

## Resisting Epidemics

Regarding viral pandemics, the approach I recommend for protection and treatment is detailed in the 14 pages of my *Home Remedy Kit Directions* which can be printed out from the list of articles posted on my website [www.philipincao.com](http://www.philipincao.com)

The best protection against any illness is to have a healthy and balanced lifestyle, diet and work/sleep rhythm. One's mental and emotional balance is critical. One should be prudent, but not obsessive or fearful; confident and self-possessed, but not thinking oneself invulnerable.

It is most beneficial to strive for a deeper understanding of the spiritually toxic forces working in and through all epidemics. To consciously recognize and stand firm against such toxic spiritual/mental/emotional forces is the strongest, most effective foundation for our resistance to illness during an epidemic.

For a further discussion of viral contagions, please print out from my website the article titled: "What Are Viruses Really?"