

For your info

Information from patient who has recovered from Hospital.

Everyday we were there:

1. Took Vit C 1000
2. Vitamin E
3. 10.00 - 11.00 under the sun for 15-20 mins
4. Egg one item
5. Rest/ get min required 7-8 hours
6. Drink 1.5 ml min water daily and every meal must drink Hot (not cold).

This is what we did at the Hospital

This is to inform All that PH for virus corona differs from 5.5 to 8.5

What we did to do to fight and kill the virus is to take more alkaline food at the above PH level:

Some of them are:

- * Lemon - 9.9 PH
- * Kapur - 8.2 PH (i dont know English for kapur..it is white paste put in betel leave to chew)
- * Avocado - 15,6 PH
- * Garlic- 13,2 PH
- * Manggo - 8.7 PH
- * Tangerine- 8.5 PH
- * Pineapple - 12,7 PH
- * Dandelion - 22, 7 PH
- * Orange - 9.2 PH

How do you know you have coronavirus?

1. Scratchy throat
2. Dry throat
3. Dry Cough
4. High temperature
5. Respiratory problem
6. Loss of sense of Smell & Taste

If any of the above occur, quickly take hot water with lemon and drink.

Don't just keep this info to yourselves. Share with family and friends Be Careful.

- Jeni -
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