

Elderly, adults or children can easily come down with a runny nose, cough, sore throat, or upset stomach and may not always have access to a pharmacy or medical care. This can become a problem during Covid-19 or any other pandemic.

It just so happens that our Grandmas were on to something! Let's find out about some natural remedies people around the world do at home to help manage illnesses.

"I remember when I was young, when I got a cold, my Dad cooked vegetable soup for me and he encouraged me to have it while it was still warm. It made me sweat. I felt so much better and gained energy after having it." - Ratana Lay, World Vision staff and mother, Cambodia



Dr. Marian Alonzo, Medical Chief of The Farm at San Benito, will share reliable natural home remedies that are often quite simple and easy to prepare, as a follow-up to her recent talk on Fever as Healing Warmth. Dr. Marian finished Medicine at the University of the Philippines. She did her post-graduate training in Anthroposophic Medicine and incorporates Art Therapy, Biography Work, Eurythmy, and Jin Shin Jyutsu Healing Arts in her

medical practice. She does advocacy work on Dignified Aging and is a board member of Lipunan ng Mga Antroposopikong Manggagamot at Manghihilom ng Pilipinas (LAMMP).

Artwork *Illustration courtesy of Ralph Lazo (MWS Parent)



Managing Illness at Home with Dr. Marian Alonzo

Part 2: Saturday, March 26, 2022
10:00 A.M. - 11:30 A.M.

Zoom link:

<https://zoom.us/j/99935723207>