

Super Human Immune Tips

- Germs (viruses) seek **diseased tissue** and are not the cause of disease. Do not focus on the pathogen (virus) and ignore the terrain (immune system). Keep the terrain healthy with good nutrition, a sound emotional/spiritual balance and there will be little or no illness. Viruses are only pathogenic and harmful if the body and mind are weak – Rudolph Virchow
- Remember 75% of deaths are caused by pre-existing conditions and weaknesses in the body. Organ failure only occurs in a body that is malnourished. When the body is weak, secondary infections such as pneumonia (Upper respiratory infections, Cardiac Symptoms, Severe Acute Respiratory Syndrome (SARS)) are the reason for death, not the virus itself. This virus primarily affects immune compromised and elderly, not healthy adults and children.
- **Relax and educate yourself instead of panicking.** Current research finds Asians are 5x more genetically susceptible to complications from the virus from 3CL enzyme dysfunction.
- There are 3 types of symptoms b/c ACE2 receptors are in the lungs, heart, and GI track
 - **Symptoms are like a cold:** sore throat, mild to severe upper respiratory tract illness, cough, runny nose. Those with strong immune systems may only experience lack of taste/smell which can be prolonged for weeks.
 - **Symptoms are like a heart attack** (chest pain, elephant on chest), stroke (loss of words or slow thinking), heart palpitations, micro-blood clotting, purple toes, shortness of breath (hypoxia) with clear lungs. This can also be a post-syndrome occurring weeks later. Some have hypoxia weeks later. This is easily remedied.
 - **Symptoms are GI Upset** and we wonder if we just “ate” the virus from contaminated foods, utensils, or dishes.
 - **Post Symptom Syndrome** can be due to “auto-immune antibodies to tissues like lungs, GI Tract, or Heart”. There are several therapies to help bring balance for faster recovery.
- The Immune **System** consists of thymus, spleen, bone marrow, blood cells, stomach, liver, and intestinal flora.
- The **Immune System and Body Tissues** break down in these states:
 - **Fear** is a major cause of immune system imbalances in the body. Release fear and trust in Divine healing through prayer for you and loved ones. Never let it enter your cells.
 - **Associate with LOVING people to** have an optimal immune system.
 - **Minimize Stress** by being in a state of peace builds the immune system.
 - Stay **Hydrated** with 2-3L of pure filtered water daily
 - **Mineral deficiency and malnutrition** cause immune imbalances and weak diseased tissue Remember to eat a High Organic Whole Plant Food based diet that will remineralize and nourish the body.
 - **Non-organic food** contains high amounts Round-up (glyphosate) which de-mineralizes the soil and our body so that tissues are weak.. Especially non-organic wheat, barley, rye, oats, legumes.
 - **Alcohol** depletes minerals and vitamins in the body
 - **Fad Dieting and extreme Ketogenic Diets** create mineral and nutrient deficiencies that may require multivitamin supplements.
 - **High carbohydrate and Sugars** in the diet rob the body of vitamins and minerals
 - **MOST IMPORTANT: Sugar** decreases the immune system by 40% for 12 hours, including honey and fructose sugar from fruit. Avoid sugar and you will keep your immune system strong.
- **Protect Yourself is FIRST PRIORITY and Be Considerate of Others Health when you are ill.**
 - We do know that fewer particle sizes or lower exposure leads to less severe illness, so really minimize any shopping with people to less than 15 minutes.
 - We do know from studies in China that this virus is contagious for 21-36 days in some people so consider a much longer quaranting.. this is part of the problem.

- We do know that it takes 3-6 days after exposure to have enough viral load to start to feel any symptoms.
- If you really must go out in public, wear a **NIOSH mask tightly fitted**. This is the only mask that will semi-protect you from viruses that are in our breath. Most masks do not properly fit, but they do stop respiratory droplets (but not vapor or breath) and simple colds.
- If someone is shedding a virus in a room, it will take over 90 minutes to dissipate from the air.. So consider not going to places where people gather, most businesses do curbside delivery.
- If **both** people are wearing masks, the rate of transmission is DRASTICALLY reduced.
- Use **DoTERRA On Guard, Now Nature's Shield, Young Living Thieves** Essential Oil Blend under your nose when in public to reduce viral transmission in the respiratory tract. You can also place a drop on your tongue.
- Wash your hands often with soap and water or **DoTERRA On Guard Soap** or **On Guard Sanitizing Mist** and NEVER eat from your unwashed hands, touch eyes, or touch nose unless they are clean.
- Keep hand sanitizer in your car for use after entering public places and touching money, pens, computer screens, door handles, shopping carts. Thoroughly wash hands when you get to work or home.
- Avoid shaking hands and sharing food or drink with others.
- If someone is sick in your home, disinfect counters, doorknobs, light switches, towels, and shared surfaces often. Do not share towels and wear masks to prevent spread from sneezing and coughing.

NEVER take Ibuprofen or Tylenol to get thru this. Ibuprofen can enhance Cytokine Storm Inflammation and Tylenol stops our glutathione which is necessary to reduce the illness. Take Aspirin for blood thinning only but not to reduce a fever. The fever is our immune system's way to reduce the virus by it self and if we stop it we cripple our immunity.

Steps to Support the Immune System

- **Optimize Vitamin D levels** In Northern States consider Vitamin D 5000iu daily throughout most of the winter season to achieve Vitamin D levels of 50-80- This is the MOST EFFECTIVE strategy.
- **Optimize Zinc** it has been shown that 30-50mg daily is huge in viral warfare. This gets depleted rapidly and keeps the virus from replicating. At first signs of symptoms or exposure 50mg twice a day WITH FOOD is most helpful. We carry Zinc "Picolinate and BisGlycinate" forms for optimal absorption. This is a MOST EFFECTIVE strategy.
- **Optimize Vitamin C levels** in the body with WHOLE Foods (Acerola cherry, rose hips), Liposomal, or Intravenous. This is best to do WHEN you get sick, and take a dose every hour or two until diarrhea (which means you have plenty!)
 - Premier Research Labs **Vitamin C** is made from food
 - **Vitamin C with Bioflavonoids** by Thorne
 - Dr. Mercola **Liposomal C** is a non-GMO product that is well absorbed
 - Intravenous Vitamin C at Integrative Clinics
- **Medicinal Immune Balancing Mushrooms:**
 - Ex: **Duanwood Reishi** by Dragon Herbs (others include Chaga, Miatake, Shitake, and basically all types)
- **Adaptogenic Herbs to support Stress, Depletion, and Illness**
 - **Immune Dx** by Plantiva
 - Dragon Herbs **Super Adaptogen** & we have many more.
 - Herb Examples: Holy Basil/Tulsi, Ginseng, Cordyceps, Ashwagandha, Eleuthero, Rhodiola, Schisandra

Remineralize the Body and Tissues to lower risk of Viruses

- **Let Food be your BEST Medicine!** Eat an Organic Whole Foods Diet, which includes 90% of mineral rich foods like vegetables (ex-broccoli, cauliflower, greens, carrots, peppers, Brussels, yams and so many more), Mushrooms, Nuts, Seeds, Beans, Whole Grains, Fresh Vegetable Juices, Green Grass Drinks (Wheatgrass or Barley Grass Juice), Blue Green Algae (Spirulina, Chlorella).
 - If the diet is not optimal, consider **optional supplementation** of minerals: Take a Whole foods Multi-Vitamin or Mineral Replacement:
 - **Innate or MegaFood One Daily Multivitamin**

- **Tonic Alchemy Green Food and Herb Drink**
 - **Trace Minerals:** IonBiome trace minerals in Water.
- **Optimize Calcium** as low calcium increases critical illness and mortality. Calcium is necessary for phagocytosis of the virus (death of virus). Avoid things that deplete minerals (above)
 - Eat Whole Food Calcium: Broccoli, Brussels sprouts, cabbage, kale, greens, nuts, seeds, beans, whole grains, sesame seeds
 - Calcium Supplement options:
 - **Garden of Life Raw Calcium**
 - **Standard Process Calcium Lactate** 1 tsp/day for good health or 2 tsp/day viral infection
- Optimize **Essential Fatty Acids** (Omega 3 Fatty Acids, Cod Liver Oil, Fish Oil, or eating Wild Game) which help Vitamin D and Calcium assimilation into the tissues for strength. This also reduces inflammation from the virus and is a slight blood thinner.
- **Optimize Dietary Iodine** which is anti-viral: Iodoral or Iodine Complex daily or Kelp food/supplement 2-3x/day

Blood Thinner: This is an essential step if you are really ill, comorbidities or experiencing hypoxia.. Thinning the blood will reduce severity of micro-clogging symptoms for heart symptoms, hypoxia, purple toes, etc. Most people with comorbidities will benefit from a little blood thinning. If you are already on prescription blood thinners you are one step ahead.

Aspirin 325mg several times a day if you get sick!

Nattokinase two or three times a day if you are “micro-clotting” it is a super clot buster blood thinner but great for those with heart and hypoxia symptoms.

Anti-Viral (Envelope Virus)

Pick ONE or TWO to keep in your medicine cabinet!

- Eat **Organic Foods** that contain anti-viral “envelope virus” nutrients: Onions, Leeks, Flax, Ginger, Garlic, Culinary or Essential Oil Herbs (See Below)
- **Anti-Viral Herbs to Eat or Essential oils:** Lemon Balm, Culinary or Essential Oil Herbs ((Thyme, Oregano, Basil, Mint, Rosemary, Sage, Turmeric, Ginger), Thuja (Aborvitae), Frankincense (Boswellia), Tea Tree Oil/Melaleuca, Ravensara
 - ✓ **Elderberry** 3-4 times daily
 - ✓ **Umcka (Pelargonium sidoides)** 3-4 times daily
 - ✓ **Oregacillin** has powerful anti-viral herbs and clears mucous from the lungs (oregano, cumin, sage, cinnamon, and ginger), take 1 capsule by mouth 3-4 times a day with food
 - ✓ **Olive Leaf Extract** stops replication of the virus, stimulates phagocytosis and can be taken 3 times daily with food
 - **St John’s Wort** destroys protein encapsulates shells (envelop) of viruses (drug and estrogen interactions)
 - **Red Marine Algae (Griffithsin)** halts replication of the virus, fights SARS, supports immunity. This would also remineralize the body.
 - **Licorice** is anti-viral and provides adrenal support
 - ✓ **BEST HERBAL COMBINATIONS that we carry:**
 - **ViraCon by Vital Nutrients** 3 capsules 3-4 times daily. Contains St. John’s Wort, Licorice, Elderberry, Zinc, Berberine and more

- **Viranon by MediHerb Standard Process** 2 caps twice daily. Contains St. John's Wort, Thuja, and Licorice
- **Umcka in Elderberry Syrup** 3-4x/day
- **Cold Dx by Plantiva** is very powerful Chinese herbs including Andrographis which stops a cold dead in its tracks 2 tablets 3-4x/day
- **Immunity by Douglas Labs** (Andrographis, Elderberry, Astragalus, Garlic, etc) 4 caps 3x/day
- **Umcka Tincture by HerbPharm** 2-3 dropperfuls, 2-3 times daily
- **MyKind Elderberry Gummies** – Elderberry, whole food Vitamin C, Echinacea, Rosemary, Zinc
- ✓ **BEST ESSENTIAL OIL BLEND: DoTERRA On Guard and BSSC Homemade Flu Bomb Roller Ball**
 - Rub essential oils on the bottom of feet and under the nose. Some brands may also be consumed internally (**DoTERRA On Guard oil**, drops, beadlets, softgels). They are also beneficial in On Guard DoTERRA hand sanitizer and spray disinfectants. (*homemade oils used in sanitizers may include: Oregano, Thyme, Ravensara, Clove, Cinnamon Leaf, Eucalyptus, Rosemary, Melaleuca, Lemon, Frankincense*)

• Anti-Viral Homeopathics:

- **Homeopathic note:** keep them away from electronic devices, phones, computers. Consume on an empty stomach at least 20 minute away from food or drink. Try to avoid peppermint in toothpaste or anytime around a dose as it can make Homeopathics ineffective.
- Influenzinum, Eupatorium, Gelsemium, Bryonia, Perlargonium, Umcka® under the tongue every 2-3 hours
- **Influenzinum and Thymuline** can be taken weekly to balance reaction to flu and viruses (3-5 sprays)
- **Umcka Products every 2-3 Hours** work well to lower secondary respiratory infections from growing.
- **Elderberry Umcka** has many antiviral Homeopathics mixed with Elderberry.

• Other Adjunctives for Acute Illness:

- **Argentyn Silver** 1 tsp by mouth three times daily works well for viral illnesses like the flu.
- **Biozym or Wobenzym N or PS Systemic Enzyme therapies** anti-viral clean out the blood, debris, and mucous. They work best on an empty stomach.
- **Congaplex by Standard Process** supports the immune system, tissues, and organs in illness 9-15/day

• Lung Infection/Mucous in the Lungs

- **Wellness Formula by Source Naturals** for viral and bacterial lung infections: 3 Tablets/6 caps 3-4x/day with FOOD for infection
- **BEST Premier Research Labs NAC** (N-Acetyl Cysteine, Turmeric, Licorice, Bromelain) to balance mucous and inflammation in the lungs 1 cap 3x/day
 - --OR--
- **BEST Free the Lungs by Dragon Herbs** are Chinese Herbs to balance mucous and lung inflammation
- **Oregacillin** has powerful anti-viral herbs and clears mucous from the lungs (oregano, cumin, sage, cinnamon, and ginger), take 1 capsule by mouth 3-4 times a day with food

CHECK OUT THESE BOMBER PROTOCOLS used locally with success and studies.

Great alternatives with comorbidities or needs of extra help to get thru illness.

- Ivermectin HIGH SUCCESS rates with Prophylaxis, Safety, and therapy!!
 - <https://covid19criticalcare.com/i-mask-prophylaxis-treatment-protocol/> by FLCCC Alliance of Physicians
 - Watch Video of Dr. K begging congress to see this differently: <https://vimeo.com/490248173>
- IV Ozone has a high success rate to kill viruses in the blood and get oxygen to the tissues. We can get you connected with someone locally for an infusion. This is what I did with great success.. It has been used for those with comorbidities that would not normally make it thru. Also helpful to balance auto-immune syndromes.
- Blood Thinners are important- see above. There has been success with Aspirin, Heparin, Nattokinase
- Nebulized Glutathione/NAC is helpful with a prescription, especially with those who have viral lung infection or lung disease.
- I can get you connected to adjunct therapies or prescribers with success for Post-syndromes that occur weeks later in the heart/lungs can be used to reduce auto-immune symptoms and tissue repair.

RESEARCH WELL

Do your research on the “Gene Therapy” aka “the not a true v” as this does not stop infection or reduce transmission. It only reduces severity of illness. This has no safety data or Phase III trials. Free of liability. May cause infertility due to one of the enzymes that is affected and necessary for maintenance of pregnancy. Many reports in both brands for anaphylaxis and horrible symptoms of fatigue, heart racing, fever, illness, and death. Dr. Mercola website has interesting education on the topic.

My Website has a Supplement Link Page with Links to FullScript and Emerson Wellevate to order some of these supplements online for family and loved ones. We also ship supplements out of state. Dragon Herbs, Standard Process, Plantiva, and Premier Research Labs must be purchased directly thru my office.

I do not do Q/A at home, text, email, or work. It is difficult to get all my jobs done! If you would like to schedule and appointment outside of my work I can make a time via phone at a rate of \$80/hr.

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