

Teaching Lecture
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GOODBYE CORONA VIRUS!

INFORMATION FROM PATIENTS RECOVERING FROM HOSPITAL DAILY

1. TAKE VIT C-1000
2. VITAMIN E
3. 10:00 -11:00 SUNLIGHT FOR 15-20 MINUTES.
4. EGG ONE ITEM
5. TAKE A REST/ GET A 7-8 HOUR MIN
6. DRINK 1.5 L OF WATER DAILY AND EVERY MEAL SHOULD BE WARM (NOT COLD).THAT'S WHAT WE DO AT HOSPITAL.

THIS IS TO TELL ALL OF US THAT THE PH FOR THE CORONARY VIRUS VARIES FROM 5.5 TO 8.5

WHAT WE NEED TO DO, TO DEFEAT THE CORONARY VIRUS, IS TO CONSUME MORE ALKALINE FOODS ABOVE THE VIRUS'S PH LEVEL.

SOME OF THEM ARE:

- LEMON - 9.9 PH
- LIME - 8.2 PH
- AVOCADOS - 15.6 PH
- GARLIC - 13.2 PH
- MANGO - 8.7 PH
- TANGERINE - 8.5 PH
- PINEAPPLE - 12. 7 PH
- DANDELION - 22.7 PH
- ORANGE - 9.2 PH
- TURMERIC TEA - 7.4 PH

HOW DID YOU KNOW YOU HAD A CORONAVIRUS?

1. ITCHING IN THE THROAT
2. DRY THROAT
3. DRY COUGH
4. HIGH TEMPRETURE
5. SHORTNESS OF BREATH
6. LOSS OF SMELL AND TASTE

SO WHEN YOU PAY ATTENTION TO THESE THINGS QUICKLY TAKE WARM WATER WITH LEMON AND DRINK.

DO NOT KEEP THIS INFORMATION TO YOUR SELF. GIVE TO ALL YOUR FAMILY AND FRIENDS. BE CAREFUL!

