.

First learn what not to eat. No processed foods, especially white sugar. Nothing boiled in oil. More info in the texts.

Eating whole fruits and vegetables is vital. Recipes in the longer texts.

[https://youtu.be/L_IOlpf3b1](https://youtu.be/L_IOlpf3b1)
To increase your immunity to lung viruses like COVID 19 take the VIRx Nosode for Only Nature Knows. This can increase antibodies.

Exercise and get your lungs into shape and lose some weight. A whole food diet does this quite well. Learn the full breathing technique and use it in sickness and in health to keep the lungs working. [https://youtu.be/TPiLXYT0HQA](https://youtu.be/TPiLXYT0HQA)

Make sure you get enough fatty acids to make cell membranes resistant to viruses.

Keep things clean, minimize contact with others. Boiled vinegar with peppermint oil or the bee propolis candle will clean virus out of the air in your home. Gargle with some slight salt water with cayenne pepper daily to keep the oral and throat membranes clean. Sinus lavage is good with distilled or bottled water.

If you suspect a possible exposure double the gargle and lavage. Take elderberry drinks, vitamin C + D, zinc and bone broth soup. Do not take the elderberry or bone broth if you are extremely sick. Vit C is always good.

If you start to get sick, stay active and keep up the breathing exercises. Do not spend the day in bed. Inhale steam of vinegar and peppermint 10 min a day.

Keep a bee propolis candle with flax seed oil, peppermint, eucalyptus or tea tree oil in the room. Learn the inverted lung cleanse.

Take black cumin seed or the oil. Use quinine or at least quinine tonic water with star anise. Chew 20 apple seeds a day. Drink peppermint tea.

See the list of herbs that fight viruses. Live on whole fruits and vegetable dishes. Fruit and vegetable smoothies with the pulp, no filtered juices. Take probiotics and concentrate on making a good bowel flora.

Here are many good recipes to build your bowel flora and immunity.
**Easy, Fast Kimchi Recipe {Mak Kimchi}**

**Ingredients**
- 3-8 pounds napa cabbage
- 2 bunches green onions (trimmed of the root bits)
- 2-3 large carrots (peeled, thinly juliened)
- 1/2 cup kosher salt
- 1/2 cup Korean chili powder

1. Trim ends of cabbage and chop any way you want – thin or thick strips is fine. Chop the daikon radish and scallions as well.
2. Add the salt to the veg, simply crush and squeeze the water out of the veggies with your hands.
3. In a food processor, blend the garlic, ginger, paprika and chili flakes into a paste.
4. Thoroughly with gloves or a spoon mix the cabbage, radish, scallions and optional fish sauce with the paste in a bowl.
5. Pack mixture into glass mason jars with some sort of kitchen tool with a blunted end. Press mixture firmly into jars until the water level starts rising. This is the key! It’s this anaerobic salty brine solution in which the magic of fermentation happens. Bad bacteria can NOT form in this brine solution. Continue pressing until everything is submerged under the water. Leave at least an inch between the top of the water and the top of the jar. Put the lids on and leave the jars at room temperature for 2-7 days. Open the lids every day to release the gasses if the vegetables rise above the level of the water, pack them back under the water. Taste the kimchi after 2 days. It should taste pleasantly sour. If not, continue to let it ferment and taste it every day until you find the taste acceptable. Transfer to the fridge where it will continue to ferment (and the taste will change) albeit at a much slower pace.

**Slow-Cooker Split Pea Soup with Bone Broth**

**Ingredients:**
- 1 cup yellow onions diced
- 2 cloves garlic minced
- 1/2 teaspoon dried oregano
- 1 1/2 teaspoons kosher salt
- 1 teaspoon ground black pepper
- 2 cups carrots diced
- 1 cup red potatoes diced
- 1 cup celery diced
- 1 pound dried split peas
- 8 cups Bone Broth

**Instructions:**
Place all ingredients in a 4-quart (or bigger) slow cooker. Cover and cook on low for 8-10 hours. Taste to adjust the flavor by adding more salt if desired. Ladle into serving bowls and top with hickory pieces and fresh cilantro leaves before serving. Enjoy!
This is an easy, modified kimchi recipe for beginners. You can use more or less of the Korean red chile flakes, depending on your taste.

**INGREDIENTS**

4 pounds napa cabbage  
1⁄2 cup kosher salt  
2 cups water  
4 green onions, green and white parts  
1 (1-inch) piece fresh ginger, peeled  
10 large cloves garlic, peeled  
1 1⁄2 pounds daikon radish  
1 large carrot, peeled  
3⁄4 cup Korean red chile flakes  
5 tablespoons fish sauce  
3 tablespoons saeujeot  
(tiny salted fermented shrimp)  
2 tablespoons sugar

**FIRST:**

Cut the cabbages lengthwise into quarters.  
Then cut the quarters into bite-size pieces.

**SECOND:**

Rinse the cabbage in cold running water, then drain. Sprinkle the salt all over the cabbage, then pour the water over it, and mix well.  
Set aside for 45 minutes and toss the cabbage once in a while for even salting.

**Meanwhile**

Let's make the seasoning. Cut the green onions on the diagonal.  
Crush the ginger and garlic together. I like to use the butt of the knife.
Julienne the radish and carrot.

All into the bowl:
- 1/2 cup of fish sauce
- 2/3 cup of chili flakes
- 2 TBS of sugar

Mix the scallion, garlic, ginger, carrot and radish with chili flakes, sugar and fish sauce.

THE MARINADE is Ready!

Back to the salted napa cabbages.

You will notice the volume of the cabbage has been reduced to half. Remove the excess salt by rinsing it with cold running water 3 times.

Gently squeeze the water out of the cabbage and put them in a big mixing bowl.

Pack the mixture into the glass jar, leave about an inch on the top and close the lead tightly. Wrap the jar with a plastic bag in case the juice overflows during fermentation. Leave the jar in room temperature for a day then refrigerate.

Finally:

It's time to put the gloves on!

Mix in the marinade evenly to the napa cabbage.

ENJOY!
ZUCCHINI NOODLES - Zoodles

First, what are zucchini noodles? They are simply zucchini that has been spiraled and cooked. We call them zoodles. Spiral or string cut zucchini, then lay 15 min in oven 350 degrees F.

Garlic & Tomato Zucchini Noodles

Italian Zucchini Noodles with Garlic, Tomato and Parmesan

5 ⭐️⭐️⭐️⭐️⭐️ (4) • 15 min • Yield: 3 servings

So quick and easy. A great summertime meal.

Ingredients

1 1/2 lbs. Zucchini (spiraled (2-3 medium zucchinis))
2 Tablespoons Olive Oil or Butter (divided)
4 cloves Garlic (minced)
1 cup Cherry Tomatoes (halved)
Salt (to taste)
Mediterranean Vegetable and Chickpea Stew

4.8 ★★★★★ (6) · 55 min · Yield: Serves 4

Oven roasted mediterranean vegetables come together with chickpeas, tomato sauce and herbs to form a...

Ingredients

- 1 eggplant, cubed
- 1 yellow and 1 green bell pepper, roughly chopped
- 1 medium red onion, roughly chopped
- ¾ cups butternut squash, cubed (or ½ a medium butternut)
- 1 large or 2 small zucchinis, sliced

**Cool & Spicy Cucumber (Sokjang)***

This is the most popular summer dish in Korea. You can substitute soy sauce for the fish sauce to make a mugung.

INGREDIENTS

- 6 small Korean cucumbers
- 4 cups water
- 1 cup Korean salt
- 4 sweet Korean chilies
- 3 cloves garlic, peeled
- 1 large carrot, peeled
- 3 kalespicy peppers
- 3 1/2 cup Korean red chili flakes
- 1/2 cup fish sauce

First:

Cut the cucumbers into partial pieces—leave about an inch of one end intact. Put them in a big metal mixing bowl.

Next:

Pour the saltwater into the bowl and dice the chili. Pour the rest of saltwater over the cucumbers and set aside for 30 minutes. This saltpickling process makes the cucumbers less crunchy and the flavor more delicious.

Now, let's make the seasoning!

Chop the chilies into pieces smaller than 1 inch, crush the garlic, and dissolve the salt.

Then, put them in a bowl with the sugar, salt, and fish sauce.

Remove the cucumbers from the saltwater and gently rinse and ring each individually.

It's time to assemble everything! Wear food prep gloves to protect your hands from the strong spice!

Pack the moist cucumbers inside the cucumber and put them in an airtight container. Let it ferment at room temperature for a day. Then, refrigerate and serve cold. It can keep for up to 10 days in the refrigerator.

Enjoy! 

Pack as much seasoning as possible inside the cucumber and put them in an airtight container. Let it ferment at room temperature for a day. Then, refrigerate and serve cold. It can keep for up to 10 days in the refrigerator.
Mediterranean Baked Zucchini Sticks
5 stars (3) • 30 min • Yield: 8 servings
Recipe is crunchy oven roasted zucchini with feta cheese, fresh parsley and no breading.

Ingredients
4 zucchini, medium
1 cup red bell pepper, finely chopped
1/2 cup tomatoes, finely chopped
1/2 cup Kalamata olives, finely chopped
3 large garlic cloves, minced

Chickpea Salad
4.9 stars (40) • 10 min • Yield: 4
This healthy, summer Chickpea Salad with cucumbers and tomatoes is great for lunch or as a side dish...

Ingredients
2 1/4 cups diced cucumbers (partially peeled)
1 cup diced (seeded tomato)
1/4 cup diced red onion
2 tablespoons fresh lemon juice
1/2 tablespoon minced fresh parsley

Mediterranean Quinoa Salad
A side dish recipe with quinoa, fresh cucumber, seasoned tomatoes, olives and feta cheese

Ingredients
1 cup white quinoa, uncooked
1/2 teaspoon salt
1 cup diced, seeded, unpeeled cucumber
1 can (14.5 oz each) Hunt’s® Diced Tomatoes with Basil, Ga...
Whether you’re shopping for yourself, your family, or for elderly relatives or friends, choosing foods that support a healthy gut microbiome is much more important than stockpiling toilet paper. Managing your mental health, staying physically active and getting enough sleep will also help to keep your immune system in good shape. And don’t forget to wash your hands!