



DOWSE TO BOOST YOUR IMMUNITY

Kate Smart
March 2020

A few thoughts

We are all told to eat healthily and the goodness from our food will support our immune system and help keep us fit. But what does this mean for you?

Each of us carries around approximately 20 trillion micro organisms in our gut known as our micro biome. But interestingly enough this is only two thirds of it! A further 10 trillion micro organisms actually live on our skin. Our biome is a combination of flora and yes, fauna! That's micro animals.

Both these unique and vital biomes – inside and out - play an important role in protecting us from unwanted parasites, harmful viruses and bacteria and invasive fungi quite apart from breaking down our food when located in our gut. Because your biome is unique it's not surprising that the 'recipe' for your optimum health is also unique. And that's where dowsing can help. It also explains why your perfume/aftershave smells different on someone else.

Here are a few general comments about the following pages. If you are otherwise in good health and would like to give your body a boost consider fasting for a day during daylight hours. This is an excellent way to cleanse your system. Make sure you drink plenty of water and/or herbal tea and don't try to be too energetic! You might remember the old adage 'Feed a cold, starve a fever' which scientists have discovered actually has some truth in it. Fasting triggers an immune response in your body that is particularly effective against viruses.

If fasting is too extreme for you but you would still like to gain some of the benefits then try liquidising vegetables and fruits from the 'rainbow' list below to make a pint of nutritious smoothie. To make this more palatable you can add a spoonful of honey (local if possible). This takes the place of a meal and because the ingredients are already broken down into a liquid it means your body doesn't have all the work to do especially if you're feeling under the weather.

Garlic is always better eaten raw but if you find this hard to do then very lightly fry it (don't let it brown). It is one of the most effective all round immune boosting and anti bacterial agents and all you need is one small clove. Remember that viruses can not be killed by antibiotics because they are not a bacteria. Garlic does not harm your biome if eaten in small doses. The cultured foods on the list below all add to your biome and are very good to eat after a course of anti biotics to repopulate your gut.

In case you didn't know Orris is a type of Iris root!

Kate's checklist for health

Foods to boost your immune system

Citrus

Garlic

Ginger

'Rainbow' foods like blueberries, blackberries, beetroot, peppers, pumpkin etc

Spinach and kale

Almonds

Cayenne

Turmeric

Green tea

Poultry

Sunflower seeds

Cultured food like yoghurt, kefir, Kimchi, sauerkraut etc

Method

Take your dowsing tool in your preferred hand use the index finger of your other hand to point to the first item on the list and ask 'would this food boost my immune system?' You should get a straight forward 'yes' or 'no' answer although occasionally you might find that you get no strong reaction. Put a mark beside the food recording your response and the date/time because things change.

Work your way through the list recording the answers and when you have completed this you can now enquire at a deeper level. For instance if you discovered that citrus would help to boost your immune system, you could establish whether this is lemon, lime, orange etc. Cayenne strengthens the benefits of the other ingredients

Following this ask through dowsing how much and how often you should eat this food item and even in what form would be best for you. These foods should be added to your daily diet not instead of anything you eat now.

Hand rubs, shampoos and shower gels

I discovered that it's possible to make a very useful hand rub instead of buying proprietary hand sanitiser from essential oils and if you have a oil diffuser (electric or candle) you can purify your office or home in the same way.

Using the same dowsing method as before check the list below to see whether any of these ingredients would be beneficial for you to use

Myrrh

Nasturtium

Thyme

Wormwood

Verbena

Rose

Clove

Eucalyptus

Tea tree

Peppermint

Orris

Anise

Rosemary

Lavender

Fennel

Lemon

Lime

Angelica

Only use essential oils with a carrier oil such as sweet almond oil. Just be aware that essential oils are very potent and you should carry out a 'patch test' before you use too liberally on your skin! The best place to try your test is on the inner upper arm and wait to see whether you feel an irritation or see any redness before proceeding. All the above should be used externally, topically not internally. If you have an unscented shampoo, shower gel or face cream you can add a few drops of your oil.

Herbs that work with your body during infection

Following the same method as before douse the following herbs to establish whether any could help support your body during an infection

Boneset

Yarrow

Echinacea

Marigold

Golden seal

Chamomile

Skullcap

Licorice

Garlic eaten raw

Comfrey root

Coltsfoot

Lungwort

Marshmallow leaf

Mullien

Vitamin C 2g per day

Vitamin D complex

The important thing to remember with all these ingredients is that they do not suppress your body's natural mechanisms to fight off an infection; they work with it. A fever is a natural response to some viruses and should not be suppressed nor should you try to prevent other normal symptoms which are your body's way of repairing itself.

Licorice works with many of the other herbs and also improves the flavour! You can also add Chamomile as this can ease many aches and pains and headaches generally.