

# GLOW-Protocol

Go Live On Well



‘A Healing Recipe For Flu Seasons And Beyond’,

‘For Mother Earth’,

For my indigenous ancestors,

For all wise medicine men and women,

For my specialist, who encouraged me to combine old knowledge with practical science.

# History

*For many centuries people all over the world practiced nutritious healing recipes. Some of these practices are lost or fell out of favor for quick fixes. I share with you my GLOW-Protocol that I found out by accident. I learned from indigenous people as well as modern research. It helped me through many viral episodes with a **compromised immune system and a very sensitive mucus lining system**. This is the short version to help you out and to pass on. It prevents 95% of all my accidental viral encounters (2007-2020). It is however no quick fix. Timing and dedication are essential.*

Mesmoiron

## Your Toolkit

- Oil pulling
- Bone broth
- Sleep/rest
- Intermittent fasting
- Fresh clean outside air (park, trees etc)
- Timing
- Know yourself, your situation and past common cold/flu-like symptoms



## Remember Timing Is Everything

Use this protocol as soon as the first symptoms arrive. This protocol is forgiving, flexible and does not need exact measurements. It follows natural rhythms. We all are different, but here are a few symptoms that signal something is about to happen. **I mean the moment when your mind says ‘I think I get a cold’**

- Runny nose, tiredness, throat problems, itchy inner ear, headache, chills, muscles pain, etc.

## Oil Pulling

Use oil pulling when you had contact with someone who you think has a cold or flu. In order of importance. 1) Coconut oil or 2) Olive oil, 3) Sunflower oil 4) any other consumption oil.

1. Every day during flu periods at least 1 time a day ( 5 to 20 minutes). Spit out in the waste bin.

- a) When symptoms flare up in the throat (cough, rawness, slime, dry mouth, etc); take a tiny, tiny, pinch let it melt in the mouth and let it touch everything in the mouth. Every hour or so (spit out if you took too much otherwise swallow)
- b) When starting the protocol, practice every day to get used to it. When your body shows diminished vulnerability, start less oil pulling until you only need it occasionally. Remember nature is about variation.

## Nose/ear oil drops

Kids: use sunflower oil (softer)

Toddler: drop or clean swap (cocos oil). Gentle massage the inner side of the nostrils. Ears: use drop only.

Adults: use sunflower oil or olive oil (may give a light burning sensation, but has more healing power)

1. Acute symptoms: One drop in every nostril every hour during the day.
  - a) Prevention: one drop in every nostril once a day. Symptoms should lower within half an hour. At night it keeps the nose airways open.
2. Ear drops: once a day only if needed (inner itching).

Children: let them lay down on their back. Play a little game and let them get used to it. Let them swallow the drop through the nose. Massage the nose lightly and wipe with some soft tissue. Do not overdo it. As soon as symptoms lower, increase the (no dose) episodes between the doses. One or two times the first days should do it. It is possible to get them almost symptom free by day 3. If symptoms flare up again give the drops more frequently. When the body can control the situation, let it further heal on its own! It might sound strange, but try not to avoid every cold. Once a year let them have a 'mild common cold'. It takes practice for kids. So they are more prone to catching something because they are sloppy with the protocol. The symptoms must become less heavy and often.

## Bone broth

Bone broth is a light watery dish/soup made of bones, ligaments and other parts of animals. Chicken broth or soup is the best well known of them. Bone broth has the healing power for the mucus lining of all body parts that have a mucus layer. It also helps with diabetes, nausea, cellulitis and leaky gut. It has been used for fasting for centuries. There are many recipes. The one used here is based on a traditional Surinam dish Saoto Soup. The ingredients have strong healing power together. You can reuse the bones for up to 3 times. The bones disintegrate eventually and become brittle. Keep the bones in the freezer when not in use.

## Ingredients common broth:

- Bones, parts like, wings, feet, tail, neck, thigh and fish etc.

- Herbs: onions, garlic and all others that you like.
- Salt: no salt (better for organs, cleaning your body and very young children) or little salt (if you have to)
- Vinegar: drop to release nutrients. But you can leave it out completely.
- Fire or electric stove. Medium to smallest fire etc.

## Instructions:

1. Put the pot on the stove.
2. Cover the bones with enough water
  - a) optional: salt, vinegar drop or salt the bones first.
3. Put a lid on the pot and let it come to almost boiling. Let it simmer with few bubbles.
  - a) Fish: 30 minutes – 1 hour.
  - b) Chicken: 2 hours – 4 hours
  - c) Red meat bone broths: 4 – 72 hours.
4. Put the vegetables in the water in the last quarter or third of the cooking period. Vegetables can burn when you heat them too long. Fine herbs can be added just before serving.
5. Storage: strain the liquid through a sieve or a cloth. Use ice cube molds or plastic zipper bags. Store in the fridge for months and in the cooling for a week. If you keep it on the stove for 3 days; let it boil and simmer every day for at least 10 minutes before use.
6. If it cools the liquid becomes gelatinous. This is very good for the skin, mucus lining and joints.



## Ingredients adapted Saoto broth:

1. Chicken parts original (or other bones) (mandatory)
2. Garlic gloves (1 -3), big onion or onions, sereh (lemon grass) (1-3), ginger big piece. (mandatory)
3. Piment or black pepper, salt
4. Taugé sprouts (add to the finished broth)
5. Boiled egg (add to the finished broth)
6. Rice and potatoes chips (add to finished broth)
7. Boiled white rice



Recipe as above. The more ingredients, the more the broth becomes a healthy soup. As a rule how sicker the person, the fewer (solid) ingredients the broth has. 1 and 2 are mandatory. 3 to 7 are optional and make the broth into Saoto Soup.

## How to use the broth

- Eat or sip it slowly during the day. In case of the flu or heavy cold. Take a sip every 15 minutes. Keep the throat moist and clean by swallowing the broth and excess slime. Within minutes you should feel the throat, stomach and intestines become less irritated. Use the broth fast during the morning or day as long as the symptoms are contagious or you feel getting weaker. Eat light meals when you have appetite.

## Sleep/rest

It is possible to prevent getting a cold or flu with a huge dose of sleep as soon as the first symptoms arise. Increase the amount of sleep or go to bed early. Practice the oil pulling.

## Intermittent fasting

Consider postponing your breakfast until noon. Fasting helps the body clean up and aids the self healing properties of your body. At noon, eat a light meal and go on fasting. Use only tea, herb tea, normal water and bone broth. Water melon is very good for the kidneys. The more you need to use the bathroom, the better. It can prevent getting a cold or flu in one day.

## Fresh air, increase body temperature through exercise prevention.

- Do air your house and bedroom with fresh air each morning.
- Do not use the heater too much as dry air helps virus spread and irritates the airways.
- Exercise helps your metabolism and healing (walk) preferably outside.
- If you do fall ill, heat your body with warm cloth, blankets or a hat; but keep the bedroom with fresh air and slightly lower temperature.

## Know yourself

This means that this protocol helps you to get started. Learn to work with your body. Feel it, listen to it. Once you hit mastery level, you can become creative, tweaking it to your needs. Your body will get less susceptible to colds and flues. You will become more confident in avoiding many contagious periods all together. If you are at mastery level, you'll notice that you need to do the protocol less often or only need some of the tools for shorter periods. It is possible to give yourself only a mild cold; just for immune system training; while preventing catching all others at will.

## Vegan

I know this is important for many people. However if your life depends on it; consider making an exception for bone broth. There are a few animal products with immense healing power. It can be made with even small pieces. Just adjust the amount of water.

## Hygiene

Clean your nose with a tissue. Try to only swallow your slime with a warm fluid especially herb tea and bone broth. It prevents viruses from entering the lungs and going deeper into the throat. You will rinse yourself clean in this way. All other hygiene rules apply. Hand washing, care for yourself is care for others. Avoid making others sick, keep social distance etc.

## Last thoughts

I researched and made this protocol to minimize the risk of colds and flu. I wanted a method that did not rely on access or availability of expensive medication, health care or tools. I also made it for those who can't afford the bones and meat to make it. Even if you think this is very strange; consider donating them some bones or your leftover bones. Here is how to do it hygienically.

## Bone broth donations (cook&bake method)

- Rinse your leftover bones
- Boil them for 10 minutes
- Pork, lamb, cow etc can be extra heated in a preheated oven at 150+ degrees Celsius for additional 15 minutes. Let it cool.
- Freeze them or let them dry
- Make a clean package and donate them to someone who can't afford to buy the ingredients.

## Thanx Pixabay Users

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