

Home Care Guide for COVID and COVID-like Symptoms



Lipunan ng mga Antroposopikong
Manggagamot at Manghihilom ng
Pilipinas (LAMMP)

Home Care Guide

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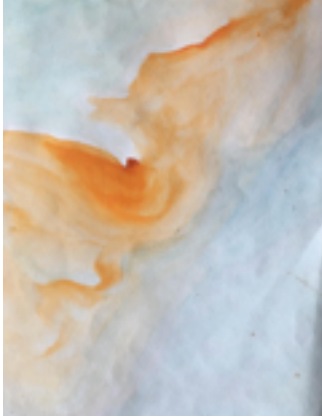


LAMMP stands for **Lipunan ng mga Antroposopikong Manggagamot at Manghihilom ng Pilipinas**. It is an organization of Filipino Anthroposophic physicians, health professionals and therapists, committed to actively promote a Science of the Spirit towards an understanding of the human being in health and illness for the holistic transformation of Filipino communities. It envisions a society of free and independent conscious human beings enabled to change themselves inwardly through Self-knowledge

towards the development of spiritual wisdom. Anthroposophic medicine is an accredited health system under Department of Health- Philippine Institute of Traditional and Alternative Health Care (DOH-PITAHC).

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We must eradicate from the soul
all fear and terror
of what comes
towards us from the future.

We must look forward
with absolute equanimity
to whatever comes, and

we must think only
that whatever comes
is given us
by a world direction
full of wisdom.

- Rudolf Steiner

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Background and Context

The doctors of LAMMP (Lipunan ng mga Antroposopikong Manggagamot at Manghihilom ng Pilipinas) offer help to the community during this Covid-19 pandemic by providing some information for the home care of patients. It is hoped that by helping support the body and spirit and by tapping into our natural healing forces, individuals will be empowered to take responsibility for their health back into their hands, and lives will be saved.

Anthroposophic Medicine (AM) sees Man as a human-being with:

- a physical body,
- an etheric body (life force),
- an astral body (psychological and emotional), and
- a spirit body (I or individuality).

It strives to realign these four bodies when treating patients. AM harnesses our intrinsic healing forces and employs remedies from nature. Its thrust is in supportive care where the goal is to restore a sick person back to health (**salutogenesis** = health creation).

This Homecare Guide is created based on clinical experiences of Philippine AM doctors and therapists that proved to be helpful during the pandemic. AM medical professionals from Europe, Asia, Australia, and the Americas also reported positive results using the various AM treatment modalities reflected here. It is with deep humility that we offer this to you in the hope that you will feel empowered and in the process, help empower others.

Signs and Symptoms

Common Symptoms:

fever
dry cough
tiredness

Less Common Symptoms:

aches and pains
sore throat
diarrhea
conjunctivitis
headache
loss of taste or smell
skin rashes
discoloration of fingers or toes

Serious Symptoms:

difficulty of breathing or shortness of breath
chest pain or pressure
loss of speech or movement



Mild illness can be managed at home.

When someone is infected with the virus, it takes an average of 5–6 days for symptoms to appear (it may take as long as 14 days).

Diagnosis of COVID-19

SARS-CoV-2 is the name of the virus. Covid-19/Covid refers to the disease. A person who is sick with Covid experiences—flu-like symptoms (fever, headaches, colds, cough, sore throat, body malaise) and/or

- loss of smell and taste and/or
- diarrhea.

If you are experiencing any of these symptoms, it is advisable to get a reliable test for Covid. However, if this is not possible, these health care measures will get you through the illness just the same.

Prevention of Illness

Hydration

It is said that, like the earth, 3/4 of the human body, is composed of water. In our childhood, our grandparents would remind us to drink enough water especially in times of fever, cough, and colds. Water dissolves impurities and toxins which burden our body. It assists in better circulation. And, with this comes more efficient distribution of oxygen and nutrients to the cells of the body.

While most literatures go by the recommendation of 8 glasses of water per day, more than the quantity are the other aspects of water intake:

- quality and purity of water
- the manner by which one drinks water

Drink sips of water throughout the day to avoid immediately peeing it out right after drinking. You want to have conscious connection with the purifying quality of water instead of absent-mindedly just gulping water.

The quality of the urine is one determinant of hydration. The smell shouldn't be strong and the color should just be very light yellow-ish.

Nutrition

FRUITS: 2-3x a day of fresh, local, in season, preferably less sweet (low glycemic) fruits

- avocado, pineapple, atis, lansones, guava, dalandan

VEGETABLES: 2-3x a day of fresh, locally grown, in season and preferably organic/consciously-farmed

- patola, squash, sayote, kalubay (upo), pipino
- green leaves: malunggay, kulitis (native spinach), saluyot (tugabang), camote tops, pechay, kangkong
- needle-like leaves or leaves with serrations/indentations or finger-like projections **deeply integrate light and warmth forces** into their leaf formation which are profoundly-helpful in flu illnesses: ampalaya leaves, arugula, camote shoots, cassava leaves

ROOT CROPS: camote, ube, singkamas, gabi, cassava

FISH, NATIVE OR FREE-RANGE/PASTURE-RAISED CHICKEN, PORK OR BEEF: 1-2 times a week

👉 AVOID PROCESSED/CANNED FOOD including fruit juices (powdered and in packs), biscuits, cookies, and candies

Sleep

(National Sleep Foundation Guidelines)

	AGE RANGE	RECOMMENDED HOURS OF SLEEP
Newborn	0-3 months old	14-17 hours
Infant	4-11 months old	12-15 hours
Toddler	1-2 years old	11-14 hours
Preschool	3-5 years old	10-13 hours
School-age	6-13 years old	9-11 hours
Teen	14-17 years old	8-10 hours
Young Adult	18-25 years old	7-9 hours
Adult	26-64 years old	7-9 hours
Older Adult	65 or more years	7-8 hours

The body needs sleep to regenerate and be revitalized. Sleep helps the body fight infectious diseases.

Long-term lack of sleep increases risk of obesity, diabetes, and cardiovascular diseases.

Sleep is required for children to grow properly. Children need to rise with the sun and wind down by sunset. The ideal bedtime is between 8:00 - 9:00 PM as this follows the natural biorhythm.

Sunlight Exposure:

The sun's ultraviolet B (UVB) rays hit cholesterol in the skin cells, providing the energy for the synthesis of vitamin D (a hormone).

Vitamin D is necessary for the immune system. It is crucial in the building up of bones and other important processes in the body.

To maintain healthy blood levels, aim to get about 10-30 minutes of sunlight, several times per week.

Sunlight helps boost a chemical in the brain called serotonin which gives a person more energy and helps him keep calm, positive, and focused.

Rhythm

Regular schedules for meals, sleep, indoor and outdoor activities/ exercise are necessary for good health.

Regular meals aid in good digestion and promoting proper nourishment of the body.

Regular bed-time promotes good sleep.

Regular exercise or purposeful movement (ideally in a fresh air environment) helps to warm and strengthen the body, improve circulation, regulate food intake and promote good sleep.

Regular activities promote a sense of well-being and calmness.

Warmth

Susceptibility to disease-causing germs increases when one is wet and cold. When our body has to expend extra energy to keep warm, less energy is available to fight off infections.

When staying in places which are too cold (like air conditioned offices or malls) wear warm clothing.

Dress in layers during cold weather.

Limit the use of air-conditioning at home especially in cold weather.

Avoid intake of ice-cold beverages or cold food.

Emotional warmth is just as important as physical warmth: hug your children and family members — share your physical warmth.

Whenever possible, in consideration of reasonable restriction rules, hold small family gatherings to nourish warm connections.

Home Care

The AM approach to treating Covid-19 illness is by enhancing immune intelligence and activating the body's healing forces. It supports the body in lessening the viral load and assists it in coping with the disease.

The measures we describe are **health-promoting (salutogenic)**. They do not interfere with the body's own defense mechanisms and in fact, aid the body along the path of recovery. Rhythm is a crucial healing principle, it is thus, important to administer or take the home remedies rhythmically—preferably around the same time daily since we are guiding, educating, strengthening, and harmonizing our healing forces:

e.g. drink the decoction at 6am, 9am, 12 am, 3pm, 6pm.

WEEK 1 of COVID-19

During the first stage of Covid illness, the virus is replicating in our cells and we experience flu-like symptoms. These are measures you can do...

What to do for fever



Fever is the body's way of killing the virus. The virus cannot survive in heat. The body will set a central temperature needed to kill the virus and we experience this as fever. It is best to support the fever during the illness and let it do its work. The patient will recover faster.

These are ways to address the fever naturally...

Calamansi is suitable for relieving fever, with or without accompanying agitation, dazed feeling, headaches or circulatory weakness. If the patient feels hot and flushed, cool down the periphery to guide the fever outwards. Many different external applications can be used.

1 – Calamansi Slices on the Soles of the Feet

Materials

- 2 pieces calamansi
- Knife for cutting
- Socks or gauze bandages to fix calamansi in place

Procedure

- Cut calamansi into half.
- Put half of the calamansi on each arch of the foot and under the ball of each foot.
- Fix the calamansi halves in place with gauze bandages or put on socks.

Duration

Approximately 1 hour
May keep longer, if the patient falls asleep.

2 – Calamansi Sponge Bath

This will lower the temperature by one degree.



Can be done only if feet are warm. **When feet are cold, apply hot compress first to warm the feet.**

Materials

- Basin
- Fork, knife
- 1 piece calamansi
- Tap Water
- Wash cloth

Procedure

- Preparing the calamansi solution:
 - Place tap water in a basin.
 - Holding the calamansi submerged in the water, scrape the rind with the fork to release the etheric oils into the water.
 - Slice in half and squeeze out the juice into the water.

-Applying the calamansi solution:

Using a wash cloth,

- wipe the face, ears (including back of the ears), neck, armpits, arms, groin, and legs
- avoiding the trunk, abdomen, and back.



Pat dry. Immediately dress and cover the patient. **Work from the head to the feet.**

Have the patient rest afterwards.

3 – Calamansi Fever Socks



Can be done **only** if feet are warm. **When feet are cold, apply hot compress first to warm the feet.**

Note: You can also use fever socks to draw the heat from the head to the feet.

Materials

Calamansi solution (as above)

2 pairs of knee socks (1 pair bigger or looser than the first pair)

Prodecure

- Prepare calamansi solution as previously described.
- Immerse the smaller pair of knee socks into the solution and slightly wring so these are not dripping wet.
 - Put the moist socks on the patient, followed by the larger/ looser pair of dry socks.
 - Let the patient rest while allowing the moistened socks to dry.



If the patient feels cold and chilly, turn off the aircon. Sweat him out to break the fever by dressing him warmly (long sleeves, long pants, socks) and put a warm water bottle on his feet. Wrap him up in blankets until he starts to sweat. **This will draw the fever out.**

What to do for headaches

Headache is caused by too much activity and congestion in the head. Balance is achieved by drawing the activity down to the opposite pole, the feet.

This foot bath will help with many of the symptoms of Covid - 19, not only the headaches.

Calamansi Footbath



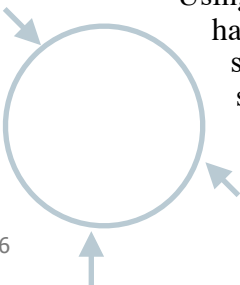
Materials

Thermos w/ hot water
 Knife
 Fork
 Drinking glass
 Stainless basin
 Towel
 Tap water
 Blanket/ malong (special local cloth)
 Pillow
 3-5 pieces calamansi
 Virgin Coconut Oil (VCO) or any massage oil

Procedure

- Ask the patient to wear loose pants which he/she can easily lift up to knee level. Have the patient sit comfortably on a chair (preferably one with a backrest).
- Prepare the blanket or “malong” to cover patient.
- Place 3-5 pieces of calamansi in the basin.
- Pour hot water into the basin.
- Keeping the calamansi submerged under the water...

Using the fork as skewer, cut the calamansi into half. Set the fork aside. Scrape the calamansi skin to release the etheric oils. Nick/cut the sides of the rind radially in 3-5 pieces (see figure) forming a star-like figure, so when one presses down on the calamansi (with the base of glass), more essential oils and juice



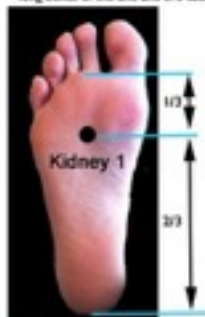
are released into the water. Add enough cold water until the desired temperature is reached. The temperature should not be warmer than the body temperature and the patient must find it soothing and pleasant.

- Mix the water by hand, using a **horizontal figure-of-eight motion**. This is a crucial principle in the preparation.
- In handling the patient's feet, come from a mood of gentleness, respect, and loving care — as Christ demonstrated when He washed the disciples' feet.
- Do this one foot at a time. With cupped hand, gather water and let it flow down the lower leg and wash the foot gently and slowly in harmony with the flow of water.
- Let the patient's feet stay in the bath for 15-20 minutes. From time to time, check how the patient feels as well as the temperature of the water. Carefully, add hot water according to the patient's need.
- After 15-20 minutes, gently request the patient to lift the foot out of the basin and wipe with care using a towel. Again, do this one foot at a time.
- With loving care, apply oil down the leg to the calf, ankle, foot and toes. Do this for both legs, one leg at a time.
- Let the patient rest in bed covered with a blanket for at least 15-20 minutes.

Note: If warranted, wear personal protective gear (face mask, gown, etc).

👉 **Do not** administer the calamansi footbath when the fever is still rising. Instead, place thin slices of calamansi on the kidney points (center of the crease on the upper third of the sole of each foot).

1/3 the distance of the foot, between the long bones of the 2nd and 3rd toes.



What to do for colds and cough

Colds and cough are the body's way of trapping the virus and removing it from the body. The virus gets stuck in the sticky mucus and phlegm of the upper respiratory passages and thus prevented from entering the lungs. Gently blowing the nose and coughing it out help clear the virus. You can assist in the drainage of mucus and phlegm by irrigating the nose and sinuses and by doing steam inhalation.

Nasal wash/irrigation

👉 For younger children, age-appropriate saline nasal sprays are recommended (available in pharmacies).

Materials

Plain Normal Saline Solution (NSS) - very affordable, available as 1 L bottles in the pharmacy or

Optional: Virgin Coconut Oil (VCO)

Procedure

- The procedure has to be done over the sink/lavatory.
 - Close one nostril by pressing with a finger.
 - Using your cupped hand or a shallow bowl to contain the NSS solution, tilt the head such that the other (open) nostril comes into contact with the NSS solution.
 - Sniff the NSS strongly into the open nostril. The fluid will irrigate the sinuses and flow out into the mouth, spit this out.
 - Repeat the procedure for the other nostril.
 - One can repeat the procedure 2-3x more on each nostril.
- Gently blow the nose afterwards to clear any remaining mucus.
- You may choose to smear VCO onto the nasal mucosa after the nasal wash.

Steam Inhalation

The simplest form of steam inhalation is a head steam bath over a bowl of hot water or medicinal herbal tea.

Herbal steam baths unfold their effects in two ways. The essential oils in the tea work directly through the skin and are inhaled simultaneously through the nose and mouth.

For diseases of the upper respiratory tract and bronchial tubes, steam inhalation has an anti-inflammatory and decongestant effect on the mucous membranes. The steam moistens the respiratory tract, dissolves the mucus and works up to the paranasal sinuses. The active ingredients in the steam alleviate headaches caused by a cold due to congestion in the nostrils and paranasal sinuses. The swelling of the mucous membranes then decreases allowing breathing to become freer. The urge to cough usually subsides quickly.



Make sure that the tea infusion is not too hot, as the steam can scald the skin and mucous membrane, and damage the fine cilia in the mucous membrane. The water for the head steam bath is 80°C maximum! Place a drop of water on the inner wrist to test the temperature — tolerable heat which does not cause burns.



When children receive this treatment, make sure that the bowl is stable, preferably on the floor or on the sink/table or take the child on your lap and together, inhale the steam.

Materials

Boiling water

Basin/bowl

Towel

Mortar and pestle

3 tsps non-iodized salt

9 leaves lagundi (mashed)
 9 leaves oregano (mashed)
 Peppermint essential oil (optional)

Procedure

- Pour hot water into the bowl.
- Drape the towel over the back of your head, such that it hangs over the bowl.
- Set a timer for 3-5 minutes. Close your eyes, and carefully lower your head toward the hot water until it is about 8 to 12 inches away.
- Inhale slowly and deeply through your nose. After inhaling, dry the face and rest.

Avoid drafts and direct exposure to cold air.


What to do for sore throat

The throat becomes sore because of the inflammation happening there. We have a ring of protection above the lungs consisting of the adenoids, the tonsils and glands in the throat. It protects the opening to the lower respiratory tract so that the virus will not descend into the lungs. You can assist this process by having the patient gargle with warm salt water or any antiseptic gargle solution. If the patient has a hoarse voice, apply a warming oil on the neck and have him wear a scarf to increase warmth in the area. This will promote healing.

Calamansi Throat Compress



Good preparation and quick actions are important because the compress cloth is small and can cool down quickly.

 Hot throat compresses are **contraindicated** for highly purulent tonsillitis! In this case you can use an onion compress. It may help to alternate this with calamansi slices applied to the area.

Materials

Basin with ½ liter boiling water

Sharp knife und fork

Mug

1 calamansi

Scarf

1 cotton cloth, folded into 4 layers (as a substance cloth, draped over the neck, avoiding the nape to protect the cervical spine)

Procedure

- Pour the boiling water into the basin.
- While using a fork to skewer the calamansi and keep it submerged in the water, slice calamansi in half.
- Make several tiny cuts into the rind of both halves to get as much of the etheric oils.
- Press down the calamansi using the bottom of the mug to release the juice and essential oils into the water.
- Dip the cotton cloth into the calamansi water, wring it out well and place it on the patient's neck (avoid the bones at the back of the neck).

Note: The compress must be as hot as the patient is able to tolerate without burning the skin.

- Immediately wrap the scarf around the patient's neck.
- Let the patient rest in bed for half an hour, then remove the substance cloth (cloth with calamansi solution) and leave the scarf in place. Allow patient to rest for another 30 minnutes.

Gargle

Gargling decreases viral load and helps with the inflammation. Choose any of the two solutions listed below:

- Saline solution - Add 1/2 tsp salt (preferably not iodized) to 1 cup of lukewarm pre-boiled water
- Guava leaf tea - Boil 3 handfuls of fresh guava leaf in 2 glasses of water for 15 minutes. Allow to cool down to lukewarm temperature and use as gargle.

Steam Inhalation

Refer to instructions above, p. 21.

What to do for diarrhea

Both vomiting and diarrhea are the body's way of purging and eliminating the virus and toxins from our body. Do not suppress these. Instead, replenish the fluid and electrolyte losses with home-made oral rehydration solution. You can also give bone broth with salt. The minerals from the bones will nourish the body during illness.

It is natural for the sick person to lose his appetite. Do not worry about this. Digesting food requires a lot of effort and energy from the body. When we are ill, the body redirects available energy away from the digestive system and focuses its energy on healing. What is important is the body's state of hydration. Make sure the patient is passing urine every 4-6 hours and that the urine color is not dark.



Home-Made Oral Rehydration Salts (ORS) Recipe

Six (6) level teaspoons of sugar
Half (1/2) level teaspoon of salt
1L clean water



It is best to taste your ORS solution first. It should not be saltier than tears.

What to do for body malaise

When we are sick, our body feels sore and heavy. This compels us to lessen our activities, to stay home, and rest. We feel tired and exhausted because our energy body is compromised. Sleep is the best medicine. Our body repairs and heals itself during sleep. Listen to your body and follow its cues. REST!

WEEK 2 of COVID-19

Patients who have compromised immune system or who have co-morbidities like obesity, diabetes, cardiovascular problems, etc. sometimes progress to the second stage of the Covid-19 illness called the **hyper-inflammatory stage**. This is when pneumonia starts to develop and blood clots form in the blood vessels thereby compromising the circulation. Because of this, the patient's oxygen levels go down. It is important to monitor the patient's oxygen levels at least 3x/day to see if this is happening. A good oxygen saturation level is 95% and above. When it starts to dip below 95% then more aggressive measures should be taken. It is best to consult a doctor at this stage so that he/she can guide you in the home management. Antibiotics, steroids and other drugs might be prescribed if chest x-ray findings show pneumonia. Blood thinners may be given if blood tests indicate hyper-coagulation.

What to do for difficulty of breathing

We all know that COVID-19 causes infection in the respiratory system, leading to the formation of large amounts of mucus that result in difficulty of breathing. In severe infection, it can even cause pneumonia that can damage the lung tissues. This makes it crucial to take the necessary step to strengthen the lungs and clear the air passages when suffering from COVID-19 and post-infection. One of the easiest and surest ways to do this is by performing lung and breathing exercises, which are also known as **chest pulmo-physiotherapy**.

If the patient feels shortness of breath or has increased breathing effort, several breathing techniques can be employed to engage the lungs fully and optimize oxygenation in the lungs. One is to have him lie tummy down with a pillow under the hip area. Additionally, position arms away from the body and hands over the head or under the forehead. This will allow for better lung expansion which can bring in more oxygen. Another way is to have him blow against resistance. This will open up more segments of the lungs. Warm moist air is easier to breathe in than cold dry air so steam inhalation will also help. In cases where oxygen saturation is below 95%, supplemental oxygen may be necessary.

Diaphragmatic or Abdominal Breathing

This involves completely engaging the abdominal muscles and diaphragm when breathing. It helps to slow down the heart rate and stabilize blood pressure.

Step 1: Lie down flat on the floor or the bed with a pillow beneath your knees and head.

Step 2: Relax your shoulders, put one hand above the belly button and the other hand on the chest.

Step 3: Inhale through your nose for about 2 seconds and notice how your stomach inflates as you breathe in.

Balloon Blowing

Balloon blowing exercise enhance lung capacity, respiratory function, and improve respiratory muscle strength.

Step 1: Take a deep breath through your nose.

Step 2: Exhale all the air into the balloon, trying to inflate it as best you can.

Straw Exercise

Straw exercise is another easy exercise that can improve your lung function when suffering from respiratory distress. For this exercise, you will need a straw and half a glass of water.

Step 1: Inhale through your nose.

Step 2: Place the straw into the mouth and blow out the air through it such that bubbles are formed in the water.

Step 3: Take out the straw from your mouth and repeat the procedure.

Step 4: Each time, increase intensity in blowing to create bigger water bubbles.

What to do for chesty coughs

During Covid-19 pneumonia, the lungs are filled with fluid instead of air. We need to drain the fluid out so that oxygen can go in. One way to do this is to assume this position: on your knees, assume prone position (belly down), lift butt up, lower head, and use hands to cushion the forehead. Another way is to introduce heat into the chest area. A ginger chest and back compress will help the patient immensely. Doing this once a day will help him/her recover from the pneumonic process.

Ginger Chest and Back Compress

When ginger slowly generates warmth in the thorax region, tension and hardening tendencies are released. The patient's respiration can resume its rhythmic activity. Inhalation deepens and inner peace sets in.

The patient will experience the development of warmth in phases:

- First, a feeling of warmth appears
- then it recedes
- and then returns.

This explains the recommendation to leave the application on for 40 minutes to allow maximum generation of warmth.

After several applications of the compresses, the skin may become dry and itching may occur. It is then recommended to treat the skin with some mild oil – but with a time delay (not immediately after the chest and back compress).

Materials

Compress Cloths

- Compress cloth bag (to contain the ginger like an pouch, about the size of the upper back)
- Intermediate cloth* – cotton or flannel
- Outer cloth* – de lana or wool

*Note: Both pieces of cloth should be long enough to go all around the chest area, back to front.

Wringing cloth

Safety pins

Ginger – if fresh, 2 inches in size; if powder, use 1-2 teaspoonfuls

Knife

Chopping board

Hot water

Hot water bag or flat glass bottle

Gloves, optional, in order to efficiently hold the hot substance cloth

Procedure

- This is best done in the morning as this can have an awakening and invigorating effect.
- Do the calamansi foot bath first (see procedure on page 18). While patient's feet are soaked during the footbath, prepare the cloths and the ginger.
- Place the outer cloth first on the bed approximately on the chest level of the patient then the intermediate cloth over it.
- If using fresh ginger, cut this into thin slices, then place in the compress cloth bag.
- Pound the ginger in the bag until the juice comes out.
- Place the compress cloth in the middle of the wringing cloth then roll this up.
- Put the part with the compress cloth in a bowl and pour hot water on it. Let it stay immersed for at least 5 minutes.

After the footbath, let the patient lie on the bed with his upper back on the prepared cloths and cover him with a blanket from the shoulders to the feet.

- Place hot water in the hot water bag or the flat glass bottle. Make sure the lids are secured tightly to avoid scalding.
- Grasping the outer ends of the wringing cloth, wring out as much of the hot water as possible from the compress cloth.
- With the patient lying on his side, gently apply the compress cloth on the upper back, making sure that the warmth is tolerable for him.
- Cover the compress cloth first with the intermediate cloth then with the outer cloth, both cloths going all the way to the front. Secure these with safety pins.
- Place the hot water bag under the patient's upper back making sure that the warmth is tolerable.
- Cover the patient with a blanket from the shoulders to the feet. Let the patient rest for 20-30 minutes.

- Remove the hot water bag and the compress cloth.
 - Apply warming oil, like coconut oil, on the area where the compress cloth was placed.
 - Cover the chest area again with the intermediate and the outer cloths. Secure with safety pins.
- Allow the patient to rest once again for another 20-30 minutes.
 - Remove the blanket and the intermediate and outer cloths.
 - Give herbal tea, like lagundi, after completing the procedure.



In case of sensitive skin there may be a distinct reddening of the skin. Wait for the reddening of the skin to subside before doing another chest compress.

The healing environment:



When we are sick, we become more sensitive to light, sound, drafts, touch, and other stimuli because our senses are heightened. It is very helpful to reduce the sensory input and create a quiet, restful, and soothing environment — something like a mother's womb or a cocoon. The environment should promote healing. Phones, gadgets, TV (especially the news!) will stimulate the body and unnecessarily clutter the mind and should therefore be avoided. The little energy the patient has should be reserved for rest and repair. Activities

that promote our body's healing forces are art, music (ideally from real musical instruments) and meditation. They help heal the body, soul and spirit.

Healing foods:

The diet should be light and restorative. Go with the patient's appetite. If he is feeling too ill, a semi-fast is advisable because it is gentler on the body. Bone broth, tawa-tawa tea, lagundi tea, sambong tea, and ginger tea with honey are good and will provide sufficient hydration. Once the patient's appetite returns, you can give solid foods that are easy to digest like lugao, arroz caldo, chicken noodle soup, and fruits like bananas. Avoid sugary foods which make the immune cells sluggish and dairy products which make the phlegm extra sticky and difficult to expel. Avoid cold drinks as the virus thrives in cold environments. You always want to promote and generate warmth (not heat!) in the body.



👉 Properly prepared, this is going to taste horrible but its good for you. Each of the ingredients have broad spectrum anti-pathogenic effects. Each has supportive and regulative effects on the immune system, as well as circulatory benefits.

Anti-Inflammatory Drink

Materials (makes 4-6 cups)


Ginger 150 to 200 grams
 Turmeric 100-300 grams
 Garlic 3-6 bulbs
 Pepper 4-10 pinches
 Virgin Coconut Oil (VCO) 1-2 tablespoons
 Kettle to boil water with
 1 liter of water
 Chopping board
 Knife
 Casserole
 Weighing scale

Procedure

Note: to be drunk on an empty stomach first thing in the morning.

- Wash all plants. Chop, then pound ginger, turmeric and garlic (GTG). No need to remove the skin.
- Put the GTG into a casserole and sprinkle the pepper over it.
- Boil water (approx. 4 cups or 3 glasses)
- Pour boiled water over the GTG in the casserole.
- Let stand or steep for 20-30mins. No lid required.
- Add a spoon or two of VCO.
- Drink the entire GTGp-c infusion within less than an hour (take a cup every 15-20mins).
- You can use the ingredients for one more time, pouring boiled water over them again, then drinking the infusion in the evening.

Note: All have warming effect in the body. Additionally, ginger and turmeric have anti-inflammatory properties while garlic, pepper and VCO have anti-microbial properties.

 Live plants are best. If not available, you can take powdered or capsule forms.

- If the patient cannot tolerate the taste, one can take individual ingredients independently. Try using ginger and turmeric alone first then garlic after.
- Honey can be used to sweeten the infusion.
- Learn to prepare it yourself, as the **effort in preparing this is part of the process of taking responsibility for and looking after your health.**

It is more affordable than pharmaceuticals and overdosing is unlikely.



Calamansi Infusion

(Source of natural vitamin C)

- Wash 15-20 calamansi.
- Chop and crush whole fruit, including the rind.
- Boil water and pour over the calamansi.
- Steep for 15mins and drink while warm.
- You can use this for one more time by adding hot water.

What to Monitor

Vital signs are a good indicator of a patient's over-all condition.

Temperature - Monitor the temperature every 4 hours. Fever is a temperature of 38°C and above. It tells us that the immune system is actively fighting the virus. Let the fever be and just lovingly support the patient. Give Paracetamol **only** if the patient, due to headache, cannot sleep well at night.

Respiratory Rate and Oxygen Saturations - Monitor at least 3x day. Normal adult respiratory rate is about 18-20 breaths per minute. During fever, it is still normal for the respiratory rate to increase to about 30 per minute as heat is being expelled through the breath. However, if it is more than this, and the patient has laboured breathing accompanied by low oxygen saturations (less than 95%), consult with a doctor.

Urination/Micturition - This is a good indicator of the state of hydration. Monitor the frequency and color of the patient's urine. He should be urinating every 4-6 hours and the color of urine should be light. If it looks concentrated, increase the amount of fluids you are giving.

Pulse Rate and Strength of the Pulse - This is an indicator of the state of blood circulation and the strength of the heart. A normal pulse ranges between 60-100 beats per minute. During fever it can go higher. The pulse should be easy to detect. If it feels weak

and the patient is not passing enough urine, IV fluids may already be needed.

Sensorium - It is normal for sick patients to sleep more. Healing occurs during sleep. But once awake, the patient should be alert and oriented. If he/she appears confused and is always drowsy, immediately consult your doctor.

Red Flags to Indicate Severe Illness

If someone is showing any of these signs, seek emergency medical care immediately:

- Troubled breathing/shortness of breath/difficulty in breathing
- Persistent pain or pressure in the chest
- Loss of speech or movement
- Inability to wake up or stay awake
- Pale, gray or blue-colored skin, lips or nail beds compared to patient's normal skin tone
- Feeling confused or acting confused or disoriented

Note: This list does not cover all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

When to refer for possible hospital admission

Oxygen saturation of less than 95% with laboured breathing
 No urine output for more than 8 hours with a weak pulse
 Poor fluid intake
 Drowsiness and disorientation

Special Circumstances

Pregnancy

- Have a balanced diet (as above) and avoid processed food.
- Walk outdoors enjoying fresh air and sunlight.
- Nurture positive feelings.
- Set aside quiet time.
- Make time for enjoyable tasks: gardening, cooking, baking, knitting, preparing for baby's layette.
- Avoid crowded and noisy places.
- Have a regular sleeping time.

Breastfeeding Mothers

- Have a balanced diet and avoid processed food.
- Drink 2.5 to 3 liters of water throughout the day —slowly, not in gulps.
- Spend time outdoors, have sufficient amount of sunlight and lots of fresh air.
- Find time for yourself and take time to rest.
- Allow others to help with the baby.
- Devote time to do enjoyable tasks.
- Nurture positive feelings.

Infants

- In place of foot bath, use fever socks as described above.
- For infants with phlegmy cough, place the child in an inclined prone position (tummy towards the floor, head down and with lower body elevated), do gentle tapping* or thumb massage on the back-of-the-chest area. This will help them expectorate the phlegm.

*Note: Avoid tapping the vertebrae or spinal bones!

Anxiety

Experiencing COVID-19 symptoms for oneself or through a family member with COVID-19 or even listening to the news about the disease may result in fear, uncertainties and doubts. In these moments, we can do...

Eurythmy (see links and videos)

Halleluiah

Calming Sequence DFGKHR

Eurythmy Laughter HA

External treatments

Oxalis Solar Plexus Compress

Materials

Substance cloth, 12 x 12 cm

Oxalis 10% ointment

Wooden spatula or knife

Hot water bottle

Woolen cloth (or fleece) to cover the substance cloth

Procedure

- Apply a thin layer of oxalis ointment onto the substance cloth.
- Lightly warm the substance cloth on a hot water bottle.
- Have the patient lie down in bed.
- Lay the substance cloth on the patient's solar plexus and cover with the woolen cloth/fleece.

Duration: 30 minutes

Follow-up:

The inner cloth can be stored in a plastic bag for repeated applications. Add a little more ointment to the cloth before each treatment.

Over the area of the heart, apply sunflower oil with rose and lavender essential oils.

Serve tea: chamomile, blue ternate flowers or mint

Others

Refer to links on:

- Body Talk/Tapping Cortices
- Meditation

As far as individual situations allow...

- visiting friends and relatives,
- inviting them over for coffee/meal, in order to provide the space to share thoughts and feelings,
- undertaking simple activities together (for example, agreeing on common prayer times) are very helpful.

We can overcome our fears when we translate ideas of kindness and of goodness into action, into the **will**.

We can allow space for honest and healing conversations:

- listening to the other, being interested in where they are coming from, given their views and questions
- sharing our perspective to those who are open/are seeking clarifications/searching for answers to their questions.

Knowledge, when discerned in genuine quest for Truth, empowers us and helps us overcome our fear.

We can also counteract fear, uncertainty and doubt by filling our souls with the strength that comes from God/ Creator/ Source. As spiritual beings, our strongest armament is prayer/meditation. We can connect with our angels and our beloved departed, in the name of the Christ. As rightful children of the Divine Creator, we can co-create a reality through contributing to the image of healthy mankind harmoniously co-existing with other creatures, in accordance to the Divine Plan.

Here are some meditations and prayers from Rudolf Steiner:

I.

We must eradicate from the soul
 All fear and terror
 Of what comes towards us from the future.
 We must look forward
 with absolute equanimity
 to whatever comes
 And we must think only
 that whatever comes is given us
 By a world direction full of wisdom.

II.

O Light Divine,
 O Sun of Christ,
 Warm Thou our hearts,
 Enlighten Thou our heads,
 That good may become
 What from our hearts we found,
 What from our heads we direct
 With conscious purpose.

Answers to Some Questions

1. **Why?** (Among others: Why the existence of Covid? Why me or my family? What's the deeper meaning of the Covid experience?)

Our body uses up energy when we worry or we are in a state of fear. Breathe. Exhale thoughts that do not help the situation and, in the space created, infill the light of hope and empowerment. You may also imagine waterfalls of light cleansing or purifying the effluvia of the pandemic and other such life-draining thoughts/emotions. It is best to incorporate this imagination with activities you do regularly like right before you take a bath, wash your hands, or brush your teeth.

In Anthroposophic medicine, **illness is seen as a messenger that something in us is out of alignment.**

Look into the five pillars of immune intelligence and honestly discern which one needs improvement:

Proper diet and hydration

Purposeful movement/exercise preferably in a fresh air environment

Rhythm especially sunlight exposure and quality sleep

Mental and emotional balance

Alignment with God/Source/Universe and harmony with nature

If you have not been remiss on any of the five, consider the **illness as a way to reach your unconscious blockages at a cellular level.**

Some of our patients who succumbed to Covid-19 reported that it was during the illness (either they themselves had it or a loved one) that they finally found the elusive forgiveness they have been hoping for. For others, this elusive thing came in the form of ideal weight, factor that broke an addiction, spark needed to preserve a loveless relationship/marriage, etc.

2. Is there a reason why calamansi is central to your recommended Home Care Guide?

Anthroposophic medicine, in its intention to form a living connection with nature and the cosmos, employs a special way of **reading the book of nature**. One of the applications is a deeper relation with the plants used in Anthroposophic plant remedies or external treatments.

More than the natural vitamin C and its availability in the local setting, the calamansi plant's healing gesture is also taken into account. Knowledge of this unlocks the powerful healing forces. For some countries, lemon will be the plant of choice.

The branches, the leaves and the flowers appear disorganized but organization is apparent in the fruit. The thick covering of the round fruit has a protective gesture and its etheric oil offers easily-absorbable warmth. The juice of the fruit strengthens and revitalizes the body.



The expanding gesture of the calamansi's flower (white petals, yellow middle, fragrance) is "inverted" in the fruit, more visible in the lemon as it has a yellow rind, whitish divisions of the fruit). So the **expansive gesture of inflammation is actually contained or held-back by the calamansi/lemon fruit**. While the fruit juice, in a way, is like "liquefied sunlight."

Links and Resources

For External Treatments

<https://www.pflege-vademecum.de/projekt.php>

For Remedies

contact your local Anthroposophic physician/health provider

For Eurythmy

<https://www.youtube.com/watch?v=S1y0omZjAco>

<https://www.youtube.com/watch?v=ILZ06qarow0&t=153s>

For Body talk

<https://www.youtube.com/watch?v=R7cEnyaxrGk>

<https://www.youtube.com/watch?v=0ojCuYDgh0>

For more information on COVID from the Anthroposophic perspective

<https://medsektion-goetheanum.org/aktuelles/covid-19>

<https://goetheanum.co/en/news/three-signs-and-their-message>

References

<https://www.pflege-vademecum.de/projekt.php>

<https://medsektion-goetheanum.org/aktuelles/covid-19>

Credits

- cover photo and artworks from the Anthroposophic community
- photos used in the text: from the internet

Knighthood of Our Time



There is a knighthood of the 21st century
Whose riders do not ride
through the darkness of physical forests, as of old,
but through the forest of darkened minds.

They are armed with a spiritual armor,
and an inner sun makes them radiant.
Out of them shines healing,
healing that flows from the knowledge
of the human being
as a spiritual being.
They must create inner order, inner justice,
peace, and conviction
in the darkness of our time.
They must learn to work
side by side with angels.

-Karl Koenig



About the Author

LAMMP stands for **Lipunan ng mga Antroposopikong Manggagamot at Manghihilom ng Pilipinas**. It is an organization of Filipino Anthroposophic physicians, health professionals and therapists, committed to actively promote a Science of the Spirit towards an understanding of the human being in health and illness for the holistic transformation of Filipino communities. It envisions a society of free and independent conscious human beings enabled to change themselves inwardly through Self-knowledge towards the development of spiritual wisdom.

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<https://www.facebook.com/LAMMP-102535738678159/>

LAMMP warmly thanks all who have so generously shared their talents for this guidebook. The artwork accompanying *Knights of Our time* is used with permission from Sara Parrilli from the book, *Through the Rainbow*.