

Natural Remedies Respiratory Disease (Virus)

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Vitamin therapy

Vitamin B5 deficiency

Food sources: Shiitake mushrooms, dried - 10 mushrooms. Lamb, turkey, beef, chicken, veal or pork liver, cooked, Chicken giblets, cooked.

Vitamin B6 deficiency

Food sources: Turkey, shiitake mushrooms, some fish and seafood (tuna, salmon, cod, bonito and octopus), beef and lamb liver, chick peas (Garbanzo beans), wheat germ, whole grains, beer yeast, elderberries.

Vitamin P

Food sources: In the skin and pulp of fruit. Apricots, cherries, grapes, grapefruit, lemons and plums.

Vitamin C deficiency

Food source: Guava, Red pepper, raw or cooked, Papaya, Kiwi, Orange, Orange juice, Green pepper, raw or cooked, Pineapple and grapefruit, Mango, Broccoli, raw or cooked, Brussels sprouts, cooked, Strawberries.

Dosages: 1 to 4g per day.

Vitamin A deficiency

Food source: Turkey giblets, braised or stewed, Beef liver, sauteed or braised, Chicken giblets, braised or stewed, Sweet potato (with the skin), baked, Pumpkin, canned, Carrot juice, Carrots, raw or cooked, Spinach, boiled.

Trace elements

Copper (Cu) deficiency

Food Source: Veal liver, Sheep liver, Scallops, Oysters (dz.), Cocoa, Mussels, Crayfish, Lobster, Beef liver, Wheat germ, Crab, shrimp, Fish eggs, Almonds, nuts, Hazelnuts, Pepper, White bread, Dried beans, Lentils, dried peas, Oatmeal, Mushrooms, Watercress Copper-Rich Food Supplements, Powdered oysters, Seaweed, Seawater, Wheat germ, Molasses.

Silver deficiency

Natural sources: Algae, Beer yeast.

Oligotherapy

Copper-gold-silver: Natural antibiotic

Natural sources

- Kelp
- Trace element supplementation
- Preventive use against viruses and infection.
- 5 granules of copper-gold-silver of plant origin in the morning, to be dissolved under the tongue.
- Follow three 20-DAY cures, with a week between each.
- During convalescence following an infectious disease: 5 granules of copper-gold-silver of plant origin
- Oligophytum 3 times per day.

Copper (Cu) deficiency

Natural sources: Mussels, liver, nuts, dandelion, hawthorn, mushrooms, seaweed, whole rice. Trace Element Supplementation: 5 granules of copper of plant origin morning and evening, to be dissolved under the tongue. Follow three 10-DAY cures, with a week between each.

In case of fatigue: Associate 5 granules of iron. In case of a virus attack: 5 granules every hour.

Gold (Au) deficiency

Natural sources: Beer yeast, liver, seaweed

Trace element supplementation: 5 granules of gold of plant origin morning and evening, to be dissolved under the tongue. Follow three 10-DAY cures, with a week between each.

Associate, Manganese-Cobalt.

Phytotherapy

Ginseng Ginseng, *Panax ginseng*

- The plant of dynamism
- Part used: root
- Ginseng capsule: 300 mg/apsule
- Titrated with 8% ginsenoside
- Recommended posology: 2 capsules morning and evening, to be taken with a large glass of water during meals.

Echinacea, *Echinacea purpurea*

- Part used: root
- Echinacea capsule: 250 mg/capsule
- Titrated with 0.5% polyphenols
- Recommended posology: 2 capsules morning and noon, to be taken with a large glass of water during meals.

Ground Ivy, *Glechoma hederacea*

- Part used: the entire plant
- Ground ivy capsule: 320 mg/capsule
- Titrated with 0.5% polyphenols
- Recommended posology: 2 capsules morning and evening, to be taken with a large glass of water during meals.

Pine (buds), *Pinus sylvestris*

- Part used: bud
- Pine bud capsule: 200 mg/capsule
- Titrated with 0.5 % mineral oil
- Recommended posology: As soon as the first signs appear, take 2 capsules for three days, and then 2 capsules morning and evening until symptoms have completely disappeared, with a large glass of water during meals.

Cannabinum Eupatorium, *Eupatorium cannabinum*

- Part used: entire plant
- Eupatorium capsule: 225 mg/capsule
- Plant medicine against the flu
- Recommended posology: 2 capsules morning and evening, to be taken with a large glass of water during meals.

Beer Yeast

- Beer yeast capsule: 340 mg/capsule
- Recommended posology: 2 capsules morning and evening, to be taken with a large glass of water during meals.

White Willow, *Salix alba*

- Part used: bark
- White willow capsule: 200 mg/capsule
- Titrated with 0.3% salicoside
- Recommended posology: 2 capsules morning, noon and night, to be taken with a large glass of water during meals.

Aromatherapy

- **Orally:** *Cinnamomum camphora cineoliferum*, *Eucalyptus radiata ssp radiata cineolifera*, *Melaleuca quinquinerva cineolifera*.
- **Cutaneously:** *Eucalyptus radiata ssp radiata cineolifera*, *Cinnamomum camphora cineoliferum*, *Ravensara aromatica*, *Melaleuca quinquinerva cineolifera*.

- **Rectally:** *Thymus vulgaris thujanoliferum*.
- *Eucalyptus radiata ssp, Radiata cineolifera*
- *Eugenia caryophyllus*
- *Laurus nobilis*
- *Origanum majorana*
- *Salvia officinalis*
- *Thymus vulgaris thujanoliferum*

Prebiotics

Active Lb.

- Source: Human strain
- Therapeutic dose: From 2 to 6 capsules per day with 60 mg per capsule.

Arabinogalactan

Sources:

- Radish, carrots, wheat, tomatoes
- Larch

Therapeutic dose: 5 to 15 mg per day (1 to 3 teaspoons)

Hydrotherapy

- Sweat Baths
- *Lactobacillus*
- Therapeutic Fast.

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