

STAY STRONG AND HEALTHY



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HEALING
ARTS

Giving the
Joy of Health
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Disclaimer

The provided information is for informational purposes only and should not be construed as a substitute for professional medical advice. Always seek the advice of your physician or other qualified healthcare providers with any questions you may have.



Introduction

One result of the coronavirus pandemic is that people are correctly putting more emphasis and importance on the strength of their immune systems. The reason for this is that data shows that people with strong and healthy immune systems are either not getting symptoms at all, or are able to overcome the illness.

Every cell vibrates with divine intelligence. We tap into this divine intelligence when we use our intuition or muscle testing. In this way we can take our health into our own hands and do all you can do to stay healthy and strong. As the CDC has claimed, **'This is a viral pneumonia. Antibiotics are of no use. The antiviral drugs we have will not work and there is currently no vaccine. Recovery depends on the strength of the immune system.'**

We are offering this booklet as a public service education tool, with information on how you can strengthen your immune system. We hope you find it helpful.

About the Author: Dr. Alicia Armitstead is a chiropractor who specializes in nutrition. She uses muscle testing to help her patients heal using Nutrition Response Testing, Morphogenic Field Technique, Applied Kinesiology, Activator and Psych K. She founded Healing Arts in NYC in 2006.



Vitamins and Minerals

Vitamin C- not just any vitamin C but liposomal vitamin C or vitamin C made from food absorbs the best.

Nearly all of the Vitamin C (ascorbic acid) supplements you see at the supermarket or drugstore are chemically synthesized, meaning that they are not food-derived. Synthetic Vitamin C is created in a process involving cornstarch and volatile acids.

Natural Vitamin C is more complex and contains plant compounds that make it more beneficial. While both forms of Vitamin C provide health benefits, depending on the dosage, less than 50% of the synthetic Vitamin C is actually absorbed by the body. The rest is eliminated when you urinate, creating the bright yellow urine. Natural, food-derived Vitamin C, on the other hand, is absorbed in its entirety.



Viatmins and Minerals

Vitamin C occurs in a wide variety of foods, but most notably in:

- citrus fruit (oranges, grapefruit, lemons)
 - kiwi
 - strawberries
 - red and green bell peppers
 - tomatoes
 - cruciferous vegetables (broccoli, cauliflower, brussel sprouts)
- Try to eat more of those when you can.

Vitamin D - Can be taken as a supplement but even better if you can sunbath for 10 minutes every day.

Zinc - A supplement available in lozenges or tablet form. I like the lozenges, if there is no added sugar. If there are any germs sitting in the mouth or the back of the throat the zinc lozenge will kill it before it enters deeper into the body.



Supplements

Wellness Blend - which contains kyoilc garlic, liposomal vitamin C, mugwort, echinacea, oregano, lysine, eucalyptus, beta glucan and goldenseal.

I created this supplement for my patients in 2018 because I wanted one supplement that boosted the immune system and killed everything. I wanted an antiviral, anti-parasitic, anti-fungal and antibiotic all in one.

I made Wellness Blend with liposomal vitamin C. The liposomal technology enhances absorption and has higher bioavailability when compared to standard oral vitamin C. Liposomal technology uses phospholipids from sunflower lecithin to help carry, protect and deliver the vitamin C.



Supplements

Garlic - kills everything! It is an anti-parasitic, antiviral, anti-fungal, and antibacterial. I use kyolic garlic because it's aged and loses its odor and harshness that you sometimes find with other garlic supplements.

If you want to use garlic cloves medicinally and if you can handle it, chew a raw garlic clove a day with food already in your stomach. Cooked garlic loses its medicinal value. As little as 60 seconds of microwaving or 45 minutes in the oven can deactivate the medicinal properties of garlic. However, crushing garlic and allowing it to stand for 10 minutes before cooking can help prevent the loss of its medicinal properties. The loss of health benefits due to cooking could be compensated by increasing the amount of garlic used.

So to maximize the health benefits of garlic:

- Crush or slice all your garlic before you eat it and let it stand for 10 minutes before you use it.
- Use a lot of garlic — more than one clove per meal, if you can.

It's important to support our local businesses. You can buy local garlic here

- www.alphagarlicfarm.com



Supplements

Mugwort - is added into the Wellness Blend not as an immune booster but as a liver tonic. If the liver is healthy then toxins won't build up. Keeping the body detoxed is important to keeping the body healthy.

Echinacea - not only supports the immune system, it also has been proven to reduce the severity and duration of viral infections.

Oregano - is a very good antibacterial and supports the lungs so it's good for any illness with a cough, bronchitis and asthma.

Lysine - is an amino acid that is anti-viral. L-lysine works by helping to increase the number of antibodies called IgG. IgG antibodies fight infection, the more we have, the stronger our immune system is. Studies have found that when lysine and vitamin C are used together, the levels of these antibodies in the blood rises even more.



Supplements

Eucalyptus leaves and oil - have been used for generations as a cure-all for respiratory issues, particularly in removing excess phlegm and mucus from the sinuses and respiratory tracts. Eucalyptus is specifically good at killing bacteria and candida.

Beta glucan - is a soluble fiber that not only boosts the immune system but also is good at lowering cholesterol and improving blood sugar management which is needed for diabetes and pre-diabetic situations.

Goldenseal - is also used for the common cold and other upper respiratory tract infections, as well as stuffy nose and hay fever. Goldenseal is also really good at killing parasites and for helping digestive disorders including stomach pain and swelling (gastritis), peptic ulcers, colitis, diarrhea, constipation, hemorrhoids, and intestinal gas.

To order Wellness Blend go to <https://healingartsnyc.com/shop/wellnessblend>



Supplements

Now what do you do preventatively if you have children who can't swallow a pill? I suggest using a liquid Homeopathic remedy called **Viruses by HVS laboratory**. To order Viruses go to <https://healingartsnyc.com/shop/viruses-hvs-detoxosode>

It's good even for adults as I have some adult patients who don't like swallowing pills either. This remedy I also give to infants. A preventative dose for 3 months to 2 years old would be 1/2 cap a day. Older children and adults would be a cap a day.

All of these supplements previously mentioned are for prevention. If you feel like you actually have symptoms it would be a different protocol for actually fighting the virus and/or illness. Contact the office for more info: 866-585-5999



Immune Boosting Tonic

I have an Immune boosting tonic which I have loved using during cold and flu season over the last 5 years. This immune boosting tonic recipe is quite easy to make. It's a garlic, ginger, lemon, honey remedy that's suitable for the entire family, including kids! Aids digestion and promotes detoxification too.

Ingredients:

- 2 lemons – (with the skin, cut into large chunks)
- 1/2 cup fresh ginger – (peeled, cut into chunks)
- 1/2 cup fresh garlic cloves – (peeled)
- 1/2 cup raw organic Manuka honey

Manuka honey is a very specific honey that comes with numbers on the label +5, +10, +15 etc. The higher the number the more medicinal it is. Also the higher the number the more expensive it is but it is worth it so purchase the highest number you can find. If you cannot find Manuka honey buy raw, local, organic honey. The honey that comes in the bear containers are highly processed and lose their medicinal value. If you can find a local bee farmer that would be the best!

Instructions:

Add all ingredients roughly chopped in a blender, pulsing for a few seconds until everything turns into a paste.



Immune Boosting Tonic

The mixture contains not only the juice but also the fibers which makes it even more beneficial for your gut flora. The fiber helps the good flora stay. That's what a Prebiotic is, fiber that allows good bacteria to grow. Whereas a probiotic supplement is the actual good bacteria. If you don't have enough fiber from your diet and you take a probiotic you might just be wasting your money because the good bacteria will just go right through you because it's the fiber that the good bacteria attach to and are able to colonize.

This immune boosting tonic is best taken on an empty stomach in the morning and/or half an hour before meals or before going to bed. As a preventive measure you can take one or two teaspoons per day.

If you are in the middle of fighting a cold or an acute infection take one teaspoon every 3 hours. The benefits of this tonic are best experienced if used regularly.

Store the immune boosting tonic in a seal-able glass container in the fridge. The longer it sits in the fridge the more potent it gets.



Essential Oils

Essential oils are great too! They have a faster way of getting into the body and working at the cellular level. We love doTERRA essential oils for they test the best. I suggest putting oils in a Veggie Capsule to boost your immune system. This is the recipe I like to follow if you can't be muscle tested for your specific essential oil formula.

Ingredients:

- 2 drops Frankincense
- 2 drops Melaleuca (Tea Tree oil)
- 4 drops On Guard Blend
- 2 drops Oregano
- 6 drops Lemon

Directions: Place all drops into an empty Veggie Cap. Take one capsule every 4-6 hours. Be sure to fill each Veggie Cap immediately before ingesting as the essential oils dissolve the capsules very quickly. Take capsule with food. Repeat daily as desired.



Wellness Tips

Now here you are doing all these great things to boost up the immune system so you don't want to go and ruin all your hard work. Therefore you need to know the number one thing you can eat to lower the immune system is **white refined sugar**.

Viruses don't eat the sugar because they don't eat anything. They literally don't metabolize. But sugar does weaken our cell membranes allowing viruses to attach to them easier and then use our cell to make more viruses and spread throughout the body.

This is specifically white refined sugar, cakes, cookies, candy. Sugars that are allowed are honey, real maple syrup, stevia, agave, and organic coconut sugar. I love to bake with coconut sugar. Organic cane sugar can be okay for healthy people in small amounts because it's not as processed as white refined sugar.



Wellness Tips

As if no sugar isn't hard enough, absolutely no alcohol or smoking. Both of which should be obvious but I think are worth pointing out.

Smoking is the absolute worse thing you can do for the lungs. Whether it is cigarettes, vaping or pot you are putting toxins into the lungs and it is only harmful.

Alcohol suppresses the immune system. No matter what alcohol we are talking about, wine, beer, vodka, rum, etc. alcohol is a depressant and not only depresses the mind but also the immune system.



Wellness Tips

Lack of sleep also weakens the immune system so a good night sleep is really important. I suggest to my patients to have the same bedtime routine every night. This should include no electronics, 30 minutes before bed. This also means not watching TV. During this 30 minutes meditation, listening to a visualization, taking a bath or reading a good book can be nice ways to relax before bed.

Exercise has been proven to boost the immune system. It is a great stress reducer which can help if you are doing too much quarantine snacking. Snacking is easy to do when we are emotional. Go for long walks or runs if you can do it safely, staying 6 feet away from people. Do yoga from home. There are tons of online classes now to follow. I use an app called [Down Dog](#) that I pay for but right now it is free to use. The same company also has free apps for Barre and HIIT which is important for you to get your heart rate up and your lungs working harder.

Drink 32oz of hot lemon water every day. You will only need half a lemon per 32 oz. Hot lemon will also help cleanse and flush toxins from the body. If you find you are sensitive to the hot lemon water, you can remove the lemon and just drink hot water.



Wellness Tips

I am a chiropractor so I must also tell you how **Spinal Adjustments** have been shown to boost immune function because they serve to correct the spinal misalignments that cause nerve dysfunction. Even one adjustment can bring about an immediate immune boost.

Chiropractors were key in 1918 during the Spanish Influenza.

Reports show that in New York City, during the influenza epidemic, out of every 10,000 cases medically treated, 950 died; and in the same epidemic, under drugless methods, only 25 patients died of influenza out of every 10,000 cases. That's 950 vs. 25. That's a huge difference! For more information:

[https://www.danmurphydc.com/Rhodes_Flu.pdf?](https://www.danmurphydc.com/Rhodes_Flu.pdf?fbclid=IwAR2fkt8q7lryuG7ZsDlv6jLGfX6EZBikg4a8xdAz9PoFEuOKif5xkf5gALs)

[fbclid=IwAR2fkt8q7lryuG7ZsDlv6jLGfX6EZBikg4a8xdAz9PoFEuOKif5xkf5gALs](https://www.danmurphydc.com/Rhodes_Flu.pdf?fbclid=IwAR2fkt8q7lryuG7ZsDlv6jLGfX6EZBikg4a8xdAz9PoFEuOKif5xkf5gALs)



Calcium relieves a fever

Managing a Fever

If you do start running a fever it's actually a good thing. Like I said, this virus is a wimp when it comes to heat so you want to actually allow the body to run the fever. Tylenol, Advil, Motrin, Ibuprofen etc. will bring your fever down allowing the virus to live longer. They are saying that NSAIDS, the ibuprofen, Advil etc. will actually exacerbate the virus.

However, use common sense and don't let the fever go over 102 if you can. If it gets higher than that and you want to take something natural, calcium can bring a fever down. Take 3 calcium every 20 minutes until the fever goes down. If you take 12 calcium with no change then take Tylenol, not ibuprofen or Advil to keep it regulated.

Remember that every medication you take is merely relieving the symptoms, not making you well. It helps to keep your house warm and cover up with blankets so the body does not have to work so hard to generate the heat. It usually takes about 3 days of this to break the fever.



Managing a Fever

With a fever the body is going to dehydrate with the elevated temperature so you must **rehydrate**.

Do NOT drink Gatorade as the sugar and food dye is too toxic. Instead try smart water, a bottled water that has electrolytes in it. Alternatively, you can add trace mineral drops or even add a pinch of salt to your water.

Himalayan salt is the salt to use because it has the most minerals. Sea salt would be second best to use. Do not use regular table salt. It's too processed and causes stress to the body.

Once the fever breaks, start moving around to get the body back in shape and blood circulating.



Coronavirus Tips

The best way to fight this pandemic is to keep ourselves strong and healthy by supporting and boosting our immune systems.

All the previously stated immune boosting techniques can help prevent and protect you from the coronavirus. I also have a few extra coronavirus specific techniques as well.

For both prevention and fighting the coronavirus, eat a lot of **Garlic** and **Ginger** to help because they are antiviral.

Vitamin C - as mentioned previously is a anti-viral supplement. In China they are using IV vitamin C to treat coronavirus patients and NYC hospitals started including vitamin C a couple of weeks ago.

Dr. Andrew G. Weber, a pulmonologist in NYC, has been giving his intensive-care patients who have been infected with the coronavirus 1500mg of intravenous Vitamin C several times a day - as part of an anti-viral protocol.

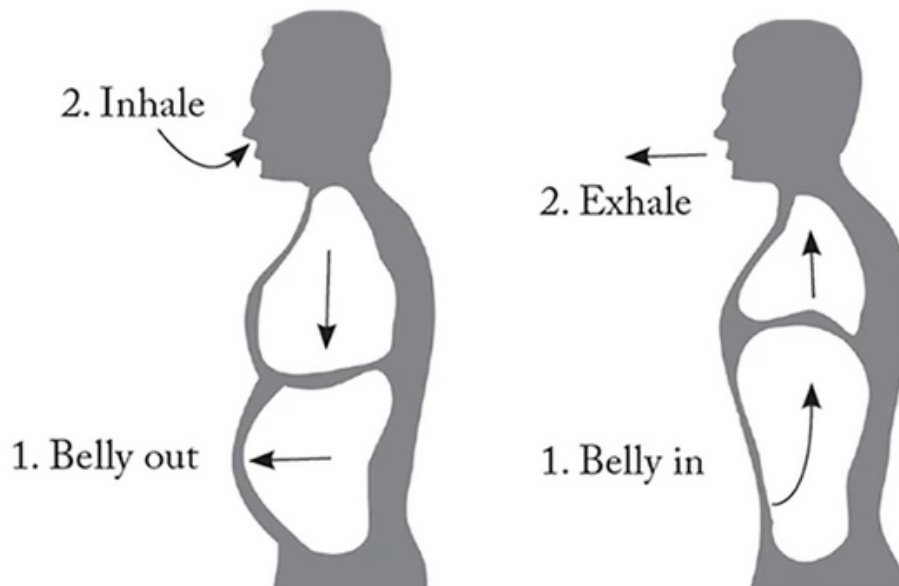


Coronavirus Tips

Once you get home after having been out and maybe been exposed to it, **sip at least 4 ounces hot lemon water every 20 min. for one hour.** If the virus is in the mouth or throat, this will flush into the stomach where the stomach acid will help kill it.

Also use a hair dryer on low heat at a 45 degree angle into the nostrils for 6 minutes. The heat will kill the virus in the sinuses. If your face gets hot, spray your face with cold water and it will keep it cool.

Exercising the Lungs. We actually want to exercise the lungs. I never thought about exercising an organ until the coronavirus hit and pulmonologists shared that it would help preventatively to do deep breathing exercises to strengthen the lungs. Before the pandemic I only thought of people with trouble breathing as needing breathing exercises.



Coronavirus Tips

On a daily basis I want you to do lung exercises both preventatively and if you are feeling symptoms. Make sure when you do lung exercises you breath by first pushing out your stomach, filling the bottom of the lungs first and then the chest.

Don't pick up the chest first when breathing, because then you aren't using the diaphragm to breath. The diaphragm is the only breathing muscle in the body. If you don't use it you are then using the trap and other shoulder muscles to pick up the rib cage and this is why so many of us have knots and tension in our shoulders and neck. But if you breath using the diaphragm is allows the lungs to expand automatically.

You see the diaphragm is a muscle that sits at the bottom of the rib cage, over the stomach and when looking at the body is an upside down U shape that when inhaling, flattens, enlarging the rib cage allowing the lungs to expand. When the diaphragm moves like this it applies pressure on the stomach, almost like a massage that is good for digestion.



Coronavirus Tips

The deeper the breath, the more oxygen can come in per breath. The amount of oxygen that we inhale through our breathing, influences the amount of energy that is released into our cells. On a molecular level, this progresses all sorts of chemical and physiological processes.

Breathing is controlled by the autonomic nervous system. The part of our nervous system we don't have to think about that makes our heart beat, that heals a wound and digests our food.

There are two parts to the autonomic nervous system, sympathetic and parasympathetic. These two parts control different things in the body. The parasympathetic controls the breathing, healing, digestion, sleep and libido. This is the part of our nervous system that makes us feel relaxed and that is why breathing is so good to do during stressful times. It helps get us out of fight or flight mode. Breathing is also the easiest part of the autonomic nervous system to control and navigate.



Coronavirus Tips

In fact, the way you breathe strongly affects the chemical and physiological activities in your body. It's amazing what you can do when you can control your breath. I'm not just talking about how long you can swim under water. With controlled breathing the heightened oxygen levels hold a treasure of benefits, more energy, reduced stress levels, and a stronger immune response that swiftly deals with all germs.

Wim Hof, you can google him, has developed special breathing techniques that keep his body in optimal condition and in complete control in the most extreme conditions. Wim Hof got his nickname "The Iceman" by breaking a number of records related to cold exposure. His feats include climbing Mount Kilimanjaro in shorts, running a half marathon above the Arctic Circle on his bare feet, and standing in a container while covered with ice cubes for more than 112 minutes. Patients who have used his method say that it helps with stress and it even helped one patient heal from his eczema. His breathing techniques can be found easily online.



Coronavirus Tips

Another breathing technique to exercise the lungs I received from a pulmonologist is to take 5 deep breaths with the diaphragm and then after the fifth breath purposely cough.

Besides deep breathing, you must also keep your **lungs moist**. Best done by taking long steamy showers on a regular basis, if your wheezing or congested use a real minty toothpaste and brush your teeth while taking the steamy shower or if you have peppermint or eucalyptus essential oil put a drop on your hands, cup it near your mouth and deep breath through your mouth. This will provide some bronchial dialation and help loosen the phlegm.

You can also force yourself to cough into a wet wash cloth pressed firmly over your mouth and nose, which will cause greater pressure in your lungs forcing them to expand more and break loose more of the congestion.



Healing Arts is here to help

If you would like help with your diet or supplements, please don't hesitate to call our office on **(866) 585 - 5999**

During this time, we are offering phone consultations about our immune boosting protocols.

For more information on Nutrition Response Testing and the other services we offer, please visit our website - **www.healingartsnyc.com**

Stay Strong and Healthy!