

Skye Bailey's notes from the April 15th Clay Cane Show:

(Clay is a COVID-19 survivor and shared what worked for him. Reliance on any information provided here is solely at your own risk.)

Heard that heat kills it so decided why not.

Boil a large pot of hot water and put your face over it, on & off for 20 minutes* and breathe in the steam, it might kill the virus. (He did it for 3 days in a row; also put lemon and lime peels and ginger; and breathed in and out)

(*tried to do a min, then 2, etc.)

At one point, he put in VapoSteam from Vicks VapoRub but he didn't like it. Something about it felt weird and it was staining his pots.

Slowly breathed in and out through nose and into lungs. Comfortably. (nothing stinging and burning)

Did that for 3 days and then after that, reduced it to 5-10mins everyday. Talked to friends while doing it. Had the phone on speaker. Looked at Instagram.

Sometimes, he would cut the pot off and the steam would come up even more. I did it consistently. Sometimes when I went to bed, I took Nyquil.

Also took Oil of Oregano; a tablet 3 times a day.

Also took a tablet called Lysine

It's for your mouth and throat.

It's a supplement that you only take for one or two weeks in a row and then you have to stop.

I took that 3 times a day. Always on an empty stomach.

Never with food.

Made a concoction of honey, turmeric powder, bay leaves, red onions, cloves, garlic, ginger root and lime; all raw

(Had a teaspoon of that every morning)

(Found on wake up with Marley twitter page)

Made a tea 3 times a day with raw ginger root, squeezed lemon and the turmeric powder and with a lemon and ginger teabag. (Really believes this one was helpful because his symptoms got a little less)

Ginger Root Tea:

Raw ginger root (not powder), peel off skin, chopped it up into medium-sized chunks and put into a small pot of boiling water. (about 5 or 6 chunks and half a pot of water).

Let boil for about 5 minutes (not too long because it will get concentrated)

Put in squeezed lemon, not bottle lemon juice.

Raw honey and turmeric powder.

(He has been taking turmeric powder for years during the flu season.)

Mix it up. It's very strong.

Added a lemon ginger Twinings teabag for flavor and it made it even stronger. He could feel it in his chest.

Took it 3 times a day, sometimes more.

For the headaches:

Took Tylenol a couple of times but it didn't work.

Took Feverfew 3 times a day.

Didn't mix it with any other pills.

It's supposed to help with migraines.

He did not take any ibuprofen.

(He heard that you should not take ibuprofen.)

The only pills that he took aside from the Oil of Oregano tablet: at bedtime, occasionally took Tylenol or Nyquil because he was afraid of waking up the next morning and have something crazy happen.

I turned off the news.

Believes it's good for your mental health.

Calm down. Take your mind off of it.

Watched movies.

Be careful whom you tell because you need them to remain calm. You don't want people getting upset and getting you upset too.

Changed toothbrush regularly.

At least every 2 weeks.

Sometimes once a week.

Was doing this for years anyway.

Gargle with Peroxyl (flavored hydrogen peroxide).

Dentist told him years ago that Peroxyl is better than Listerine because Listerine has a lot of alcohol and chemicals in it.

Took Emergen-C 2xs a day.

(because you shouldn't take too much of it).

Also took Zicam.

(took before going to bed to help calm things down)

Norm (from Florida):

If this virus gets beyond your hands, it gets into your mouth.

What happens in your mouth?

Does it stick to your dental plaque?

Oral Health Care: you must floss and brush at least 6 - 8 times a day. Gargle 5 -7 times a day.

Gargle Listerine in your mouth, spit it out and watch what comes out. The virus gets into your mouth and accumulates and accumulates. This COVID-19 is an oral disease before it becomes a pulmonary systemic disease.