

CORONA GUIDE

SUPPORTING ADVICE FROM
A NATUROPATHIC PERSPECTIVE
FOR DEALING WITH CORONA



This booklet can help and guide you through the Corona Pandemic, as well as during or after the infection. Please keep in mind, even if you have none to mild symptoms, it is recommended that you slowly increase your physical activities again over a longer period of time. The following suggestions, a little patience and self-care can help and support you to regain health stability again.

For dosages, please follow the manufacturer's instructions or ask for advice. Short explanations of the products can be found on the back pages in the glossary.

Of course, this guide does not replace a visit to your family doctor or alternative practitioner.

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YOU HAVE NOT HAD AN INFECTION

HOW TO STRENGTHEN YOUR RESISTANCE

BASIS

- Vitamin D3 drops
- PuraVita Immuno drops
- Proanin® OPC capsules
- Omega 3 DHA vegan

EXTENDED

- Artemisia annua capsules/drops
- Baikal Helmkraut capsules/drops
- Spirulina capsules/drops
- Barley grass powder

SPECIALY FOR CHILDREN

Kids.Plus capsules from BlueGreen

ALKALINE CARE PRODUCTS

Jentschura „Meine Base“ bath salts (*1x weekly a full bath in addition to the suitable alkaline care products and the care brush*)

GREEN BASIC SMOOTHIE – ALWAYS A GOOD IDEA

- 250 ml coconut water
- ½ ripe avocado
- 2 handfull of baby spinach
- 1 ripe banana
- 1 ripe pear
- ½ tsp spirulina powder
- a dash of lemon or limejuice

VITAMIN-C-BOOSTER SMOOTHIE

- 2 oranges
- 1 tsp rosehip powder
- 80 g beetroot
- 1 tsp nutbutter
(z.B. almondbutter, hazelnut,
cashew etc., as desired)

YOU ARE POSITIVE AND HAVE NO TO MILD SYMPTOMS

BASIS

- PuraVita Grippo drops
- PuraVita Aero drops
- Phyto-Minerals Ur-Essence
- Astaxanthin capsules 4 mg

EXTENDED

- Artemisia annua capsules/drops
- Star anis capsules
- Vitamin B complex NaturVital
- Baikal skullcap capsules/drops

Bryonia Globuli D6 and Gelsemium Globuli D6 (5 globuli each 2x daily, 1 week)

GREEN BASIC SMOOTHIE – ALWAYS A GOOD IDEA

- 250 ml coconut water
- ½ ripe avocado
- 2 handfull of baby spinach
- 1 ripe banana
- 1 ripe pear
- ½ tsp spirulina powder
- a dash of lemon or limejuice



VITAMIN-C-BOOSTER SMOOTHIE

- 2 oranges
- 1 tsp rosehip powder
- 80 g beet root
- 1 tsp nutbutter

YOU ARE POSITIVE AND HAVE MODERATE TO SEVERE SYMPTOMS

BASIS

- PuraVita Gripo drops
- PuraVita Aero drops
- Phyto-Minerals Ur-Essence
- Baikal skullcap capsules/drops
- Astaxanthin capsules 4 mg

EXTENDED

- Quercetin capsules
- Agaricus (ABM) medicinal mushroom
- Artemisia annua capsules/drops

Bryonia Globuli D6 (3 times a day 5 globules, 1 week)

Gelsemium Globuli D6 (3 times a day 5 globules, 1 week)

Coughing: Tartarus stibiatus Globuli D12 (1-2x daily 5 globules, 1 week)

VEGANE ALTERNATIVE TO THE CLASSIC CHICKENSOU MAKES 4 SERVINGS

- 4 carrots
- 2 celery sticks
- 2 red onions
- 1 bunch of parsley
- 90 g mushrooms or shiitake
- 2 tomatoes
- 6 cloves of garlic
- Fresh ginger (about 2 cm)
- Fresh turmeric (about 2 cm)
or alternatively 1 tsp turmeric powder
- 1.5 liters of water
- Salt and pepper to taste

DIRECTIONS:

*Wash and coarsely chop the vegetables.
Dice onions and sauté with a little olive
oil until translucent.*

*Add the vegetables, turmeric and ginger
and sauté briefly, add the water.*

*Simmer everything on medium heat for
for about 20 minutes, season with salt
and pepper.*

**LIME BLOSSOM
TEA**
with lemon and
Manuka Honey

INFUSED WATER
with cucumber slices



YOU WENT THROUGH THE INFECTION BUT YOU ARE NOT QUITE FIT YET

BASIS

- PuraVita Cardio drops
- PuraVita Reno drops
- PuraVita Flucto drops
- Phyto-Minerals Ur-Essence
- Vitamin B-Complex NaturVital
- Coenzym Q10

EXTENDED

- Spirulina tablets/drops
- Barley grass powder
- Amino 8 vegan essential amino acids
- Sango coral powder
- Symbiosis control with intestinal bacteria
- Astaxanthin capsules 4 mg

SPECIALLY FOR CHILDREN

Kids.Plus capsules from BlueGreen and PuraVita Structo drops

Phosphorus Globuli D12 (*1x daily 5 globules, 2 weeks*)

Attention, in case of heart problems take additionally:

Spartium Scoparium Globuli D12 (*1x daily 5 globules, 2 weeks*)

Attention, in case of chest tightness:

Crotalus horridus Globuli D12 (*1x daily 5 globules, 1 week*)

GREEN-BEERY SMOOTHIE

- 250 ml coconut water
- 2 handfull of baby spinach
- 1 ripe banana
- 2 tbsp frozen mixed berries
(or 1 tbsp blueberry powder)
- ½ tsp spirulina powder
- 1 squirt of lemon or lime juice

MARONI-SHAKE

- 2 tbsp Maroni raw
- 2 tbsp sweetener of choice
- 1 tbsp Cocoa nibs
- 1 tbsp hemp seeds
- ½ tsp cinnamon
- 200 – 300 ml water
(depending on the desired texture)

**Choose
the ingredients**
preferably - as far as
possible - in organic
and/or raw food quality

BEET ROOT SALAD

MAKES 4 SERVINGS

- 120 g quinoa (*tricolor*)
- 800 g beet root
- 200 g feta
- a handful of walnuts
- Wilherbs salad, arugula, lettuce or baby spinach
(*depending on the season*)

Salad dressing:

- Balsamico Bianco or apple cider vinegar
- Olive oil
- 1 tsp honey
- Salt and pepper

PREPARATION:

Wash the beet and cut off the stalk, place in a baking dish with a little water. Cook at 180 degrees for about 40-60 minutes.

Remove the root from the oven, peel the skin and cut into cubes.

Rinse quinoa thoroughly under running water to remove the bitter substances. Cook with double the amount of water (1:2) with a little salt or vegetable broth for about 15 minutes.

Cut the feta into cubes. Put all the ingredients in a bowl, mix with the dressing and add the walnuts on top.

MUSHROOM RISOTTO

MAKES 4 SERVINGS

- 300 g risotto rice
- 2 shallots
- 3 cloves of garlic
- juice of half a lemon
- 1–2 tbsp olive oil
- approx. 900 ml vegetable broth
- 4 tbsp nutritional yeast
- 250 g mushrooms
- 1 zucchini
- 1–2 tbsp soy sauce
- 1 tsp date syrup
- 1 tsp marjoram
- 1 bunch of parsley

PREPARATION:

Coarsely chop the shallots and garlic. Heat olive oil in a frying pan. Add the rice and stir until all the rice grains are covered with olive oil.

Add the onion, garlic and sauté, deglaze with lemon juice and gradually add vegetable broth until rice is cooked (about 20 minutes).

While the rice is cooking, slice the mushrooms and dice the zucchini. Sauté in a pan with a little olive oil and deglaze with soy sauce.

Add date syrup and marjoram, season with a little pepper, set aside. When the rice is cooked, stir in the yeast flakes and season with salt and pepper. Arrange rice in a bowl or plate. Top with the mushroom and zucchini vegetables and serve with fresh parsley.



YOU HAVE BEEN VACCINATED BUT DID NOT TOLERATED IT WELL

BASIS

- Barley grass powder
- PuraVita Alba drops
- PuraVita Structo drops
- Phyto-Minerals Ur-Essence

EXTENDED

- PuraVita Cardio drops
- Vitamin B-Complex NaturVital
- Astaxanthin capsules 4 mg
- Symbiosis control with intestinal bacteria

SPECIALLY FOR CHILDREN

Kids.Plus capsules from BlueGreen and PuraVita Structo drops

Thuja Globuli D12 *(1x daily 5 globules, 2 weeks)*

Attention, in case of heart problems take additionally:

Spartium Scoparium Globuli D12 *(1x daily 5 globules, 2 weeks)*

Attention, in case of chest tightness:

Crotalus horridus Globuli D12 *(1x daily 5 globules, 1 week)*

PAPAYA-SMOOTHIE

- 1 ripe papaya
- 1 banana
- juice of half a lemon
- 4 dates
- ½ tsp turmeric
- 200 – 300 ml water
(depending on the desired texture)
- stir in 1 tsp of flaxseed oil
after mixing

MARONI-SHAKE

- 3 tbsp chestnut raw food powder
- 2 tbsp sweetner of choice
- 1 tbsp cacao nibs
- 1 tbsp hemp seeds
- ½ tsp cinnamon
- 200 – 300 ml water
(depending on the desired texture)

UPLIFTING RECIPES TO TRY

TIP:

First thing in the morning a glass of lukewarm water with lemon and/or ginger on an empty stomach.

RADICCHIO- CHICORY-SALAD WITH ORANGEN-DRESSING AND CASHEWS

MAKES 4 SERVINGS

- ½ Radicchio
- 2 Chicory
- 2 stalks of celery
- handfull of cashew nuts
- ½ cucumber
- 1 bunch of parsley

Dressing:

- 1 orange
- 1 tsp honey
- Balsamico Bianco o. apple cider vinegar
- Olive oil
- flaxseed oil or hemp seed oil
- ½ tsp mustard
- salt and pepper

PREPARATION:

Wash and chop the radicchio, chicory, celery, cucumber and parsley and place in a bowl. Lightly roast the cashew nuts in a pan.

Blend the orange, honey, vinegar, oil and mustard, season with salt and pepper. Pour the dressing over the salad, mix and add the cashews.

DATE-ALMOND DESSERT

- 1 handfull of almonds
- 1 handfull of dates (*pitted*)
- ½ tsp ground cardamom
- 1 tsp cinnamon

PREPARATION:

Place almonds and dates in a bowl and cover with water.

Stir in the cardamom and cinnamon and let everything soak overnight.

Chill for 1-2 hours, garnish with fresh or frozen berries.



GLOSSARY

NUTRITIONAL SUPPLEMENTS

Agaricus ABM medicinal mushroom	<i>Strengthens the immune system</i>
Amino 8 vegan amino acids	<i>8 essential amino acids from plant sources</i>
Artemisia annua capsules/tincture	<i>Digestive strengthening, anti-viral</i>
Astaxanthin capsules 4mg	<i>Carotenoid, most powerful antioxidant in the world</i>
Baikal skullcap capsules/tincture	<i>Antipyretic, tonic herb</i>
Coenzym Q10 capsules	<i>Energy source and antioxidant</i>
Barley grass powder	<i>Vitamins, chlorophyll and nutrient bomb</i>
Kids Plus capsules Bluegreen	<i>Nutrients, vitamins, enzymes for child development</i>
Meine Base Jentschura	<i>Alkaline salt bath with gemstones</i>
Omega 3 DHA	<i>Vegan algae oil for healthy brain function</i>
Phyto-Microminerals Ur-essence	<i>colloidal minerals and trace elements from a prehistoric rainforest</i>
Proanin® OPC capsules	<i>Synergistic antioxidant complex</i>
PuraVita Aero drops	<i>Herbal tincture for strengthening the lungs</i>
PuraVita Alba drops	<i>Detoxifying herbal tincture</i>
PuraVita Cardio drops	<i>Herbal tincture for strengthening the heart</i>
PuraVita Flucto drops	<i>Herbal tincture to improve blood circulation</i>
PuraVita Grippo drops	<i>Herbal tincture for support during viral infections</i>
PuraVita Immuno drops	<i>Herbal tincture to strengthen the immune system</i>
PuraVita Reno drops	<i>Herbal tincture for kidney and bladder support</i>
PuraVita Structo drops	<i>Herbal tincture to strengthen the anabolic metabolism</i>
Quercetine capsules	<i>Flavonoid, antiviral, stimulates blood circulation</i>
Sango coral powder	<i>provides over 65 minerals especially calcium and magnesium</i>
Spirulina powder/tablets	<i>Superfood with amino acids and many important nutrients and vitamins</i>
Star anise capsules	<i>Mucolytic for colds and antispasmodic</i>
Vitamin B-Complex Natur Vital	<i>Organic vitamin B complex with all important B vitamins and high bioavailability</i>
Vitamin D3 drops	<i>Strengthens the immune system, important for calcium metabolism</i>

HOMEOPATHY

Bryonia Globuli D6	<i>effective against flu-like infections and colds, including muscle pain</i>
Crotalus horridus Globuli D12	<i>The forest rattlesnake, effective for chest</i>
Gelsemium Globuli D6	<i>The wild jasmine, effective for flu-like infections including fatigue and muscle weakness</i>
Phosphorus Globuli D12	<i>The yellow phosphorus, effective in feeling of dejection and weakness</i>
Spartium scoparium Globuli D12	<i>Rush boom, effective in cardiac insufficiency, cardiac arrhythmia and chest pain</i>
Tartarus stibiatus Globuli D12	<i>Effective for dry cough with shortness of breath</i>
Thuja Globuli D12	<i>Tree of life, effective for troubles after vaccination and heart tightness with exhaustion</i>

FOOD

Avocado	<i>Good source of monounsaturated fatty acids</i>
Rose hip powder	<i>High vitamin C content (160 mg/100 g)</i>
Hemp seed oil	<i>Rich in omega-3 and omega-6 fatty acids</i>
Coconut water	<i>Isotonic drink, restores the electrolyte balance of the body</i>
Flaxseed oil	<i>very high percentage of triple unsaturated alpha-linolenic acids</i>
Linden blossom tea	<i>can facilitate the coughing up of mucus can reduce coughing spasms, moreover, this tea has a sweat-inducing effect</i>
Almonds	<i>provide many unsaturated fatty acids, are rich in calcium, magnesium and vitamin E</i>
Manuka Honey	<i>Antibiotic and antiviral properties</i>
Papaya	<i>Contains the protein-splitting enzyme papain, helps our gastrointestinal tract with digestion, high vitamin C content</i>
Beet Root	<i>High in vitamin B, potassium, iron and folic acid; Rich in beta-carotene, which acts as an antioxidant and also stimulates the immune system</i>

HELPFUL ADDRESSES

DGE	German Society for Nutrition www.dge.de
DHU	German homeopathy manufacturer <i>Also offers practical home and travel pharmacies</i> www.dhu.de
PuraVita	Natural goods supplier in Inning am Ammersee <i>Delivers quickly and reliably</i> www.puravita.de, beratung@puravita.de Consultation under +49 8143 959 501
Remedia	Largest homeopathic pharmacy in Europe <i>Delivers to your door via express</i> www.remEDIA.at, info@remEDIA.at Consultation under +43 2682 622 20 66

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