

Pneumonia

Prevention

Multiple Digestive Enzymes with each meal - undigested protein wears the immune system out.

Take *Probiotics* every day, keeping a clean colon but also keeping your army ready to fight for you.

Multi Vitamin/Mineral Enzyme Complex: two to four a day

MSM: four a day

Vitamin C: ½ teaspoon a day

Herbal Blood Formula: two to four capsules a day

Nancy's Smoothie: You can mix the following together in water, fresh juice, milk substitute or your favorite fruit smoothie. Take twice a day (can be used as a meal replacement).

Nutritional Essentials: 6 Tablespoons a day

Barleylife or Whole Foods: 3 Teaspoons a day

Mega Omega: 2 Tablespoons a day
Green Product (Whole Food of Barleylife): 1 tablespoon

During Pneumonia

Take 4 *Protease Enzymes* and 10 drops of *Liquid Stable Oxygen* four times a day on empty stomach. 'Empty stomach' means at least an hour after and before food intake. Continue this until you are well.

How does this work? When your lungs receive oxygen, the pneumonia bacteria leaves the cells to rob the bloodstream of oxygen. While the bacteria is in the bloodstream, protease attacks this bacteria like a protein and breaks it up thus, eliminating the pneumonia causing bacteria.

It is highly recommended that the prevention regiment is followed as much as possible in and out of sickness.