

bring light to your life



natural living

By Resident **Kavitha Kukunoor**
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Kavitha's Holistic Approach

By profession, I am an Alternative Medical Practitioner (Homeopathic Doctor) from India. My bachelor's degree in Homeopathic Medicine and Surgery (BHMS) is from the University of Health Sciences, India, and I have been in practice since 1995. In 1998, I moved with my family to America and am currently practicing in Michigan. I'm President and Chief Operating Officer of Homeopathic World Community, an award-winning online portal of homeopaths from all over the country. We produce shows and webinars related to health, and often over 11,000 people watch live.

I am a certified classical homeopath (CCH), registered member of the North American Society of Homeopaths and Certified HP Supervisor in Homeoprophylaxis for disease prevention and boosting immunity. Additionally, I'm President & CEO of Kavitha Holistic Approach and author of the book *Beyond The Limits: A Challenge to Prove Oneself* that focuses on self-improvement and personality development.

From my childhood, I had a passion for becoming a doctor or doing something in a medical field when I grew up. I was inspired by my grandfather and father in law, as both were Registered Medical Practitioners (RMP), practicing Homeopathy and Ayurveda, the science of plant medicine. When I was a child, I used to get frequent tonsillitis, for which a Penicillin injection was given to me. I was scared of injections! And at that moment, I wanted to become a doctor who does not need to give injections to patients in the future.

Homeopathy is a scientific system of medicine founded by German medical doctor Dr. Samuel Hahnemann and based on nature's principle. By proving Cinchona bark (also called China Officinalis) a remedy for treating malaria, he came up with the homeopathic principle "Like cures Like" – Similia Similibus Curantur – the disease cured by something that can cause similar symptoms. It is a potent medicine that stimulates vital force and boosts the immune system. Homeopathic medicine is scientific and thoroughly proven on human beings. Homeopathic medicines are prepared in a way that removes inner weakness (or susceptibilities) of a person, increases the patient immunity, and restores health permanently.

I am not a United States medical doctor; I am a registered, professional, and certified Homeopathic Consultant who helps a wide variety of clients suffering from different health conditions. Clients with compromised physical, emotional, and mental states, ADD, autistic spectrum disorder, female ailments, respiratory-related, childhood disorder, etc. I study their situation in detail and suggest appropriate homeopathic remedies.

My family and I use homeopathic remedies and follow natural prevention methods. Here is an acronym, **KEEP SAFE**, to help you remember safety precautions for coronavirus.

K Kindness: Don't fight with others for resources and help others in need.

E Eat healthy foods and take Vitamin C 1000mg, Vit D3 1000IU, Zinc 10mg, Elderberry (*Sambucus nigra*) one teaspoon daily & Mushroom Immune Formula that has several mushrooms, 2-3 times a week.

E Enjoy personal time to read an excellent, inspiring book.

Exercise often as it produces serotonin, which boosts immunity.

P Pray, believe in God that things get better soon, and have positive affirmations that "I am healthy and happy."

Practice stress reduction techniques. Prevention is better than a cure!



S Sanitize your hands before and after you touch your face, mouth, and nose.

Separation from false beliefs and stay closely connected to your inner consciousness and awaken it now.

Safety is a high priority, social distancing, remain inside your home when sick.

Sugar will suppress immunity, so avoid refined white sugar. Use healthy herbs and spices in your food, anti-inflammatory like pepper, cinnamon, turmeric, ginger, cilantro, fennel seeds, ajwain, lemon, etc. Edible Camphor with Tulsi leaves was given in temples as holy water, and it has anti-inflammatory and health benefits. For itchy throat, gargle with turmeric and saltwater.

Sleep well.

Smoking will deplete vitamin C levels from the body.

A Avoid touching the face, doorknobs, handles, switches in public places.

Avoid being with people who have traveled from affected countries. Isolate and monitor vulnerable populations immune-suppressed, severe diabetics, or those with deep pathology.

Avoid indiscriminate use of anti-inflammatory drugs such as Ibuprofen that could facilitate and worsen COVID-19 infections.

Awareness: Alert yourself about health updates.

Alcohol negatively impacts the immune system, so limit the quantity.

F Frequently wash your hands, spend time on FaceTime with family and friends, and provide love, gratitude, and care to them.

FEAR and panic are natural responses in this situation, but we have to meditate and calm ourselves down to handle this health crisis better. Stress raises cortisol levels (stress hormone), and cortisol can turn off immunity. Vegetable or chicken broth will help to replenish electrolytes and has other health benefits. Hydrate well and drink lots of water. Turmeric has over 500 medicinal benefits. Neem, or bitter melon, which is bitter, is healthy and can kill viruses and boost the immune system.

Fresh food diet that is natural to digest, whole cereals, seasonal vegetables, etc. Honey, with a pinch of pepper powder, is also beneficial in case of cough. Cold, frozen, and dense foods may be best avoided. It is always helpful to avoid direct exposure to the cold breeze.

E Explore natural and alternative therapies like Homeopathy, Ayurveda, Unani, Siddha, etc. When you have an acute illness, have a warm bath, add 1-2 cups of Epsom salt, and soak your body nicely. This protocol helps to draw out inflammation and decrease muscle soreness and joint pain. The practice of Yogasana and Pranayama helps to keep calm. Law of attraction: What we sow, we reap. So let our thoughts be good and positive.

To learn more about natural methods of healing/homeopathy, please contact Kavitha Kukunoor.

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