

**Nutritional Guerilla Warfare Kick A\*\*  
Home Remedies For Boosting Your  
Immune System Throughout the  
Pandemic, and Cold and Flu Season.**



Because of legal regulations we must state that the list of home remedies contained in this pamphlet is not a substitute for medical advice and that anyone who is feeling sick or who believes they may have COVID-19 should seek medical advice immediately.

This collection of home remedies was compiled by members of the Healthcare Working Group, of the Black Is Back Coalition for Social Justice, Peace and Reparations, as we wanted to compile into one source the various remedies that people were sharing to help them beat this pandemic. However, nothing in here should be construed as a recommendation, endorsement, or prescription.

We believe that information is powerful and that the more information we have, the more we learn how to build up our immune systems, the more we will be able to make informed choices which will result in better health outcomes.

Our only requirement for including suggestions in this compilation was that all of the suggestions be natural, non-invasive and pose no harmful side effects.

This booklet is to be used for informational purposes only and is not a substitute for medical advice.

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# **No 1 Rule For Home Remedies:**

***IF IT CAUSES NO HARM,  
TRY IT!***

**“My motto has always been if it doesn’t cause me any harm or risks, I’m going to try it. I would never experiment with medications. And whenever I did take any medications, I always monitored the side effects, with the determination that I was only going to take them for a short term, until I found a healthier alternative”.**

***Lisa Davis, chair of the BIB Healthcare Working Group***

## Sodium Bicarbonate (BAKING SODA)

- Did You know that drinking water with Baking soda is reported to have been effective with treating the flu in 1918?
- At least ½ teaspoon in glass of warm water daily. (click on links for recommended dosages for colds and flu)
- Helps to lower the PH in body, makes it more alkalined.

Baking Soda Could Be an inexpensive way to fight autoimmune disease.

100 yr old talking about using baking soda during 1918 pandemic



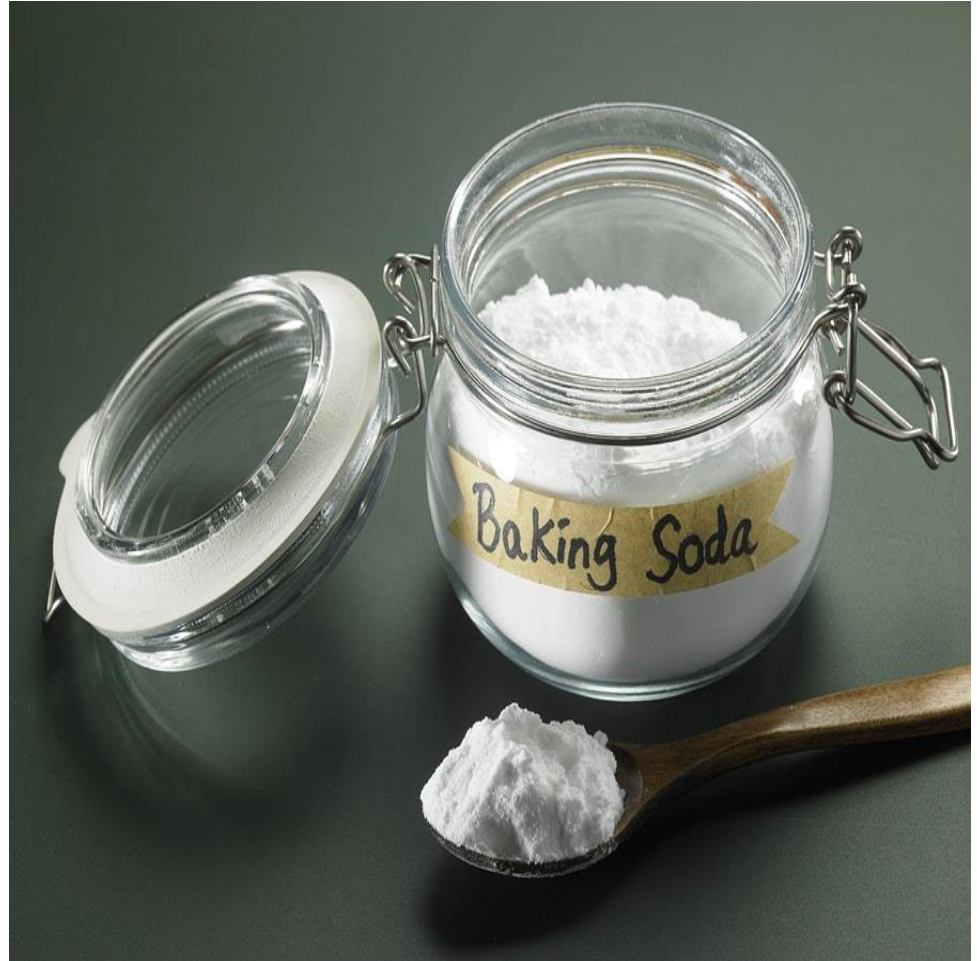
Resources:

[http://whale.to/a/sodium\\_bicarbonate.html](http://whale.to/a/sodium_bicarbonate.html).

<https://drsircus.com/general/dosages-and-treatments-for-coronavirus-infections/>.

<https://www.ncbi.nlm.nih.gov/pubmed/32014931>.

<http://www.acupuncturebrooklyn.com/alternative-health/baking-soda-the-immune-system-and-the-flu-by-karen-vaughan>.



# STEAM THERAPY

- **Boil a pan of water on a stove**
- **Things you can add – citrus peels, garlic, citrus fruit, ginger, eucalyptus oil, peppermint oil (can add one or as many of these ingredients as you'd like)**
- **Remove pan from stove, put it in the sink and put a towel over your head as you inhale the steam.**

[The effect of steam inhalation on nasal obstruction in patients with allergic rhinitis](#)

[Warm Steam Inhalation before Bedtime Improved sleep.](#)



# ESSENTIAL VITAMINS AND SUPPLEMENTS

**VITAMIN C** – “Several mechanisms for vitamin C's antiviral effect are known or suggested from studies. The antioxidant property of ascorbate promotes a reducing environment in the bloodstream and tissues, enhancing the body's response to oxidative stress from inflammation thereby helping to fight microbes and viruses that propagate in stressful conditions [Ascorbate has been shown to have specific antiviral effects in which it inactivates the RNA or DNA of viruses or in the assembly of the virus” . [Dr. Andrew Saul](#)



**ZINC** - [Another review](#), published in 2020, ranked zinc as the top three most vital nutrients for immunological health, alongside vitamins C and D. In general, the review noted that zinc is involved in the:

- Enhancement of immune cells' activities in the recognition and killing of foreign invaders.
- Production of antibodies and antimicrobial peptides.
- Recruitment of immune cells to the site of infection.
- Suppression of excessive inflammation and oxidative stress.
- Maintenance of the organs (e.g., skin, lung, gut) integrity.
- Prevention of autoimmunity.

<https://medium.com/microbial-instincts/more-studies-shed-light-on-the-value-of-zinc-in-covid-19-a4595271270d>.



**Vitamin D** [Studies show that Vitamin D reduces complications and death from COVID-19.](#)

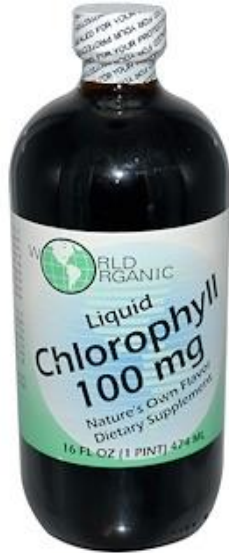
“This study provides direct evidence that vitamin D sufficiency can reduce the complications, including the cytokine storm (release of too many proteins into the blood too quickly) and ultimately death from COVID-19,” explained corresponding author Michael F. Holick, PhD, MD, professor of medicine, physiology and biophysics and molecular medicine. . .” *Michael F. Holick, PhD, MD*

[Another study shows a strong correlation between Vitamin D deficiency and severe COVID-19 illness.](#)

*The best form of Vitamin D  
is the sun*



# ESSENTIAL VITAMINS AND SUPPLEMENTS



Liquid Chlorophyll anti inflammatory properties. Boosts the immune system and oxygenates the body.



Anti inflammatory – helps to reduce asthma symptoms



# THE HEALTH BENEFITS OF BLACK AND GREEN TEA !



- Oral health
  - Fights Viruses
  - Stronger Bones
  - Increases Energy
  - Cardiovascular Health
  - Cancer Prevention
  - Skin and Hair Health
  - Digestive tract health
  - Hones Mental Focus
- 9 HEALTH BENEFITS OF BLACK TEA**

the detox market.com

Molecular Benefits of Drinking Black Tea

Tea and Cancer Prevention





# SPICES OF LIFE TO KEEP IN YOUR CABINET AT ALL TIMES !!!



**Cayenne Pepper.** – helps to break up congestion. Great anti – inflammatory. But don't over do it in one setting.



**Ginger** – excellent for colds and flu.



Leeks - antibacterial



Garlic – excellent anti-bacterial



Cinnamon- anti inflammatory with great benefits.



Excellent source of Quercetin



**Turmeric** – anti inflammatory

Did you know that wars were fought over spices? These spices have so many benefits and are a great addition to your daily diets. When added to hot soups they are excellent. Also, one can make teas with many of them as well.

# ARTEMISIA, COVID-ORGANICS, AND THE IMPORTANCE OF INTEGRATING TRADITIONAL AFRICAN MEDICINE INTO OUR HEALTHCARE SYSTEM.



**President Andry Rajoelina of Madagascar speaking about the healing power of COVID-Organic and the benefits of Traditional African Medicine.**

This is a video from May, 2020, in which the president of Madagascar, Andry Rajoelina, states that they had discovered an herbal formula that combats COVID-19 and named it COVID Organics. The formula contained a powerful plant extract, Artemisia. (At the time of this video, no one in Madagascar had died, but that has since changed.)

However, there are now Western medical laboratories touting the benefits of Artemisia in fighting COVID-19. The University of Kentucky's College of Medicine's [website reports](#): "Recent lab studies by chemists at the Max Planck Institute Recent lab studies of Colloids and Interfaces (Potsdam, Germany) in close collaboration with virologists at Freie Universität Berlin have shown that extract from the medicinal plant Artemisia annua, also known as Sweet Wormwood, is active against SARS-CoV-2, the virus that has caused the COVID-19 pandemic." The site goes on to state that the college is also working with ArtemiLife, a company in Kentucky that was established in 2019 to grow Artemisia, to not only set up trials for studying Artemisia's properties for fighting COVID-19, but to also study its anti-cancer fighting properties. So here we clearly see the tactics that colonialism has applied since hitting the African continent. And that is attacking the credibility and science of African culture, and then stealing our methods for their own profits.

Moreover, the Natural Center of Biology's website, which is a part of the US National Library of Medicine and National Institutes of Health, acknowledges [in an article dated May 27, 2020](#), that Artemisia showed great promise in battling the SARS corona virus that impacted China in 2002. (Remember, the scientific name for COVID-19 is SARS CoV2) And in the study ["Effect of Integrated traditional Chinese medicine and Western medicine on the treatment of SARS"](#), that was published in 2007, researchers did a comparative study on the results of people in China with SARS who used only Western medicine (WM), and people who used Western medicine and traditional Chinese medicine (TCM). And people who applied the TCM and WM approach did far better than those who only utilized WM.

As African people we have a whole system of health, science and healing that existed long before colonizers showed up in Africa. We do not need Europeans based systems to validate our views, or to control our knowledge through their imposed thought processes. And it is imperative that we begin to demand of this health care system that it make Traditional African Medicines a part of health care delivery systems for the Black community.

# POTENTIALLY LIFE SAVING PHYSICAL THERAPY TECHNIQUES



Doctor at Queens Hospital in the UK advises on lifesaving corona virus breathing techniquepotential



## HOW TO TRAIN YOUR LUNGS PART I AND II

**Did you know that many therapists say that people with COVID-19 should not lay on their backs and that positioning them differently may prevent them from being put on ventilators? It is referred to as the postural drainage and proning techniques. Some you can even do at home.**

### POTENTIALLY LIFESAVING ADVICE

If you end up with pulmonary symptoms of corona virus pneumonia... there can be lethal damage from effusion (mucous filling lungs) or cytokine storm (body over-reacts with more effusion).

This kills people... ESPECIALLY when the number of patients is greater than the number of ICU beds or ventilators. You will be left to drown in your mucous. That mucous can also be infected by other germs during your struggle. That is happening in Italy where there are six more patients than they have hospital beds. And the USA has far FEWER beds per population than does Italy.

Many years ago, physical therapists have successfully treated this with POSTURAL DRAINAGE... where the patient is tipped over a wedge to tilt the lungs and bronchial tubes upside down... to allow the mucous to flow out, where it can be coughed out.

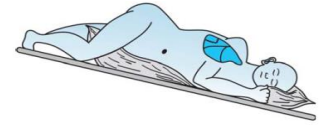
Google it. It is EASY to do for yourself and family members.

Simply get in position and let it flow, helping it along with breathing techniques that emphasize full, prolonged exhale, while puffing your cheeks and you blow out long and steady. Follow CDC guidelines for mucous. Have a lot of paper towels to collect the mucous.

Start as soon as you feel lungs getting filled. Don't wait until you are too sick to bother. 3-5 minutes several times per day.

A PT did this inside a nursing home in VT during the 1976 flu epidemic for resident patients. They did not lose anyone, while other nursing homes lost dozens. It is an old PT technique that has faded away since we have ventilators and related machines. BUT this time, we will NOT have nearly enough ventilators, not the ICU beds where they are provided.

### Positions you can do at home.

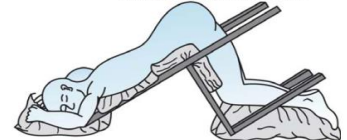


Lateral basal segment of the right lower lobe

### ALTERNATIVE METHOD OF POSTURAL DRAINAGE



Postural drainage over towels



Postural drainage over chair

# IMPORTANT NON-INVASIVE ALTERNATIVES TO VENTILATORS! ! !



***Helmet-based ventilation is superior to face mask for patients with respiratory distress and Can prevent them from needing a ventilator.***

In 2016, researchers from the University of Chicago Medicine led a study showing that using these helmets instead of standard face masks that cover the nose and mouth helps critically ill patients breathe better and can prevent them from needing intubation with a ventilator machine. Patients with helmet ventilation also spent less time in the intensive care unit and had better survival.

High Flow  
Nasal Cannulas  
Most commonly  
used in China

**High Flow Nasal Cannulas Reported to show success in preventing people from going on ventilators!**



UChicago Medicine doctors see 'truly remarkable' success using ventilator alternatives to treat COVID-19. A team from UChicago Medicine's emergency room took dozens of COVID-19 patients who were in respiratory distress and gave them HFNCs instead of putting them on ventilators. The patients all fared extremely well, and only one of them required intubation after 10 days

**If you or a loved one should be hospitalized with COVID or respiratory distress, initiate the conversation about using helmet ventilators or High Flow Nasal Cannulas instead of tracheal ventilators.**

# **IF YOU OR A LOVED ONE MUST GO TO THE HOSPITAL ! ! !**

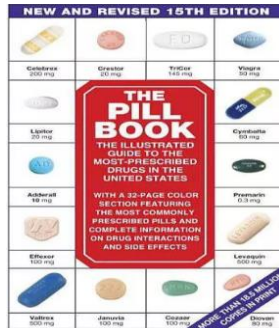
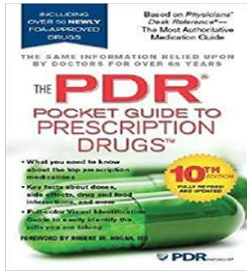
- Insist that nutritional therapy and Intravenous Vitamin C Therapy be a part of the treatment . Dr. Andrew Weber with Northwell Hospital in NY is using Intravenous Vitamin C and it has been used successfully in China.
- Immediately tell the hospital that no one is to talk with your loved one about signing a Do Not Resuscitate Order. **THEY ARE TO RESUSCITATE!**
- Demand to know all medications that are being given to your loved one in the hospital. Do morning, afternoon and evening checks.
- Print Out the Protocols that HOSPITAL OF XI'ANG JIAONTONG in China used and bring it to the hospital with you.



VITAMIN C PROTOCOL FROM THE SECOND AFFILIATED HOSPITAL OF XI.pdf

# WE MUST MONITOR THE SIDE EFFECTS OF ALL MEDICATIONS GIVEN AT ALL TIMES.

Most doctors DO NOT MONITOR side effects of medications. Therefore WE must be the ones to do it, whether it is for ourselves or a loved one in the hospital. All Black people should have a copy of a book that lists side effects of prescription medications.



**ALWAYS** take a copy of one of these books with you whenever you or your loved one goes to the doctor or if either of you should ever go to the hospital. When talking about side effects always show your research to your doctor. Don't be afraid to ask your doctor to cut back on the dosage or to switch to another medication with less side effects.

**ALWAYS** check more than one source for side effects. Some good online sources are:  
[www.webmd.com](http://www.webmd.com)  
[www.drugs.com](http://www.drugs.com)  
[drugwatch.com](http://drugwatch.com)  
[www.rxlist.com](http://www.rxlist.com)



# JUST A FEW EXAMPLES OF REMARKABLE COVID-19 RECOVERIES

[Iran: 103-year-old beats coronavirus](#)

[Jamaican Man Beats COVID-19 With His Own Remedy](#)

[Poland - 103 Year Old Woman Beats COVID-19](#)

[Mumbai - 98 Year Old Man Recovers from COVID](#)

[Detroit - 61 Year Old Woman Recovers from COVID-19](#)

[Unusual High Dose Vitamin C Recovery](#)

[Newborn Beats COVID After Week On Ventilator](#)

[105 Year Old Afghan Woman with Alzheimers Beats Covid-19](#)



# BLACK ANKH FREE TELEHEALTH SERVICES

*Medical professionals providing COVID-19 Info to the Black Community*

Visit <https://developmentforafrica.org/> for more info.



## Medical Disclaimer:

All content found on the developmentforafrica.org Website, including: text, images, audio, links, or other formats were created for informational purposes only. Content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on this Website.

**Information provided through our tele-health program is for informational purposes only. It does not supersede, replace or substitute the professional judgement or treatment of a medical physician or professional.**

**If you think you may have a medical emergency, call your doctor, go to the emergency department, or call 911 immediately.**

By using the Site, you agree to the collection and use of information in accordance with our [Privacy Policy and Usage Agreement](#).

## About the Program

African people around the world have been disproportionately affected by COVID-19. According to the COVID Tracking Project, African people make up 23% of the COVID-19 deaths in the US, despite only being 13% of the total population.

In the UK, African people are up to 4 times as likely to die from COVID-19 complications as white people.

The generally poor health infrastructure throughout Africa leaves African people on the Continent incredibly vulnerable to any spread of the virus

The Project Black Ankh COVID-19 Telehealth Program seeks to make a positive impact on the lives and health of African people everywhere by providing access to COVID-19 related information and education provided by our medical volunteers through educational guidelines from the CDC and WHO.

All appointments are free and are staffed by licensed medical professionals. However, our PBA Telehealth Program does not offer our users access to medical treatment and should not be seen as a substitute for a relationship with your primary care physician.

You can make an appointment if you have COVID-19 related questions and can connect to a video call via zoom. All appointments are booked in 30 minute time slots.

Do not make an appointment if you think you may have a medical emergency. In this case, please contact your primary care physician, go to the emergency department, or call 911. **All appointments are in Central Standard Time.**

# Studies and Resources

## TRADITIONAL AFRICAN MEDICINE

### **Mobilise Traditional African Medicine Against COVID-19**

<https://www.ft.com/content/377f6249-0317-4757-b12c-d126f1ac460f>

### **A New Cure for Coronavirus - Experts are testing African herbs, the WHO has approved it**

<https://www.corona24news.com/c/2020/09/22/a-new-cure-for-covid-19-experts-are-testing-african-herbs-the-who-has-approved-it.html>

### **Nigeria moves towards herbal remedies for COVID-19**

<https://healthwise.punchng.com/nigeria-moves-towards-herbal-remedies-for-covid-19/>

### **Traditional Medical Resources in the Fight Against COVID-19.**

<https://www.fes.de/referat-afrika/neuigkeiten-referat-afrika/traditional-medicine-resources-in-the-fight-against-covid-19>

## BREATHING TECHNIQUES

### **This Breathing Technique Helps Patients to Feel Better**

<https://www.today.com/health/coronavirus-breathing-technique-may-help-covid-19-patients-breathe-better-t177870>

### **Prone Positioning for COVID-19 PATIENTS CAN HELP SAVE THEIR LIVES.**

<https://www.cnn.com/2020/04/14/health/coronavirus-prone-positioning/index.html>

### **Prone Practices**

<https://blog.summit-education.com/covid-19/assisting-with-respiratory-health-for-patients-with-covid-19/?fbclid=IwAR3tEJcglGqUfBssMFYl-Wt888MnCj7JG69I8IXmynA508tUyxKngWADcM>

### **Postural Draining Techniques**

<https://www.intelligentliving.co/postural-drainage-clear-fluid-lungs/>

### **Lying Face Down Improves Breathing In COVID-19 Patients**

<https://neurosciencenews.com/covid-19-face-down-breathing-15984/>

## VITAMIN AND MINERAL SUPPLEMENTATION

### **Vitamin D Supplementation To Prevent Accute Respiratory Syndrome**

<https://pubmed.ncbi.nlm.nih.gov/28202713/>

### **Combined Vitamin C and Hydrocortisone therapy**

<https://www.sciencedirect.com/science/article/pii/S0883944118307780?via%3Dihub>

### **Vitamin C for Preventing and Treating Pneumonia**

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD005532.pub3/full>

### **Vitamin C Concentrations and Incidences of Cancer**

<https://www.ncbi.nlm.nih.gov/pubmed/30705384>

### **Probiotics and Vitamin C/E with lung infections**

<https://www.ncbi.nlm.nih.gov/pubmed/30525952>

### **Intravenous Vitamin C Studies**

<https://riordandclinic.org/journal-article-categories/intravenous-vitamin-c/>

### **How To Request Vitamin C Drips in Your Hospital**

<http://www.doctoryourself.com/strategies.html>

### **Baking Soda Can Help With Auto Immune Diseases**

<https://www.intelligentliving.co/baking-soda-treat-autoimmune-disease/>

<https://jagwire.augusta.edu/drinking-baking-soda-could-be-an-inexpensive-safe-way-to-combat-autoimmune-disease/>

## TRADITIONAL CHINESE MEDICINE

### **Traditional Chinese Medicines help with Recovery of COVID-19.**

<https://news.cgtn.com/news/2020-03-06/COVID-19-patients-in-China-benefit-from-Traditional-Chinese-Medicine-ODygt0VRde/index.html>

### **TCM Used to Treat 85 Percent of the Cases.**

[http://english.www.gov.cn/news/videos/202002/26/content\\_WS5e55d0c8c6d0c201c2cbc7b.htm](http://english.www.gov.cn/news/videos/202002/26/content_WS5e55d0c8c6d0c201c2cbc7b.htm)