

From Kumu A'ia'i Bello

Aloha kākou,

I use laua'e tea for bronchial/ breathing .

Hauoi tincture and tea is good to take the emotional edge off.

Grow comfrey if you can.

Even olena flowers make really gentle tea for babies.

Ginger is also easy to grow.

It's not just about fighting COVID19, it's building our own immune system physically and spiritually.

If we can maintain a Higher vibration the covid cannot exist in the same space because it's too dense.

Breathing is the fastest way to be in harmony with universe.

Mother Earth is in labor. We need to breathe and chant every day as prevention.

Malama pono kākou!

A'ia'i