

The following article is to be used for your personal information. It is not intended to replace medical advice. Please consult your physician prior to taking nutritional supplements.

Dear Naam Yoga and Universal Kabbalah Community:

As we approach 2012, we will see stronger strains of the Flu, including the Swine Flu, as well as longer Flu seasons. At times such as these, it is necessary that we share simple, yet effective yogic and Kabbalistic tools for restoring and maintaining health. Nothing stays the same. All around us we see evidence that the world is changing; shifting and transforming in accordance with the will of God. As we move into the New Age, we are undergoing a process of purification that will see the rise of a new level of consciousness.

As Universal Kabbalists and Naam Yogis, we have known this transition would be wrought with intense changes. We must keep in mind that as old modes of being make way for the new, our sacred wisdom teaches that whatever we dwell upon increases. It is our perception of reality that shapes our reality. In turn, our perception of reality causes us to act in ways that then shape other people's reality. When we begin the day full of fear and negativity, we cause the day to spiral into a series of unpleasant events that have a direct impact upon our physical health. Fear, which is the absence of God and faith, compromises the immune system. When you begin to feel fear creep into your mind and heart, turn your thoughts, feelings and actions into reflections of Love, Faith, and Hope. These three attributes will provide protection, allowing you to effectively resist the darkness, negativity, and disturbance that leave us susceptible to all forms of disease.

When we embrace each day with positivity and light; when we work with Love, Faith, and Hope, we develop the Power of Adjustment. This means that our bodies become purified and our nerves become strengthened. The attributes of Love, Faith, and Hope ensure that all of our days are good days, irrespective of whether or not we find ourselves temporarily stuck. Keep in mind that we have the power to transform everything around us through our spiritual practice and our capacity to serve others.

As we move through this time of transition, let us be enveloped in Light, blessed by Love, and guided by the Divine Spiritual Wisdom. Let us remain confident that as Naam Yogis and Universal Kabbalists, we hold the keys to healing and transformation, for ourselves and others, through the sacred technology of Harmonyum and Naam Yoga, the science of sound and light.

Now, more than ever, we should all be receiving Harmonyum on a regular basis. Harmonyum neutralizes the body of pain, thereby increasing the body's light, strength, and ability to fight disease. Harmonyum supplies the body with exactly what it needs in order to heal itself and stay healthy. Harmonyum and Naam Yoga, which are contained in The Divine Spiritual Wisdom, are so vast; their wisdom and knowledge so expansive and effective, that they provide us with all we need in order to handle the challenges of this time with Grace and Light. Practice Naam Yoga, receive Harmonyum, and work with the laws of nature, and you will be clothed in a blanket of protective Light today, tomorrow, and into the coming age.

It is also vital for us to work with the Light of the Sun, for all healing originates with the Sun. Expose yourself to the Sun in the morning, and it will raise your level of vitamin D, a key component in the body's ability to resist disease. (Consult *The Divine Doctor* for more details and specific exercises.) If you

are unable to work with the Sun directly, you may wish to increase your level of vitamin D through supplements. In addition to working with the Sun, every Naam yogi and Universal Kabbalist should begin each day by drinking a cup of HOT, HOT, HOT water. Do this again at midday and at night. Water is the hand of God, and when you drink HOT water, it goes where it needs to go to take care of your health.

It is also advisable to cut, or significantly reduce, refined sugar, fat, alcohol, and caffeine from your diet, as they can weaken your immune system.

The body needs movement. Movement is life. A lack of movement creates stagnation in the body and stagnation leads to disease and decay. You must keep the energy of the body moving and circulating for health. Take time each day to exercise. A recommended exercise to do every morning is to lie on your back, raise your hands and feet toward the ceiling and shake them vigorously for 3-11 minutes. This simple yet profound exercise will bring great strength to your immune system.

Walking is also good for healing the body and strengthening the mind. It regulates your systems and supports your will power to the extent that you gain the capacity to overcome any invitation to live in fear and/or anxiety. Finally, make sure you get sufficient rest every day.

Resting and relaxing restores balance to the body and allows your system to assimilate what you do during the day. Naam Yoga contains many stress reducing and immune enhancing elements whose benefits are both short-term and cumulative. The Naam Yoga Health Series (warm-ups), combined with the mental repetition of Naam provides a gentle, natural means of immune system support by, among other things, lowering the stress hormones that compromise healthy functioning.

Naam Yoga kriyas also offer poses that gently compress, twist, and/or work on the navel in order to aid digestive ailments. Inversions increase the passive circulation of the lymphatic system, which is responsible for the production and circulation of the immune cells to defend the body from viruses and bacteria. Inversions such as Bridge Pose will help improve the flow of lymph and congestion. Chest opening upper back bends will activate the primary organ of the immune system, the thymus gland, located in the center of the chest. The most beneficial postures for this purpose are Bridge and Bow Poses. Chanting Ra Ma Da Sa Sa Say So Hung while performing Bow pose for example, can further activate the thymus gland.

Finally, a mere 30 minutes of daily meditation increases endorphins, decreases cortisol levels, and fosters the positive states of mind that promote better health. In cases of active flu, however, absolute rest is recommended. Avoid practicing yoga until you have recovered. Practicing yoga is recommended in cases of more mild viruses. Be mindful of your state of health and use your best judgment. In order to support your healing process, for your protection as well as protecting the health of your fellow yogis, please consider conducting your practice at home until you are confident that you have returned to a state of health.

The yogic tradition also teaches us that maintaining the proper energetic balance in the digestive tract is also essential to maintaining immunity. Poor digestion leads to a build-up of mucus that can then move into the lungs, causing respiratory problems. Improper digestion can also lead to toxin build-up, which in turn manifests as disease anywhere in the body. A yogic diet's emphasis on whole grains, fruits, vegetables, and legumes provides the body with the proper nutrition and abundance of antioxidants the immune system needs to function optimally. It is vital for us to consume large amounts of alkalizing foods. These foods help keep the pH level of the body balanced so that the body

stays disease free. While the human body needs to be in a slightly alkaline state (pH level between 7.35 and 7.41) to maintain perfect health, a typical modern day diet of foods like refined breads, sugar, processed foods, coffee, fast food, fried food, cigarettes and alcohol leaves the body in an acidic state. Consult the internet for alkaline recipes, and incorporate a few into your diet. This simple step will do wonders for your health, and leave your skin and hair with a shining glow. Umeboshi plums, known as the king of alkaline foods, should also be added to your diet.

The following is a list of recommended formulas that strengthen the immune, nervous, and digestive systems so that you are better able to ward off air borne disease and infection. Some may work better for you than others. Choose what resonates best with you, keeping in mind that some are very spicy, and all are very powerful. Start slowly, and use the given modifications when necessary. Most importantly, as always, seek medical attention immediately if you experience severe symptoms.

DAILY PREVENTATIVE MEDITATIONS

I. Mandatory Meditations -

- a. **Breath of Glow with Gyan Mudra** - every morning for 10 minutes. (Listen to Kabbalah for Healing CD track 5) At the end of this breath inhale and hold 15-30 seconds only. Exhale. Inhale, raise the arms up, exhale and for 30 seconds to one minute shake vigorously to get rid of disease. Breath of Glow draws toxins out of bodily tissues, cleaning the lymphatic system and strengthening immunity. The lymphatic system is a network of organs and tissues that produces infection fighting white blood cells. It also collects bodily fluids that may contain bacteria and viruses. Breath of Glow activates the diaphragm and abdominal muscles to increase the flow and

drainage of fluids in the lymph system. If those toxins build up in the lymph nodes, infection can develop, impairing the system's defenses. It works. It will keep over 700 kinds of diseases out of your life.

- b. Breath of Fire with Silver Triangle Mudra** for 5 minutes in the morning to strengthen the life force. At the end of this exercise inhale, hold for 15 seconds and exhale.
- c. Panting Breath with Gyan Mudra** - Sit in Easy Pose, chin in, chest out. Stretch your tongue as far out of your mouth as possible and breathe fast in and out, through your open mouth, as fast as you can. Your tongue must remain extended all the way out. The air will strike the back of your throat. Continue this panting or dog breath for 3 minutes, fast and steady. The sound of the breath is 'Har'. Use your diaphragm.

To finish; inhale deeply, pull your tongue in and press it against the upper palate as hard as you can, holding your breath for 15 seconds. Exhale through your nose and relax. Repeat this sequence two more times. This exercise allows you to control everything. It is a very healing exercise which brings energy to your immune system so as to fight infection. You will know that you are doing this exercise right when you feel tingling in your toes, thighs and lower back. It will open your diaphragm and change your medulla. It removes anger, burns karma, and corrects the five tattvas.

- d. Sitali Pranayam with Tattva Mudra** (all fingers tips of the left hand touch all finger tips of the right hand) in the morning and at night in one of the following 2 ways: First method - inhale through curled tongue, slow and deep, followed by along easy exhalation through the nose. Repeat for 11 minutes in the morning and 11 minutes at night for optimal results. You may also choose to do this for 11 minutes in the morning

only. Sitali Pranayam eliminates disease from the body. In severe cases of the flu this is the breath to do as it is the most comfortable and easiest to perform and again, very effective in removing disease from the body. In such cases it is best to do this one with Silver Triangle Mudra. At the end of this exercise inhale, hold for 15 seconds and exhale. or Second method - segmented inhalation through curled tongue 8 times as you mentally vibrate one syllable per breath: Ra Ma Da Sa Sa Say So Hung, then, exhale slowly and completely through the nose. Repeat for 15 minutes in the morning and at night. At the end of this exercise inhale, hold for 15 seconds and exhale.

Doing Sitali Pranayam for 11 minutes in the morning regulates the digestive system and moves the prana for overall health. It removes poison from the spleen, liver and digestive system. It readjusts the function of the nerves and supports the spleen. All diseases and physical weaknesses are destroyed when a Naam yogi performs Sitali Pranayam morning and evening between 4PM and 7 PM, while meditating on Naam. This is a kriya that can even bestow occult powers upon the one who practices it. Sitali Pranayam cools the body and eliminates disease. It activates the liver and spleen, soothes the eyes and ears and cools the whole body. **IMPORTANT:** If you are very sick with the flu virus, it is most important to rest and if you can, do the following 2 things: a) Sitali Pranayam. b) Soak your hands and feet separately in warm water with sea salt and eucalyptus oil to keep opening the channels of the body. (Soak for up to 30 minutes.) Combining all 4 breaths above will completely work to restore health to your immune system ridding the body of all disease and disturbance. The following time ratio may be used in working with this mandatory practice in the morning:

- 1) Breath of Glow – 10 minutes
- 2) Breath of Fire – 5 minutes
- 3) Panting Breath – 3 minutes
- 4) Sitali Pranayam – 11 minutes

At night the above practice may be followed with the Panting Breath being optional.

Recommended Meditations -

- a. Allergy Mudra – The left hand makes a fist and the right hand wraps around the left fist. Cross your right thumb on top of left thumb. Chant the following mantra 7 times per breath for 31 minutes a day: Satnam Satnam Satnam Satnam Satnam Satnam Wahey Guru. Should 7 times in one breath be too difficult for you initially, you may chant 5 times per breath using the *Flow of Naam* CD, track 4 until you build up your capacity to do 7 times per breath. Alternately, you can do the same meditation twice a day for 11 minutes each time.
- b. A very gentle, restorative yoga practice can be helpful when ill as it can strengthen the immune system. A vigorous practice would be stressful to the body.
- c. Work on your Hands: Massage the entire hand as taught by Gurunam.

MANTRA

Triple Mantra and Psalm 91 are recommended. These prayers will protect you.

GENERAL RECOMMENDATIONS

When taking herbal remedies it is important to remember that in order to achieve a high level of potency, certain amounts of the

herb have to be consumed. Follow the directions on the bottle, because each company has different recommendations. Herbal therapy is a science and an art. It is an art because it is very difficult to recommend accurate doses. Technically, it is based upon the amount of active ingredients in each crop of herbs as well as size and weight of the individual taking them. In essence, there is no exact method, however it is important to remember that herbs should be taken for at least five days after symptoms disappear.

When a person no longer feels symptoms of sickness, it means that the pathogen has been reduced to a level that no longer causes symptoms. It does not mean that the pathogen has been completely eradicated. In order to avoid a relapse, you must continue all therapy, both spiritual and physical, for several days after symptoms have disappeared. Also, most herbs are not time released and for this reason, it is important to take most herbs at least three times throughout the day. It is not enough to take one big dose per day. It is better to take several small doses throughout the day.

If you have digestive disturbances from herbs, after having consulted with your doctor, try reducing the dose of the herbs and take them with food. If the herb is spicy, try adding milk or a milk substitute to it or exchange it for a remedy that is not spicy. Individuals with digestive weakness may need to experiment a few times before finding the remedy that is right for them. In order to ease the stomach and digestive system while taking spicy remedies it is good to take a tablespoon of aloe vera gel (not juice). This brings a coating to the stomach that is cooling to the fire that the spices bring. Eating a good healthy plain yogurt is also beneficial. Always consult with your physician about other pharmaceutical medications that are being mixed with herbs. Most herbs are safe to mix with medications but there are some exceptions. For some individuals, it may be best to consult with a professional herbalist. Doctors generally ask patients to discontinue all herbs 5 days prior

to surgeries. Pregnant women, women trying to become pregnant and nursing mothers should consult with their doctor and a professional herbalist who is familiar with the intricacies of herbs and pregnancy.

All of these products can be obtained through most health food stores. Many of the spices can also be obtained in grocery stores.

I. FIGHTING PATHOGENS

1. Garlic

Garlic fights bacteria (If taking in capsule form follow directions on the bottle).

2. Black pepper

Black pepper fights viruses.

3. All Medicinal Mushrooms

Medicinal Mushrooms have been shown to ward off viruses, bacteria, and fungus. They reduce inflammation, combat allergies, help balance blood sugar levels, boost heart health, lower the risk of cancer, promote immune function, and support the body's detoxification mechanisms.

We suggest that you get *Host Defense* from the brand: New Chapter, which combines 15 of the most potent medicinal mushrooms for immune support.

You can take 3 capsules twice a day, as prevention to keep your immune system strong. You can also choose to take *Immortal Mushrooms* from the same brand.

4. Elderberry Capsules or Tincture (not lozenges or candies)

Elderberry, when taken in concentrated form, has specifically been shown to be effective in fighting influenza A and B

viruses. J. Int. Med. Res. 2004 Mar- April; 32(2):132-40.
Sambucol, a company who manufactures elderberry products, has shown this to be effective against 10 strains of influenza virus. J. Altern Complement Med. 1995 Winter; 1(4):361-9.

5. Goldenseal, Echinacea, and Parsley

Each can be taken to strengthen the immune system. It is advised that you take these at the onset of illness. Do not take for an extended period of time.

Goldenseal can cause diarrhea and stomach upset. Echinacea is only effective at the initial onset of symptoms.

6. Turmeric (oil, powder), Oregano (oil), Bioplasma Combination (Bioplasma by Hylands Homeopathics)

This combination can be used in one of three ways:

- A. To strengthen the body; when you think you have been exposed to sickness: Take for a few days; if no symptoms appear within a few days you may stop. If symptoms do appear follow Direction B.
- B. For individuals who have a cold or flu: Take while symptoms persist and for three days after symptoms have disappeared.
- C. For individuals who wish to prevent cold or flu but don't suspect exposure take a few times per week to strengthen immunity.

To a 1 liter bottle of water add the following:

- a) a full dropper of Turmeric Oil extract (or 1/2 teaspoon of turmeric powder)
- b) 8 drops of Oregano Oil
- c) at least 19 pills of Bioplasma.

Drink throughout the day.

Additional Uses of Oregano Oil: For cold, Flu, Bronchitis and Sinusitis 12 drops of Oregano oil every 4 hours immediately upon appearance of illness in order to prevent appearance of symptoms and shorten the duration of the illness. Continue with 2-4 drops twice a day for an additional week for prevention. Keep in mind that you may wish to also drink either almond milk or rice milk to coat the stomach due to the spicy nature of this concentration.

Turmeric is a profoundly powerful healer with natural antibiotic properties. Turmeric is believed to help purify the blood, clear the skin, heal reproductive organs, and balance blood sugar.

IMPORTANT: Enrich your daily diet with yogurts containing pro-biotic bacteria while taking this drink. Note: the size of the bottle does not ultimately matter. Those who wish to dilute their mixture can have large bottles of water and those who prefer a more concentrated mixture can use small bottles. Either way, be sure to spread it out over the course of a day. You can add some honey if you desire. Do not take turmeric if you are pregnant.

7. Raw Garlic, Ginger, Raw Onion

Garlic, ginger and onion strengthen the body. Garlic warms the body and acts as an antibacterial agent. Onion acts as an antiviral agent. Use Garlic, Ginger and Onion for immune strength. This combination can assist in effectively fighting many bacteria and viruses. To reduce the symptoms of bacterial and viral infections, eat 3 cloves of raw garlic, three times a day, morning, midday, and night. Drink a lot of water with it. Garlic is best ingested raw. To help ingest the raw garlic, try dicing it up and add some olive oil to it and spread it on a piece of bread or toast. Should this be too difficult for you, try taking odorless garlic capsules, available I

in natural food stores and many drug stores. To eliminate bad breath, try chewing on a few cardamom seeds, some parsley, or fennel seeds. Keep a mixture of cardamom and fennel seeds handy, and just take a pinch or two to chew on which should help your garlic breath. You can either swallow it or spit out after chewing. Chlorophyll capsules can also be effective at counteracting the odor.

8. Water

When you have the flu it is very important to drink a lot of fluid. Start the day by drinking one liter of room temperature water within one or two hours of waking. This will help flush your system. Keep drinking as much fluid as you can without taxing your kidneys. Take Bioplasma and electrolyte powder to take care of your mineral levels.

9. Yin Qiao

At the first sign of the flu begin taking the Chinese formula Yin Qiao. This remedy may not be helpful after the third day of symptoms.

10. Astragalus – Astragalus is an immune system booster, helps the body to regulate itself, and aids endurance. It helps increase your resistance to disease.

11. Fish Oil – Supports brain function and can help your vitamin D levels.

II. STRENGTHENING THE BODY'S DEFENSE MECHANISMS

Everyone should consider incorporating the following foods into their diet at least 5 days a week:

- a) Turmeric - Three to six grams of turmeric powder mixed with hot milk or water three times a day. Occasionally, in Indian grocery stores, fresh turmeric root is available. This is especially potent and can be shredded and combined with yogurt. Turmeric is a blood thinner so check with your doctor if you have bleeding disorders, are taking blood thinning medications or have prolonged menstrual bleeding. Otherwise, this is one of the best tools of the herbalist.
- b) Parsley – aids digestion and strengthens the spleen
- c) Black Pepper – fights bacteria, virus and fungus
- d) Chicken Soup – It has been shown to have healing properties.

You may wish to add it to your diet. Chicken soup works to fight off colds because, like most protein foods, it contains a natural amino acid called cystine. Cystine acts like a drug called acetylcysteine, which doctors prescribe for bronchitis and respiratory infections. The spicier the better; add some turmeric, a small amount of black pepper and as much garlic as you can stand. Mix this together and you've got a potent pharmacological brew.

You can strengthen the body by working on the digestive system. The following are a few effective choices:

1. **Nux Vomica:** a homeopathic remedy, very effective: 4 pills twice daily
2. **Apple Cider Vinegar:** Drink hot water with at least 2 tsp. of apple cider vinegar and 1 tsp. of honey. The vinegar should come from brands such as Braggs or Hines. They are old fashion, unrefined vinegars. This is an old remedy used by the ancient Egyptians to support healthy digestive function. Drinking the remedy 1-3 times per day is advised. It can be especially effective for acid reflux.
3. **Drink the hot water with the juice of ½ lemon and 1 tsp. of honey.** Again, make sure the water is very hot. Hot water

kills the flu virus. Normally it takes about 10 days or more for the flu to run its course but hot water will speed up the healing process. Even if you are very sick, keep drinking it!

4. **Drink diluted fruit juices.** Dilute them so that you keep the mucus membranes moistened while reducing the amount of sugar you consume. Remember that pathogens live off of sugar so consuming high amounts of sugar feeds the pathogen and can actually simultaneously temporarily lower the healthy function of the immune system.
5. **Parsley, celery, watercress, garlic, lemon, and carrot** are nourishing and help cleanse and promote healing.
6. **Daily use of honey and cinnamon powder** strengthens the immune system and protects the body from bacterial and viral attacks. Honey contains various vitamins and iron in large amounts. It helps strengthen the white blood corpuscles to fight bacterial and viral diseases. Pregnant women should avoid cinnamon as it can cause miscarriage. It can also increase menopausal hot flashes.
7. **Red beet juice** cleanses the liver and helps fight viruses.

III. TAKE CARE OF YOUR ENVIRONMENT

- 1) Hydrogen Peroxide will clear your space of the Flu Virus. Purchase Hydrogen Peroxide at any pharmacy. In a vaporizer (also found at many pharmacies or drugstores), mix 1 part Hydrogen Peroxide with 2 parts of water. If you have 16 ounces of H.P. mix with 32 ounces of water. Continuously vaporize this mixture for one hour, three times per day. Should the H.P. be less than 70% solution, vaporize for a longer period of time, three times per day.
- 2) At least one or two times per day, open the windows to the outside air to clean and refresh the environment. Take precaution with extreme weather.
- 3) Half a teaspoon of Colloidal Silver for children a teaspoon of Colloidal Silver for adults can be swallowed to ease or

eliminate flu symptom. By taking it regularly, you may never get the flu.

IV. STONGER PROTECTIVE REMEDIES

- 4) Yogi Tea is the easiest way to prevent the onset of cold and flu. When you feel something coming on, drink the following mixture throughout the day:
 - a. Black Pepper – supports the digestive system.
 - b. Cardamon – supports the digestive system.
 - c. Ginger – strengthens the nervous system and helps the digestive system (There is some controversy about the safety of taking ginger during pregnancy.)
 - d. Cinnamon – strengthens the immune system (remember to avoid in Pregnancy and with menopausal hot flashes)
 - e. Cloves

Prepare the mixture in equal parts, adding a bit more ginger if you have the flu. Avoid adding dairy to the tea. You can add almond or rice milk. Almond milk supports the brain and eyes, and rice milk supports the digestive system.
- 5) For severe Flu Symptoms – Honey & Cinnamon
You can take 1 Tbs. of lukewarm honey with ¼ tsp. cinnamon powder daily for three days. This can help cure most chronic coughs, colds and clear the sinuses. (Do not give honey to babies and small children and remember to avoid during pregnancy and with menopausal hot flashes.)
- 6) Gold Water – Place a gold coin in 4 cups of water. Boil the water until it reduces to 2 cups. Drink some of the water in the morning and at night.
- 7) Warm Salt Water – Gargle with warm salt water a few times a day to relieve a sore throat. Throat sprays or lozenges may also help relieve the pain.

- 8) VICKS - Put some VICKS in a pot of steaming hot water, place a towel over your head, close your eyes and breathe deeply and allow the VICKS to help clear the chest. You can also spread the VICKS on your back, chest, and neck if desired.

TO COMBAT ALLERGIES

- a. Incorporate into your diet a few days a week:

2 tsp. tumeric

2 Tbs. olive oil

2 inches of fresh peeled and grated or finely diced ginger. Saute and add to fresh yogurt and eat with food.

- b. Allergy Tea - 1 tsp. Black Peppercorns in 4 cups of water, boil down to one cup and drink. Please note, due to the spicy nature of this tea it is recommended that you drink rice milk before and even after as a cooling agent to the stomach. This tea is optional – try it and take it slowly. Black Pepper is great for pet and seasonal allergies and also gallstones. If you are allergic to cats drink this tea and you will have hours and hours of fun with your cat! You may also choose to substitute saffron for the black peppercorn. Should these be too strong then drink hot water on a regular basis.

- c. Cooling Seed Tea

2 tsp. fennel

1 tsp. coriander

1 tsp. cumin

Very helpful for the digestive system

- d. Kicheree - Healing Yogic Rice

Strengthens the body by working on digestion and elimination

10 cups of water

2 cups basmati rice

2 cups whole green mung beans (soaked in water for at least 6 hours, but up to 24 hours)

1 medium onion (diced)

4 cloves garlic (finely chopped - you can use as much as a full bulb if you are a garlic lover)
1 to 2 inches ginger (finely chopped)
3 Tbs. olive oil (or grape seed oil can be substituted but use a bit less)
1 Tbs. turmeric
1 Tbs. cumin seeds
1 Tbs. coriander powder
1 Tbs. crushed red chili flakes
1 tsp. black pepper
1/2 cup Braggs Liquid Aminos
1 Lb. spinach (you can use any green leafy vegetable)

Use the largest pot in your house for this recipe (8 qt. is ideal, but 5 qt. can work). Turn the heat to medium, and add the cumin seeds. Stir them occasionally until they start to pop. Then add the ghee, turmeric, coriander and black pepper and stir to create a sauce. Let the spices cook together in the ghee for about one minute. Add the onions, garlic and ginger, and stir. Let cook for about 3 to 5 minutes until you can smell the onions and garlic cooking. Add 8 cups of water and the soaked mung beans. (The mung beans should have doubled in size while soaking.) Cover and bring to a boil. Once the water is boiling, tilt the lid slightly but keep covered. Turn the temperature down to medium-low and allow to cook for 2 to 3 hours, adding water if necessary to keep it slightly soupy. After an hour, add the spinach. If you have a pressure cooker, you can cook the mung bean part of the recipe in the pressure cooker for 25 minutes. In a separate pot, cook the rice. Combine the rice with 5 cups of water. Add the crushed red chili flakes. Bring to a rolling boil and let boil for 7 minutes. Then turn off heat and cover for 20 minutes. Do not remove the lid as the steam will continue to cook the rice, making it light and fluffy. Check the mung beans from time to time. Once they are soft, they are done. You then turn off the

heat and mix the rice in with the beans. Add the 1/2 cup of Bragg's Liquid Aminos and stir together. Your Kicheree is ready to serve. You can eat your Kicheree with plain yogurt. After you let the pot cool, you can put the entire pot in the refrigerator and heat up individual servings all week!

- e. The Magic Seven Formulas- The seven formulas listed below may be taken separately or in combination. Some of these formulas are known ancient yogic formulas that have been used for thousands of years.

Formulas with high levels of black pepper, ginger, cayenne and other spicy herbs may cause hot flashes to get worse.

Number 1

- 3 Tbs. turmeric
- 1 Tbs. fresh ground black pepper
- 1 tsp. cayenne pepper
- 1 ounce basil (dried or fresh)

Mix above ingredients with COLD PRESSED OLIVE OIL (The olive oil MUST BE COLD PRESSED or this will not work). Once mixed into a paste heat/saute for 3-5 minutes. Eat with a lot of fresh yogurt, rice and/or a potato so the paste will be easy on the digestive system. Take once per day. Please note: This is a very spicy recipe and for some people it may be difficult to tolerate easily. Only use in case of actual flu, and not as a preventative measure unless you really feel that it is necessary for you. Please use your good judgment and go slow with it! If it is too strong for your stomach, discontinue use.

Number 2

Company - *Quantum Herbal Products* - Product: SUPER OXYGENATED COLD AND FLU FORMULA. In tincture form

take 3 full droppers 3 x per day. (You can purchase this at most health food stores.) This tincture is very powerful and you will begin to sweat right away. It is recommended that you drink rice milk before and after taking the tincture because it is quite spicy. The rice milk will serve to cool the fire, making it easy for the digestive system to assimilate.

Number 3

Hot Water & Baked Potato - MOST IMPORTANT: Drink HOT, HOT, HOT water throughout the day. It is very difficult for any virus to withstand the environment that hot water creates in the body. Hot water enhances sun energy within the body, and baked potato enhances moon energy within the body.

Number 4

1 tsp. Black Pepper, 1-3 cloves Garlic, $\frac{1}{4}$ tsp. Cinnamon, $\frac{1}{2}$ inch Ginger, Lemon Juice of $\frac{1}{2}$ Lemon - If you are dealing with a combination of viruses and bacteria, then you need to attack it in waves. Black pepper, garlic and cinnamon will act as your primary attack to break the virus-bacteria cycle. About an hour after that, take garlic, ginger and lemon juice to start killing the weakened virus. Thirty minutes later, attack again with black pepper, garlic and cinnamon. This should finish off the cycle and you will only be left with the bacteria. In order to get rid of bacteria, reduce the level of acid in your system. Stay away from breads, starches, and meats, and drink fresh orange juice mixed with Emergen-C and hot water. In addition to maintaining neutral pH levels, drink a lot of water. Continue with the regimen until you feel better.

Number 5

Essential Oils - Tea Tree Oil, Eucalyptus Oil, Lemon Oil, Lavender Oil Sprinkle a few drops on a handkerchief and leave it under the pillow. It will help you. Do not overdo it. In a few rare cases eucalyptus oil can elevate liver enzymes. Be cautious if you are asthmatic because it may precipitate an attack if the person is

allergic to it.

Number 6

Medicinal Brandy - You can create a tea made of lemon, orange juice and brandy. Squeeze half a lemon and half an orange into two teaspoons of brandy and it will help you sweat out the flu, ease any sore throat you may have and also keep you hydrated. Please use your best judgment as it can be abused and can make chronic coughs worse. Too much alcohol causes mucus to get stuck in the lungs and feeds bacteria.

Number 7

ZICAM – This is an excellent remedy for nasal passages. It has a Q-tip like insert for allowing ease in reaching the nasal passages. It can also be taken orally in liquid and capsule formulas.

V. PRACTICAL TIPS FOR AVOIDING COLD AND FLU

1. Wash your hands often. This is the number one preventative measure you can take. You can pick up cold germs easily, even when shaking someone's hand or touching doorknobs or handrails. You should lather up your hands well for at least 30 seconds, then rinse-off the soap thoroughly for another 30 seconds. Be sure to include the areas under your nails when you wash your hands, as they are a breeding ground for germs. Drying your hands, studies have shown, is also an important step in removing germs.
2. Keep your immune system strong (Naam Yoga will help). Get good quality sleep, eat nutritious food and stay strong with moderate exercise. As mentioned earlier, a recommended exercise to do every morning is to lie on your back, raise your hands and feet toward the ceiling and shake them vigorously for 3-11 minutes. This simple yet profound exercise will bring

great strength to your immune system.

3. Limit airborne risks by keeping your nose clear and hydrated. Usually, we infect ourselves by placing our own virus contaminated hands to our faces. Less frequently, we can catch them from airborne sources.
4. Sneeze or cough into a tissue and then throw the tissue away.
5. Clean surfaces you touch with a germ-killing disinfectant. Avoid overuse of anti-bacterial soaps as they can cause the bacteria to develop immunity to the disinfectants. Use other natural antibacterial products such as grapefruit seed extracts, baking soda, vinegars, ionized water products, tea tree oil, etc.
6. Don't touch your nose, eyes, or mouth. Germs can enter your body easily through these paths.
7. Any season is cold and flu season but the most prevalent time tends to be in the fall and winter when people are together in close surroundings.
8. Avoid large crowds in enclosed areas as much as possible, especially during cold and flu season.
9. Keep your feet and neck warm. Cold feet and a chilled neck cannot cause a viral infection. When the feet or neck are cold, cold contracts, due to weakened circulation and weakened tissue in the area. This is also true for mucous membranes in the nose. When mucous membranes contract, they dry out and cause the glands to stop functioning. This easily allows dust and bacteria in, as the nose stops its filtering function, making your entire system more vulnerable.
10. Sometimes, even when we do our best to avoid these situations, they occur regardless. Just being aware of it is half the battle.
11. When you are sick, the best thing is to drink plenty of fluids and rest. If you have a fever, stay in bed and drink plenty of water so you don't get dehydrated. Once the fever is gone, gentle stretching is fine.

12. Keep yourself warm. The body must be covered from the throat to the thighs.
13. Avoid sour and cold foods, as well as cold liquids.

A FINAL NOTE

Keep in mind, that if you find yourself in the midst of a serious epidemic, you must consider wearing a protective mask or, avoid public places all together. If you find yourself in another country where hygiene is compromised, you may also want to be overly cautious of fresh uncooked foods. The above recommendations are very helpful for creating, restoring and maintaining good health in this Age of Air and airborne illness. They work! Read them and use what you need. Share them with others. May God bless you with good health and plenty of morning Sun!