

OM JAI JAI SAI MAA

Enclosed are several offerings of suggestions to support your immune system. This is designed to be in supplement to a healthful routine guided by your healthcare providers and you. It is not necessary to take every suggestion to have a healthy immune system, and you may wish to simply begin with items you have tolerated well in the past. Find the products that work best for you and keep your healthcare providers informed of what you choose.

The offerings are:

- *Immune Support Supplements*
- *Hydrogen Peroxide to Support the Immune System*
- *Use of Essential Oils*
- *Homeopathy*
- *Coffee Enemas*
- *Nasal Irrigation*
- *Povidone-Iodine Rinse*

I am available to answer brief questions on the following items. Please note, I cannot answer any personal questions about your health - please take these to your healthcare providers. You may contact support@sai-maa.com with questions.

*Of Service to the Light,
Ankit Chander*

Immune Support Supplements

The following products may provide support for your immune system:

Vitamins

Vitamins are micronutrients necessary for optimal cellular function. You can have your healthcare provider do blood tests to guide vitamin selection and dosing. Consider checking vitamins A, B, C, and D.

Minerals

Minerals are fundamental building blocks for cells, and especially for immune cells. Oligotherapy is a method of providing pure, bioavailable minerals. Popular brands in USA are Gammadyn and Professional Formulas; in Europe, Oligosol and Granions. Minerals to consider are zinc (Zn), magnesium (Mg), copper (Cu), gold (Au), and silver (Ag).

N-Acetyl Cysteine (NAC)

NAC is a naturally occurring molecule that turns into glutathione, a vital cellular antioxidant. NAC is also well known for supporting the respiratory system.

Nutritional Yeast

Made from sugarcane and beet molasses, nutritional yeast benefits the gut which contains much of the immune system. The fortified version is preferred for vegetarians.

Fresh Colostrum

Colostrum is the first milk produced after giving birth. It is extremely nutritious and supports gut health and the immune system. One good source of fresh colostrum is millersorganicfarm.com.

Medicinal mushrooms

Mushrooms have been used in Eastern medicine to support the immune system for thousands of years. Reishi is a well-known mushroom supplement with a variety of health benefits. One good source is Reishi (in Liquid form) by Kan Herb Company.

Echinacea

Echinacea is an immune supportive herb that has been used both as a daily preventative, as well as in time of infection. It is available in many forms, ranging from teas to tinctures.

Astragalus

Used predominantly in Ayurveda and Traditional Chinese Medicine, astragalus increases T-cells, which are white blood cells dedicated to fighting infections.

Korean Red Ginseng

A root of the plant that grows in the mountains of Asia, Korean red ginseng is supportive of both the immune system and the adrenal glands which respond to stress.

CBD

CBD, which stands for cannabidiol, has in studies shown antiviral and antibiotic properties. Nanotechnology or full spectrum products are preferred. One high quality brand is [Sai Maa NanoBoost+ CBD](#)

Monolaurin

Monolaurin is derived from coconut oil and is thought to have antiviral properties. One popular brand of monolaurin is Lauricidin.

Royal Jelly and Bee Pollen

Royal jelly is a substance produced by honey bees to feed queen bees, and bee pollen is made by bees when they land on a flower. They may enhance the immune response.

Juicing

Juicing fresh vegetables is an excellent source of vitamins, minerals, and antioxidants. Fresh juice made from the following vegetables is particularly beneficial for immune function: Garlic and ginger which have antiviral qualities; Cabbage, which supports gut health; Turmeric, which lowers inflammation.

Please see the following pages for information on hydrogen peroxide, essential oils, and homeopathy.

Hydrogen Peroxide to Support the Immune System

Hydrogen peroxide is naturally produced by our cells. Though it is well known as a disinfectant, it is made by white blood cells as part of the immune system. Furthermore, some studies suggest that hydrogen peroxide actually activates the immune system by bringing white blood cells to areas of need.

There are many documented miracles regarding the water of Lourdes, France, where the Virgin Mary, Our Lady of Lourdes, appeared to Bernadette and asked her to dig in the rock and a miraculous spring sprung forth. Father Richard R. Willhelm tested this water in the 1940s and found it very high in hydrogen peroxide.

Hydrogen peroxide has been used by natural practitioners for decades in a variety of ways, listed below. For the following, it is recommended to use **food grade hydrogen peroxide 3%***. When using regularly, keep the hydrogen peroxide container sealed to avoid exposure to air or light which can decrease its potency.

Preventative:

1. **Bathing or Foot Soaks:** Add 2 cups to a bath of warm water. Soak for 20-30 minutes. If bathing is not possible, you could perform foot soaks using warm water and the same amount of hydrogen peroxide. You may wish to avoid if you have any open cuts or wounds, and do not submerge your eyes underwater. If well tolerated, the amount of hydrogen peroxide can be slowly increased to as much as 8 cups. This can be performed daily. You may also add Epsom salts (1-2 cups), apple cider vinegar (1-2 cups) and/or essential oils if you wish.

2. **Ears:** Place 1-3 drops into one ear using a small dropper. Tilt the head or lay down to allow the hydrogen peroxide to enter, and hold this position for a few minutes. You may notice a bubbling sensation, which is normal. Then tilt the head back to allow the ear to drain and wipe away the excess hydrogen peroxide. Repeat with the other ear. You may wish to avoid this if any ear problems exist. This can be performed weekly to daily, preferably in the morning.

3. **Oral:** Place 1-3 drops in 8 oz of water. This can be used once or twice a day. It is important to never ingest any type of undiluted hydrogen peroxide directly. You may wish to avoid if any stomach problem exists.

4. **Nasally:** Mix 1 tablespoon (Tbsp) of hydrogen peroxide with 1 cup of distilled water. Add to a nasal spray squirt bottle, which can be purchased online. You may wish to avoid this if any open sores are in the nostrils. Apply one squirt to each nostril three times a day, for up to two weeks.

5. **Gargling:** Gargle with hydrogen peroxide, being careful not to swallow excess fluid which can upset the stomach. If the taste is unpleasant, you may wish to add liquid chlorophyll or peppermint oil for flavoring or dilute with distilled water. You may wish to avoid this if any open sores are in the mouth. You may gargle up to three times a day, for up to two weeks.

6. **Inhaled:** To perform inhaled hydrogen peroxide, you will need three components: food grade hydrogen peroxide 3%, sterile saline vials specifically made for nebulizers, and a nebulizer. Place 5 mL of saline (1 vial) into the nebulizer and add 1 drop of hydrogen peroxide. Increased slowly to 2 drops, and then to 3 drops if well tolerated. Turn on the nebulizer and inhale until the solution is fully vaporized. This can be done every hour on the first day of infection, and then 4-6 times per day until the infection is gone, for up to two weeks. This can also be done once daily as preventative treatment. Preferably done away from others. If the solution creates cough or irritation, inhale for less time or lower the amount of hydrogen peroxide used. Note, it is important to clean your nebulizer regularly per your device's instructions. If you have smoked or have sensitive lungs, you may wish to avoid this or begin with a lower amount of hydrogen peroxide.

* Higher than 3% hydrogen peroxide can be potentially harmful when used incorrectly. It is very important to only use food grade product for internal use. Standard hydrogen peroxide contains stabilizers that can be toxic.

Use of Essential Oils

Essential oils have been used for thousands of years for healing. These oils have been distilled from aromatic plants and have been used for benefits ranging from respiratory support to lowering inflammation to mood enhancement.

Commonly used essential oils to support the respiratory system include:

- Eucalyptus
- Peppermint
- Rosemary
- Citrus, including Lemon and Orange
- Lavender
- Clove

Use only high quality products. One well-known brand of essential oils is *Phytosun Arômes* from Europe.

Methods of use include:

- Soft pills, of greatest convenience for travel
- Nasal sprays
- Applying to nostrils - Add 1-3 drops of essential oil to 1 Tbsp of carrier oil, such as sesame or coconut oil, and apply to each nostril.
- Inhaled by steam - Boil 2 cups of water, pour into a bowl, and add 3 drops of essential oil. Keep your face about 1 foot away from the bowl and deeply breathe in the steam for about 5-10 minutes. You may place a towel around your head to keep the steam concentrated. Keep your eyes closed to avoid irritation.
- Inhaled by essential oil cotton wick inhaler - Place 10-15 drops of essential oil on the cotton wick and insert into the inhaler and breathe deeply into each nostril for several minutes.

Homeopathy

Homeopathy is a healing modality founded in Germany in the 1700s and now practiced throughout the world. Studies published in even the most well-known medical journals, such as The Lancet, have suggested the effectiveness of homeopathy.

Remedies to support immunity include :

Arsenicum Album 30c

The dose is to place 10 granules under the tongue and let it dissolve. Do this once a day for 3 days, then stop. It is preferred to do this at least 15 minutes before food. This remedy is available in most health food stores or online. The remedy is generally well tolerated and can create a feeling of peacefulness, although be aware that homeopathy could temporarily bring up repressed emotions.

Aconite 30c

Useful at first sign of infection, especially with feelings of anxiety or shock.

Phosphorus 30c

Useful for any respiratory symptoms, such as bronchitis or pneumonia

Bryonia 30c

Useful for muscle pains, especially when even slight motions cause pain

Phosphoric acid 30c

Useful for fatigue and feelings of physical or mental exhaustion

Hepar sulphuris calcareum 30c

This remedy for the liver is useful for immunity, especially when sensitivities are present

Antimonium Tartaricum 30c

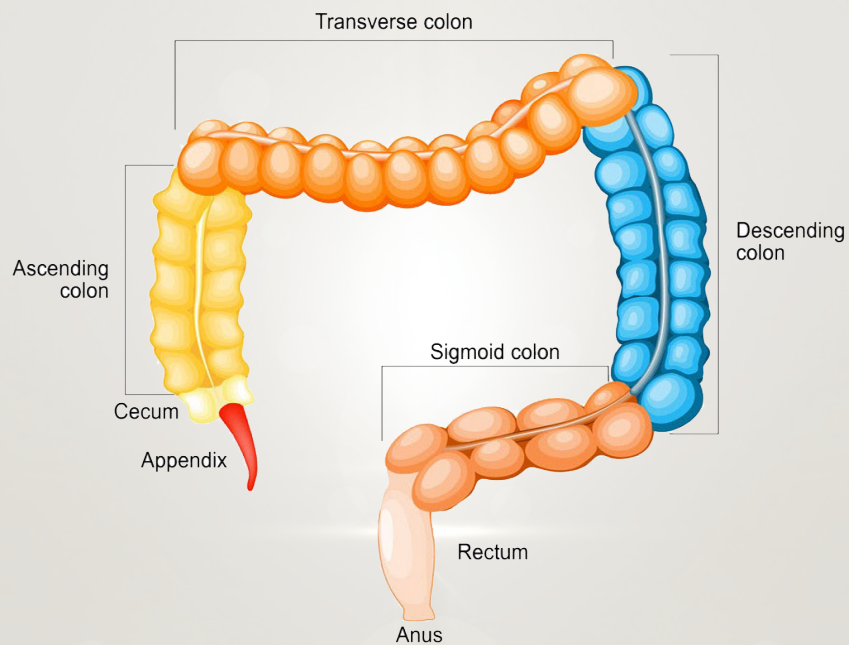
Useful in any type of cough, especially with congestion or mucus.

Note: If well tolerated, remedy potencies can be raised from 30c to 200c and combined.

Coffee enemas

Coffee enemas are used to detoxify the body of toxins. Toxins can be held in the colon, particularly in the transverse colon.

ANATOMY OF THE LARGE INTESTINE



One mechanism that coffee enemas work is by increasing glutathione, the master antioxidant of the body. If you have had any gastrointestinal health problems, you may wish to consult with your healthcare provider before beginning coffee enemas.

Materials needed:

- Water, filtered/purified or distilled
- Ground coffee
- Pot for boiling
- Strainer
- Sheets or towels or pad to lie upon
- Enema bag or bucket with hanging apparatus
- Lubricant, such as any vegetable oil
- Soap for cleaning enema bag after use
- Supplements as listed below

Step By Step Instructions

Prepare the space you will receive the enema.

- Space can be a flat area, such as on the floor, near a toilet. You may wish to place towels or sheets on the area in case there are any spills.
- Keep adequate space where you can lie down on your back and, when necessary, roll on your left side and, then, rollover to your right side.

Boil 1 quart (32 oz or approximately 1 L) of water.

- If you are new to enemas, you may wish to begin with only one half (16 oz) or even one quarter (8 oz). You may use any filtered/purified or distilled water.
- Add the coffee. Any ground high-quality coffee is acceptable.
- If you are a beginner or have a sensitive system, you may wish to begin as *low as 1 tsp of coffee*.
- You can increase slowly by *1 tsp per enema*, or more quickly by *1 tbsp per enema*. Maximum suggested is usually *3 tbsp of coffee*.
- Add the coffee and boil uncovered for 5 min.
- Reduce heat and simmer covered for 15 min.
 - If some water has evaporated in the boiling – you may re-add water to return the volume to 1 quart. (Doing this will also aid in cooling the mixture.)
- The coffee mixture is now prepared but needs to be cooled to tepid (body temperature) before administration.
 - You may either wait for the coffee mixture to cool naturally, or pour it back and forth between two pots for several minutes to quicken cooling.
- Strain the mixture into a bowl or pitcher and then into the enema bag.
- Once the coffee mixture feels tepid, or approximately at body temperature, it is ready to be administered.
 - If you are new to coffee enemas, it is preferred to be slightly cool rather than too warm. Vary the temperature to what is most comfortable for you.

Remember to clamp the enema bag/bucket, so fluid does not drain out before filling the bag/bucket.

- Pour the coffee mixture into your enema bag/bucket.
- Hang the enema bag/bucket 18 inches above body height. If your enema bag has a speed control valve, holding it at a higher height allows you to slow the flow.
- A product that has a speed control valve is listed below. Lie in such a way that your hand reaches the valve to turn it on and off.
- Apply lubricant to the catheter tip.

Positioning: The goal of the enema is to enter the transverse colon. There are two different techniques to accomplish this:

A. Plan to lay on your right side throughout the procedure.

- Pull your knees towards your chest, towards a fetal position.
- If this technique creates a feeling of too much pressure, consider option B.

B. Plan to initially lay on your left side.

- Pull your knees towards your chest, towards a fetal position. After a few minutes, or when you feel pressure on the left side, gently roll onto your back, so slowly as to not move the catheter.
- After a few minutes, or when you feel pressure, roll onto your right side.
- You can either stay on your right side or roll back and forth to alleviate pressure as needed.
- Ensure you have enough space to roll left and right.
- Note that if you roll, the catheter may come out and may require re-insertion.

Insert the catheter tube approximately 4 inches (10 cm). Periodically check the tube as it may need re-insertion.

Unclamp the tube and allow slow filling.

- Depending on your comfort and chosen speed, this could take anywhere from a few to 15 minutes.
- If cramping arises, slow or clamp the tube to stop filling.
- If a speed control valve is present, move it to the off position.
- If cramping persists, STOP the enema and place a hot water bottle over the abdomen.
- Hold the enema for 15 minutes, if possible. It is better to be able to hold the enema even if you can only use half the coffee mixture, then to overfill to the point that you can not hold the enema at all.
- If it is difficult to hold, consider an enema with warm water before the coffee enema.

Once completed, clamp the tube and remove the catheter. Move to the toilet and evacuate the enema.

- Remember, “accidents” can happen to even experienced patients - be kind and gentle in this procedure.

Clean the enema bag/bucket, tubing, and catheter and rinse and dry for next use. You may use soap and/or hydrogen peroxide.

Supplements: Avoiding depletion of nutrients is essential; so it is advisable to take two supplements after coffee enemas:

- Mineral supplement, such as Oxydent,
 - High dose probiotic, such as any brand containing at least 50-100 billion colony forming units (CFU). If you do not tolerate probiotics, do not take this supplement and you may proceed with the enema.
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Repeat weekly, or as directed by your healthcare provider. After a course of weekly enemas (e.g. 1 month / 4 enemas), consider continuing at regular intervals (e.g. monthly) to support detoxification.

Implants are an option for advanced practitioners of enemas. Implants refer to something which is placed in the colon and is not evacuated but left in to support the tissue. Implant options include ozonated water and probiotics. Another option is alternatives to the enema solution which include diluted hydrogen peroxide, diluted apple cider vinegar, diluted lemon juice, Epsom salts, and other herbal preparations. If you are interested in implants and other types of enemas, consider discussing with your healthcare provider if and which implants are best for you.

Enema bags/buckets with speed control valves such as Premium Enema and are available from Amazon.

Nasal Irrigation

Nasal irrigation is a thousands of years old practice born in the Ayurvedic traditions of India. Known as “Neti” or “Jala-Neti,” it was used as a cleansing prior to meditation. In recent years, it has been featured by Dr. Oz who wrote “it’s as effective as drugs for preventing sinus infections...[and] hugely beneficial for people with nasal allergies and headaches.”

Nasal irrigation with saline (salt in water) is known to have antiviral qualities. With regards to COVID-19, a recent study funded by the Edinburgh and Lothians Foundation found that nasal irrigation with a hypertonic saline solution reduced the duration or symptoms, lowered transmission, and had other positive effects.

There are two options to pursue this practice.

1. Nasal rinse squeeze bottle
2. Neti-pot, or ceramic pot

Companies such as NeilMed offer both options which come with saline packets and instructions for use. You may begin with a lower concentration of salt to ensure it is well tolerated, and then gradually increase to the full amount of salt.

Povidone-Iodine Rinse

Iodine has been used for the prevention and treatment of infections for over two centuries. It is a broad spectrum antiseptic and is specifically known to be effective against viruses. As pure iodine can be difficult to use, Povidone-iodine is a stable form that is convenient and easily accessible.

Researchers at the University of Connecticut found that a dilute form of povidone-iodine can inactivate COVID-19.

Here are the instructions. You will need water and povidone-iodine 10%, available in most pharmacies.

To make a simple oral rinse for one time use, place 10 drops (0.5 mL) of povidone-iodine in 2 tsp (10 mL) of water. Rinse for 30 seconds. This will inactivate the virus.

To prepare a larger amount, place 1 tsp of povidone-iodine (5 mL) in 100 mL (over 1/3 cup). This could be used throughout one day. The solution is to be remade daily.

This solution can also be added to the nasal irrigation to increase the effectiveness of that practice.

The only contraindication is for anyone who is allergic to iodine, pregnant, or having thyroid problems.

Hydrogen

Hydrogen is the fundamental molecule of the universe, and also of the human body. We have heard that the body is mostly water, and if water is made of mostly hydrogen, then at an atomic level the human body is composed mostly of hydrogen.

Hydrogen is a powerful antioxidant. What are antioxidants? Antioxidants, as can be seen in the name, balance the negative effects of molecules called oxidants, which are molecules that can damage cells.

There are many well known antioxidants, but what makes hydrogen unique is that as a very small molecule, it has far reaching effects into the cell. Hydrogen can act as an antioxidant at all levels of the cell, from the surface to mitochondria to DNA.

There are two options to pursue hydrogen therapy:

1. Hydrogen tablets
2. Hydrogen gas machines

Hydrogen tablets are readily available and can be dissolved in water to provide hydrogen for the body. For those who find it very beneficial, there are hydrogen-producing machines to make hydrogen gas for inhalation.