

Corona viruses are associated with colds and flus. Some people soldier on but many people accept that an acute illness is a time to rest, look after themselves and recover, feeling stronger and more resilient as a result. In order to stay as healthy as possible I check the spokes of my wheel of wellness. This wheel needs a few key spokes to hold it in perfect balance so it turns easily without resistance.



My list of spokes include the following:

- a warm safe home without overcrowding
- a nourishing diet of fruit, vegetables, meat and/or other proteins (organic)
- pure water without additives
- friendship and meaningful work that is supportive and encouraging
- homeopathic remedies to correct imbalances in a person's energy field
- movement from exercise, yoga, sport, gardening, breathing
- engaging in life through creativity
- developing spiritual consciousness and awareness of Earth and beyond

Around the world homeopaths and homeopathic doctors have been working to help their patients with symptoms from the current Covid pandemic. The international homeopathic community has collaborated to determine which remedies have been most successful and we now have a clearer idea of the symptom pictures.

One remedy we now have available in Aotearoa New Zealand is called *Spoke 12/4*. It encompasses symptoms and themes that are pertinent to the current epidemic.

HOW TO TAKE *SPOKE 12/4*:

In acute illness such as colds and flus, put one pill or two drops into a small glass of water and stir well. Take a teaspoon dose and wait at least half an hour before taking a second dose. If you feel a shift in your energy or/and your symptoms improve, only take 1-2 doses per day. A teaspoon dose can be given to the whole family each day to alert their immune systems that viruses are active.

Seek homeopathic or medical help if symptoms worsen. A high fever is to be encouraged to kill out the virus. If it continues for longer than three days seek help from a homeopath or doctor.

A standard dose of *Spoke 12/4* is one pill or two drops weekly until Covid is over or the person no longer wants to take it. Forgetting can be a sign it is not needed.

Before a Pfizer vaccine is due, *Spoke 12/4* can be taken once a day for three days and up to six days after the vaccine. Stop when symptoms are no longer felt.

During pregnancy and for newborn babies, *Spoke 12/4* can be taken as above. It is also safe for elderly people who are on medical medications as there is no direct chemical interaction. *Spoke* contains energetic information about the corona viruses.

TESTIMONIALS

“Once I started on the Spoke 12/4 I felt relief. I think it was either that same day or the next, it was pretty fast. I now suffer no illness, although most of the people I’m around now have already been doubled vaccinated months ago. If I do feel that insidious headache coming on, I take 1 x Spoke and it seems to not develop to anything further. Interestingly, I have noticed a double vaccinated colleague have the same dizziness and headaches as I have had, when the person sitting next to her had his double jab.” – K

“I took one tablet yesterday and because I had been so poorly I took another one today. I feel much calmer and relaxed and want to tell everyone about your product (contacts I can trust). I had terrible brain fog and that has cleared too.” – V

“Tend to get headaches when I’m around jabbees and taking the remedy ensures it disappears by the next morning. My daughter uses in the same situation for the metallic taste and headaches she gets.” – J

“I recently acquiesced - against my intuition - to 'advice' given by my employer to receive Covid vaccination. I received the 2nd shot at the end of June, and was quite ill with Covid like symptoms by mid July. It took 2 weeks for me to adequately recover. Within two weeks of my recovery, I came down with viral gastro-enteritis. Ultimately, I have felt unwell since receiving the vaccine. In the week following the initial dosage of Spoke (2 drops 3 x a day for 2 days) I experienced a headache and swollen lymph nodes in the neck. This was short lived however, and vanished after 1 day. I have recently completed the third dose of Spoke 12/4 and wanted to update you on something I had overlooked in my last progress update. I noticed significant 'energy bursts' immediately after each 2 drop dose during this period. I no longer experience pain at the injection site.” – M

This person had taken homeopathic remedies often in the past and wrote: *“With this one I felt intense, powerful anger. Like a storm coming through my body, like Hurricane Katrina! I screamed and shouted in the middle of the night, “I am sick of the bullsh*t!!” (I live in rural NZ so nobody heard me thank god). I screamed in my car too until my chest hurt. I realized it was too much so I talked to the remedy and asked it to tone it down, I was also angry at women in my life who had hurt me. I took a dose of Traumeel drops and that calmed me down so I could sleep. It had a positive affect. Just one dose.”* The following day she had a healing session and she was able to work with past traumas that had been ongoing.

After taking a different remedy made from one of the ingredients of *Spoke 12/4* a week later, she wrote: *“What I noticed after having first dose is pain releasing in my heart chakra, calmer, less thinking, and some throat pain releasing. Much more gentle this one, thank you. I also noticed kind supportive self-talk. The other remedy was bringing up my faults and*

self-worth, my mind was focusing on the negative. Feelings of rejection and being pushed away, feeling picked on and ridiculed. Whew got through that!!

I am always working on my empathic intuition and practising how to fine tune it. I feel 'myself' again on the new remedy and stronger. Less reaction. Heart is much more relaxed. I am interacting again positively and jumped out of the old negative patterns of being left out and victim mentality. If I need rest I rest. And I have started taking a B complex vitamin which has helped with stress responses and getting a bit more energy too. I was so tired before. Also felt to take colloidal gold. It's the right thing right now." – P

This person was also given one of the ingredients of Spoke and felt more comfortable taking this option. She writes: *"When I first took the remedy a few months back, I got minor hallucinations in that I would feel like I would see things not physically there around me – flashes of movement and the feeling of dark forces. I had waves of fear of the dark which I don't usually get. I am generally quite content with the darkness. I had vivid peculiar dreams. (I no longer remember them). I felt my immune system was on high alert. I could feel grogginess in my mind – this lasted a couple of days. It happened again when I took the remedy when many people around me had that respiratory virus going around. My immune system is on high alert, feeling nauseous, not clear in my mind. I had to channel love, truth, beauty, and goodness, practice gratitude, and trust everything would be ok. I didn't get sick, so it does work. I retook the remedy last night, and today I feel my body fighting something. I don't feel 100% I feel more irritable, uncomfortable on the back of my neck on the surface of my skin. I don't enjoy taking the remedy, to be honest. It does work in the sense that I didn't get the flu or the respiratory virus." – A*

"I wanted to give you some feedback since we have been taking Spoke 12/4 remedy weekly for a couple of months now and there have been so many bugs going around the kids kindly. Every parent I know has had sniffles, coughs and or RSV go through their families. When we eventually did get RSV the symptoms were mild and we recovered quickly. This is incredible because I feel like our kids would usually pick up any bug they're exposed to. Many many thanks, it's an incredible remedy!" – S

"I worked with people who had Omicron variant and took Spoke 12/4 twice a day for two days. I didn't get Omicron and had two negative Rapid Antigen Tests. I thought I didn't need to continue with Spoke and reverted to my weekly dose but a week later I had mild symptoms and have rested on and off for a few days and started taking Spoke again. The phlegm on my chest is loose and coming up and my energy is back. I also took 4 Life Transfer Factors, increased fat soluble Vitamin C, NAC, Ultra Preventative multivitamin and had lots of fruit, warm herb teas and water once the symptoms came." – A