

A PRICELESS HANDBOOK FOR SURVIVING COVID-19

This book is a must read for anybody who wants to avoid an acute case of COVID-19 or just wants to stay strong and healthy up into old age. The first few chapters are a fascinating whirlwind tour through the history of medicine in the United States - explaining how we got derailed by the shoving aside of natural treatments in favor of pharmaceutical drugs, in a campaign led by Rockefeller and the petrochemical oil industry.

The author, Dr. Heather Herington, sees COVID-19 as a disease that can be prevented by simple steps that strengthen your innate immune system, a point of view that I agree with wholeheartedly. She gives plenty of sound advice on healthy eating and healthy living, emphasizing the avoidance of pesticides through organic diet and food choices that are fresh and nutrient-dense.

Later chapters give very specific but priceless information in great detail on a long list of nutrients and herbicidal medicines that can help strengthen the immune system, including specific herbal medicines that are effective for specific health problems. The appendix gives lots of valuable tips, including recipes for delicious sounding soups and smoothies, and practical assembled-at-home naturopathic formulas for various ailments like a sore throat, cough, aching joints or fever.

This book could be considered to be the Bible of Naturopathic medicine, written in such a way that the average citizen can get a wealth of useful information out of it to guide them safely through this pandemic.

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