

# COLD/FLU



&

## Coherence 123



# Cold & Flu & Coherence 123

There are a lot of colds and flus going around. I've got some tips for you that I think you will find really valuable.

## Vitamin C

Take a high dose of a high-quality vitamin C. Depending on your tolerance you can take up to 5000 milligrams twice a day. I wouldn't start off with that because you could get diarrhoea.



You can build up slowly over time and it can really help fight infections as a preventive measure. If you've actually got the flu and you are feeling miserable, take vitamin C now to alleviate some of the symptoms.

## Magnesium Oil

I suggest also taking magnesium oil that you can spray on your body and spraying it in water helps to alkalise the body.

Put magnesium flakes or Epsom salt in a bath to help pull the toxins out of your body. That is the underlying cause of colds and flu.



Also you can use baking soda, build up to a teaspoon 3 times a day, only while you have the flu. Then you can use it just once a day as a maintenance or preventative treatment.

## Detox

I like to do fresh whole lemons in the blender. It can help detox the liver and the gut, which can contribute to accelerating and overcoming the toxins and phlegm that go along with the colds and flu.

## Find An Alternative Therapist

Find a good alternative healer or therapist who can help you work on emotional and physical issues.



## Alkaline Water

Use alkaline water and eat an alkaline diet. It is not easy to stick to because other types of foods, (acidic foods) sometimes seem more inviting, but if you can stay with your alkaline diet especially while you're ill, you will feel better.

## Gut Health

Gut health is important. Don't eat sugar or gluten.

**Find a probiotic that's right for you. You can get some professional advice on that.**



## Rest

Stress, overwork and a lack of self-love is something that you need to work on if you don't know how to do it get some help with it.

## Coherence 123

We like to use Coherence 123 because it helps many things and it can be used as a preventive. While you're ill it can help accelerate the strength of the immune system.

It can help you with detoxing as you go through the healing process.



Coherence 123 is EFT (tapping) and we take it a step deeper.

We use Psych K which is psychology kinesiology, integrating the left and right hemispheres of brain and body.

Also 9 positions can help to release trauma or emotional issues, even the lack of self-love or help you go through a forgiveness process, or whatever is important for you to heal.

I hope some of these jump out at you as a powerful way to help you either prevent or overcome colds and flu this year.

**This Ebook is a collaboration between  
Robert Kirby from [Robert Kirby.com](http://RobertKirby.com)  
& Global Healing Exchange**

