

About Reports of China Using High-Potency Vitamin C Therapy



By Anna Von Reitz

Vitamin C is helpful because it is the cellular energy transfer system that is being harmed by the corona virus. Some citrus essential oils are also very, very effective and powerful surface germ-killers, too.

In terms of killing the corona virus or any other virus on solid surfaces (and bacteria, too) a cleaning solution made by boiling peels from half a dozen oranges in two quarts water, 1/2 c. vinegar per quart of water, and 1 Tbs. salt and using in a spray bottle is very effective. Lemon peel can also be used. If you don't like the smell of citrus (I do, but some people don't) you can also substitute eucalyptus, tea tree, or oregano oil for the citrus peel and get the same germ killing power.

The same basic solution can be used to rinse your mouth or hands or sprayed on laundry as a pre-wash, though I prefer using coconut oil with a little essential oil of cinnamon or cloves as a germ-killing mouth wash. Stripping off street clothes promptly, spraying them lightly, and storing the dirty clothes in plastic bags until you are ready to wash them helps kills any virus or bacteria and isolates the pathogens you pick up from getting spread around inside the house. Adding a few drops of a germ-killing essential oil to your laundry detergent will not only help kill virus and bacteria, but will make your clothes smell wonderful.

Giving a quick spray to your shoes and keeping them sequestered near the door helps keep both germs and dirt outside. Orange oil mixed with a good carrier oil and a little beeswax makes a good (and disinfectant) boot oil that kills germs on contact.

Cinnamon, cloves, allspice, and nutmeg essential oils all kill bacteria and viruses very effectively. During the Bubonic Plague, sailors on the spice ships proved immune because of their constant handling of these spices. The importance of this was not immediately realized, but after the fact has contributed to the use of these essential oils in diffusers and in carrier oils as one of the few truly effective means of combating and overcoming all forms of viral pneumonia. I suffered viral pneumonia every year for five years straight and nearly died one winter, before a friend brought me a diffuser and essential oils.

One company, Be Young, even makes a mixture of essential oils called "Spice of Life" that mimics the combination of oils that would have been found on the medieval spice ships that proved so effective in combating the Plague.

A ten to one ratio of a good carrier oil (I would prefer coconut oil for its antiseptic properties, but almond oil, avocado oil, and olive oil all work fine) to any of these germ-killing essential oils works as a good and long lasting barrier on your skin. During cold season I regularly apply these diluted essential oils to my lips and around the rim of my nostrils and as long as I do so, I never get colds. The essential oils are effective in penetrating and killing virus and bacteria in the nasal passages.

Rubbing these diluted essential oils on your hands before going grocery shopping, wiping it on the steering wheel of your car, and other surfaces, is a sure way of cutting down or eliminating germs of all sorts.

This is no time for hysteria, and I am not suggesting any, but keeping good hygiene practices and protecting your health is always a good idea no matter what.

Once you get used to buying and using a few of Nature's plentiful and (most-often) pleasant smelling essential oils as part of your cleaning routine and learning how effective they are, you will throw away the majority of the expensive over the counter cleansers and spray bottle products you now use --- saving yourself money and promoting your family's health at the same time.

Always remember that essential oils are very, very concentrated. Only a drop or two goes a long way and they should always be used in a diluted form---either by adding to carrier oils or by floating them on the surface of water, as in a boiling pot of water on the stove, or in a ultrasonic diffuser.

Just the act of making the citrus peel-vinegar-salt solution has a strongly disinfecting effect on your kitchen and you can obtain a similar effect by adding a few drops of essential oil to hot bathwater or running an ultrasonic diffuser in your bathroom. Running an ultrasonic diffuser in your bedroom can help calm your nerves and disinfect your surroundings and air passages at the same time. Try a mixture of orange and cinnamon oil with a few drops of lavender or rose oil.

In no time at all, you will notice the health benefits and the way your mood lifts, too. We were meant to be in close contact with the natural world, and essential oils help bring us back in contact with all that is most life-affirming and life-sustaining. During the Dark Ages --- then as now --- when witchcraft involving Black Magic was widely practiced, essential oils were used to protect homes from "evil spirits".

I'm not sure that a good dose of lavender oil and Bay Leaves in a quart of water bubbling on the back burner could really keep Bill Clinton away, but it couldn't hurt!

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