

Four Phases of the Virus CoViD-19

As all aspects of four, we will move through with our sensing.

Phase ① Keep Clear

The Coronavirus is novel because the shell of the coronavirus is lipid, not protein.

What this means is wear gloves. The virus is passed via touch. It sticks to clothes, products, money, phones, etc.

Solutions to wipe: H2O2, alcohol, (not anti-bacterial)¹

Clean frequently used surfaces & items with soap, alcohol-based cleaners (70% alcohol), hydrogen peroxide, colloidal silver, home-made vinegar+ anti-viral essential oils like oregano oil, (bleach not advised if lung compromised)¹ if items or people or friends are in and out of your home.

Washing in hot water with a “grease cutting” soap or detergent – Persil ProClean voted best grease cutting laundry soap.

- Rely on our own defenses -

Soap effectively “kills” (dismantles) the virus. Antibacterial agents (e.g., Triclosan), don’t kill the virus, but will impair your “Barrier Defense” potentially leaving open spaces for COVID-19 penetration.¹

No hand sanitizer.

Barrier Defense: The body is covered with a dense layer of friendly organisms (bacterial and viruses) which “crowd out” pathogens. Removing your microbiome with antibacterial wipes or hand sanitizers (Triclosan) can leave you at greater risk of infections.¹

Phase 1 Targeted Supplements to Keep Clear

Take 1,000 mg of **Vitamin C**

Liposomal Vitamin-C – want it to be liposomal, check the labels when buying

<https://www.iherb.com/pr/SunLipid-Liposomal-Vitamin-C>

Or, **Metagenics Ultra Potent-C** (<https://klaike.metagenics.com/ultra-potent-c-1000>)

- Once Daily

IV drip, 10 – 20 grams

Colloidal Silver (Phase 1 Dose) <http://mountainwellbeing.com/shop/colloidal-silver/>

- Adults: 20 drops, two times a day
- Children (under 100 lbs.): 10 drops, two times a day

Note: only take if the colloidal silver is clear, if it is not clear it is not colloidal silver.

This is most helpful for people with bad bacteria in their gut. Dysbiosis (aka more bad bacteria than good) makes one walk around with higher inflammatory markers. This makes it easy for the virus to enter the tissue.

Oil Flush CoViD-19 out of the back of throat

- First flush nasal cavities with **saline spray**
- Then do **oil pulling**: 1 TBSP oil swished and gargled in mouth (about 1 – 2 min). Can use coconut, sesame seed, or olive oil. Or Banyan Botanicals Daily Swish:
<https://www.banyanbotanicals.com/daily-swish/>

Sensology Suggestions for oil pulling: add ½ - 1 tsp at a time, swish for 5 – 10 seconds, then add a little more at a time, swishing with saliva until you get enough to gargle in the back of your throat where the CoViD-19 hangs. Then spit the oil out in the trash or the coveted toilet paper (the comic relief of this time). * **Total gargling time about 1 – 2 minutes.**

* **Sensology Suggestions if oil pulling cannot be tolerated:** gargling with vinegar and salt water will aid in pulling the virus out as well.

- 2 oz water
- 1 teaspoon salt
- 1 tablespoon vinegar

Note: Viral membrane made of lipids (fats) —“lipid envelope”— rendering the virus lipophilic (e.g., drawn towards fats/oils) Oil pulling shown to be more effective than chlorhexidine at cleaning the mouth [Asokan 2008] ¹

- Do this after you return home from contact, shopping, work, etc.
- If your throat is sore, or you sense you may have been exposed, do this morning & night.

Zinc 10-15mg¹

- 3x/day after meals¹
- Inhibits viral replication. ¹
- Use lozenges, most helpful in initial days of infection when COVID is replicating in upper respiratory tract (mouth/throat). Picolinate or oxide forms least effective; Zn carnosine maybe a great option. Take with copper (5:1 ratio Zn:Cu) unless you have cancer, when skipping copper due to its ability to promote angiogenesis. Take with food in your belly to prevent nausea side effect. ¹

Product Link: <https://www.iherb.com/pr/Thorne-Research-Zinc-Picolinate>

Melatonin – blood levels predicted who contracted the virus even when exposed.

<https://www.lifeextension.com/search#q=melatonin&t=coveo4A2453FD> (various concentrations and options, pick what works best for your needs)

Phase 1 Dose

- Adults: start with 1 mg at night and build up to 7-10mg
- Children: start with 1 mg at night and build up to 2-3mg

If melatonin keeps you up, take your dose in the morning.

L-Lysine 500 – 750 mg <https://www.lifeextension.com/vitamins-supplements/item01678/l-lysine>

NOTE: only people that are immunocompromised or on the front line of treating CoViD-19 patients need this.

- 2-3x/day

- Consider higher range if you are in at-risk group. Potential synergistic effect combined with green tea and vitamin C.

Phase ①

What Only Sensology Offers: Sensology Basic Practice

Humans possess the potential to meet this virus from their own field strength. What activates this ability is taught and offered through Sensology Basic Practice and the 13 Stages of Human Energetic Development.

Viruses are energetic entities in nature. Let us meet this virus with our energetic development.

- Learn Center of the Head –

Modulate control of human functions (the hypothalamus pituitary axis and hippocampus) via dense soul essence sphere in center of your head.

This is the most effective way to release fear.

Practice develops field containers in human form which allow one to change and address all physiological effects of fear.

Click YouTube link: [\[redacted\]](#) (coming soon)

Attend class weekly on Mondays @ 7 PM (ET).

Link for \$7 Payment & Class Signup Form - <http://eepurl.com/dgSYTb>

Phase ② As we keep clear, we release fear.

During Phase 2 the virus is asymptomatic, so we are in our Sensology Practice in our knowing if we have contracted CoViD-19 yet.

Phase ②

What Only Sensology Offers: Sensology Basic Practice

Being in Basic Practice aids the immune response **not being fooled**.

Viruses are energetic in nature for they interface with spiraling DNA.

Therefore, viruses are energetic entities. Let us meet this one with our energetic development.

- Learn the Four Parts of Breath –

How to be in the pause so your immune system can respond to the virus.
In the pause it is the container of all that takes form. Learn to use it to meet
the virus and all that is.

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Phase ③ Space In Between – love and support your fever

Fever lets you know your body is moving to fight the virus. Let it, at this level.

Stay under warm covers, change damp clothes and bedding often.

Sip hot beverages. Best ones are green tea or bone broth.

Wear wool sweaters or socks

Note: if worried about children's high fevers, put wet wool socks on feet (room-temp water), this aids in keeping their core brain temperature down.

Sip water with minerals and electrolytes. At least 36 oz per day. (resource: Minerals of Life 4x <https://righttrackteam.com/products/minerals-of-life-4x>)

It is best not to take anything for the fever, but if one cannot take the pain, only use Tylenol. No NSAIDs, they further the spread of virus.

The virus enters your cells via 2 pathways

- (1) ACE-2 cell receptors , TMPRSS2 aids the ACE2 in the virus entering the cell membrane
- (2) Viroporins

The entry via 2 pathways delays the immune response.

Do not eat foods high in arginine. Arginine aids the virus in coupling to cells.

- Nuts & seeds
- Meats
- Legumes
- Seaweed

Phase 3 Active Targeted Supplements

Melatonin – upping the dose from Phase 1 to Phase 3 active dose

<https://www.lifeextension.com/search#q=melatonin&t=coveo4A2453FD> (various concentrations and options, pick what works best for your needs)

- 10-12 mg at night.

Do not take during Phase 3 if it keeps you up. Rest is needed to heal.

Begin taking:

UltraGI Replenish (<https://klaike.metagenics.com/ultragi-replenish>)

- ½ scoop daily

UltraFlora Immune Booster (<https://klaike.metagenics.com/ultraflora-immune-booster>)

- 1 capsule at night
- Supporting the mucosa lining of the gut will support the lungs

Hemp Advantage <https://klaike.metagenics.com/hemp-advantage>

- 140mg, twice daily

Resveratrol (<https://www.lifeextension.com/vitamins-supplements/item02210/resveratrol>)

- 100 mg, daily

Note: No longer are we using colloidal silver during Phase 3. It is being replaced with either of the following:

Artemisinin Emulsion

- 1 teaspoon, 3 times a day

Product link: (https://www.nhc.com/artemisinin-emulsion-by-quicksilver-scientific?quantity=1&gclid=Cj0KCQjwmdzzBRC7ARIsANdqRRnO3I9LDwvvcV7cpErvcmPtVLNPhARwsVqodej1srqP6N86paG18aAn6PEALw_wcB)

Artemisia. Sweet wormwood 30:1 extract

- 2 times a day

Product Link: (<https://www.professionalsupplementcenter.com/Artemisia-by-Allergy-Research-Group.htm?>)

If you cannot get these or cannot afford them do not fear or worry. Our energetic practice in this case can support all aspects of fighting the virus. **Learn how:** [YouTube link: _____](#) (coming soon)

Phase ③

What Only Sensology Offers: Sensology Basic Practice

Viruses are energetic in nature for they interface with spiraling DNA. The Coronavirus hijacks your cell to replicate their protein structures.

As you move with your fever, be with the pause of your exhale to aid in sinking in to the abyss while the body destroys the virus.

- Learn the Four Parts of Breath –

How to be in the pause so your immune system can respond to the virus.
In the pause it is the container of all that takes form. Learn to use it to meet the virus and all that is.

Click YouTube link: [_____](#) (coming soon)

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Phase ④ The IL-1Beta Storm

Continue on all Phase 3 supplements.

If medical attention is not needed at this point, utilize a **nebulizer** with **Respiratory Relief** by Nature's Rite (<https://www.mynaturesrite.com/product/respiratory-relief/>)

- Can be used every 4 hours to relieve inflammation from lungs

Phase ④

What Only Sensology Offers: Energetic Support

In this phase, an active practice of these readily learnable energetic positions in the body will support you moving through.

- Meet the IL-1Beta Storm in your lungs with the Pause of the Inhale –

In addition to all of the core components of Sensology Basic Practice:

- Center of the Head
- Grounding
- Inner Column

Click YouTube link: [\[redacted\]](#) (coming soon)

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NOTE: none of this information is a substitute for medical attention.

Reference:

If the ¹ appears by supplement information it has been discussed with Jeanne Wallace of Nutritional Solutions and sensed energetically by Kiera D. Laike, IRW.

Link to “COVID-19: Translational Research to Identify Potential Targets for Effective Integrative Medicine Approaches & Self-Care Strategies” by Nutritional Solutions:

<https://nutritional-solutions.thinkific.com/courses/covid>