

Proactive Home Health Care for Common Ailments

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Presented by Dr. Arlan Cage

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Keep These Immune Booster On-Hand at All Times:

- Vitamin C
- Vit. A (retinol form, gelscaps)
- Vit. D3
- Zinc
- Selenium
- Echinacea tincture
- Golden Seal tincture
- Astragalus tincture
- “Throat” teas
- Lemons (fresh is best)
- Raw, unfiltered honey
- Learn to cook and eat with as little white flour, refined sugar products and unhealthy fats as possible

Good Immune Boosting Herbs. Tincture form is best

- Astragalus: increases interferon, T-cells, B-cells and antibody production
- Cat’s Claw: Increases white cell count, anti-inflammatory
- Eleutherococcus: Increases white cell count and activity
- Echinacea: Increases white cell count and activity (**NOTE – does not work with Blood Type “O” Individuals!**)

First Onset of Cold/Flu-like Symptoms

- Stop all Sugar!
- Stop Dairy products
- Vitamin C
- Vitamin A
- Vitamin D3
- Zinc
- Selenium
- Herbal Throat teas with lemon and honey
- Anti-viral herbal tincture (see earlier list of herbs)
- Soup (clear bone broth)
- *REST!* We aren't supposed to keep working while we are sick

Herbs with anti-microbial properties, and what they work against:

- Oregon Grape Root: bacteria, fungi/molds, parasites
- Golden Seal: bacteria, virus, parasites
- Chaparral: bacteria, fungi/molds, viruses
- Black Elderberry: viruses
- Pau D/Arco: bacteria fungi/molds, viruses, parasites

Very Brief Immune System Summary

- You have an immune system.
- Your immune system can defend against virtually all invading pathogens, and has been successfully defending us humans throughout our existence
- Your immune system requires certain nutrients; key ones are: (C, A, D3, Zn, Se)
- Additional natural substances can boost immunity when needed at the onset of illnesses
- Additional natural substances can kill invading pathogens
- Refined carbohydrates and sugars are absolutely the WORST thing you can do to your immune system!
- At the first sign of illness, eliminate sugar and dairy products, increase your immune boosting nutrients, and add one or more of the natural immune boosters, get plenty of rest

For More Information...Contact for Dr. Cage

email: drcagesays@gmail.com

Dr. Cage also hosts an online Health Community, offering books, courses, podcasts and more, on a variety of subjects pertaining to Health & Wellness, and upgrading awareness of consciousness, new paradigms and our true potential for optimal health and longevity.

Website: <https://www.drcagesays.org>

Natural Approaches for Basic Ailments

Bleeding/Wounds

- Keep Hydrogen peroxide on hand as a topical disinfectant
- Spurting wounds indicate ruptured arteries; this is serious – get to an ER
- Stop Bleeding with
 - > Cayenne Pepper. Use by the handful on large wounds, great for road rash
 - > Can take cayenne internally (capsules) for GI bleeding
 - > can be snorted or squirted with a bulb syringe for nosebleeds
 - > Homeopathic Phosphorus, 6C potency best for acute situations

Burns

- Inside of fresh banana peel, rubbed on the burn
- Pulp and juice of fresh Aloe leaves. Cut the stickers off the edges, slice open leaf, macerate the pulp and then rub it on burn

Sprains and Bruises

- Homeopathic Arnica gel, applied topically
- Homeopathic Arnica pellets, dissolve under tongue

Grow Your Vitamins

- Vitamin A and Carotenes: orange and red vegetables: pumpkin, squash, yams, cayenne pepper, turnips, beets, tomatoes, carrots
- Bioflavonoids & anti-oxidants, purples and blues: blueberries, elderberries, strawberries, raspberries, apples, peaches, apricots, pears, dark grapes & loquat
- Minerals – broad, leafy greens: spinach, kale, chard, collard, etc.
- Cruciferous vegetables, strong cancer preventives– broccoli, kale, cabbage, collard greens, cauliflower, turnips, radishes, Brussels sprouts.

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