

Inexpensive Working Method For Getting Rid Of Coronavirus

I have written to:

- The Guardian
- Stanford University
- The CDC and
- The New York Times.

Replies to these four emails? Zero.

My important message is getting lost in the barrage of other messages in these troubling times.

*If the president is allowed to recommend
injecting Lysol
certainly I can be allowed to recommend
this healing treatment.*

I hope you take a few extra seconds to consider what I've written below.

I just realized that something I take for granted might have a huge impact for people with Coronavirus!

My idea does NOT include the use of any vastly overpriced drugs or vaccines from Big Pharma, so, of course, all those people (hoping and praying their drug patent will be the one that is chosen and make them filthy rich) will probably scoff at this method.



In the Old West, there were NO antibiotics. When a person was wounded, you had two choices to disinfect the wound: bourbon or Echinacea.

When Alexander Fleming discovered Penicillin in 1928, he knew it would be over-used and that people would soon develop bacteria that had become immune to the effects of Penicillin. He was right.

In truth, the horrible misuse of antibiotics by “doctors” has created a huge health problem. Now we have gram-negative bacteria living in the open air in puddles and ponds that make disease pathogens immune to every antibiotic in the "arsenal." Because of this, the technique below has become even more important.



When I feel a cold or flu coming on, here's what I do:

1. clean a PORCELAIN Neti Pot to make sure there is no dust or hair in it
2. heat 1 cup of STEAM DISTILLED water in a clean Pyrex measuring cup
3. heat it in a microwave for 40 seconds (will vary from model to model)
4. pour a little over the wrist (as is done when preparing a bottle for a baby)
5. when the water feels neither hot or cold, add the water to the Neti Pot
6. pour in one packet of Neti Pot salt
7. add 1 eyedropper full of tincture of Echinacea
8. with a clean spoon, stir for a few seconds
9. hold the head sideways over a sink
10. apply the Neti Pot spout to the upper nostril
11. allow gravity to let the solution flow through the sinuses
12. allow the solution to exit the lower nostril
13. at least one time during the emptying of the Neti Pot, tilt the head back slightly and, still holding the Neti Pot to the nostril, take a sniff of air in through the nose until the taste of salt water appears in the mouth. When you taste salt water, this means that the Echinacea has traveled down (and removed the virus from) the

Eustachian tubes from the sinus cavities to the back of the throat. Spit the salt water out and keep the Neti Pot going until it is empty.

I HAVE PERFORMED THIS PROCEDURE MANY, MANY TIMES. Because of my discovery, I don't get colds of flus any more.

As the Echinacea flows through the sinuses and the Eustachian tubes, if it encounters any Coronavirus, the virus will be killed instantly.

Most of the articles on the Internet about the extreme health benefits Echinacea have been pulled, no doubt by Big Pharma. In the "good old days," however, you could read how Echinacea instantly killed:

- Ebola
- Marburg
- Hantavirus
- Dengue
- Lasa

If a person thinks they've been exposed to Coronavirus (perhaps someone coughs or sneezes on them) do a Neti Pot with Echinacea and wipe out the virus instantly.

Antibiotics help with bacterial infections only. Echinacea rids the body of bacteria, viruses and fungus.

Next, I am going to experiment with another idea I've had: using a tiny amount of Echinacea in a nebulizer with steam distilled water. Breathing an Echinacea mist into the lungs might just cause any Coronavirus to be killed there too.

Sherman Keene