

Welcome welcome to this session, I'm Gina Bria from the Hydration Foundation sharing surprising new ways to hydrate.

This call is really to your future self, I am pitching this out to your longevity, vitality, and the vibrant flexible self still ahead of you.

Delighted to be together in this way and to pour out these new concepts to provide you with further protection from viral infections, while at the same time activating your immune function at a higher level. So this course gives you a two prong, two punch approach, doubling your agency.

I'd like to set out the format so you see how these calls go. We will have 4 calls, of 35 or so minutes, with 10 minutes open for questions at the end. Each of our calls will discuss a way of approaching anti-viral and immune building hydration and encapsulate those ideas in a simple elixir recipe made with everyday ingredients.

The calls will be recorded and I will send them to you in an email to you. That email will be sent once a week, right before our next session to serve as a reminder a call is about to start. That one email will also have the replay and the written recipe in it. I do it this way to cut down on incoming emails.

I chose an elixir recipe with everyday ingredients to get you up and running right away, and to show how common, in other words, longstanding and effective, they are.

I hope you will be surprised at how ready to hand help is.

We will cover four areas to activate protection and immune elevation that are not typically suggested, but nonetheless the science and the wisdom traditions are strongly behind them.

I will be reviewing these approaches many times, and again, you will get a replay link and a written version of each elixir, but to introduce this course, I just want to lay out here what the essence of this 4 call course is.

The four areas we will cover in our calls are drinks and foods combined in certain ways that create new levels of potency and protection. That's today's lesson.

In the next calls we will address:

movement and massage,
vapors and essential oils,
and sound and vibration.

Each of these areas activate or flip the on switch in different systems and all combined together synergize all systems protection and immunity.

But this musn't be too hard to do, or we won't do it.

So the purpose of this class is to inform you of the concepts so you have the ideas always and then boil it down to an elixir recipe in each category or area. I have created a unique, but simple anti-viral elixir recipe in each area: a drink elixir, a movement elixir, a vapor elixir and a sound elixir. What could be more fun or doable?

First I am required to say this is educational information and not medical advising, so take action according to your own intelligent decisions. I will say that these 4 areas of strategic protection that I am sharing through this call come from longstanding traditional wisdom which are longstanding precisely because the approaches or techniques have been shepherded through generations as effective, supportive, worthy of our use and attention, yet the knowledge has fallen out of general use in the industrial age.

Let's start with the definition of an Elixir.

ELIXIR

Well the meaning of the word is right in the sound of the word, elixir holds the idea of mixing, of combining ingredients in a synergistic way, an elixir takes ingredients to a new level of effectiveness by virtue of a chemical or physical reaction. The sum is more than the parts. It turns lead into gold, these are alchemic processes, literally *all* chemical. Alchemy.

So not only will we be combining or mixing ingredients, we will be combining or activating big areas or regions of your body. Your immune system is made up of many components or areas, that is why it is called a system, but it's mysterious to us, we're not quite sure where or what it is except everybody talks about how important it is in times of viruses or bacterial infections.

Think about it from a flow system point of view. What good does it do to enhance your intake system, through better foods and drinks, if you don't elevate your distribution system, which is your movement system, at the same time?

How diminished it is to have great nutrition coming in when your exit system, the lymphatic ducts, are clogged, leaky or slow to empty?

How important would it be to know that your respiratory system has a bellows function, an in/out capacity that can be enhanced by vapors?

Or that sound can increase the coherence of cell to cell signaling?

Combining the high function of each of these regions immediately changes the level of protection you experience. They now work on a new level together. You're in essence dialing it all up.

I don't want you to think we are going to take a piecemeal approach to all of this and now we will have to add each one of these regions to our care or task or to do list. Just as we can elicit ingredients and elixir *ingredients* and bod *regions* we can elixir the *time* spent activating them. It's a whole body all-at-once process.

Let's get to our drink and food elixir concepts.

ALWAYS ADD SOMETHING TO YOUR DRINKS AND FOODS

The most important concept I want to pass on to you is that whatever is in your cup or glass, do something to it, add something to it. If it's a glass of water, for example, add a squeeze of lemon, lime or a slice of grapefruit, stick of celery, slice of cucumber, the minute you do that you've changed the water at the molecular level. The best thing you can add is a simple pinch of real salt, sea salt. You're in essence making a very diluted saline, not enough to taste salty but enough to change the molecular structure and help that water be absorbed more effectively in your system. We have all the science and history to know that a little salt plus water is a different solution than plain water and it rehydrates more effectively, saline is used in emergency dehydration everyday in a life saving way. Why are we not using it as a diluted precaution, a cleansing, supporting, diluted solution coursing through our system. Instead we drink plain water everyday. No more! **Do not drink a naked glass of water.**

Beyond water, the principle here for elixirs is layering in materials to whatever you are drinking, or even eating. Make that cup or glass do more work for you. If you're having tea, add lemon, add a pinch of salt, add honey. You could say you've heard that a million times and that it's nothing new to you, but did you get the principle behind it? A cup of tea with lemon and honey and a touch of salt has an entirely different effect on your system. You've now just been very very smart. You're downing an ancient elixir. Same with coffee. Adding cinnamon and cream, better yet grass fed butter or ghee, that's an *elixir*. Hot cocoa with vanilla and maple syrup (maple syrup has high high mineral content that comes packaged in liquid crystalline form, the same as honey) is a traditional hydration drink from high altitude cultures like the Andes. Each addition is *al chemical*, alchemy, a sum more than the parts, a recovery of synergistic knowledge of the way that these biological elements speak to each other, the tea leaves, the lemon, the honey, they are all in dialogue to make a more powerful and protective effect on you.

VIRUS INHIBITORS

Now let's turn to antiviral elixirs. Here's the principle. Viruses attach to cell receptors because of their high positive charge, but if you have ingested drinks and foods with a high negative charge, if you have bathed the cell regularly in negative charge, meaning the viral insert cannot attach, *they cannot dock in the cell membrane*. Everybody should know this.

Hydrating with Elixirs that are made of multiple ingredients carrying negative charge increases the protective barrier, the hydration membrane around the cell, letting viral infections bounce off and be washed away, carried out by the lymph system.

VOLTAGE

Another way to say this is to talk about voltage. A body with high voltage has far more energy to run not only all its systems efficiently, but protectively too. Each ingredient increases the effect, combining them makes the same volume in your cup or glass more and more power. The most important work of hydration is to conduct voltage. Low hydration is low voltage. Great hydration, with multiple sources of negative charge run all your systems the way they were made to function.

Now you know the principle, the concept, that you want to tinker with everything in your cup or glass, make it so valuable to your body. A dash of this, a splash of that, just like a magician. And, It's fun!

Viral inflections, like bacterial infections are known to flourish in bodies with lower voltage. All you need to know is that you can always add a little more umph to your cup or dish. While we are mostly addressing drinks here, I do want to say a word about food, because the principle is the same.

Certain foods are **viral entry inhibitors**, exactly what you want to have in a viral infectious context. These foods fall into the category of antioxidants. I will give you a quick list of potent foods you can have in your diet right now for antioxidant, anti viral attachment with many clinical studies behind them.

But one outstrips all others and that is mushrooms.

MUSHROOMS

You can easily buy medicinal mushroom powders, they are under fifteen dollars for a bag that can last you easily 3 months. Reishi and chaga are great, even better if you can get a powdered mix of medicinal mushrooms.

You can order these from many sources online, **Host Defense**, sells a brilliant mixed mushroom *spray*, you spray it in your mouth. I can't recommend a smarter strategy than having a mushroom spray going into your mouth and down your respiratory tract. It's like a veil of anti-viral mist you can use right when you feel exposed or vulnerable. I keep a bottle in my car, and at the front door of my place, and I give them away as gifts.

If you cant get the mushroom powders on line, you can now find many kinds in your grocery store, saute up a batch and include them in breakfast eggs, soups, even salsas. Add salt and pepper, salt for hydration absorption and I am only talking a pinch or two, so the sodium issues are minor compared the the protective power. Sea Salt, not processed salt, adds mineral content better to conduct voltage. Add pepper because of its long-used anti-viral effect. Good ol' salt and pepper. Used forever by strong people everywhere! See how we are layering potency by adding more and more antiviral strategies.

One other potent agent I want to mention is iodine. You can buy iodized salt but a better strategy I recommend is seaweed. I hate the stuff myself, but I use it in a mild form called Dulse, which comes even in shaker form, like a salt shaker and you won't notice the taste. 1 teaspoon is a fantastic boost, iodine is an essential element missing from our soils. The Brand I recommend is Maine Coast Sea Seasonings. Or buy those snack packs you see now everywhere and crumble them on dishes or in smoothies. A large German clinical study just out demonstrates increased immunity by 15% with adequate iodine levels.

Then asparagus, just five spears surpass the daily allowance of glutathione. Saute it with mushrooms, in ghee or olive oil, gently add a sprinkle of dulse and a shake of pepper and you've created a food elixir, activating your protective cell membrane.

And basil, used the world over. It's name in India is Tulsi, literally meaning the elixir of life, it is also profoundly used in cuisines all over the world because of its protective power. I make pesto with basil and pumpkin seeds and have a tablespoon every day in smoothies, soups, salsas, and you will find me standing in front of the open fridge door, eating it from the jar with a spoon. Adding pesto to anything alchemizes it, both by taste and by molecules.

Or make basil tea, so, so simple, take four or five leaves, you can even leave them on the stem, put them in a cup and pour boiling water over them, let steep to taste and add in a bit of honey for even more antiviral impact. Honey is a brilliant hydration and anti-viral agent, provided by nature to dampen contagious elements, add just a tinge of salt over the top of the cup and take a moment to notice how fun it is to know and layer all this into that cup. If you are worried about honey raising your glucose, or that's an issue for you, you can always balance your blood sugar with a teaspoon of unfiltered apple cider vinegar in a glass of water during your day.

HERBS

In fact all herbs, all the common culinary herbs are medicinally protective and that is how they got so wide spread. Mint, basil, rosemary, thyme, ginger can all be made this way. The elixir secret I want to share is how even small amounts effect change at the molecular level.

The IMAGINARY GROCERY RUN

So before I share the recipe for today, I want you to imagine walking into a grocery store, if you picture yourself in your store, now, while I walk you through, you will remember it when you get there. So now picture yourself your store, at the produce section. Grab the ginger, you'll use that to make tea as a base for all your drinks and smoothies. Check the herbs, pick basil and mint and rosemary, (use rosemary to stir drinks and tea now), look over the mushrooms, if they seem sparse or expensive, remember to your self that you are going to go home and order some on line. Grab the asparagus, the thinner the better, or just saute the tips if they seem tough. This is one of your most potent foods right now. Grab blueberries, limes, lemons or oranges. You can get frozen blueberries too! Go to the baking section and get raw honey

(heating honey has destroyed all anti-viral agents), and sea salt, and a good quality pepper in the grinder to lease the oils as you use it. If you see a bottle of rose water in the ethnic cooking section, grab it, it's cheap and a known elixir that adds delight. Roses were first grown medicinally, they kill bacterias within five minutes of contact, and increase negative charge.

Here's your everyday ingredient antiviral elixir recipe

ANTI-VIRAL HYDRATION ELIXIR FROM EVERYDAY INGREDIENTS

In a Blender, add:

1 cup fresh or frozen blueberries (proven antioxidant power)
4 large leaves fresh basil (anti viral, immune strengthening)
½ teaspoon fresh grated or chopped ginger (anti viral, immune strengthening)
squeeze juice from a wedge of lime or 1 teaspoon apple cider vinegar
2 teaspoons of raw honey (anti viral, anti microbial anti bacterial, hydrating)
¼ teaspoon sea salt (brings voltage in the proper negative charge, repels viral attachment)
2 cups water

Blend well

2 Servings

Serve and stir with a sprig of rosemary

Such a joy to share all this with you. Cant wait for next week's call where we will discuss movement and motion distributing all this anti-viral material into your system in key places and ways. May this information bless you and protect you and I hope you pass this knowledge on to your family or neighbors. Talk next week!