

An ounce of Prevention is worth a Pound of Cure

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A note from Norma:

I tend to understand situations by looking at what might be causing them. Of course it is not possible to see what is causing a situation without first stepping back and seeing 'The Big Picture'. And when any of us is under siege, feeling like we are beating back an onslaught of problems or an overwhelming situation, it feels impossible to stop fighting and step back. But it is the only way to fully understand **why** the situation is happening.

No matter 'who started it' or 'who won't stop it', we each know that we can change our side of a situation. Understanding how we are contributing to any situation requires that we first understand **why** we are involved in it. Is it a lesson our Soul has drawn to us? Perhaps it is something that we have a little mental or emotional resonance with, and this is an opportunity to look at our version of the issue as it is being drawn up into our awareness by what we are experiencing now.

I believe that COVID is presenting humanity multiple lessons, each of which is arising from within us from our past. Our conjoined Souls are calling for greater clarity, *rapidly*, of how we connect to Spirit and derive guidance from that same connection. Whatever stands in the way of the greater clarity of Spiritual connection is being pushed up into our awareness so that we will address it. Change is inevitable. There is no going back.

I also believe that we have the possibility to choose new choices and create change in our lives without suffering. While it is more often the pointy stick that pushes us into change, rather than the carrot that entices us, the pointy stick of COVID need not be the impetus for change. The carrot can entice us and draw us into a clearer relationship to Spirit as well.

Here are additional thoughts, insights based on Archangel Michael's guidance as well as my own observations, which you may find useful in your own considerations of choices in your life at this time.

Prevention and Early Treatment of Disease

The virus(es) floating around us naturally live and thrive in certain environments. When our bodies provide that certain environment, the virus replicates, and we become hosts. When an environment, like our body, is toxic to the virus, it simply dies. **Our body is not at war with any virus, bacteria or fungus. The physical environment is either suitable to its replication or not.** Likewise, the consciousness within the virus, bacteria or fungus is either at home within our emotional, mental and spiritual consciousness, or not. No amount of 'trying to say the right thing' or 'trying to think the right thoughts' will change this simple truth.

All viruses, bacteria and fungus have a consciousness within them. When interacting with our body, this consciousness offers us an opportunity to remember an issue that our Soul seeks to look at, and potentially resolve in this lifetime. In this fashion, **illness is not a sin or a weakness. It is the Soul at work.**

Thus, taking time for reflection and meditation while ill leads to deeper insights and potential shifts in life's trajectory. Taking time for reflection and mediation while healthy also leads to deeper insights, and may potentially show you an issue *before* it strikes you head-on.

Two New Steps for **PREVENTING** or **SHORTING** Infections

I offer the information below not necessarily to avoid getting ill, but thinking that a robust physical response to the current pandemic (or endemic) can be utilized alongside creating or maintaining a regular Spiritual practice.

My guides brought up this adage I heard often as a child 'an ounce of prevention is worth a pound of cure'. They were suggesting that creating an environment in which COVID does not flourish makes more sense than waiting to treat it.

Not a lot of published scientific literature, especially based on peer-reviewed trials, exists along this line. But here are two lines of studies that show great promise. Both illustrate that bolstering our native immune system PREVENTS and TURNS BACK infection. Even by the virus SARS-CoV-2 which in turn causes Covid-19.

1. **HEMP** (several linked articles below)

from [“Cannabinoids Block Cellular Entry of SARS-CoV-2 and the Emerging Variants,”](#) a study, done at Oregon State University, published online Jan 10, 2022 at:

<https://pubmed.ncbi.nlm.nih.gov/35007072/>

“The researchers found that two cannabinoid acids commonly found in hemp varieties of cannabis, cannabigerolic acid, or CBGA, and cannabidiolic acid, also known as CBDA, can bind to the spike protein of SARS-CoV-2, the virus that causes Covid-19. By binding to the spike protein, the compounds can prevent the virus from entering cells and causing infection, potentially offering new avenues to prevent and treat the disease.”

A good summary of this study was published by Forbes Jan 11, 2022

[“Study Finds Cannabis Compounds Prevent Infection By Covid-19 Virus](#)

<https://archive.is/ev3f3#selection-3389.0-3389.66>

...and...

A statement of clarification:

“These cannabinoid acids are abundant in hemp and in many hemp extracts,” Richard B van Breemen [first named author of the above mentioned study] is quoted by [Oregon State University](#) media “They are not controlled substances like THC, the psychoactive ingredient in marijuana, and have a good safety profile in humans.”

<https://today.oregonstate.edu/news/oregon-state-research-shows-hemp-compounds-prevent-coronavirus-entering-human-cells>

NOTE: Even in the few days since this hemp study was published, a flurry of related articles are appearing online. Do your own online search of the latest information to find the proper hemp oil supplement available in your area containing these hemp acids. And consult your health professional.

2. MELATONIN (and possibly sleep itself)

Over the past 10-15 years I have noticed a few people (including myself) focusing on the importance of sleep as a means of healing and balancing our body, mind and heart with our innate energetic spiritual connections. Now it seems that melatonin, which causes us to enter into the drowsiness that precedes sleep, is also part of our native immune system’s tool kit for preventing infections. Including SARS-CoV-2, the virus that causes Covid-19.

Here are two recent studies of interest.

[Melatonin for the Early Treatment of COVID-19: A Narrative Review of Current Evidence and Possible Efficacy](#)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8190272/>

From August 2021, this study focuses on treating, rather than preventing infection of viruses. But **acknowledges** strong implications for **the** preventative use **of melatonin** as well.

[Melatonin reduces the mortality of severely-infected COVID-19 patients](#)

<http://www.melatonin-research.net/index.php/MR/article/view/166/903>

Published December 2021 through UT Health San Antonio (TX), Long School of Medicine.

from the study itself:

“In this clinical trial, 158 hospitalized patients, aged 18 to 80, were enrolled who had a confirmed severe COVID-19 infection. All severe patients received standard therapy

including oxygen intubation, remdesivir (as an antiviral), levofloxacin (for protection against secondary bacterial infection), dexamethasone (as an anti-inflammatory) and enoxaparin (as an anticoagulant). Among these patients, half received additionally 10 mg melatonin 20-30 minutes before bed time for 14 days following diagnosis. At the end of trial, 13 of 76 patients in the conventional therapy group died. The mortality in this group was 17.1% which is consistent with mortality rate previously reported.[About 15% of severely ill hospitalized patients die]. In contrast, in conventional [medical treatment] plus melatonin treated group only 1 out of 82 patients died with the mortality rate of 1.2%. Thus, the death rate was reduced by 93% with melatonin treatment compared to the conventional treatment.”

In simple terms:

Melatonin interacts with our entire body. It lives within our mitochondria. It acts as an anti-oxidant and thus ‘cleans out’ the physical cells of our body. It allows the boundary or membrane of our mitochondria to function well. Having enough melatonin is crucial to our overall wellness and balance. It is created primarily within our pineal gland (center of head, root of the Crown Chakra) and also within the retinas of our eyes. It is created when our eyes perceive a lack of light (especially light in the range that we see as blue-violet).

Now, I could write about hospitals being the perfect setting for sleep deprivation. My guides suggest that the patients’ recovery noted in the melatonin study was also from the supplemental melatonin helping them achieve a more complete experience of the natural cycles of sleep. Which brings me to consider the role of sleep, and preparing to sleep, in **preventing** infections and maintaining our immune system.

My guides point to the importance of balance in living life. For example, imagine you are sitting on a high wall, with one leg on either side. Someone approaches you from one side, and hands a heavy bag up to you. The very action of leaning to one side may make you topple off the wall. Or, if you successfully lean over, having the additional weight of the bag pulling you to one side could cause you to fall over. This is their explanation of our modern lifestyle.

Living most of my life inside of the US and its version of Western Culture, I know that each person finding their own healthy balance in life is not a priority. Only those people living closely with each other, and dependent upon Nature and Earth understand that the health of each person determines the health of everyone. Balancing upon the top of the wall is easy when no one insists you lean over and take their heavy bag.

In the last few hundred years, and especially in the past few decades, Western Culture has offered, and then insisted that other cultures lean over and take the same heavy bag of behaviors that has caused Western Culture to become unstable, unhealthy and unsustainable. Now we have a chance to reset this.

Creating a healthy lifestyle may be one of the reasons our Souls are engaging with the SARS-CoV-2, the virus that causes Covid-19. More and more people in Western culture are using this

time to reconsider and reset their lives. Whether that reset has been forced by illness, or by financial shifts, or taken out of a heart-awakening, there are fundamental changes happening in our world. We have an opportunity to rebuild our lives, and that includes allowing ourselves to nourish our body with simple things like sleep. And sunshine. And healthy

For those of you who are setting out on new journeys, may you create and be blessed in all that you choose,

-Norma
(with help from Mary and Archangel Michael)

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