

Coronavirus

Coronavirus
Top 21 Protection Tips

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Medical-Intuitive Healer
Most Scientifically Validated Medical Intuitive

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www.TheHealingTrilogy.com

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Foreword

I truly believe that as quickly as this coronavirus epidemic arrived, it can dissolve again equally quickly.

Sometimes extraordinary problems require a supernatural response. Fearless prayer is what is needed in this moment. Let's all pray for a swift end to the coronavirus.

I pray to Mother Mary for those suffering from the coronavirus epidemic.

I hope you find comfort in this book.

Kimberly Meredith

Medical Intuitive Mediumship Healer

Introduction

People can be sickened by many invisible or nearly invisible things, including toxins, chemicals, heavy metals, molds, fungi, parasites, bacteria and viruses.

Every day in my practice as a medical medium and healer, I meet people from all over the world who come to me suffering as a result of exposure to toxins or pathogens that have caused significant harm, illness, suffering, and disease.

Our immune system does the best job it can to keep us safe. Everyone has a different kind of immune system. And what is easy for one person to fight off, may be much more challenging for another individual.

At some point, even the healthiest immune system can be overwhelmed.

This is why it's so critical to safeguard our health by boosting our immune systems and by taking common sense everyday measures to reduce exposure to pathogenic viruses like the novel 2019 coronavirus, also known as COVID-19.

The World Health Organization has officially classified the outbreak of the novel coronavirus 2019 as an epidemic—meaning the worldwide spread of a disease against which the general public has no immunity.

For some infected by this pneumonia-causing virus, the symptoms experienced have been mild, or even nonexistent. For others, the symptoms have been severe, in some cases even resulting in fatalities.

But we must not give in to fear.

It can be easy to feel afraid during times of uncertainty. However, especially during times like these, it is important to not feel afraid.

Being informed is good. We want to be informed. But we don't want to be afraid.

We have the ability, the capacity, and the know-how to protect ourselves.

This is why we must take common-sense steps to protect our health, and the health of our loved ones.

It's also vitally important for us to help boost and support our immune systems as much as we can, because a strong immune system is so important to keeping us healthy.

Everyone—regardless of age or health—can benefit from boosting the immune system.

As an experienced medical medium and healer who has helped thousands of adults, children and animals, my healing practice is devoted to helping individuals find the most effective path to healing.

I am proud to work in a complementary fashion with many Western Medical Doctors to help my clients achieve the best possible outcomes. I have witnessed firsthand the remarkable recoveries that can occur when the immune system is strengthened.

I love helping people learn how to work in the 5th Dimension, which is where all the Miracles can happen. I truly believe boosting the immune system and learning and participating in daily teachings or any self healing practice will help raise your consciousness and help keep you protected.

This book contains information designed to help you and your loved ones

- Reduce your exposure to the novel 2019 coronavirus—and other viruses too
- Boost your immune system
- Stay healthy

I have also included exclusive immune-boosting tools, tips and techniques that have, in my practice and experience as a medical mediumship spiritual healer, proven very effective in improving the health of my clients.

It is my sincere hope and wish that you and your loved ones find the information in this book to be helpful to your health and well-being, both in regard to the coronavirus, and in regard to your life as a whole, both physical, mental, and spiritual.

If you feel my services as a medical medium and healer may be helpful to you, please visit my website, www.thehealingtrilogy.com. I am honored to help and be of service to all I can.

God bless you,

Kimberly Meredith
Medical Intuitive Mediumship Healer



About the Coronavirus

Coronavirus Facts

The coronavirus is named for the crown-like spikes that protrude from its surface

The coronavirus, as it is called publicly, refers to a new, previously unknown virus first discovered in Wuhan City, China, in December 2019.

This unique virus can infect the respiratory system and cause pneumonia. For many, the disease is mild. In fact, some people don't even realize they've been infected. For others, the virus takes a heavier toll, and can lead to death. Those at increased risk include the elderly, and those with chronic medical conditions, including diabetes, heart disease, respiratory ailments, and weakened or otherwise compromised immune systems.

This virus goes by many other names, including Severe Acute Respiratory Syndrome Coronavirus 2, SARS-CoV-2, COVID-19, Novel Coronavirus, 2019-nCoV, 2019 Novel Coronavirus, and Novel 2019 Coronavirus.

When someone is infected by the coronavirus, they may contract coronavirus disease, aka COVID-19, which is an infectious disease caused by the coronavirus.

Even though it is commonly referred to as "the coronavirus," implying that there is only one coronavirus, in reality, there are many different kinds of coronaviruses, each with its own characteristics.

Some coronaviruses cause more harm than others. Some coronaviruses infect humans. Some coronaviruses infect animals. On rare occasions, such as with the 2019 novel coronavirus, a virus is able to jump from animals to humans and spread.

The coronavirus family is divided into four groups (genera): alpha, beta, gamma, and delta. Most coronaviruses can only infect animals. Humans can only be infected by viruses belonging to groups alpha and beta.

Most people have been infected and recovered from infections by one or more different kinds of coronaviruses. The common cold can sometimes be caused by one of four different human coronaviruses, which caused 15 to 30% of common colds. Most colds, however, are caused by rhinoviruses.

But the relatively harmless cold viruses are very different from the novel coronavirus now spreading around the world.

The 2019 novel coronavirus is classified as a strain of the virus species Severe Acute Respiratory Syndrome-related Coronavirus, or SARSr-CoV. The 2019 Novel Coronavirus is related to the virus that causes SARS, or Severe Acute Respiratory Syndrome.

The novel coronavirus appears to have begun in animals, and then found a way to transmit itself among humans. It is rare for a virus to jump from animals to humans, though it is not unprecedented, and other viruses have made the leap from animals to humans before.

How was the coronavirus discovered?

The very first human coronaviruses were discovered in the 1960s.

Since then, other pathogenic coronaviruses have been discovered. These include:

- SARS, aka or Severe acute respiratory syndrome coronavirus, aka SARS-CoV, and
- MERS, aka Middle East respiratory syndrome coronavirus, aka MERS-CoV

The most recent human coronavirus to be discovered is the novel 2019 coronavirus, which is known by several other names, including COVID-19.

The novel coronavirus was discovered in December 2019, in the city of Wuhan, China.

How do I know if I have the coronavirus?

What are the symptoms of an infection by the novel coronavirus?

According to health researchers, primary symptoms of infection by the novel coronavirus 2019 include:

- dry cough
- fever
- shortness of breath

A study conducted by the highly respected medical journal *The Lancet* found the following prevalence of symptoms:

- fever - experienced by 83% of patients
- cough - 82%
- bilateral pneumonia - 75%
- shortness of breath - 31%
- acute respiratory distress syndrome - 17%
- muscle ache - 11%
- confusion - 9%
- headache - 8%
- sore throat - 5%
- rhinorrhea - 4%
- chest pain - 2%
- diarrhea - 2%
- nausea and vomiting - 1%

When should I call my doctor?

If you develop any of the following symptoms, stay home and contact your healthcare provider:

- cough
- fever
- body aches
- shortness of breath
- fatigue

The elderly and those with chronic medical conditions can be at increased risk when it comes to infection by the 2019 coronavirus. These individuals should take greater precautions to protect themselves.

How to tell the difference between the coronavirus, the common cold, the flu, and hay fever or other allergies

Even though most people are concerned about the 2019 novel coronavirus, it's still easy to catch a common cold, the flu, or experience other seasonal allergies such as hay fever.

Because the symptoms of COVID-19 or coronavirus 2019 disease can appear similar to the symptoms of the common cold, flu, and even seasonal allergies, knowing the differences in symptoms for each of these conditions can be beneficial and reduce unneeded worry and anxiety.

The following sections will go into greater detail regarding the signs and symptoms of various conditions, including colds, the flu, and the novel 2019 coronavirus.

The tips and techniques provided in this book will also help you reduce your exposure risk to the novel coronavirus, as well as other viruses and bacteria.

What's the difference between the coronavirus and hay fever or other allergies?

Allergies like hay fever and even asthma can be triggered by particles in the environment to which the immune system overreacts.

Symptoms of allergies can include:

- sneezing
- dry cough
- runny nose
- stuffy nose
- itchy, watery, or puffy eyes
- itchy nose, throat, and/or ears
- wheezing
- shortness of breath
- rashes
- feeling tired
- headache

By contrast, those who contract novel coronavirus 2019 tend to display three primary symptoms:

- fever
- dry cough
- shortness of breath

Additional less common coronavirus symptoms may include aches and pains, nasal congestion, runny nose, sore throat, or diarrhea, among other symptoms.

Key differences between allergies and the coronavirus:

Allergies are not contagious.

The 2019 coronavirus is extremely contagious.

Allergies will not cause a fever.

Those infected with the novel coronavirus have frequently experienced a high fever.

Allergies may cause feelings of itchiness, whether in the nose, throat, eyes, or ears.

Infection by the 2019 coronavirus does not cause itchiness.

Allergies often involve more nasal issues.

Allergies can include incessant sneezing, which is less the case with individuals infected by the 2019 coronavirus.

Helpful tip: monitoring your community's pollen count can also help you figure out when you might be more likely to experience allergy symptoms.

Helpful tip: those with allergies should be vigilant about treating their symptoms, both for their own comfort, and also so as to not cause undue concern or over-reaction in others who may misconstrue the symptoms of an allergic reaction as infection by the novel coronavirus.

What's the difference between the coronavirus and a cold virus?

Both the cold virus and COVID-19 virus are coronaviruses. But although the viruses that cause colds and the viruses that cause coronavirus disease are all coronaviruses, the diseases they cause can be remarkably different.

Cold virus symptoms:

- runny or stuffy nose
- post-nasal drip
- sore throat
- cough
- congestion
- slight body aches
- mild headache
- sneezing
- low-grade fever
- feeling generally unwell

Key differences between a cold and the coronavirus:

A cold will have a low-grade fever, if any fever at all. Most colds are not accompanied by a fever.

Those infected with the coronavirus virus frequently experience a high fever.

Those infected with a cold will typically not experience shortness of breath, though a cold can, for some with asthma, trigger an asthmatic response.

Individuals who have contracted the coronavirus have frequently experienced shortness of breath. Because acute respiratory distress can develop, it is important for anyone experiencing shortness of breath to contact their medical provider.

What's the difference between the coronavirus and the flu?

Every year, the flu virus sickens tens of millions of people worldwide.

For most of these people, the flu is significantly more challenging than dealing with a cold.

Still, most people are able to recover at home.

But of the tens of millions of people worldwide who contract the flu every year, a small percentage of these individuals—numbering in the hundreds of thousands—require hospitalization.

Of the hundreds of thousands who are hospitalized with the flu every year, tens of thousands perish.

So the flu can be a serious illness, especially for those who are elderly or with serious pre-existing conditions.

The flu virus is similar to the COVID-19 virus in that both are more dangerous to the elderly and those with other significant medical conditions.

This is why it is especially important for the elderly and those with pre-existing medical conditions to avoid both the novel coronavirus and the flu virus.

In the case of the flu virus, it's possible to receive a yearly flu vaccination, which can reduce the risk of contracting the flu.

The flu vaccine will not protect someone from all flu viruses. However, the chances of contracting the flu will be reduced. Additionally, the flu vaccine can reduce the severity of flu symptoms.

The flu vaccine can be especially warranted for the elderly or those with pre-existing medical conditions.

Every person is different, and readers are encouraged to speak with their healthcare providers for more information specifically tailored to their unique medical needs and conditions.

Flu symptoms

Flu symptoms develop rapidly. At first, the symptoms may seem like a common cold, and can include sneezing, runny nose, congestion, or sore throat. In a short time, these symptoms rapidly progress, becoming more severe, potentially including additional symptoms such as:

- fever or feeling feverish
- headaches
- chills
- body aches
- sweating
- cough
- muscle stiffness
- nasal congestion
- fatigue
- weakness

Key differences between the flu and the coronavirus:

Both the flu and the coronavirus can both lead to symptoms which share significant similarities.

The key difference between symptoms of the flu and symptoms of coronavirus 2019 disease is shortness of breath, which is a frequent occurrence among those infected by the coronavirus.

It is important for anyone experiencing shortness of breath to contact their medical provider.

CORONAVIRUS SYMPTOMS, OR SOMETHING ELSE?

COLD OR ALLERGIES:

- ITCHY EYES
- STUFFY NOSE
- SNEEZING

FLU OR CORONAVIRUS:

- FEVER
- FATIGUE
- BODY ACHES
- COUGH
- WORSENING SYMPTOMS

CORONAVIRUS:

- SHORTNESS OF BREATH
- HISTORY OF TRAVEL
- EXPOSURE

SYMPTOMS AND RISKS VARY FROM PERSON TO PERSON. ALWAYS CHECK WITH YOUR DOCTOR.

Sources: CDC, Mayo Clinic



COLD/ ALLERGIES

ITCHY EYES
STUFFY NOSE
SNEEZING

CORONAVIRUS COVID-19

COUGH
FEVER
SHORTNESS
OF BREATH
HISTORY OF TRAVEL
EXPOSURE

FLU

FEVER
FATIGUE
BODY ACHES
COUGH
WORSENING
SYMPTOMS

*SOURCES: CDC

How can I reduce my exposure to the coronavirus?

Tips, tools and techniques to reduce risk of exposure to the coronavirus and other pathogenic microbes.

Tip #1: Frequent Hand Washing

You knew it had to be hand washing, right? You're such a smart cookie!

Frequent hand washing is the number one health tip or a good reason—it works!

Washing your hands often is the best way to avoid contracting the coronavirus and other diseases.

Wash your hands often, especially

- before eating
- before touching your face
- after being in public
- after blowing your nose
- after sneezing
- after coughing
- after going to the bathroom

But you already knew these, right? :-)

Tip #2: Use Proper Hand Washing Technique

Did you know there's a right way to wash your hands? Meaning, conversely, there are less effective ways to wash your hands, and we don't want to use less effective ways. So now science has given us the ideal hand washing technique, and here it is!

Wash your hands with soap and warm running water. Rub your hands under the water for a full 20–30 seconds. It's important that you rub your hands together under running water. If you don't have soap but you have water, wash your hands anyway. Washing your hands with water alone has been shown to be almost as effective as washing your hands with soap. So if you have access to water, wash your hands anyway. It's better than not washing your hands at all.

If you are not able to wash your hands with running water, you can also use an alcohol-based sanitizer with at least 60 percent alcohol. However, alcohol is not quite as effective as hand washing.

Dry your hands using a clean cloth or a disposable towel.

Bonus Tip: If you ever see dirt on your hands, always wash your hands with soap and water.

Close up: What is the best way to wash hands?

Use this technique to make sure your hands get super clean!

Step 1: get your hands nice and wet with running water.

Step 2: Apply enough soap to cover your wet hands.

Step 3: Scrub all hand surfaces for at least 20 seconds. Be sure to include the backs of hands, between fingers and, beneath the fingernails.

Step 4: Rinse your hands thoroughly with running water.

Step 5: Dry hands your hands completely with a clean cloth or single-use towel.

Bonus Tip: Use a soap that's easy on your skin!

Tip #3: Be Careful about Touching Public Surfaces

As much as you can, try to be cognizant of surfaces that get touched a lot in public places. Because these surfaces can be the perfect resting place for a whole host of viruses and bacteria, do your very best to try not to touch these surfaces!

Watch out for:

- door knobs and door handles
- handrails
- elevator buttons
- ATMs
- grocery store checkout keypads
- electronic signature capture pens
- public electronic tablets and touch screens
- water fountains and water cooler buttons
- car surfaces in cars that are exposed to the public, especially cars serving in ride-sharing services like Uber and Lyft
- almost anything at an airport, including touch screen check in

Remember: you can't see the virus and so you don't know which surfaces might be contaminated. You have to assume that any surface that receives a lot of public touching could be contaminated.

Tip #4: Use Your Sleeve!

If you find yourself needing to touch a public surface, such as opening a door, use your sleeve. Sometimes keys can also work well. Just remember that ideally you would wipe down the keys later with a sanitizing wipe. Wash or otherwise sanitize your sleeve too!

Tip #5: Don't Shake Hands. :(Tap Elbows Instead! :-)

This one is sad because people love to shake hands. But it's something that we have to do to reduce the risk of transmitting the coronavirus!

It's hard enough to keep track of where your own hands have been, let alone someone else's. If someone has touched a surface that has been exposed to the coronavirus, shaking hands with them could expose you to the virus too.

Because of the increased risk of virus transmission that shaking hands poses, it has become necessary for us to forgo shaking hands for the time being, even though we are accustomed to shaking hands as a pleasantry and a sign of courtesy and respect.

But hey, it's a chance to get creative!

Alternatives to shaking hands include:

- tapping elbows
- tapping feet
- tapping hips

Tip #6: You Have Got to Stop Touching That Cute, Adorable Face (Unless You Already Washed Your Hands). :-)

Maybe this tip should be ranked number one in terms of difficulty. The reason that this tip is so crazy hard is because everyone touches their face... like all of the time!

Bonus fact: most people touch their faces 23 times an hour! That's over 550 times a day!

Still, you've got to try to cut back as much as possible. Ideally, you eliminate touching your face completely. At least until after you've washed your hands.

Your face contains numerous mucous membranes, which are susceptible to entry by viruses, including the novel coronavirus.

Because mucous membranes are especially susceptible to viruses, it's vitally important that you keep your hands away from these mucous membranes—which include your eyes, your nose, and your mouth—especially if your hands haven't been washed first.

So try to be mindful of when you do touch your face, and even when you want to touch your face. Be mindful of every time you like to touch your face, but you are aware enough to refrain.

...Seriously? But seriously, how can I not touch my face?

If you have to touch your face—let's say you have an itch—a forearm can usually get the job done. You could also use something like a pencil.

You can also carry tissues with you to safely touch your face, after which you can discard the tissue.

If you have a hard time remembering to not touch your face, you can also put up sticky notes with written reminders that are easily seen.

Tip #7: Sanitize the Homestead

Disinfect all areas that get touched a lot—such as:

- door knobs and door handles
- keys, including house keys and car keys
- drawers
- tables
- light switches
- handles
- toilets
- faucets
- countertops
- refrigerator handles
- popular containers within the refrigerator
- cell phones
- charging cords for electronic devices that get touched a lot
- remote controls
- electronic tablets
- climate controls
- etc.

Tip #8: Sanitize Traveling Surfaces

When traveling inside an aircraft, train, or automobile, clean commonly touched surfaces with a disinfecting wipe.

These surfaces can include:

- seats
- armrests
- touch screens
- control surfaces

Bonus Tip: When you travel, remember to bring sanitizing wipes and hand sanitizer with a minimum 60 percent alcohol content.

Tip #9: Avoid the Crowds

Avoid crowds and large gatherings of people. Many events featuring large groups of people in enclosed spaces have already been postponed or canceled due to the coronavirus, including sporting events.

The risk of exposure to viruses like the novel Coronavirus is increased in areas with poor ventilation.

Large crowds + poor ventilation = not a great idea, especially if there are sick people in attendance/

This may be difficult to identify visually until exposure has already occurred. So it may be best to avoid crowded areas that you suspect could potentially have poor ventilation.

Tip #10: Be Careful How You Cough and Sneeze

This is pretty easy, but it's also important.

Here's the first option: cough and sneeze into a tissue.

After you're done with the tissue, dispose of it by throwing it away in a sealed container to avoid risk of further contamination.

It's helpful to carry plenty of tissues with you, just like your grandmother taught you to.

Bonus Tip: What if I don't have tissues?

You didn't listen to your grandma? Okay, we have you covered. If you don't have any tissues with you, cover your mouth and nose with your bent elbow. Or even try to cough or sneeze into your sleeve or coat or shirt or armpit. Is this gross? Maybe, kinda. But the main thing is not to cough or sneeze on to your hand and then go touching a bunch of stuff and/or people. (But I'm guessing you already knew this, right? Anyway, if you find you've coughed or sneezed into your hand, okay, no big deal, now go do the right thing and wash your hands thoroughly with soap and water for at least 20 seconds. :-)

Be on the safe side: steer well clear of people who are coughing or sneezing. Microscopic droplets can travel suspended in the surrounding air.

But remember: some people may cough or sneeze because they suffer from seasonal allergies!

Bonus Q&A: Many People Are Buying Medical Masks. Is That the Right Thing to Do?

The use of a medical mask is only suggested if you have respiratory symptoms like sneezing or coughing in order to protect the health of others. A medical mask by itself will probably not protect you from the virus.

If you do wear a mask, make sure you wear it properly, and also that you dispose of it properly, to reduce the risk of transmitting the virus.

If you are truly concerned about the air you breathe possibly being infected, you could look into an n95 respirator mask or an n99 respirator mask or an n100 respirator mask, all of which can filter out virus-sized particles from the air you breathe. Of course, all masks need to be worn correctly in order to be effective.

Tip #11: Teach the Children Well

Make sure the little ones are taught good health and hygiene practices, including:

- Good handwashing done often
- Covering coughs and sneezes with tissues and disposing of the tissues properly
- Coughing and sneezing into a bent elbow, and
- Don't touch the face—including eyes, mouths and noses—if hands haven't been washed first

Yeah, it's a lot. But kids are smart. Besides, kids need to learn this stuff eventually anyway, so better sooner than later! :-)

Tip #12: Stock up on Needed Supplies

Just in case you need them, be sure to keep extra supplies of any needed medications, including prescription and non-prescription, as well as tissues, toilet paper, non-perishable food, And all your favorite essential non-essential goodies. :-)

Tip #13: Check up on Loved Ones and Vulnerable Community Members

The elderly and those with chronic medical conditions can be at increased risk when it comes to infection by the 2019 coronavirus.

Make sure your loved ones and vulnerable community members are safe. But please, when you check on them, make sure you follow good safety protocols to ensure that you don't expose them to any increased risk of contracting the virus.

Tip #14: Enjoy Being at Home

Do you have any favorite books, movies or TV series you've been waiting to catch up on? You might get your chance. There are some aspects of home quarantine that aren't so bad.

If you're feeling sick, stay home. This helps exposure risk that you might otherwise bring to others.

If you think you might be sick with the coronavirus, stay home and call your medical provider for advice.

For those who are elderly or have a significant chronic medical conditions, it's important to avoid crowds. So for these people—and everyone—it's important to be able to enjoy the home that one has.

If you feel healthy, but there's a coronavirus outbreak in your area, you may want to consider staying home.

Under some situations, governments may even ask people to stay home.

If you do come down with 2019 coronavirus disease, you may be asked to remain self-quarantined at home.

Either way, make sure you have some good books, some good shows to watch, and all the supplies you need.

Lifestyle Tips to Support a Healthy Immune System

Tip #15: Skip the Plastic

AVOID DRINKING FROM ANY PLASTIC BOTTLES. Instead, drink from glass or food grade steel. Almost all plastics leach chemicals, like BPA, which disrupt your endocrine system. See this link for a good explanation of the safety of various plastics.

<https://www.glutathionediseasesecure.com/safe-plastics.html>

Tip #16: Filter Your Bath Water

Avoid bathing in chlorinated water. All showers should have a chlorine filter. The showers can generate airborne pathogens and toxins that can be inhaled, which can lead to health problems down the line.

All bathtubs should have a chlorine filter. I recommend the Rainshower Bath Ball 3000 and the Rainshower CQ-1000-NH Dechlorinating Shower Filter, both of which can be found on Amazon.com or Rainshower.com. Be sure to change the filter at the recommended intervals.

Tip #17: Reduce Stress

As much as possible, it's important to avoid stress, because stress lowers the immune system.

Deep breathing stress elimination technique

One great stress-busting technique is to practice slow, deep, and rhythmic breathing.

1. Place the tip of your tongue on the roof of your mouth up against your front teeth. Keep your tongue in this position throughout the entire exercise.
2. Inhale slowly through your nose over the count of four.
3. Hold your breath over the count of four.
4. Release your breath slowly through your mouth, through pursed lips, with a wishing sound, like air slowly escaping a balloon, over the count of four.
5. With your breath exhaled, and keeping your tongue position on the roof of your mouth behind your front teeth, return to step 2 and repeat.

Tip #18: Good Water Does a Body Good

Drink lots of pure spring water from a container made of glass or food-grade stainless steel. Copper may be used occasionally but not daily. I recommend Mountain Valley Spring Water. For all dialysis patients, I recommend distilled spring water.

<https://www.mountainvalleyspring.com/>

For those who may be wondering, in my experience, well water can be unhealthy, and I cannot recommend drinking it. I also do not recommend drinking municipal water, even if put through a filter.

Tip #19: Don't Forget to Laugh

Seek laughter, happiness and joy, as this boosts the immune system and opens the heart as well.

Laughter has been shown to have many positive benefits, including

- relaxing the stress response
- easing tension
- boosting the immune system
- reducing pain
- improving mood
- improving situational perspective

So get silly with your bestie, or break out some of your favorite comedies, and get busy busting a gut. It's good for you!

Tip #20: Let the Sun Shine In

Aim to get 20 minutes of full body sunshine a day.

Those unable to do so may also want to consider additional supplementation with vitamin D.

If you haven't had your vitamin D levels tested, you may wish to do so.

The Endocrine Society recommends that individuals aim for a vitamin D blood level of at least 30 ng/mL or higher.

Tip #21: Connect with Your Spiritual Nature Daily

Chant, pray, or meditate at least 5 minutes a day to raise your consciousness into a higher dimension.

This simple technique can have powerful benefits for improving your mood and satisfaction throughout the entire day and give more meaning to your life, in addition to boosting your immune system.

I have included a special 5th Dimensional prayer for you to help elevate your consciousness. Read it (or any other favorite prayer or mantra) aloud or quietly to yourself when you are in a relaxed, peaceful, open, receptive state of mind. You can also burn a candle, burn incense, and/or listen to chanting, meditative, spiritual, or religious music.

Immune System Boosting Suggestions

Inner Eco Coconut Probiotic, plain (for digestive health)—available at Whole Foods or Sprouts. Take one ounce EVERY DAY to boost your immune system.

1 oz. Wheat Grass shots. MINIMUM TWICE A WEEK OR MORE. Available from places like Jamba Juice.

Ozonated water. Can be made at home with an ozone machine and a bubbler. Ozonate water for 10–20 minutes. Consume within 10 minutes, as ozone will disappear quickly. Ozone machines can be found on Amazon and eBay starting around \$50.

Hyperbaric Oxygen Therapy—requires a doctor's prescription

Immune System Boosting Supplements Suggestions

Solgar multivitamins

Solgar B-6 and B-12 100 mg veggie caps

Solgar D3 5,000 IU, take as prescribed

Solgar Selenium 200 mcg / day

Solgar Lysine 1500 mg / day

Solgar Vitamin C Take as prescribed

Solgar zinc

Fish-free algae-based Omega Acid EPA & DHA Supplement, like Testa brand.
www.amzn.to/2NGbo18. Take as directed on bottle

Vital Essential Oils

The following essential oils can support the immune system as well as uplift the mood and spirit:

- eucalyptus
- clove
- grapefruit
- cinnamon
- tea tree
- lemon grass
- frankincense

Blessed Ormus Cream: <https://www.thehealingtrilogy.com/store/>

Calms and soothes the body, awakens the body to the 5th Dimensional state of consciousness

Kimberly's 5th Dimensional Immune Boost Smoothie

To strengthen your immune system, try my delicious smoothie drink recipe custom-made for immunosuppressed individuals.

In a blender, combine the following ingredients.

Add 2 cups liquid, any combination of:

Spring water, Coconut water, Almond milk or Flaxseed milk

Add 2 cups fruit, any combination of:

Gogi berries, Blueberries, Blackberries, Pear, Apple, or Mango

Add 1 cup of tightly packed dark leafy greens such as

Spinach, Kale, Romaine, Watercress, Microgreens, Beet Greens, or Collard Greens

Limit spinach and spirulina to no more than twice a week.

Add ½-cup hemp protein powder

Add 2 tsp freshly grated ginger

Add 4 mint leaves

Blend well and enjoy!

Kimberly's Green Power Smoothie

- 1/2 small sliced apple
- 1 sliced pitted peach
- 1 sliced pear
- 1/2 peeled juiced lemon
- 3/4 inch fresh ginger, peeled
- 1 cup unsweetened almond or cashew milk
- 1 scoop soy free protein powder optional
- 1 tbsp chia seeds
- 3 handfuls microgreens like watercress
- Add one shot of wheatgrass powder

DIRECTIONS

- Blend all ingredients in a blender until smooth

You may have this smoothie to boost your immune system at least 3 times per week in addition to a wheat grass juice 3 times per week.

My Ascension into the 5th Dimension Prayer

Channeled Prayer by Kimberly Meredith

I am fully, freely, and willingly accepting today the awakening
of the 5th Dimension.

I know and trust that by fully being in the 5th Dimension, I will witness
Miracles today.

My heart is open and ready to receive the love and intimacy of God Consciousness.
When fully trusting God in the 5th Dimension, I can hear and feel and have a shift and everything in my
life is easy and abundant.

Through the Divine, my gifts are fully awakened today in the 5th Dimension.

I am healed in the 5th Dimension. I feel amazing in the 5th Dimension.

I love being in the 5th Dimension.

I feel peace, love and joy in the 5th Dimension.

I am trusting that the negative 3rd Dimensional mind chatter is quickly overcome by the 5th Dimension.

My mind is automatically focused on the present moment with no effort required.

My mind is simply a state of being.

I automatically live in the 5th Dimension.

My heart is open in the 5th Dimension.

I am a child of God.



Additional Support and Healing Resources

Services offered by Kimberly Meredith, Medical Mediumship Healer, can be booked by visiting <https://www.thehealingtrilogy.com/schedule-appointment/>

Available online and in-person services include

- Medical mediumship scans and healings, during which all significant medical, physical, and emotional conditions, both past and present, can be revealed and healed. Medical Mediumship scans can be performed in person and over Skype or FaceTime.
- Medical mediumship counseling sessions, performed in person and over Skype or FaceTime.
- Medical mediumship custom nutrition and Wellness plan guidance, performed in person and over Skype or FaceTime.
- Medical mediumship supplement guidance, performed in person and over Skype or FaceTime.
- More advanced interactive online teachings and exclusive instructions and information for increasing your health, well-being, and elevating your consciousness can be found in my Angel Club, which is my exclusive interactive online community event forum.

More information about all available services can be found at
<https://www.thehealingtrilogy.com/services/>

Because the benefits of an online session are equally effective as seeing me in person, my sessions online over Skype or FaceTime are especially effective for those not able to see me in person

More Information about Additional Healing Resources

Kimberly's Medical Miracle Intuitive Scans and Healings

Available with equal effectiveness in person or online via Skype or FaceTime, you get a full hour one-on-one with Kimberly and her higher dimensional Guides. You will receive a full body scan, which is similar to an X-Ray or MRI, during which all of your medical conditions, physical and emotional, past and present, will be revealed through Kimberly's unique mediumship abilities. A plan for recovery will be developed. Then you will receive a healing through the power of the Holy Spirit.

Spiritual Counseling Channeling Session

These extremely successful spiritual counseling sessions have provided great results for many individuals. Available with equal effectiveness in person or online via Skype or FaceTime.

Kimberly offers individualized Spiritual Trance-Channeling Sessions to help you develop your own unique gifts on all levels. We're here to assist those that are living in the 3rd Dimension of trauma, depression and fear, to move forward into the 5th Dimension of abundance, love and God. We want as many people as possible living true to their most authentic self in daily life, making healthy and heartfelt decisions. During a Spiritual Channeling & Mediumship Session, we look at the flow of your life-energy, where balance can be restored, where and how regeneration is possible and permitted. Kimberly is guided to channel many Ascended Masters to answer your questions to help you develop your own unique gifts on all levels. Ask questions important to your life and whatever situations you may be experiencing, and receive answers from Kimberly's higher-dimensional Guides, who are here to assist you in moving forward in your life.

Medical Intuitive Custom Nutrition and Wellness Plan

In this powerful exclusive service, available with equal effectiveness in person or online via Skype or FaceTime, Kimberly will create a customized plan for nutrition, supplementation, and total health and wellness. Using her mediumship and connection to her Guides, Kimberly will tailor this customized health plan just for you and your unique needs and circumstances. While accessing her mediumship, Kimberly will look over all of your supplements, herbs, prescription medications, foods, and lifestyle choices to give you detailed suggestions and recommendations. Kimberly will also guide you with extensive exclusive information on how to boost your immune system. Kimberly can work in partnership with Western Medical Doctors to formulate the optimal health, diet, and supplementation plans for adults, children, and animals. you will leave with a clear plan of action for supplementation and diet to best fit your condition in order

to achieve optimal health and wellness.

Kimberly Meredith's Angel Club

Join Kimberly Meredith's Angel Club for a full year of continued additional personalized support, exclusive online healing and educational events, and advanced teachings. Also receive support opening your gifts and healing abilities.

The Angel Club offers access to a full range of unique extras, bonuses and opportunities, including special online events and unique channeled messages. Angel Club members also get exclusive access to more advanced levels of spiritual instruction on 5th and 12th Dimensional healing, plus additional helpful tools to shield against spiritual warfare.

www.thehealingtrilogy.com/angel-club/

Visit The Healing Trilogy Store for Kimberly's healing audio downloads, including her healing meditation CD, and her album called The Angel Awakening.

www.thehealingtrilogy.com/store/

In order to stay up-to-date on all of Kimberly Meredith upcoming events, please visit her calendar at www.thehealingtrilogy.com/events-2/

For more information, or to book an appointment, please visit Kimberly's website:

www.TheHealingTrilogy.com

Or call 1 (818) 754-4310

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YouTube Channel: bit.ly/kimberlymeredithchannelstheholyspirit

About Kimberly Meredith

Kimberly Meredith is a self-taught Medical Intuitive, Trance Channeler, and Spiritual Teacher with gifts of the Holy Spirit. Blessed with a unique array of extraordinary healing and psychic abilities, Kimberly is quickly gaining recognition as one of the world's most gifted Medical Mediumship Healers and foremost Spiritual Speakers.

After a near death experience (or NDE) in 2013 left her in a wheelchair, Kimberly recovered a year later to find her gifts had awakened to full-blown mediumship.

Kimberly channels messages through her eyes' blinking codes as a tool of communication from God, Mother Mary, Ascended Masters, and Angels. Kimberly is often compared to Edgar Cayce, the Father of Holistic Medicine, a Medical Intuitive, and the most documented psychic of the 20th Century.

Through her healing mediumship and blinking eyes, Kimberly is directed by God to perform laying-on of hands or psychic surgery. She can "scan" or see into the body faster and more accurately than the fastest MRI and thermography machines. Kimberly has healed and helped many thousands of people, removing tumors, restoring hearing, curing cancer, correcting immobility, and completely healing people of many types of physical and emotional disease through the Holy Spirit. Kimberly leads miraculous worldwide healing events during which many are healed.

Kimberly's Shaman lineage dates back to her maternal great-grandmother, Josephina, who initially practiced shamanic healing in Italy. She later settled in Jamestown, New York where her work was highly respected.

As a Trance Channeler with a growing worldwide reputation, Kimberly is a vessel for the healing energy of God, the Holy Spirit, many ascended masters, specifically Mother Mary and angels. With this love and light-filled energy moving through her body, she combines prayers, chanting and the activation of light energy to awaken the spirit within and stimulate healing

energies that lead to effective results.

Kimberly's spirit guide is Edgar Cayce. Edgar guides Kimberly to carry out his work in holistic medicine and push God's presence to the forefront. Kimberly often resembles a New Age "Mary Baker Eddy" and carries out her faith of Christian Science views. Recently documented double blind scientific studies in which Kimberly has participated have shown that God and science are convergent.

The basis of her work revolves around the simple concept that anger and negative energy causes disease. The 3rd Dimensional DNA particle of anger can enter into everything we touch, including food and water.

God is energy. It is only through the energy of love and light that the body can heal. We all have the ability to tap into this energy by surrendering into the Holy Spirit 5th Dimensional consciousness. This is when the miracle happens and then we can be healed.

Kimberly Meredith was born in Lynwood, California, where, at the age of five, she first displayed gifts. She was teased at school for the extreme amount of lines on the palms of her hands, and none of the children wanted to hold her hands. She shyly explained that she had been reincarnated and "God simply forgot to give her new hands." This story caused an upset with the adults around her at school, and her mother reprimanded her never to speak of this again. Her mother was also confused about how Kimberly knew both the word and the meaning of reincarnation.

Throughout her life, Kimberly exhibited many psychic abilities and had many paranormal experiences due to her sensitivity as an open vessel. As a young girl, Kimberly was also a firm believer in God, which helped her overcome many adversities and abuses in her early years. She grew up in a diverse household with Judaism and Catholicism. As a child, Kimberly often walked herself to church all by herself. She also grew up going to synagogue every Friday.

Kimberly had an exceptionally close relationship with her paternal grandmother, Bernice. When Kimberly was only two months-old, a family friend mentioned how she was such a pretty baby

and gifted her with an unusual Vietnamese name, “Chon.” All of the family and friends called her “Chon.” Her grandmother, Bernice, called Kimberly “Chon” until her death. For many years Kimberly believed “Chon” meant “pretty baby.” Years later, after her divine invention, her Reiki Master told her “Chon” meant “God” in Vietnamese. Kimberly’s grandmother Bernice had been unknowingly calling Kimberly “God” all of those years.

While having displayed some abilities as a young child, Kimberly experienced her first profound near death experience at age nine. In 2012, Kimberly was struck by a car while on foot. As a result of the accident, she experienced two more near death experiences in 2013. She was in the hospital for two months. It was uncertain if she would walk again.

Upon returning home from the hospital confined to a wheelchair, Kimberly was immobile, in extreme pain and had a brain concussion. She wore a neck brace, unable even to hold her head up. Facing unbearable amounts of pain, in hopes of healing her cervical neck injuries and jaw, she began using a cold laser machine sent to her by her uncle. Every doctor discounted any hope the laser would help her.

However, Kimberly decided to throw all of the pain pills away and give 100% of her faith in God to her healing. The laser finally began to generate new tissue; bones in her neck and jaw. This success prompted her to get her license as a laser therapist.

While Kimberly was at home healing, a friend facing his own rotator cuff tear (a kind of shoulder injury) came to visit her. He asked Kimberly to try the laser on him. He commented how her hands felt hot and had a healing effect on him. Her laser ended up healing him fully in only two sessions. He shared his success down at Gold’s Gym in Venice Beach. Afterwards she repaired the Achilles heel of a prominent trainer with only one session with her bare hands, the laser and chanting prayers. The word of her healing ability spread like wildfire. His doctor was shocked with the results. Plans for surgery on his Achilles heel were cancelled.

Kimberly suddenly had 200 people literally lined up at her home!

This laser proved to be more than just a gadget; in Kimberly's hands, it can become a conduit for God's energy. With her wheelchair in the corner, she stood on her feet to heal people all day long. More healing gifts began unfolding rapidly. She never advertised and worked from her living room. Within six months, she also became a Reiki master and more energetic abilities emerged. People came from all over to see her, including many holistic practitioners and people in spiritual groups.

About a year later, another shift took place and Kimberly began to channel while removing energies out of people's bodies. Her ability to channel became stronger. She began having rapid eye movements and scanning abilities, her blinking eyelids informing her of the presence and absence of physical conditions. Her eyelids let her know when a disturbance has been detected within a person's body.

While her hands are on the person's body, she receives information intuitively and through blinking of her eyes, information similar to what an MRI or X-ray would reveal. In this way, she is also able to detect trapped emotions and negative energies encapsulated in the body. She is a true medical intuitive.

Since then, Kimberly's gifts have rapidly emerged and continue to lead to many miraculous healings.

With gifts of the Holy Spirit, Kimberly's hands guide her blinking eyes while she acts as a human MRI/X-ray and scans the entire body to find negative energy and disease. During the scan, she has the ability to find trapped emotional pain encapsulated in the body and can detect any traumas the body has suffered from birth up until the present. When everything is well in the body, the left eye blinks. When the right eye blinks, there is a problem within the body. Both of Kimberly's eyes will blink simultaneously when all is in spiritual and physical balance within the body.

At healing events, Kimberly is guided to those who are chosen to receive healings. These individuals are selected by the etheric angel language and angelic hand gestures. If Kimberly's teeth chatter, it could mean extreme pain is felt within the body or she will tap on her palms how

many years since the person had a devastating injury. From these signals, she will know that is the person God, the angels and her guides have selected.

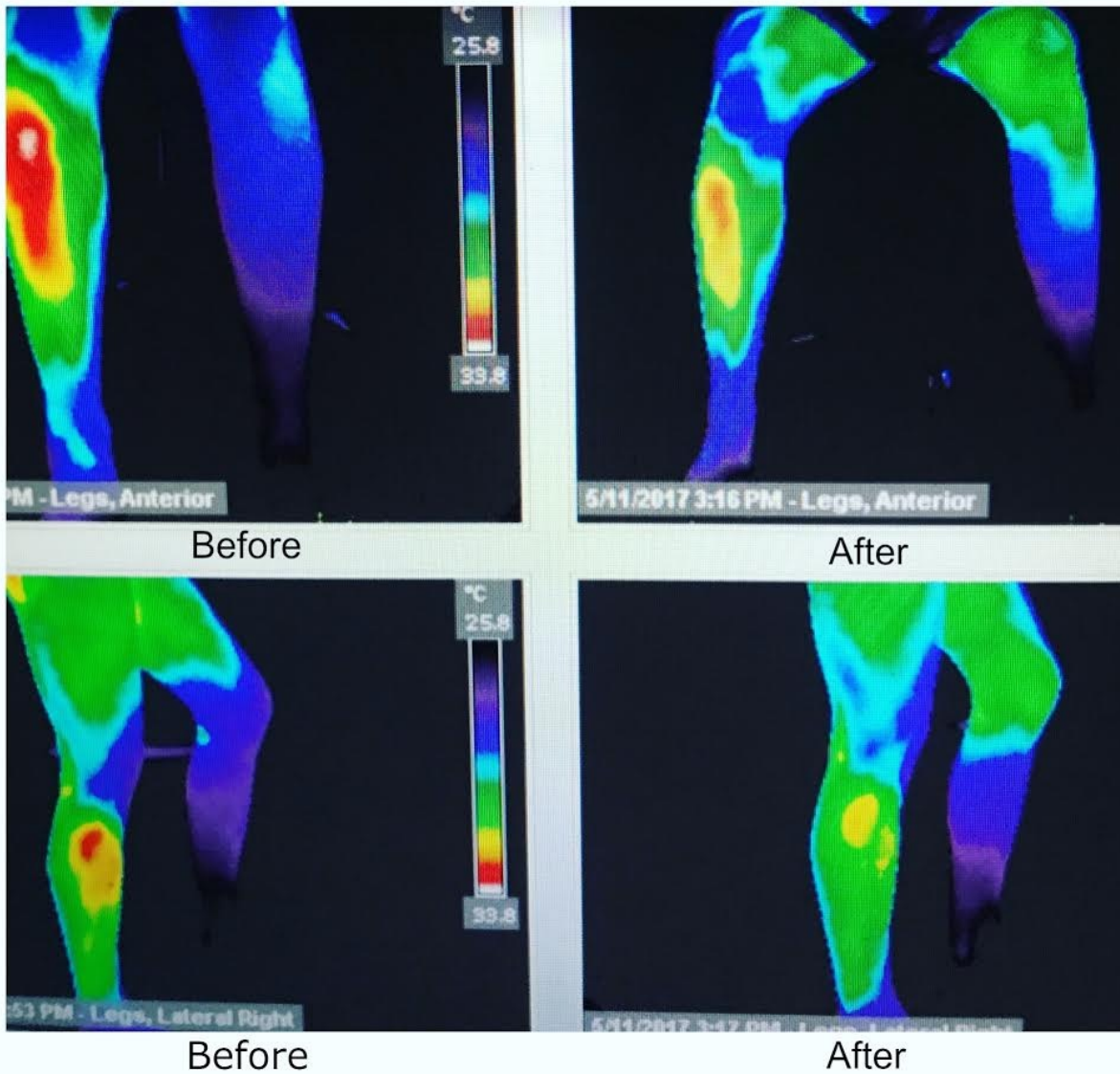
Through the sign language ability of her hands in motion and her blinking eyes, along with the permission of the client and acceptance of the Holy Spirit, she receives messages from God and the angels to assist you in completely resolving lifelong trauma.

Through surgical hands-on healing and/or laying on hands, she has removed tumors, restored hearing, cured cancer, corrected immobility and completely rid the body of dozens of different types of diseases during healing events and personal sessions. Kimberly has healed and helped thousands of people through the Holy Spirit.

Kimberly is a spiritual activist and believes in order to receive the energy of God's love, you truly need the commitment of having both feet in with God. The image of one foot in and one foot out leaves room for a person to be an open vessel for negative energy to enter. Permanent healing involves committing to the loving energy of Christ light and God with BOTH FEET IN.

To better understand her abilities, Kimberly was recently invited to undergo testing with Dr. Norm C. Shealy, founder of the American Holistic Medical Association, and a neurosurgeon with over forty-five years spent working with spiritual healers. The proof is in the testing. The results were profound. Dr. Shealy's tests of Kimberly recorded her ability to heal even through walls. Dr. Shealy concluded that Kimberly appears to emit scalar energy, a unique type of energy associated with genius inventor Nikola Tesla. In 2017, Kimberly was selected by PsyTek Subtle Energy Laboratory and Research Facility to undergo ongoing tests to further understand the inner workings of her talents. In 2019, Kimberly was invited to be tested at the famed IONS Institute of Noetic Sciences, founded by Apollo astronaut Edgar Mitchell and headed by the eminent scientist Dr. Dean Radin. After participating in multiple double-blind scientific studies, Kimberly's healing abilities are beginning to reveal the convergence of God, Spirituality, and science.

Thermography of knees before and after Kimberly Meredith did healing at PsyTek Subtle Energy Laboratory



Thermography studies of Kimberly. During double blind studies at PsyTek Subtle Energy Laboratory, Kimberly diagnosed a knee injury. Approximately ten minutes elapsed between the diagnosis and healing.

Kimberly is a highly regarded frequent guest on numerous nationally syndicated radio shows and podcasts, including Coast to Coast AM. She also hosts her own weekly syndicated radio show, the Medical Intuitive Miracle Show, where she demonstrates her healing Medical Mediumship for people listening around the world. Many have been healed simply by listening to the sound of

her voice on radio and YouTube.

Kimberly has also been featured in numerous major publications, including *LA Yoga Magazine*, *Thrive Global*, *The New York Daily News*, *NEWLIFE Magazine*, *Whole Life Times Magazine* twice, and on the front covers of *Awareness Magazine* and *The Life Connection Magazine*.

A healer like no other, Kimberly Meredith bridges the gap between God and science.