

OUR WELLNESS
Our Recovery from Covid
JOURNEY

Our Covid Wellness Journey

WITH YL PLATINUM, AMANDA COOPER

Our Wellness Journey

DISCLAIMER:

DO NOT SHARE THIS LINK PUBLICALLY! IT GETS FLAGGED ONLINE, AND CAN PREVENT THE INFORMATION FROM HELPING MORE PEOPLE.

PLEASE HAVE YOUR FRIENDS MESSAGE YOU PRIVATELY FOR THIS INFO.

I WILL HAVE TO TAKE DOWN THIS LINK IF IT GETS SHARED ON SOCIAL MEDIA, SO THANK YOU IN ADVANCE FOR HELPING TO KEEP THIS INFO AVAILABLE FOR OTHERS!

THANK YOU!

Hi friend! I know there is a lot going on in our world right now, and many are looking for ways to support their body and protect their family.

Our family recently had our first covid experience, (although I believe I had another variant back in Oct, this time our entire family became sick) and many were asking



variant back in Oct, this time our entire family became sick) and many were asking what we did to help ourselves recover so quickly. Covid has many developing symptoms that seem to change daily, so we were grateful to have the support of many items in our home to help us with the daily changes that our body experienced.

I compiled a list of the items that we had on hand ahead of time, and we were grateful we did! There is a saying that I have heard, "If you have to order it, it's too late" meaning, when you are sick, you don't have the time to wait on shipping. We planned ahead and had these items in our home so we were ready.

There is another saying I often quote, "You can't use what you don't have." and this is so true for how we were able to use these items to support our body.

BEFORE READING THE ENTIRE LIST:

This is a LONG list. Some of these items we use daily as prevention to help boost our body, because healthy bodies fight stronger, which is why I believe we were able to fight this virus so effectively. Some of the items we had on hand as emergency use, such as ivermectin, which I'm glad we did!



At the end of this full list, I will show you what I feel is the most important to have on hand in case of infection.

WATCH MY
Click the Link
STORY HERE



WATCH MY
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STORY HERE

Watch Our Story Here

Watch the video here with the full breakdown and our story:

www.youtube.com/watch?v=rpnEotfwns4

PREPARE
Get Stocked Up
YOUR HOME

Prepare Your Home



Our Preparedness List-

We do not use these items daily, this is what we had stocked in our cabinets and prepared just in case of illness with covid. The directions for how we used them are by each item.

- **Colloidal Silver**- 1-2 TBSP 3-4x a day during infection. We also use this for a few days before traveling etc to help boost our immune system. <https://amzn.to/3zWEHGc>

- **Quercetin**- helps reduce congestion, supports the heart and lungs

Take 500- 1000mg a day <https://amzn.to/33BnNAZ>

- **Hydroxychloroquine** drops (we got this locally through an herbalist, if you can't find it, you can make it homemade here: <https://myempoweringlife.com/diy-recipe-for-homemade-hydroxychloroquine-quinine>

- **Oscillocochinum**- these are natural, homeopathic tablets that help reduce flu symptoms, length and severity. We felt this helped with the pain etc: <https://amzn.to/3GycVm1>

- **Arnica Tablets**- we used these under our tongue as needed for pain in our legs and



- **Arnica Tablets**- we used these under our tongue as needed for pain in our legs and arms: <https://amzn.to/323v5Nj>
- **Magnesium Flakes**- this virus seems to drain magnesium from your body, in rapid pace. Its important to add these flakes to your baths and soak at least once a day. <https://amzn.to/3FIJIn4>
- **Magnesium Spray**- spray this on soft tissue areas of the body, stomach etc. <https://amzn.to/33NLDJK>

(Note: magnesium can be used daily! It is incredible for supporting the heart, lowering blood pressure, eliminating migraines, helping with depression and more. You can spray 10-20 sprays a day on to soft tissue on your body, and then after 30 days, back down to a few times a week.)

- **Ivermectin** - we got this prescribed through www.pushhealth.com and thankfully found a pharmacy right by us that filled it.

The online dr that helped me, also sent this covid protocol I'll attach below. Check out this chart for info on Ivermectin etc. I felt it was good info and agreed with the approach (although I list a different option for vapor rub, down below)

I also felt like the ivermectin helped us the most, and highly recommend! You can



I also felt like the ivermectin helped us the most, and highly recommend! You can also get the paste on amazon, and take it according to your weight.

COVID-19 OUTPATIENT TREATMENT PROTOCOL

The Front Line COVID Critical Care Alliance (FLCCC), recommends the following initial outpatient treatment protocol for COVID-19.

Ivermectin

Ivermectin is an antiparasitic medication that has been used for over 30 years for the treatment of parasitic infections. It has also been found effective in treating various DNA and RNA viruses, such as COVID-19. Studies demonstrate that Ivermectin has potent anti-inflammatory properties, reduction in COVID-19 transmission, reduction of symptoms, hastened recovery, decreased hospitalization, and reduced mortality rates.

Although studies have shown Ivermectin is effective in treating COVID-19, *it is still considered experimental treatment at this time.*

- It is a weight-based medication prescribed for your individual needs.
- Best if taken with food or after a meal.
- Common side effects may include: headache, muscle aches, dizziness, diarrhea, nausea, and/or mild rash
- Caution should be used in patients with impaired liver function.
- Common medication/supplement interactions include: Armodafinil, Modafinil, Ketoconazole, Erythromycin, Clarithromycin, Tacrolimus, Warfarin (Coumadin), Echinacea and St. Johns Wort.
- It is not recommended for women who are pregnant, particularly within the first trimester.
- **NO ALCOHOL** while taking Ivermectin

Aspirin (325 mg daily)

Due to increased risk of clotting with COVID-19, it is recommended to take a daily dose of 325 mg of Aspirin every day while sick, unless contraindicated.

Nasopharyngeal Sanitization

Supplements

Ivermectin in conjunction with supplements has proven effective in treating COVID-19, reducing symptoms and shortening length of illness.

- Vitamin D3: 50,000 IU daily for 2-3 days, then 5,000 IU Daily as maintenance
- Liposomal Vitamin C: 2,000 mg per day
- Zinc: 50-100 mg daily
- Quercetin: 250 mg twice daily
- Melatonin: 10 mg before bedtime

Monitor Oxygen Levels

You can purchase a pulse oximeter at most local pharmacies. Monitor home oxygen levels throughout the course of the day, watching for any downward trends. It is particularly beneficial to monitor home oxygen levels if you are experiencing an increase in cough and/or shortness of breath or difficulty breathing.

<<Go to the ER if oxygen levels are below 90%>>

Second Line Treatment Options (if warranted):

Steroids

Steroids can be effective when treating patients with moderate respiratory symptoms. However, when given too early it may cause an increase in viral replication and can worsen the severity of disease. Steroids should be reserved for patients with significant cough, shortness of breath and/or difficulty breathing.

Antibiotics

Antibiotics such as Azithromycin and Doxycycline may be prescribed if a secondary pneumonia infection develops. Prophylactic antibiotic treatment is not recommended or proven effective in treating COVID-19.



Nasopharyngeal Sanitization

Reduces viral load in the upper airways, thus reducing risk of symptomatic disease and disease severity.

- **Antiseptic Gargles:** 3 times per day, do not swallow
 - Betadine Antiseptic Sore Throat Gargle
- **Nasal Spray/drops:** 2-3 times daily
 - Inhaled steam with VapoRub, or
 - Xlear Xylitol Nasal Spray

When to follow-up

- Failure to improve after 1 week of treatment
- Any worsening symptoms, particularly worsening respiratory symptoms would warrant prompt treatment with steroids and possible evaluation of pneumonia and/or blood clots.
- **Any significant breathing concerns or oxygen levels below 90% should be evaluated in the ER.**

OUR *What we Keep on Hand* WELLNESS LIST

Our Wellness List

The following list is all Young Living products that we have in our home for our wellness routine. We used more of these items while sick. You do not need to have all of this, we have been stocking our home for a long time. At the end, I will give you a list of what I felt was most important and made the most difference.

If you do not have a YL account set up to order yet, it's super easy. It's just like your amazon account you'll use to order the products I linked above.

Be sure to ask the person who shared this with you, if they have a referral code for YL for you to use, if not, I'm happy to let you use mine.

Click here to use my discount link: <https://www.youngliving.com/us/en/referral/1734700>

- **Ningxia Red** - this is an antioxidant, immune supporting drink. Think Elderberry



- **Ningxia Red** - this is an antioxidant, immune supporting drink. Think Elderberry syrup magnified by the thousands. We drink this 2-4oz daily to keep our body strong, which is why I know we recovered so fast, even though we were hit hard. While we were sick, we added our colloidal silver to this and drank 6- 8 oz daily.
- **Super C chewables and tablets** - we took these every few hours. You want to take at least 2,000 mg, or more, especially while sick. Take daily for continued health.
- **Super D - take 50,000 IUs daily for 2-3 days while sick, then 5,000 daily as preventative.**
- **Another option for Vit D in liquid form, is the Innate Choice Vit D drops <https://amzn.to/3rwbTR8>**

Disclaimer: I ONLY suggest using Young Living oils for the following suggestions. These are the only essential oils that I will use in my home, because of their high therapeutic value, and the seed to seal commitment. I use them because they are not only safe, but they actually WORK. And if I am going to spend money on something, I feel it needs to meet both of those requirements. When we are sick, we are not wanting to waste time on inferior products. I am grateful to have the world leader of essential oils in my home, to use daily as prevention and to strengthen our bodies, and to use as support when we are not well.



DO NOT use other oil brands in the way that I am sharing below, as the side effects could be dangerous. There is a reason why we only used these.

- **Young Living Peppermint Vitality** - water with a drop of Peppermint oil was amazing for managing fever, nausea, and hydration. We had no appetite so this was so helpful in settling our stomach too. We also applied Peppermint oil on crown of head, forehead, and bottoms of feet as needed for fever. This will lower a temp by two degrees, or more. Fevers are actually GOOD for helping the body fight viruses, but using peppermint oil can help ease the discomfort of it.
- **Raindrop oils down spine and bottom of feet every hour.** And then applied hot compresses on top.
- The Raindrop oils are: Oregano, Thyme, Basil, Cypress, Wintergreen, Marjoram, Peppermint, Aroma Siez, and Valor

Extra oils applied throughout the day:

Thieves

Immupower

Longevity



Longevity

frankincense

oregano

lemon

tea tree

geranium

pine

Exodus II

Evergreen Essence

- **Thieves cough drops as needed (these cough drops do not contain sugar and other additives that weaken the immune system. One cough drop lasts hours and is a slow release of essential oils that help to open up the lungs. I HIGHLY suggest having these on hand!**
- **Thieves chest rub as needed (this can be applied to chest, back, and bottoms of**



- **Thieves chest rub as needed (this can be applied to chest, back, and bottoms of feet, and takes the place of vapor rubs that contain toxic chemicals that actually weaken the immune system.**
- **Seedlings baby wipes** on forehead for headaches and fever discomfort (this was so weird but it worked! The lavender in the wipes was so cooling and really helped us with the discomfort)
- **Sulfurzyme** (8-16 daily for us adults and 4 for kids) this helped to reduce the horrible cramping in our legs! It was a game changer. We took this amount for 4-5 days and have since backed down to 1 a day for kids and 4 for us adults.
- **Magnesium detox baths** with lavender and geranium oil from YL. Add 4-8 drops of each essential oil to 1-2 cups of magnesium flakes. This helped with the cramping in our legs and helps to pull the virus out faster.
- **Immupro chewables**- 1-4 tablets at night as needed (these have immune supporting ingredients + melatonin to help us sleep)
- **YL Cinnamon CBD drops**- a full dropper full 2-3 x a day. This reduces inflammation and supports the immune system. Because covid changes so rapidly, and CBD creates balance in the body, I felt like this was really helpful. This CBD is THC free and contains essential oils that help the body in multiple ways. It is safe for children



and contains essential oils that help the body in multiple ways. It is safe for children and pregnant women as well.

- **Zyng + Nitro** for energy and brain fog (these are both natural energy + brain support drinks)
- **Golden Turmeric powder, Aminowise, and Sulfurzyme powder - we made drinks with all of this together to also help with the leg pain**
- **Diffusing oils 24-7 - thieves oil, RC, Raven, peppermint, pine.**

At night I diffused thieves + immupower in the kids' bedrooms

Wellness Roller



OUR WELLNESS *Daily Immune Support* ROLLER

15-20 DROPS FRANKINCENSE

15-20 DROPS LEMON

15-20 DROPS TEA TREE

15-20 DROPS OREGANO

15-20 DROPS THIEVES

ADD TO A 10ML ROLLER BOTTLE AND FILL REST
WITH V-6 OIL. ROLL DOWN YOUR BACK,
STOMACH IF UPSET, AND BOTTOMS OF FEET
EVERY HOUR WHEN SICK.

Wellness Roller Bottle



I have made this roller bottle recipe for years! And it is so effective and building a healthy immune system, warding off unwanted viruses, and helping to fight infection when the body is under the weather.

We apply daily for maintenance, and then hourly when sick.

We apply down spine, bottoms of feet, and in a clockwise circle around belly button if dealing with stomach issues.

Order 10ml roller bottles here:

<https://amzn.to/3AfXQTD>

Add 15-20 drops each oil to roller bottle:

- frankincense
- lemon
- tea tree
- oregano
- Thieves



Fill rest with V-6 oil from Young Living, or liquid coconut oil found here:

<https://amzn.to/33NkK8M>

NOURISHING
What to Eat
FOODS



Nourishing Foods

Water, water, water. If you can drink a lot of water it will keep you hydrated and help to detox from the virus faster. This is why we liked to add the peppermint oil to our water bottles.

We also ate healthy, zero sugar foods. (this does not mean artificial sweeteners, it meant no sugar, period, except what is naturally found in fruits and vegetables.

We made a soup of mostly broth with carrots, celery, onions, and lots of garlic. We ate out of this same pot of soup for several days.

If you are buying store bought broth, be sure it does not contain natural flavors, yeast extract, or MSG. This is a neurotoxin and can add to the brain fog.

We eat a diet of organic, chemical-free foods. Fermented foods also help build the immune system and we enjoyed sipping on Kombucha as well.



OUR TOP *Where to Start* PRIORITY LIST

OurTop Priority List



Phew! I realize this was a lot! Health is our #1 priority, and so each month we add to our wellness collection! We do not own a medicine cabinet..we have a wellness cabinet instead! We kicked medications and toxins to the curb 7 years ago and never looked back. The Wellness lifestyle is SO much better! That being said, if you are just starting out, here is my Top Priority list, for covid in general, that left us empowered to care for everyone at home.

- Ivermectin
- Colloidal Silver
- Ningxia Red to support the body
- Super C
- Super D
- Probiotics (Life 9 for adults, MightyPro for kids)
- YL Thieves oil
- YL Oregano oil
- YL Lavender oil
- Immupro tablets (these have melatonin in them and were a powerhouse for our



- Fractionated coconut oil to dilute the essential oils as needed

HOW TO GET
with Young Living
STARTED

How to Get Started

- **Order all products through links I included.**
- **If you have have a Young Living account already, simply login and place your order that way.**
- **If you do not have one set up yet, and have someone helping you with YL products, be sure to get with them for their link.**
- **Otherwise, here is my Young Living link: <https://www.youngliving.com/us/en/referral/1734700>**
- **If you want an easy link with all YL products I mentioned, in one place, click here: www.myyl.com/amandacooper#bwm/recovery**

If you used my link to create an account, I will reach out to you so you can get connected to all of our team resources.

Hope this information blesses you! Stay well!

Amanda Cooper



Made with Microsoft Sway

Create and share interactive reports, presentations,
personal stories, and more.

Get started

