

YOUR BEST SURVIVAL GUIDE TO HEALTH, SANITY AND SOLIDARITY AMIDST OUR GLOBAL HEALTH CRISIS

(Covid-19 Special Report)

By Nora Gedgaudas, CNS, FNTF, BCHN



Dear Friends,

Everything in our collective lives as a global society appears to be turning on a critical dime. And although I desperately wish I could convey all of what I have discovered--or even some meaningful part of it--I realize that my role is that of first and foremost being primarily a health expert and educator, and that's where I need to start.

Even as there seems to be a glut of "how to stay healthy" information currently saturating the internet and blogosphere, I believe I have uniquely helpful and valuable information to share along those lines. My first priority and genuine passion in this life is the well-being of others, as well as aiding in the relief from unnecessary mental and physical suffering—and perhaps most importantly, inspiring SELF EMPOWERMENT.

I also have an unwavering passion and commitment toward human liberation from unnecessary misinformation and disinformation. These are the things that get me up in the morning and inspire me to work hard. I am not particularly driven by an entrepreneurial impulse (unfortunately for my bank account), but instead primarily by these things and an undying passion for uncovering ***The Truth***, such as it is--wherever it may lead.

~ Nora

HOW I BELIEVE I CAN HELP

My clinical background, having worked with people's brains (and overall health) full-time over more than two decades also endows me with a **unique perspective** regarding our current collective mental state, and what we all might do in order to stay mentally sane; not just physically healthy.

Perhaps our greatest affliction right now is collective distorted perception.

There is a great deal of fear that so many are harboring within, not to mention the relentless, externally imposed fear saturating us from all sides. So much of it is being inflicted by our ratings-driven media and control-bent, iron fisted “perception police” public authorities. The tremendous toll this forced chaos is taking upon our global and personal economies, cheered on by our inexorably corporatized media, is relentlessly cruel. But... far too much of this is also self-inflicted through our fixation upon mainstream media. It is an addiction. Consider the following allegory:

Once, an old, wise man was sitting under a tree when the epidemic god came along.

The wise man asked him, "Where are you going?"

The god of epidemic replied, "I'm going to the city and I'm going to kill a hundred people there."

On his return journey, the god of epidemic came back to the wise man.

The wise man said to him, "You told me that you wanted to kill hundred people. The travelers told me that 10,000 had died."

The epidemic god said,

"I only killed a hundred. The others were killed by their own fear."

~Zen Buddhist allegory

I cannot allay this epidemic of fear. Some of it is rational, but the majority, frankly, seems to be largely irrational, and hysteria driven.

In truth, there is a great deal to be alarmed about having nothing whatever to do with a viral spook. But that's for another conversation. I will rely on YOUR lead to guide me forward toward whatever it is I might share in future posts and other modes of communication. I am here and willing.

WHAT CAN YOU AND YOUR FAMILY DO RIGHT NOW TO SAFEGUARD YOUR BEST HEALTH AND WELL BEING?

I know that current conventional wisdom involves marinating yourself in hand sanitizer, cowering behind closed doors in a sealed bunker, donning gloves and a surgical mask while avoiding all forms of 3-D human contact. But **none** of these measures are ultimately foundational to human health (much less well-being). And to be frank, none of these measures present a long-term solution with respect to SARS-CoV-2, or any other infective agent.

It's not as though this virus is a toxic gas, and all we have to do is hermetically seal ourselves inside some bubble for a certain amount of time while it gradually dissipates. This virus is not going away, and neither are the rest of the hundreds of infective agents floating about in our environment, any one of more than 200 of which, alone, have the potential to cause the **same exact** symptoms, and outcomes (there is a whole

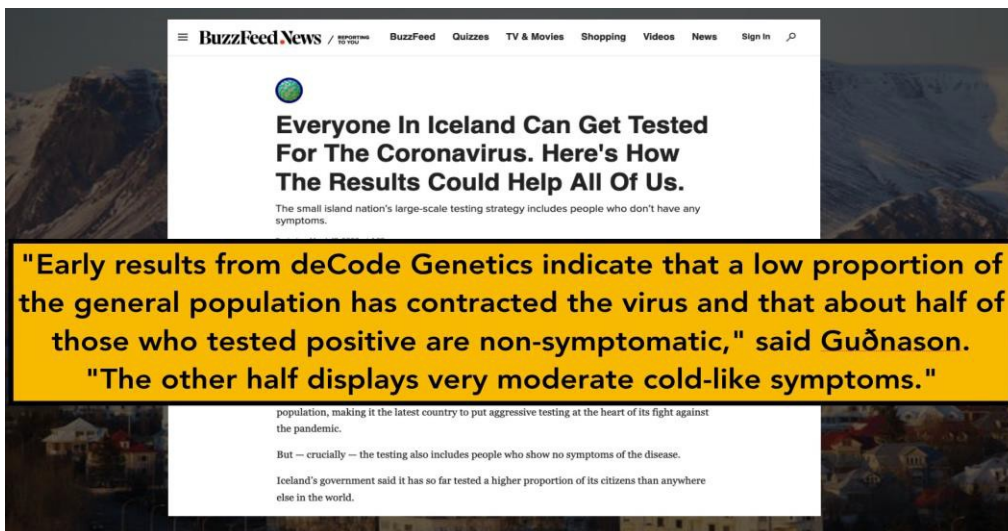
lot of conflating of statistics going on through “presumed” diagnosis based upon generic symptom presentation, alone).

For the vast majority of persons exposed to SARS-CoV-2, the consequences result in literally no symptoms at all. The human body gets exposed to the virus, mounts a natural antibody response that renders it naturally immunized and protected, and abracadabra... life goes on. In a small number of cases of those with just a bit more vulnerability, the worst consequences are typically mild-to-moderate and transient symptoms mostly indistinguishable from any seasonal cold. **There is nearly always total recovery**, along with which comes *natural immunity*. There are a minority of individuals having significantly compromising, pre-existing conditions and enhanced vulnerabilities, **as with any respiratory illness on any given year**, who are at greater risk. Certainly, these people require more stringent measures of protection and safety. That is only sensible.

Totalitarian, police-enforced, government-imposed indefinite human isolation, suspension of all constitutional rights, civil liberties and the very sovereignty of our physical bodies, much less an economic Armageddon are NOT rational, much less long-term solutions to these concerns. Similarly, forced (soon to be “mandatory”) vaccination with notoriously dangerous RNA-type coronavirus vaccines, being fast tracked and *entirely untested* for their safety or efficacy in human beings, created by the use of untested (but lucrative and patented) new DNA altering technologies across vast populations poses unreasonable risk, and promises devastating untold consequences for hundreds of millions.

IT DOESN'T HAVE TO BE THIS WAY

In the country of Sweden, where a more rational line of thinking is guiding public health policy, there are no quarantines, no mandated social distancing, no economically destructive policies, and... no signs of deadly pandemic spreading. Japan is similarly following suit. We here in the US, Canada, Australia, New Zealand, the UK and elsewhere are hearing mainly statistics surrounding illness, mayhem and death in the mainstream media... But no mainstream news outlet has portrayed the current situation in the broader context of, say, a typical flu season -- much less against the context of the entire population at large (including healthy persons). **Iceland** has done just that. They tested the highest percentage of its citizens, as compared to anywhere else in the world, in order to assess the real threat to public health. Here's what they found:



SEE: <https://www.buzzfeed.com/albertonardelli/coronavirus-testing-iceland>

FACT: The human immune system is neither protected nor strengthened through sterile conditions, but rather through *natural exposure*.

That said, our human immune system also requires certain raw materials to function at its best and most resilient capacity.

Given the toxic, immuno-suppressed stress-induced world we live in today, it makes sense to look beyond foundational considerations and provide some supplemental support.

My goal here is to inspire a bit more self-empowerment, positive perspective and actionable solutions.

We need to be thinking of *long-term solutions*, and not knee-jerk, short-sighted (and socioeconomically catastrophic) measures. The truth is, according to every bit of independently analyzed statistical data collected, anyone's risk of dying from COVID-19 in the general population is roughly less than that of being struck by lightning or trampled to death by a hippopotamus. Yes, it could happen, but the odds are damn slim. But one wouldn't guess this by watching the evening "news." The news (including newsprint and other mainstream sources of "officially sanctioned" information) doesn't get ratings and financial sponsors (the biggest of which is the pharmaceutical industry) by squelching, much less avoiding unnecessary drama or panic.


Of course, my referring to mortality victims being struck by lightning implies random chance. But there's nothing especially random about the COVID-19 mortality statistics. An honest, sober analysis of the data reveals **a clear profile surrounding at-risk populations** (i.e., elderly, diabetic, having COPD, asthma, cancer, other significant forms of immune compromise, etc.) including a litany of other **specific risk factors**. These factors might impact people otherwise deemed younger and healthier (i.e., having received a flu shot--NOT good--or having some undiagnosed co-morbidity--not uncommon). We will talk about that here, too.

< BACK THE WESTERN JOURNAL

COMMENTARY

CDC Tells Hospitals To List COVID as Cause of Death Even if You're Just Assuming or It Only Contributed

"Issued March 24, the [guidance](#) tells hospitals to list COVID-19 as a cause of death regardless of whether or not there's actual testing to confirm that's the case. Instead, even if the coronavirus was just a contributing factor or if it's "assumed to have caused or contributed to death," it can be listed as the primary cause."



See [this document](#) from the CDC

The fact of the matter is--and I want you to never forget--that **the human body possesses immeasurable genius**, and it has an inherent and well-honed capacity for innate immune resilience forged over millions of years. The modern industrialized world we live in has certainly left us more vulnerable, perhaps, but not without recourse.

Here are a series of do's and don'ts. I urge you to consider both.

FIRST, THE NO-NO's:



Let's look at some common things you can do to avoid undoing your otherwise healthiest efforts towards supporting your immune function right now:

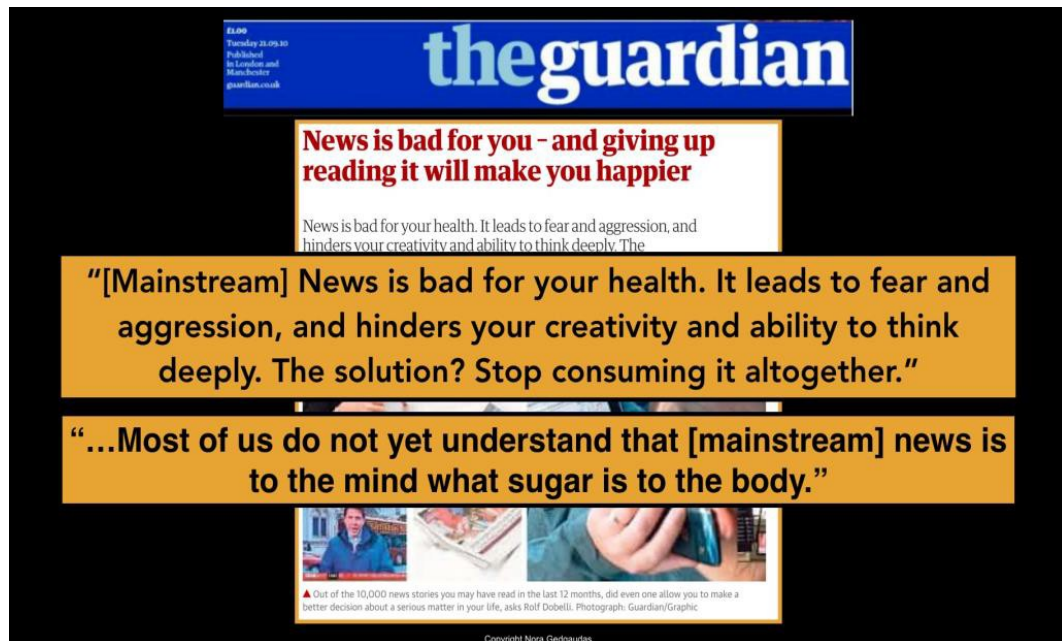
First and foremost, **DON'T** keep relying on television news anchors/talking heads and toxic headlines to dictate your sense of what's real.

❖ **TURN OFF THE MAINSTREAM NEWS COMPLETELY AND AVOID MAIN STREAM ONLINE INFORMATION.** It is all FAR more likely to hurt you than help you, and the stress of it all invariably generates excessive cortisol, *which is automatically immunosuppressive*. There is overwhelming evidence that the mainstream media is a source of questionably motivated misinformation, hyperbole and disinformation... not actual, independent, scientifically verifiable truth (or incisive journalism).

KEY REMINDER:



Consider the following article:



This article, above, from the Guardian archives, is uncharacteristically insightful and important. It lists all the areas of research that show the ways in which the **mainstream** news undeniably compromises your life and your health. ***In short (the article concludes)*** “News is bad for your health. It leads to fear and aggression and hinders your creativity and ability to think deeply. The solution? Stop consuming it altogether.”

AND

“...Most of us do not yet understand that news is to the mind what sugar is to the body.”

Let that sink in.

In the same article they showed how:

- **Mainstream news misleads and overrides rational thinking.**
- **Mainstream news is irrelevant to anything that has the potential to improve the quality of your life.**
- **News has no true explanatory power.**
- **News is literally toxic to your body and brain.**

It constantly triggers the limbic system and cortisol. That then dysregulates your immune system and RAVAGES YOUR BRAIN. In other words, your body finds itself in a state of chronic stress. High stress hormone levels cause impaired digestion, lack of cellular growth/healing, nervousness and susceptibility to infections. It also leads to brain shrinkage... *how convenient*. The other potential side effects include anxiety, depression, aggression, tunnel vision and desensitization.

- **Watching the news regularly has been shown to increase cognitive errors** and feeds the mother of all cognitive errors: corporate and political confirmation bias (not to mention social polarization).
- **News also inhibits thinking.**

Thinking requires concentration. Concentration requires uninterrupted time. News pieces are specifically engineered to interrupt you. They are like viruses that steal attention for their own purposes. News makes us shallow thinkers. But it's worse than that. News severely affects our memory function, according to at least one Canadian study. News is **an intentional interruption system**.

- **News works like a drug, literally altering the structure of your brain.**

The more news we consume, the more we exercise the neural circuits devoted to skimming and multitasking while ignoring those used for reading deeply and thinking with any meaningful focus.

- **News wastes our time.**

- **News makes us passive.**

News stories are overwhelmingly about things you cannot influence. It grinds us down until we adopt a worldview that is pessimistic, desensitized, sarcastic, cynical and fatalistic. The scientific term is "learned helplessness"... which is also associated with clinical depression... another epidemic of our time.

- **News also kills creativity.**

We need independent reporting that polices our institutions and uncovers actual truth, not something that gives us sound bites and corporate/vested interest-driven talking points. This is why we must support quality alternative media...and this is also why alternative media is in the cross hairs of the mainstream media right now.

- ❖ **DON'T live every moment of every day under quarantine indoors.** Take the time to go out into fresh air and sunshine. You don't have to go to a public space in order to do this.

Just get out into your own back yard, or some other secluded space where you can actually breathe, commune with nature, ground yourself (you might even want to kick off your shoes and plant your bare feet in the soil, to feel the grounding power of the earth beneath you), listen to the sounds of a light breeze, birds and insects, and feel the added healing and soothing warmth of the sun upon your face. Spend time at night looking up at the stars, which is a wonderful exercise for putting our place in the universe and in the scheme of things within the fabric of time and space into perspective.

- ❖ **DON'T let fear and worry, or catastrophic ideation dominate your thinking.** Take time to meditate, to exercise the power of presence and mindfulness, and let go of the toxic, chattering monkey and catastrophically oriented ego-mind. This will help you to reconnect your reptilian brain with your higher faculties and executive/frontal lobe brain function and put your reptilian/reactive worries and fears at the end of a short leash, where they belong. It becomes possible, and far easier, to creatively strategize when you put your "fight or flight" activated nervous system and mindset to rest.
- ❖ **DO NOT use Lysol (and other phenol-based) products, which are at least *10-times less effective* than advertised and are far more likely to give you (or your pet) cancer than have any positive effect on sterilizing surfaces of microbes.** Please, please, please refrain from poisoning the air you breathe with Lysol-type products. They are more harmful to you than "germs."



The Lysol can itself states: "*Hazardous to humans and domestic animals.*" Lysol is hepatotoxic and potentially carcinogenic when it comes to cats, and possibly also dogs and humans.

Not only this, but when disinfectants are used at low levels, researchers find that they actually make certain bacteria stronger and more resistant to antibiotic treatment.

"*Lister's carbolic acid*", now known as phenol, is a common main ingredient in household disinfectants and/or detergents like Lysol, Pine-Sol and Spic-n-Span. It's also commonly found in mouthwash. Dump it in the trash.

Phenols are not always successful virucides and are inhibited by the presence of an organic load. "*Even enveloped viruses [like SARS-CoV-2] can resist the action of phenolic disinfectants in the presence of organic material.*"

SEE: [Chemical Disinfection of Virus-contaminated Surfaces](#)

Phenol is out-and-out toxic, and people who are hypersensitive can experience serious side effects at very low levels. Studies have also linked phenols to:

- Damage to your respiratory and circulatory systems.
- Heart damage.
- Respiratory problems.
- Damage to your liver, kidneys and eyes.

Nonyl phenol ethoxylate, a common ingredient in laundry detergents and all-purpose cleaners, is banned in Europe, and biodegrades slowly into even more toxic compounds.

Other chemicals found in common household disinfectants include:

- Formaldehyde, found in spray and wick deodorizers, which is a suspected carcinogen.
- Petroleum solvents in floor cleaners, which may damage mucous membranes.
- Butyl cellosolve, found in many all-purpose and window cleaners that may damage your kidneys, bone marrow, liver and nervous system.
- Triclosan, the active ingredient in most antibacterial products that not only kills bacteria, but has also been shown to kill human cells.

Lysol can cause immunotoxicity, respiratory toxicity, skin and organ toxicity, and asthma. Its constituents have been restricted for use in cosmetics in both Canada and Japan. Lysol is a VOC (Volatile Organic Compound) that has been shown to lower IQ in children.

In a report by CBC Marketplace, toxicologist Shawn Ellis, President of Building Health Center Inc., went to various people's homes testing air quality in the rooms where their cleaning products were kept.

Exposure to Lysol during pregnancy is leading to children with lower IQ's who have a hard time dealing with stress as well as social situations. Language and motor skills decrease. Lower scores are shown as well in memory, attention and verbal skills.

The image shows a screenshot of a scientific paper abstract. At the top, the logo for the American Society for Microbiology is visible, along with the journal title "Applied and Environmental Microbiology". Below this, the citation information is provided: "Appl Environ Microbiol. 1999 Sep; 65(9): 4255-4260." and the PMCID and PMID numbers: "PMCID: PMC99773" and "PMID: 10473448". The title of the paper is "Bacterial Spores Survive Treatment with Commercial Sterilants and Disinfectants". A yellow highlighted box contains a quote: "The substantial spore survival detected in this study after treatment of devices with commercial sterilants (Table 1) conflicts with the concept of sterilization, defined as the destruction of all life, including bacterial spores. The data that we obtained with a sensitive and quantitative test suggest that commercial liquid sterilants and disinfectants are less active on contaminated surfaces than generally acknowledged." Below the quote, a paragraph of text states: "spores deposited on three types of devices made of noncorrodible, corrodible, or polymeric material. Products like Renalin, Exspor, Wavicide-01, Cidexplus, and cupric ascorbate were tested under conditions specified for liquid sterilization. These products, at the shorter times indicated for disinfection, and popular disinfectants, like Clorox, Cavicide, and Lysol were also studied. Data obtained with a sensitive and quantitative test suggest that commercial liquid sterilants and disinfectants are less effective on contaminated surfaces than generally acknowledged." The bottom of the page has a small copyright notice: "Copyright Nova Corporation".

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Appl Environ Microbiol. 1999 Sep; 65(9): 4255-4260. PMCID: PMC99773
PMID: 10473448

Bacterial Spores Survive Treatment with Commercial Sterilants and Disinfectants

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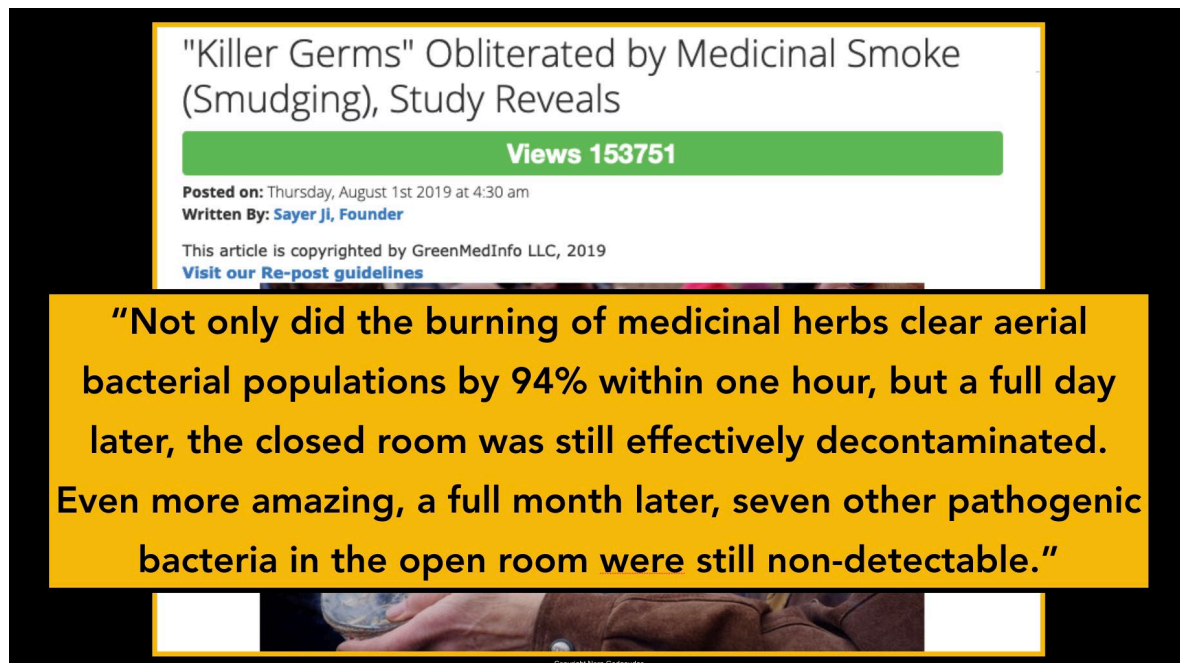
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This study (above) found that Lysol (along with other popularly advertised sanitizers) was about **10-times less effective** as an anti-microbial than advertised.

Soap and water work exceedingly well, and won't poison you, your children or your pets.

BY THE WAY...

Some very interesting published research suggests that “**smudging**” (combusting small amounts of) simple things like sage and cedar in your living space are many times more effective at clearing pathogens from the atmosphere and surfaces of rooms it is done in. It is routinely used in many hospitals in India, having proven massively effective against even antibiotic-resistant and deadly pathogens like *Staph aureus* and MRSA! And you don't have to create an indoor pollution hazard with it. Just a cursory dab of medicinal smoke in the room will do you!



"Killer Germs" Obliterated by Medicinal Smoke (Smudging), Study Reveals

Views 153751

Posted on: Thursday, August 1st 2019 at 4:30 am
Written By: [Sayer Ji, Founder](#)

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“Not only did the burning of medicinal herbs clear aerial bacterial populations by 94% within one hour, but a full day later, the closed room was still effectively decontaminated. Even more amazing, a full month later, seven other pathogenic bacteria in the open room were still non-detectable.”

Copyright Nara Geegaudas

SEE: ["Killer Germs" Obliterated by Medicinal Smoke \(Smudging\), Study Reveals](#)

It turns out that smudging--which is an ancient, spiritual cleansing practice throughout many traditions, is profoundly helpful for reducing the pathogenic load of bacteria in enclosed spaces--in the air and on surfaces. In reference to the research cited in this article, the author states:

“Not only did the burning of medicinal herbs clear aerial bacterial populations by 94% within one hour, but a full day later, the closed room was still effectively decontaminated. Even more amazing, a full month later, seven other pathogenic bacteria in the open room were still non-detectable”.

The only rub here is that the research seems entirely focused on bacterial contamination and offers little information about its antiviral potential.

Still... smudging supplies far more benefit and far less health compromise than Lysol and other spray “disinfectants.”

Journal List > J Ayurveda Integr Med > v.10(3); Jul-Sep 2019 > PMC6822153

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Published online 2019 Aug 16. doi: [10.1016/j.jaim.2019.05.002](https://doi.org/10.1016/j.jaim.2019.05.002) PMID: [31427141](https://pubmed.ncbi.nlm.nih.gov/31427141/)

“The results of the study strongly suggested that the traditional Ayurvedic fumigation with natural plant products is effective in reducing air-borne bacteria and in disinfecting inanimate surfaces. The traditional fumigation with herbal products has huge potential to address the problem of nosocomial infections.”

Abstract Go to:

Environmental disinfection greatly reduces the occurrence of nosocomial or healthcare associated infections (HCAIs) which are the major healthcare problems worldwide. In India, Ayurvedic traditional fumigation with natural plant products is used to disinfect environment. In the present study, environmental disinfection efficiency of traditional fumigation practice has been evaluated by using natural plant products

The study, above, published August in 2019 was titled ["Validation of environmental disinfection efficiency of traditional Ayurvedic fumigation practices."](#)

Its findings were exceedingly robust, particularly in the case of what is preferred to as “nosocomial infections” (another term for hospital-acquired infections...which can be some of the most severe and deadly on earth). Herbal fumigation methods showed effectiveness against severe pathogens such as *Staph aureus* and even MRSA!

The researchers unambiguously and rather enthusiastically concluded that: *“The results of the study strongly suggested that the traditional Ayurvedic fumigation with natural plant*

products is effective in reducing air-borne bacteria and in disinfecting inanimate surfaces. The traditional fumigation with herbal products has huge potential to address the problem of nosocomial infections.”

"In the United States, the Centers for Disease Control and Prevention estimated roughly 1.7 million hospital associated infections, from all types of microorganisms, including bacteria and fungi combined, caused or contribute to 99,000 deaths each year. In Europe, where hospital surveys have been conducted, the category of gram-negative infections are estimated to account for two thirds of the 25,000 deaths each year. Nosocomial infections can cause severe pneumonia and infections of the urinary tract, bloodstream and other parts of the body. Many types display antimicrobial resistance, which can complicate treatment."

There's a lot to put in perspective from these statements.

So at the very least, adding a bit of smudging practice to your home can help minimize potential complications. The smudging research I came across does not substantively address viral agents... it seems that it certainly can't hurt and who knows--it might well help. Plus the aromatherapy benefits of burning substances like sage may also confer anti-stress-related benefits. It's CHEAP (and pleasant!) insurance.

Essential oils aren't exactly in my wheelhouse, but the following helpful article lists and details the **Top 11 Best Antiviral Essential Oils** and how best to use them.

- ❖ **Avoid antibacterial soaps.** As they **1)** do nothing additional to combat viruses, and **2)** they enhance the potential of creating antibiotic-resistant bacteria, while also harming healthy bacteria on your skin important for immune function.
- ❖ **DON'T BE A GRAIN BRAIN OR A POTATO HEAD!** There is credible evidence to suggest that SARS-CoV-2 is a form of **bacteriophage**, which means that it piggybacks upon and replicates itself through a relationship with a certain type of bacteria-in this case, *Prevotella*.

Prevotella species of gut bacteria are known to predominate in the G.I. tract of persons eating significant amounts of grains. So, there's a hint. Grains, legumes and--it turns out certain root vegetables could increase risk by creating a vector. Much better to avoid them anyway, for multiple reasons—immune related and otherwise. A **Primalgenic®** approach to eating naturally leaves these foods out. There is more written about this interesting topic below.

- ❖ **DON'T rely on conventional probiotics.** Shoring up your gut bacteria and the health of your gut biome is certainly massively important, especially now. Eighty percent of your immune function resides in your gut, and anything you can do to improve the health, robustness and diversity of your internal wildlife has the potential to be VERY helpful. But the dirty secret in the probiotic industry is that the survivability of conventional lactobacillus and bifidobacteria strains have a

roughly 0% survivability to the large intestine, where they're most needed.

“Just Thrive”--an endospore-based probiotic is just about the only commercially available probiotic I recommend to anyone anymore (save occasionally recommending *Saccharomyces boulardi* and certain things for other specific issues). Just Thrive's unique complement of well researched *Bacillus* strains supply the only oral probiotics (when in their sporulated state upon ingestion) that, for one, our prehistoric ancestors would have naturally gotten from their environment; and actually have 100% survivability to your large intestine. These strains are also known for secreting their own specific antibiotics against potential pathogens in your G.I. tract, which can be additionally helpful. Some *Bacillus* strains in it even produce helpful antioxidants that are readily absorbable in that they are naturally secreted into your small intestine!

All you generally need is **one capsule per day**, and it should be **taken with whatever your biggest meal of the day happens to be**. It will never require refrigeration. I have never seen a probiotic do more, and more rapidly, to improve gut health than this one (other than its healthcare practitioner counterpart, MegaSporeBiotic). NOTE: For extra sensitive or significantly compromised individuals, I generally recommend cracking open the capsule and using only one fourth to one half of the contents at a time, sprinkled on your food (you won't taste a thing), for at least a few days to ensure toleration.

- ❖ **DON'T OVEREAT (especially utilizable carbs and protein)! This piece of advice is deceptively important.**

There are at least a few reasons why this is so critical. For one, digestion takes more energy to perform in your body than any other metabolic function. Minimizing your need for constant digestion through multiple meals AND snacking diverts critical energy that would otherwise focus on battling potential contagions and other immune compromising issues. This diverted energy would also otherwise enhance the process of autophagy.

Autophagy is the process by which your body detoxifies, repairs and ultimately regenerates itself. It can even help you make new mitochondria, and current research suggests that it affects development, aging, cellular renewal and...(wait for it)... immunity. The most effective means of consistently supporting this process is through the avoidance of anything that is going to generate insulin or activate the metabolic pathway *mTOR*. I have written about these things extensively in my books and have spoken about them in podcasts and public lectures, many of which you can access through my website or elsewhere online or via my online courses/education programs.

If I think I'm coming down with something, the first thing I do is limit my intake of food for the day (or days, as is needed), typically relying on nourishing broths and medicinal soups. This is one place where fasting really shines. My Primalgenic® approach automatically factors all this into everyday meal planning and recipes, 24/7--not just "intermittently." But you can certainly add the intermittent fasting practice of eating within a limited, specified window during the day to enhance its benefits. I offer more helpful and detailed information about implementing these approaches in my [Primalgenic® Plan online](#) program.

- ❖ **DON'T** simply rely upon expensive supplements to get you through this, and certainly don't expect them to compensate for what might be counter-productive dietary and lifestyle habits. Nothing is going to take the place of **a healthy foundational dietary approach**. What I am now calling my Primalgenic® approach automatically provides more immune-enhancing characteristics than any other dietary approach ever designed, hands down.

THE ABC'S OF VIRUSES AND ANTIVIRAL STRATEGY

The first thing to keep in mind when it comes to addressing pretty much any viral infection, is that viruses have never been proven to be actual **living** microbes, so treatment isn't about "killing" them, per se, but rather *neutralizing* them and *preventing their replication*. Also, not all viruses are bad, just as not all bacteria are bad.

We have our microbiome, but there is also something known as the (less understood and appreciated) *virome*. Viruses *do have a role to play in our health*, as well as disease. Sayer Ji of GreenMedInfo.com (a brilliant and important health website, also hosting tens of thousands of often hard-to-find archived scientific articles/abstracts) has a superb article he authored on the subject, [HERE](#).

Viruses are made up of a protein membrane (some may also have a lipid envelope), derived from portions of the host cell, encasing some form of genetic material (DNA or RNA). **SARS-CoV-2 is a coated, RNA virus. It's important to point out that the genomes of RNA**

viruses are exceedingly unstable, meaning that they mutate very rapidly. This radically diminishes the realistic useful practicality of potential vaccines... simply since you can't effectively vaccinate against a constantly morphing target (another reason why widely promoted flu shots are, in truth, no more than 10% effective--according to an international, scientifically rigorous and independent Cochrane Collaboration analysis. In addition, their safety is highly questionable)

Also, there's another, non-trivial concern here:

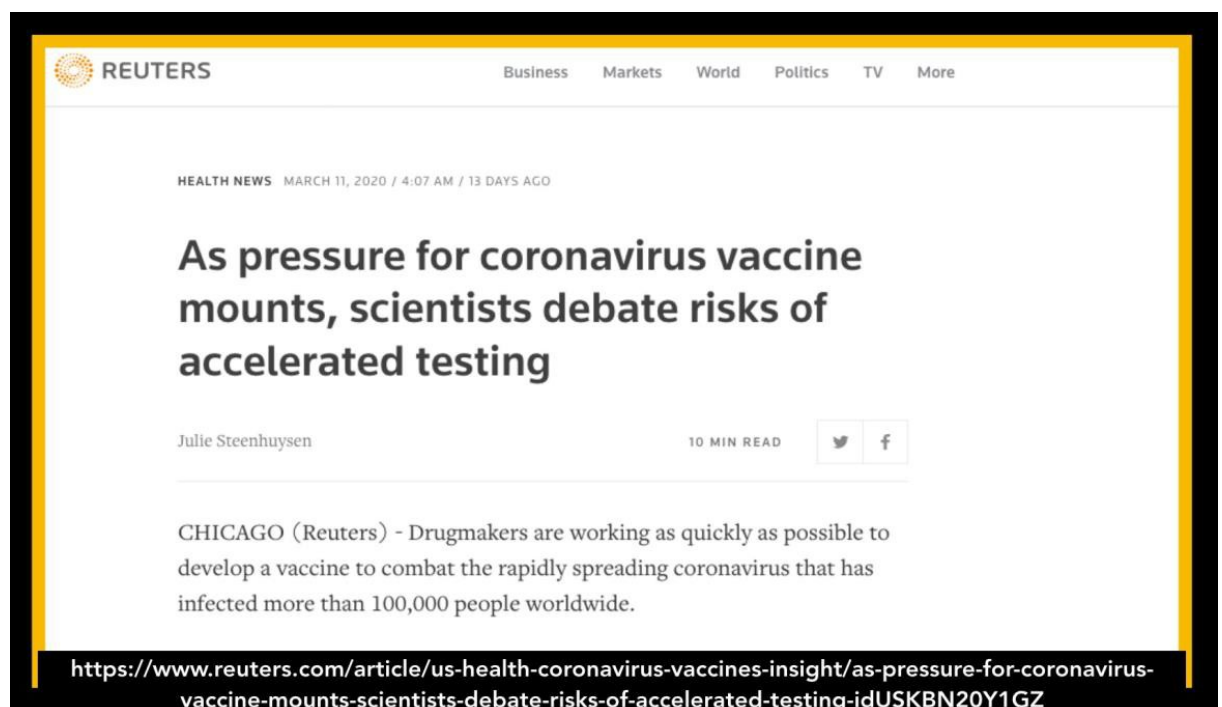
Previous attempts at creating RNA vaccines for similar things like SARS and MERS coronaviruses proved extremely-read: **dangerously**-toxic and harmful in all attempted animal studies. This is why there hasn't been such a publicly available RNA vaccine to date. But the market for this is so temptingly huge right now and potentially lucrative--beyond the dreams of Avarice--**that several of the largest vaccine manufacturers are racing to fast track one or more of these RNA-type vaccines for widespread release to the public.** Some manufacturing methods being employed are entirely new and wholly untested altogether (involving novel genetic modification technologies everyone should be concerned about).

All this raises a cautionary concern over the fact that virtually no appropriate testing will be taking place before these drugs are fast tracked to market and released for use by the general public, *not to mention that they will likely be mandated.*

H1N1 was a similarly fast-tracked vaccine (for a vastly over-hyped "outbreak"), which led to vast numbers of persons

developing permanent, debilitating narcolepsy. There are many commercial enterprises racing to release a SARS-CoV-2 vaccine with HUMAN--and no animal testing--now underway in Washington State, and likely elsewhere.

The poor viability of such a vaccine in the short, much less long-term, not to mention the inherent plethora of legitimate safety issues, make such a (God forbid mandated) "public health" practice highly questionable, at best, if not potentially catastrophic in its consequences.



The article above reads:

“Studies have suggested that coronavirus vaccines carry the risk of what is known as **vaccine enhancement**, where instead of protecting against infection, the vaccine can actually make the disease worse when a vaccinated person is infected with the virus.

The mechanism that causes that risk is not fully understood and is one of the stumbling blocks that has prevented the successful development of a coronavirus vaccine.

Normally, researchers would take months to test for the possibility of vaccine enhancement in animals. Given the urgency to stem the spread of the new coronavirus, some drug makers are moving straight into small-scale human tests, without waiting for the completion of such animal tests.

'I understand the importance of accelerating timelines for vaccines in general, but from everything I know, this is not the vaccine to be doing it with,' Dr. Peter Hotez, dean of the National School of Tropical Medicine at Baylor College of Medicine, told Reuters.'

Another scientist-written article **well worth reading (and re-reading)** [posted here](#).

Getting back to understanding the nature of this particular virus...

The complete virus particle, which is known as a virion, consists of nucleic acid surrounded by a protective coat of protein referred to as a capsid. The capsid is made from proteins encoded by the viral genome. **Viruses are only able to replicate within the living cells of organisms.** Those that replicate within bacteria are known as **Bacteriophages**.

As mentioned earlier, there does seem to be some evidence that SARS-CoV-2 may well be a bacteriophage (relying on the *Prevotella* strain of bacteria).

Prevotella is a bacterium found in certain gut biomes and is capable of adversely affecting the lungs, as well. This may explain some of the observed symptoms and how it can

spread through feces. *Prevotella* is a potential pathogen and has been shown to induce “Severe Bacteremic Pneumococcal Pneumonia” in some studies.

RNA sequencing data from Wuhan show millions of *Prevotella* proteins amid a few thousand COVID-19 viruses. *Prevotella* bacteria was also found in six COVID-19 patients from the same family in Hong Kong.

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The 2019 Wuhan outbreak could be caused by the bacteria *Prevotella*, which is aided by the coronavirus - *Prevotella* is present (sometimes in huge amounts) in patients from two studies in China and one in Hong Kong

“A hitherto unknown cause of the Wuhan coronavirus outbreak is reported here - a bacteria from the *Prevotella* genus. The number of Wuhan coronavirus deaths in mainland China has overtaken the SARS epidemic in the country. The high mortality is being caused by targeting only the virus (which is also present).....*Prevotella* is a well known pathogen, and can induce `Severe Bacteremic Pneumococcal Pneumonia in Mice with Upregulated Platelet-Activating Factor Receptor Expression`..... “

<https://osf.io/usztn/>

CONSIDER THE FOLLOWING:

As discussed, high levels of *Prevotella*, a gram-negative bacterium found in the gut, are strongly associated with dietary, grain-based carbohydrates.

According to anthropologist, microbiome specialist, research scientist, and Visiting Research Fellow, King's College London, Jeff Leach, from his book *Rewild*:

*“Studies have shown that *Prevotella* spp. possess an*

extensive repertoire of genes targeted toward the degradation of non-cellulosic polysaccharides, such as hemicellulose and pectin—present in the cell walls of grasses and cereals (AKA grains), though they can also utilize starches and simple sugars.” Cassava (also known as tapioca) is another source of fodder for *Prevotella*, suggesting that certain root vegetables may also lead to increases in *Prevotella* growth.

Non-grain, fibrous plant source foods, conversely, do not seem to elevate *Prevotella* levels. Neither do animal source foods.



NOW LET'S SEGWAY TO THE DO'S:

What follows are some immediate practical steps you can employ for safeguarding your immune health, including some specifics you might want to consider (supplemental and otherwise) for supporting your best health potential.



SO, WHAT'S THE BEST ANTI-VIRAL— AND ESPECIALLY ANTI-SARS-COV-2 APPROACH?

Successfully combating any virus truly requires a multi-step process that should, first and foremost, include **foundational** nutritional approaches that optimally support immune function (particularly TH-1 immune function), mitochondrial and other cellular support, anti-replication measures, and actual antiviral strategies that specifically target viral machinery and block possible mutations.

Also, certain viruses--like SARS-CoV-2--have the ability to trigger what are called "cytokine storms" in especially vulnerable persons. The immune system gets out of control in a massive inflammatory response leading to hemodynamic instability and loss of blood volume and blood pressure--basically shock--due to damage to blood vessels--whereby plasma is able to leak into the tissues and generate **sepsis**.

In the most severe manifestations of COVID-19--which is in truth an extreme minority of cases (other than among those

having the riskiest health compromises/comorbidities) -- this can certainly lead to death. Measures known to counter sepsis are additionally critical in this equation. And yes, **there is a lot you can do!**

FIRST AND FOREMOST...

I passionately offer my own shameless, but highly relevant, plug for your kind consideration (and formidable immune enhancement):

- ❖ **A Primalgenic® approach** automatically takes your healthiest immune function into account, and naturally covers many other foundational, health and longevity-optimizing bases.



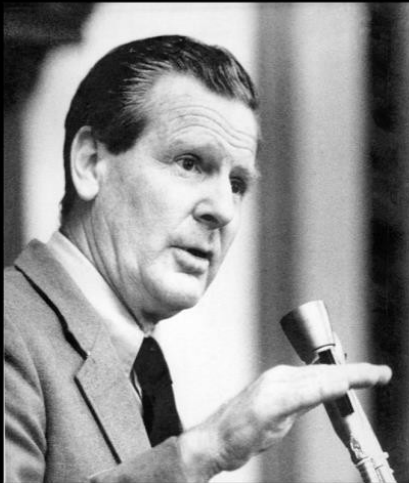
The following immune-related considerations are all effectively addressed by an uncompromising, [Primalgenic®](#) approach:

- **Dietary sugar and starch (and the blood sugar surges they generate) compromise your leukocytic index**-your primary immune defenses-for up to several hours following a high glycemic meal. Avoiding what can be referred to as "utilizable carbohydrates" is one major key in this equation. A Primalgenic® approach automatically takes this into consideration. Diabetes and other metabolic conditions are major risk factors when it comes to this, or any serious respiratory illness. No approach has ever proven more effective with respect to preventing and reversing of risky metabolic issues.
- Adopting **effective ketogenic adaptation (EKA) has been demonstrated in studies to be protective against certain forms of viral infection**, due to its abundant activation of something called "**Gamma-Delta T-cells.**" At least one study stated that "the way the body burns fat to produce ketone bodies from the food we eat can fuel the immune system." Scroll down to the abstract, [HERE](#).

Also, ketone bodies are protective of the body, and especially the brain, during periods of low oxygen availability. Nothing comes close to helping protect you against that sort of compromise (a key consideration when the primary health concern at hand relates to respiratory distress). **Ketones are also anti-inflammatory and**

protect against free radical activity responsible for damage to bodily tissues and cellular mitochondria. Obviously, the cheap and long-term beneficial way to go about this is to adopt a healthy ketogenic (a.k.a., Primalgenic®) approach. But you can also, potentially, more rapidly facilitate EKA, or even mimic some of these effects, through supplementation with exogenous **ketone esters** (see: www.ketoneaid.com). If you contact Frank Llosa over there, please tell him I sent you.

This quote from Dr. George Cahill is powerful.



“Essentially, any cell challenged by low oxygen availability or by a toxin interfering with mitochondrial function should benefit by utilizing β -hydroxybutyrate in preference to any other substrate, including glucose, lactate, pyruvate, or fatty acids.”

– George F. Cahill, Jr., MD
Professor Emeritus
Harvard Medical School

Reference: Cahill, Jr CF. "Fuel Metabolism in Starvation." *Annu. Rev. Nutr.* 2006. 26: 1-22. DOI: 10.1126/annurev.nutr.26.061505.111258

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ALSO NOTE:

SCIENCE IMMUNOLOGY | REPORT

INFECTIOUS DISEASE

Ketogenic diet activates protective $\gamma\delta$ T cell responses against influenza virus infection

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exclusive licensee
American Association
for the Advancement

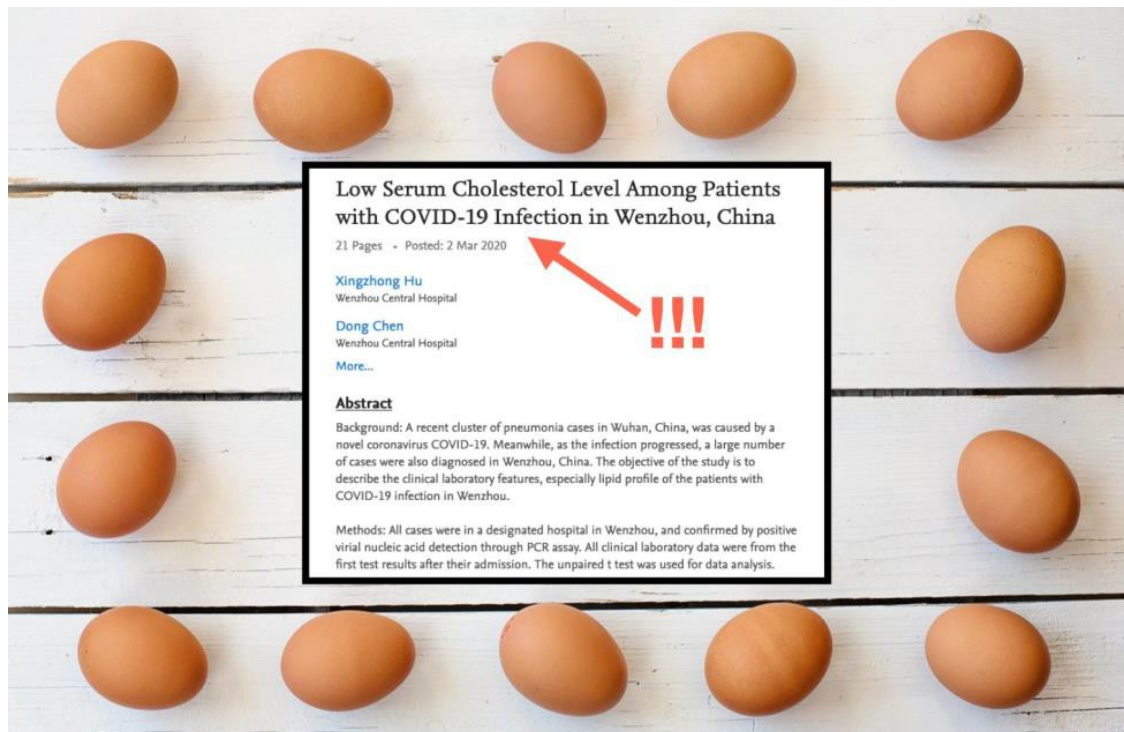
“In this study, we show that the consumption of a low-carbohydrate, high-fat ketogenic diet (KD) protects mice from lethal IAV infection and disease. KD feeding resulted in an expansion of gamma- and T-cells in the lung that improved barrier functions, thereby enhancing antiviral resistance. **Expansion of these protective gamma- and T-cells required metabolic adaptation to a ketogenic diet because neither feeding mice a high-fat, high carbohydrate diet nor providing chemical ketone body substrate that bypasses hepatic ketogenesis protected against infection.** Therefore, KD-mediated immune-metabolic integration represents a viable avenue toward preventing or alleviating influenza disease.”

in excess of 407 billion each year (1, 2). Although an efficacious universal IAV vaccine is highly desirable and is under development (3, 4), in its absence, novel therapeutic approaches are vital for the

RESULTS

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Something else you may not have considered as being important, is **having ample cholesterol!** [Say **WHAT??** (you ask)]. Take a look:



Low Serum Cholesterol Level Among Patients with COVID-19 Infection in Wenzhou, China

21 Pages · Posted: 2 Mar 2020

Xingzhong Hu
Wenzhou Central Hospital

Dong Chen
Wenzhou Central Hospital

More...

Abstract

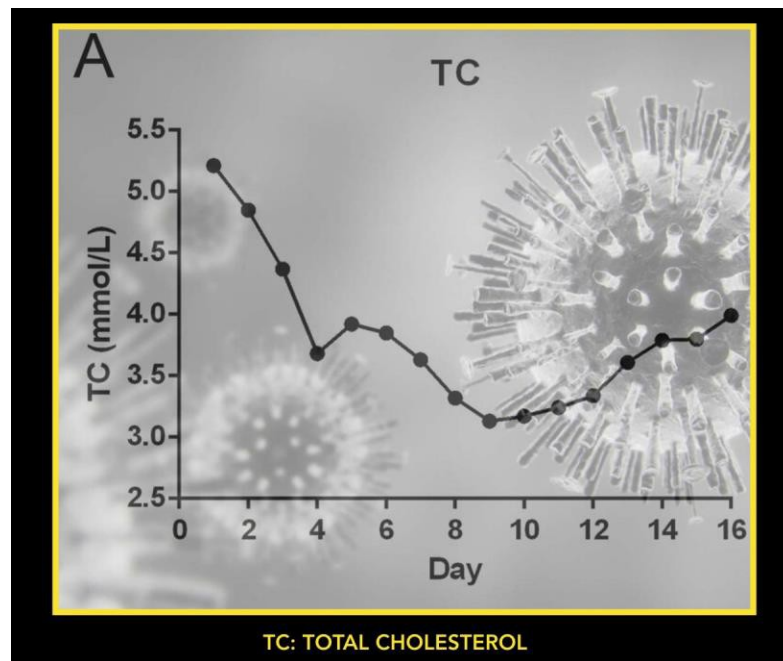
Background: A recent cluster of pneumonia cases in Wuhan, China, was caused by a novel coronavirus COVID-19. Meanwhile, as the infection progressed, a large number of cases were also diagnosed in Wenzhou, China. The objective of the study is to describe the clinical laboratory features, especially lipid profile of the patients with COVID-19 infection in Wenzhou.

Methods: All cases were in a designated hospital in Wenzhou, and confirmed by positive viral nucleic acid detection through PCR assay. All clinical laboratory data were from the first test results after their admission. The unpaired t test was used for data analysis.

"The objective" of this brand-new study, published in The Lancet "is to describe the clinical laboratory features, especially lipid profile of the patients with COVID-19 infection in Wenzhou, China."

And what did they find?

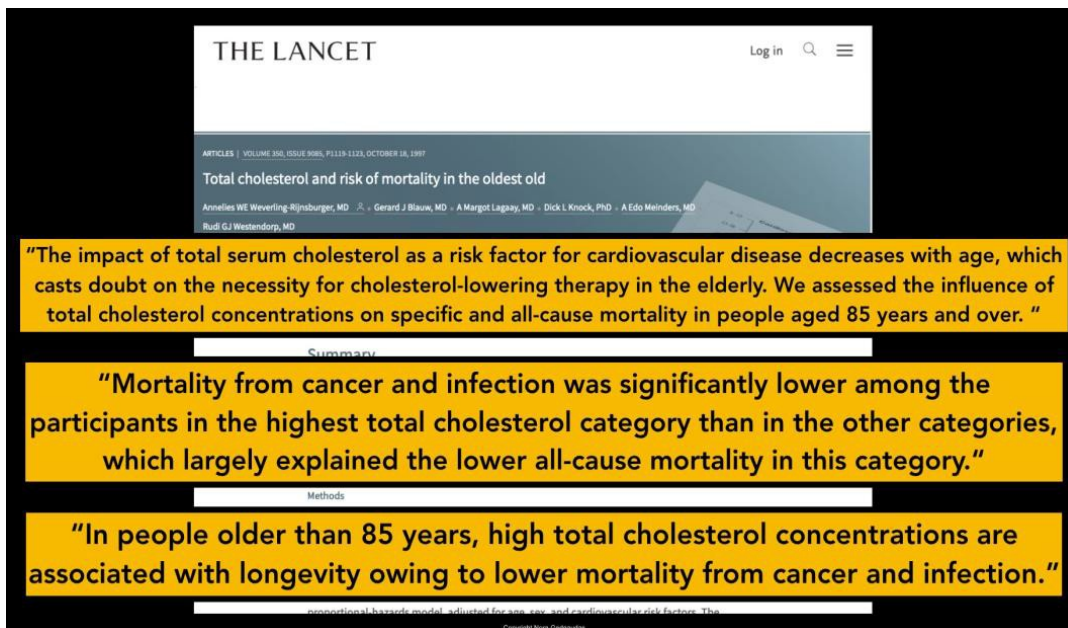
"Low serum cholesterol levels in the patients with COVID-19 in Wenzhou, China." Access article [HERE](#).



With this SARS-CoV-2 viral infection **comes a sudden drop in serum cholesterol levels**. What might be going on here? Where does the cholesterol go? Into the ether?

This really speaks most to cholesterol's known (but seldom acknowledged) **protective** role as an **acute phase reactant**—operating in part as an antioxidant in response to inflammation—but also to its **well established (but little appreciated) critical role in immune function**. I have talked about this many times in my books and lectures, but if ever there was a seminal moment to drive this point home, it's now.

Let's look at other research in this vein...



The screenshot shows the top of a Lancet article page. The title is "Total cholesterol and risk of mortality in the oldest old". The authors listed are Annelies WE Weverling-Rijnsburger, MD, Gerard J Blauw, MD, A Margot Lagay, MD, Dick L Knook, PhD, A Edo Meinders, MD, and Budi GJ Westendorp, MD. The article is from Volume 360, Issue 9985, pages 1119-1122, published in October 2017. Three yellow text boxes highlight key findings from the article:

“The impact of total serum cholesterol as a risk factor for cardiovascular disease decreases with age, which casts doubt on the necessity for cholesterol-lowering therapy in the elderly. We assessed the influence of total cholesterol concentrations on specific and all-cause mortality in people aged 85 years and over.”

“Mortality from cancer and infection was significantly lower among the participants in the highest total cholesterol category than in the other categories, which largely explained the lower all-cause mortality in this category.”

“In people older than 85 years, high total cholesterol concentrations are associated with longevity owing to lower mortality from cancer and infection.”

[Article summary HERE](#)

It is, of course, the elderly that are most vulnerable to succumbing to complications surrounding infection-not only with the coronavirus, but influenza and all forms of pneumonia. This particular study looked closely at the role of cholesterol concentrations on all-cause mortality in people age 85 and over.

The study states specifically: **"The impact of total serum cholesterol as a risk factor for cardiovascular disease decreases with age, which casts doubt on the necessity for cholesterol-lowering therapy in the elderly."**

Here's what they found:

“Mortality from cancer and infection was significantly lower among the participants in the highest total cholesterol category than in the other categories, which largely explained the lower all-cause mortality in this category.”

AND (more to the point):

“In people older than 85 years, high total cholesterol concentrations are associated with longevity owing to lower mortality from cancer and infection.”

Mind you, this study was not designed to assess the impact of cholesterol and immune function on younger populations, but other research precedents for this have been set time and again, and the critical role of cholesterol in immune function is well established, albeit little discussed.

This also punctuates the critical importance of ample cholesterol in one of the most vulnerable populations currently being impacted the worst by COVID-19: the elderly.

Clearly, the presence of ample available cholesterol seems to be quite important when it comes to combating any form of immune challenge—including respiratory viral infection.

And...

Immunity

Cell Press websites will be undergoing maintenance on March 29th from 3am to 3pm US Eastern. During this window, we have temporarily removed the Registration feature. If you already have an account, you can log in. However profile updates, purchases, and subscription activations will be disabled until after the upgrade. We apologize for the inconvenience.

Log in

ARTICLE | VOLUME 38, ISSUE 1, P96-106, JANUARY 24, 2013

Interferon-Inducible Cholesterol-25-Hydroxylase Broadly Inhibits Viral Entry by Production of 25-Hydroxycholesterol

Su-Yang Liu · Roghiyeh Aliyari · Kalechi Chikere · Lishan Su · Benhur Lee · Genhong Cheng

“Interferons (IFN) are essential antiviral cytokines that establish the cellular antiviral state through upregulation of hundreds of interferon-stimulated genes (ISGs), most of which have uncharacterized functions and mechanisms. We identified cholesterol-25-hydroxylase (CH25H) as a broadly antiviral ISG. CH25H converts cholesterol to a soluble antiviral factor, 25-hydroxycholesterol (25HC). 25HC treatment in cultured cells broadly inhibited growth of enveloped viruses including VSV, HSV, HIV, and MHV68 and acutely pathogenic EBOV, RVFV, RSSEV, and Nipah viruses under BSL4 conditions. It suppressed viral growth by blocking membrane fusion between virus and cell.”

models, *Ch25h*-deficient mice were more susceptible to MHV68 lytic infection. Moreover, administration of 25HC in humanized mice suppressed HIV replication and reversed T cell depletion. Thus, our studies demonstrate a unique mechanism by which IFN achieves its antiviral state through the production of a natural oxysterol to inhibit viral entry and implicate membrane-modifying oxysterols as potential antiviral

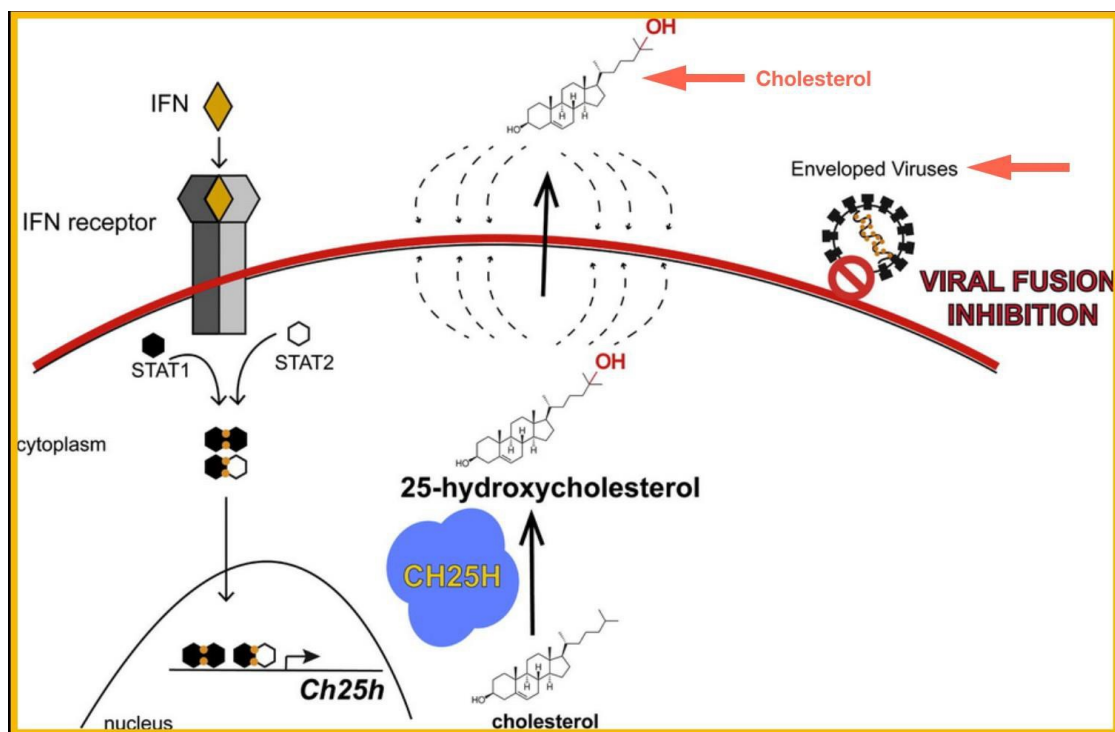
This research, published in 2013, led by the University of California, found that **derivatives of cholesterol play an important role in the immune system and could protect humans from a wide range of viruses, such as: Ebola, Rift Valley Fever, Nipah, and other deadly pathogens.**

The researchers found that:

“We identified cholesterol-25-hydroxylase (CH25H) as a broadly antiviral interferon-stimulated gene. CH25H converts cholesterol to a soluble antiviral factor 25-hydroxycholesterol (25HC). 25HC treatment in cultured cells broadly inhibited growth of enveloped viruses including VSV, HSV, HIV, and MHV68 and acutely pathogenic EBOV, RVFV, RSSEV, and Nipah viruses...” “It suppressed viral growth by blocking membrane fusion between virus and cell.”

Interferon-alpha is the one that *prevents viral replication!*

Below is the diagram presented in the study, illustrating cholesterol's critical role in preventing a virus from infecting cells--and their example here was **enveloped viruses** (that I pointed to with a red arrow in the upper right hand corner), which also happens to be the type of viral characteristic shared by SARS-CoV-2, the virus said to cause the now dreaded condition of COVID-19.



My take away from this is that, in the face of immune challenges, one of the **LAST** things I would be inclined to do is *avoid* eating cholesterol-rich foods, much less taking natural or artificial (pharmacologic) steps to **lower my cholesterol further**. Given cholesterol's critical role in immune function (and much more) it should not be surprising that it gets used up rapidly with a particularly virulent/active viral infection. Trying to limit or reduce cholesterol levels may just be one of the biggest mistakes anyone can make right now (or frankly, ever).

We forget that cholesterol plays a critical role throughout the human body, including the brain and nervous system, in the membrane of every cell for normal healthy bile function, the formation of our steroid hormones-both sex and stress-related hormones that we need in order to survive. And one of cholesterol's most important roles lies in supporting our healthiest immune function. Cholesterol is actually the single most uniquely defining characteristic of all animal life. If there was ever a time for us not to lose sight of this, it's now.

➤ **FOOD SOURCING/QUALITY COUNTS!!!** Be sure to seek out organic, free range, 100% grass-fed/finished animal-source foods, and be sure to eat nose to tail.

It's hard to overestimate the critical importance of organ meats. **Learn to love them...** or consider supplementing with [Ancestral Supplements](#) brand organ meats, which come conveniently encapsulated for those whose taste buds prefer to avoid contact with these unique- tasting nutrient-dense foods. If you call the company, tell Brian Johnson that I sent you. He may just be one of the most ethical and quality-dedicated business owners I have ever met (and one of my favorite humans).

When it comes to plant foods in your diet, always maintain similar uncompromising standards with any fibrous vegetables, greens, nuts and other plant-based foods you may choose to include. And, again, make a point of

avoiding sugary fruits and starchy vegetables if you want to avoid adverse metabolic consequences and better optimize your immune function.

Believe it or not, during times of immune compromise, it is especially, but also in general, **important to meet (but not regularly exceed) your daily protein requirements**. This also has powerful anti-inflammatory and immune enhancing effects, not to mention detoxification, anti-aging and overall longevity benefits. My formula that anyone can use and customize for their needs is in my books, and in my recent blog post (“My Beef With The Carnivore Diet”). I also hand-hold people through the process in my online 3-week **Primalgenic® Plan** program.

That said, **it is also important that you absolutely meet your most essential complete protein requirements day to day, and that the majority of this protein come from foods of animal origin. But also make sure you digest it extremely well (use digestive aids when needed)**. When I talk about limiting protein intake I am **not** advocating for a vegan diet. I make a case for why in my book, ***Primal Fat Burner***, in my online **Primalgenic® Plan** program and elsewhere. Obviously, there’s no time for the details here, but I strongly urge you to explore those resources.

You’ll want to **supply your diet with high quality (i.e., organic, fully pastured) fats, essential fatty acids (EFA’s) and critical fat- soluble nutrients to support foundational immune function**. Doing this through a natural diet is preferable to supplementation, though some supplementation of certain nutrients may be necessary.

➤ **Coconut oil** is one plant-based fat that can have antiviral effects (and support the transition to effective ketogenic adaptation/EKA), and is worth adding to the mix. But many animal-source fats have antimicrobial effects, also! As I mentioned earlier, if you really can't stand the taste or idea of organ meats, then consider getting them through [Ancestral Supplements](#) brand products.

➤ **Support your gut-health** using preferably spore-based probiotics, and if possible, added butyrate supplementation (I like “Just Thrive” probiotics and Pure Encapsulations “Sun Butyrate”) and by *employing dietary diversity* as much as possible). If you can tolerate them, consuming fibrous vegetables and greens, can be a helpful way of adding to the kinds of fiber and beneficial phytochemicals/ hormetic compounds that can support healthy immune function. The greater the variety, the better.

➤ **HYDRATE!** Hydration is critical for the optimal function of every single organ, cell and tissue in the human body. Its importance in this equation cannot be overestimated and should **not** be overlooked.

❖ **Engage in small amounts of exercise, but don't overdo it.** You don't want to engage too many stress hormones in the process. Too much cortisol and other stress hormones can suppress your immune function! But some amount of movement and/or exercise helps to **stimulate lymphatic flow**, which can help improve your immune function.

- ❖ Finally, you are going to need to **get plenty of sleep if you want your immune system to be fully operational**. Apart from the obvious reasons why getting a good night's rest is good for you, it also turns out that the hormone melatonin (endogenously produced wherever possible), is profoundly helpful for your immune function, and may be especially helpful in the case of this particular virus. If need be, you can add things like L-tryptophan or 5-HTP, along with B-complex, as a means of giving your body the substrate it needs to manufacture melatonin as required. I am not a fan of melatonin supplementation--at least on an ongoing basis--for reasons I outlined in my book ***Rethinking Fatigue: What Your Adrenals Are Really Telling You and What You Can Do About It***.

I know some of these basics might not be entirely new to some of you, but unless you have these foundations in order, **no other supplementation you apply is likely to have effective let alone optimal results.**

- ❖ **Extra/supportive approaches to aiding your immune health include:**
 - **Frequent hand washing** (I know, *duh*).
 - **Rebounding** (i.e., using a mini trampoline), which can have profoundly helpful and unique lymphatic circulation effects.
 - **Using an infrared sauna**, which can be profoundly helpful. Infrared heat helps mimic the effects of a fever in order to reduce viral/microbial load, potentially accelerating recovery and even preventing the development of symptoms in the

first place. Persons utilizing this type of sauna 4 to 7 times per week have been shown to suffer many fewer colds and flu, and/or experience more rapid recovery from them. My personal bias as a result of genuinely researching the market for these things is that the best sauna is made by **Sunlighten**, a company with whom I have sought out and established an affiliate relationship. If you contact them, I would be sincerely grateful if you mentioned my name.

- Consider investing in a top-of-the-line **EnviroKlenz brand air purifier**. I was turned onto this company in recent months and own one of their units. It has demonstrated itself in independent research analysis to be far more effective at removing allergens, odors, VOC's, mold (mycotoxins, spores), bacteria and viruses than any other top-rated air purifier in the industry. Their **top-of-the-line "UV" unit** utilizes UV sterilization, which literally kills/neutralizes all the bad guys, but without adding any toxic elements back into your breathing environment (the way many other air purifiers do). Feel free to let them know I sent you (and no, I am not receiving any kickbacks for sales).
- ❖ **I would personally incorporate a certain amount of supplementation right now.** Mind you, however, **supplements are simply that: s-u-p-p-l-e-m-e-n-t-a-l to what should already be a foundationally sound and immune-system-supportive diet and lifestyle.** I really can't over emphasize this fact. Considering this caveat, below are key nutritional supplements to consider.

Having healthy methylation and sufficient methyl donors such as **folate**, **B6** and **B12** is extremely important for the epigenetic silencing of viral sequences and suppression of viral replication. **Vitamin D3** is additionally helpful for this. Nutrients like **ionic zinc**, **iodine/iodide**, **selenium**, and **vitamin E** are all extremely antiviral, as is **monolaurin**. **Licorice root extract (glycyrrhizin)** probably represents the single most effective herbal agent against most any coronavirus, including SARS.

Before launching into this more fully, I want to point out that you don't have to run out and purchase every single thing listed here. What I have done is compiled the following information based upon the best, most pertinent and most practical research available on the immune-fortifying effects of these nutrients. It is simply a resource guide for you to consider when determining how to spend your hard-earned money on supplements, or other interventions. Use your own best judgment and feel free to do your own follow-up research.

- **Liposomal Vitamin C.** This version of vitamin C has the potential to be virtually equivalent to IV vitamin C, which has been effectively used in countless patients to neutralize SARS-CoV-2. IV vitamin C is even being currently employed in New York hospitals (and elsewhere in the US), with considerable success.

FOR IMMEDIATE RELEASE

Orthomolecular Medicine News Service, Mar 18, 2020

Successful High-Dose Vitamin C Treatment of Patients with Serious and Critical COVID-19 Infection

by Richard Cheng, MD, PhD

(OMNS Mar 18, 2020) A group of medical doctors, healthcare providers and scientists met online March 17, 2020, to discuss the use of high dose intravenous vitamin C (IVC) in the treatment of moderate to severe cases of Covid-19 patients. The key guest was Dr. Enqian Mao, chief of emergency medicine department at Ruijin Hospital, a major hospital in Shanghai, affiliated with the Joatong University College of Medicine. Dr. Mao is also a member of the Senior Expert Team at the Shanghai Public Health Center, where all Covid-19 patients have been treated. In addition, Dr. Mao co-authored the Shanghai Guidelines for the Treatment of Covid-19 Infection, an official document endorsed by the Shanghai Medical Association and the Shanghai city government. [1]

Dr. Mao has been using high-dose IVC to treat patients with acute pancreatitis, sepsis, surgical wound healing and other medical conditions for over 10 years. When Covid-19 broke out, he and other experts thought of vitamin C and recommended IVC for the treatment of moderate to severe cases of Covid-19 patients. The recommendation was accepted early in the epidemic by the Shanghai Expert Team. All serious or critically ill Covid-19 patients in the Shanghai area were treated in Shanghai Public Health Center, for a total of 358 Covid-19 patients as of March 17th, 2020.

Dr. Mao stated that his group treated ~50 cases of moderate to severe cases of Covid-19 infection with high dose IVC. **The IVC dosing was in the range of 10,000 mg - 20,000 mg a day for 7-10 days**, with 10,000 mg for moderate cases and 20,000 for more severe cases, determined by pulmonary status (mostly the oxygenation index) and coagulation status. **All patients who received IVC improved and there was no mortality.** Compared to the average of a 30-day hospital stay for all Covid-19 patients, **those patients who received high dose IVC had a hospital stay about 3-5 days shorter** than the overall patients. Dr. Mao discussed one severe case in particular who was deteriorating rapidly. He gave a bolus of 50,000 mg IVC over a period of 4 hours. The patient's pulmonary (oxygenation index) status stabilized and improved as the critical care team watched in real time. **There were no side effects reported from any of the cases treated with high dose IVC.**

According to some experienced clinical experts, properly produced and orally ingested **liquid liposomal Vitamin C** may be even more effective in relatively modest doses than larger doses of regular vitamin C administered intravenously. Some say it's good to combine as many different forms of vitamin C as possible, which also makes sense. But liposomes predominantly get taken up by the lymphatic system in the gut, and not the portal circulation (meaning that it goes directly to where it's needed, faster). Liposomes containing vitamin C also rapidly load up the immune cells in the lymphatics of the gut, greatly improving intracellular levels and ostensibly "supercharging" the immune system. You also don't lose anywhere near as much in the urine as with conventional vitamin C. You might be able to get away with using just 1-2 g a day as general, enhanced immune support in a non-infected/immune-compromised person.

If someone is suffering acute respiratory illness and in need of more aggressive therapy, then up to 1 g per hour seems

to be the recommended dose used in research studies. It's better to take 1000 mg (liquid or capsule) at a time, spread over each hour, rather than, say, 20 grams, all at once. In South Korea, 20-24 g of IV vitamin C/day, coupled with up to 100,000 IU of vitamin D3, yielded excellent and rapid results (note that I am not saying everyone should take this amount of vitamin D3 at home, only commenting on what has been done elsewhere). I would personally want to make sure that significant levels of vitamins A and K2 (MK-4, **NOT MK-7**) were also included as a means of helping to balance--or at least mitigate--the effects of exceedingly high-dose vitamin D. These nutrients are additionally immune supportive and should not be overlooked. There is a subset of persons either genetically or otherwise intolerant of large doses of vitamin C. If you know you are intolerant then fear not, this report offers a plethora of potentially viable options.

- **R-Lipoic Acid.** This can add an extra punch to anyone's vitamin C protocol and help improve the efficiency of whatever else you are taking many-fold. The reason behind this is that R-lipoic acid (the actual active constituent of more commonly sold alpha lipoic acid preparations) helps your body recycle/reactivate spent vitamin C and other helpful antioxidants. Part of the real magic lies with R-dihydrolipoic acid (R-DHLA), which the body generates through converting R-LA (in its oxidized form) into R-DHLA (reduced form) and then back again. Liquid preparations are most absorbable and, as a result, potentially the most effective. R-DHLA regenerates the antioxidants vitamin C, thioredoxin and glutathione which in turn can recycle vitamin E. Many of the properties generally attributed to R-lipoic acid are in fact due to its "redox" partner R-DHLA. R-lipoic acid also enhances the antioxidant properties of ascorbic acid, glutathione and

ubiquinone. In addition, it powerfully supports hepatic function and regeneration potential like no other nutrient can. Always choose stabilized R-lipoic acid over “alpha” lipoic acid. Alpha lipoic acid is racemic (synthetic) and the S-form contained within it may actually counter some of R-lipoic acid’s benefits.

There is no comparison with respect to bioavailability and effectiveness between the two, but make sure your R-lipoic acid supplement is labeled as a **stabilized** form!

Also, adding **acetyl-L-carnitine** to the mix can radically synergize its effects and decrease the amount of R-lipoic acid needed by quite a bit. Taking R-lipoic acid with a **fat-containing meal** can also substantially improve its bioactivity and effectiveness. I might personally use up to 600 mg/day of R-lipoic acid, in 2-3 divided doses for general purposes, or possibly even double that in an acute case. It has profound anti-inflammatory effects and TH-1 enhancing immune effects (needed to combat viruses and other infections), while also helping to control cytokine storms (often responsible for the worst COVID-19 outcomes).

[Geronova Research](#) liquid and powdered/capsule forms would be my first choice.

Life Extension Foundation brand would be my next.

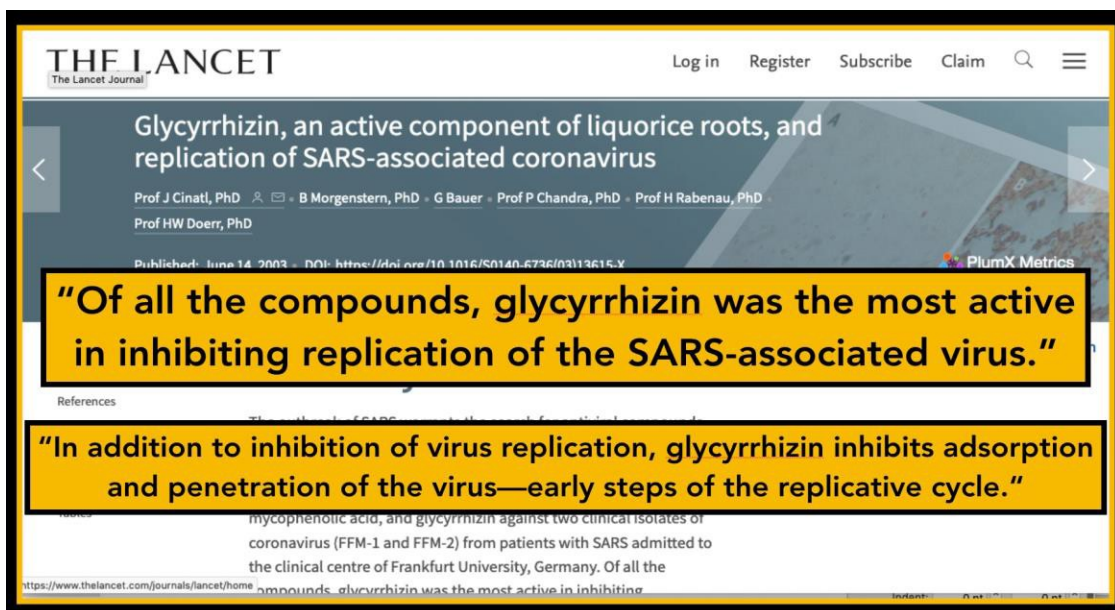
- **Benfotiamine.** This is both a fat- and water-soluble form of vitamin B1 (thiamine). The reason I am recommending it at all has to do with thiamine's key role in what is known as the Marik protocol, which has been proven to be highly effective in cases of potentially lethal sepsis (the most frequent cause of mortality in cases of infection). Benfotiamine has proven many times more bioavailable

and effective than regular thiamine and would be the closest you would likely be able to come to meaningful IV thiamine. According to Marik's research, the majority of persons with sepsis are extremely deficient in B1.

Not only this, but B1 forms a critical adjunct to high-dose vitamin C due to its ability to prevent the formation of oxalate kidney stones, sometimes associated with high-dose vitamin C therapy. **Life Extension Foundation brand, "Mega-Benfotiamine"** is excellent for this. **Sulbutiamine**, frequently used as a nootropic (i.e., **cognitive enhancing**) agent, was originally developed as a more potent, effective form of thiamine. This might also be a viable option.

- **Boron.** Most people are completely unaware of the incredibly powerful effects the trace mineral boron can have on immune function, as well as even having known, potent antiviral activity. In fact, several drug manufacturers are looking for ways of creating boron-based antiviral drugs. As a trace mineral supplement it is exceedingly inexpensive, and amounts of roughly 6-10 mg per day can be enormously helpful for a wide range of issues. I personally like [Pure Encapsulations brand Boron glycinate](#).

- **Glycyrrhizin (licorice root extract).** This is one of the botanical world's most effective compounds against this specific type of virus. The study below (and there are numerous others) highlights its potential effectiveness against SARS-related coronaviruses in no uncertain terms. There are numerous quality brands available on the market. Please exercise caution if you knowingly have hypertension (high blood pressure), as glycyrrhizin can exacerbate this in certain sensitive individuals.



- **CBD Dominant Cannabis Strains.** These seem especially effective at shoring up virus-specific cellular and humoral immune responses (though both CBD and THC have some positive effects, and together may be synergistic). Certain cannabinoids (CBD, THC and especially CBC) have shown enhancement of interferon-alpha levels. Interferon alpha (also known as type 1 interferon) **prevents viral replication.** Although you *might* be able to squeak by using a hemp-based product like "Charlotte's Web" (the only hemp-based CBD company I am comfortable recommending), you're

always better off with the kind of synergistic "entourage effect" that comes with natural cannabis preparations, particularly those also containing a more recently discovered cannabinoid known as CBC. CBD-dominant cannabis strains are typically minimally psychoactive, if at all, particularly if used in small doses, which is all that is typically needed anyway.

Effects of Cannabinoids and their Receptors on Viral Infections

Alireza Tahamtan,¹ Masoumeh Tavakoli-Yaraki,² Tomasz P. Rygiel,³ Talat Mokhtari-Azad,¹ and Vahid Salimi^{2*}

"There is a large body of evidence from in vivo and in vitro models showing that cannabinoids and their receptors influence the immune system, viral pathogenesis, and viral replication."

metastasis. There is a large body of evidence from in vivo and in vitro models showing that cannabinoids and their receptors influence the cellular signaling pathways [Smith et al., 2010]. Both endogenous and exogenous cannabinoids can activate cannabinoid receptors. CB1 and CB2

"The results reported here indicate that cannabinoids and their receptors have different sequels for viral infection."

infection. Although activation or inhibition of cannabinoid receptors in the majority of viral infections are proper targets for development of safe and effective treatments, caution is required before using pharmaceutical cannabinoids as a treatment agent for patients with

Abbreviations: Δ9-THC, D9tetrahydrocannabinol; CB, cannabinoid receptors; GPCRs, G-protein-coupled receptors; CNS, central nervous system; MAPK, mitogen activated protein kinases;

- **Vitamin A (retinol).** Specifically from the organ meat **liver**, vitamin A is critical to optimizing one's immune function. Vitamin A (retinol, NOT *beta carotene*) status can literally be the difference between life and death in some forms of viral infection. Some in the blogosphere have suggested that vitamin A may be contraindicated for this virus. I flatly disagree. **Vitamin A is essential and utterly foundational to the functioning of the human body in multiple capacities**, not the least of which is the human immune system. **Removing any essential part of that foundational architecture weakens it, period.**

Vitamin A is not just about vitamin A, either... it is about its complex relationship and interactions with other fat-soluble nutrients **and indispensable immune strengthening minerals like zinc**. It is critical for the functioning of your thyroid as well as your immune system--*not to mention your actual lung tissue*.

No single substance is more protective for your lungs (though quality saturated fat has its pivotal importance, seeing as protective **lung surfactant is a di-saturate, fat-based molecule**).

Vitamin A is always required for healthy immune function (in arguably the most important and least appreciated way, other than poor, fatally misunderstood cholesterol), and most people don't get nearly enough of it because they simply don't eat liver nowadays. **If at all humanly possible, learn to love it**. If you really can't handle the taste, then let me know and I'll give you some secrets for making eating liver easy and fairly taste-free. I also urge you to read my rather epic blog post on the subject [HERE](#).

- **Zinc**. This essential trace mineral is also extremely important for anyone's healthy immune function. **Zinc is required for vitamin A (retinol) to do its thing--and vice versa**. Liquid versions, including **liquid ionic versions especially, are always more effective than pills**.

Note that plant/seed sources of zinc have *nowhere near* the bioavailability for humans than animal sources do. With supplemental liquid ionic zinc, however, much smaller doses go WAY further than conventionally recommended doses for zinc capsules or tablets. Amounts needed for a given individual may vary considerably. I recommend a zinc tally (taste) test for determining zinc status.

Format: Abstract - Send to -

J.Nutr. 2000 May;130(5S Suppl):1399S-406S. doi: 10.1093/jn/130.5.1399S.

The dynamic link between the integrity of the immune system and zinc status.

Fraker PJ¹, King LE, Laakko T, Vollmer TL.

"The results of more than three decades of work indicate that zinc deficiency rapidly diminishes antibody- and cell-mediated responses in both humans and animals."

The results of more than three decades of work indicate that zinc deficiency rapidly diminishes antibody- and cell-mediated

"Mouse models demonstrate that 30 d of suboptimal intake of zinc can lead to 30-80% losses in defense capacity. Collectively, the data clearly demonstrate that immune integrity is tightly linked to zinc status. Lymphopenia and thymic atrophy, which were the early hallmarks of zinc deficiency, are now known to be due to high losses of precursor T and B cells in the bone marrow. This ultimately leads to lymphopenia or a failure to replenish the lymphocytic system. Glucocorticoid-mediated apoptosis induced by zinc deficiency causes down-regulation of lymphopoiesis. Indeed, zinc itself can modulate death processes in precursor lymphocytes. Finally, there is substantial evidence that zinc supplementation may well reduce the impact of many of the aforementioned diseases by preventing the dismantling of the immune system. "

induced by zinc deficiency causes down-regulation of lymphopoiesis. Indeed, zinc itself can modulate death processes in

"Conversely, short periods of zinc supplementation substantially improve immune defense in individuals with these diseases."

PMID: 10601951 DOI: 10.1093/jn/130.5.1399S

- **Magnesium (preferably ionic).** Magnesium has a somewhat underappreciated role in immune function and can be rapidly depleted under stress and immune compromise. It has an important role in immune responses to infectious microbes and can help mitigate inflammatory response. Magnesium also decreases the release of chemicals that can initiate inflammatory reactions in cells, in general, not to mention lung tissue. This can be critical at a life or death level for any person having asthma that might also develop any form of severe respiratory illness. Keep in

mind that popularly sold *magnesium citrate* mostly works as a laxative and is simply not the most effective supplemental source for immune (or any other) function. I frequently prefer ionic magnesium, as it is 100% bioavailable and in a form that is readily utilizable by the body, regardless of potential digestive impairment.

- **Vitamin D3.** This vitamin is required for healthy immune function and is profoundly anti-inflammatory. I always recommend liquid emulsified forms over pills (**Biotics Research “Bio-D-Mulsion Forte” is excellent**) for best absorption and utilization. Believe it or not, the single richest dietary source for this all-important fat-soluble nutrient in our modern food supply is **fully pastured, organic pork fat.** (*Who knew that lard was a health food?*)
- **Selenium.** Liquid ionic forms are going to be your most effective supplemental form. Selenium deficiency has been demonstrated to increase vulnerability to viral infections, and supplementation has shown benefit in active infections. It has also proven powerfully effective at preventing viral mutation. Ionic forms of selenium are highly effective at much lower doses than pills. But also, it's important to point out that selenium requires the presence of vitamin E in order to work best. Eating [sprouted brazil nuts/sprouted brazil nut butter](#) might be a helpful dietary inclusion for improving selenium/E status. If you're going to supplement with **vitamin E**, though, make sure it is a mixed tocopherol preparation rich in gamma tocopherols,

in more of a glycerin base. Please avoid any vitamin E products listing “vegetable,” soybean, and/or canola oil.

For further pertinent research on selenium, see:

Forceville X, et al. “Selenium, systemic immune response syndrome, sepsis, and outcome in critically ill patients.” *Crit Care Med.* 1998;26(9):1536-44.

Beck MA, et al. "Host nutritional status and its effect on a viral pathogen." *J Infect Dis.* 2000;182 Suppl 1:S93-6.

Published: 12 February 2011

Review: Micronutrient Selenium Deficiency Influences Evolution of Some Viral Infectious Diseases

Michalann Harthill

“Etiology of these VIDs suggests that vulnerable populations in any geographic region enduring chronic nutritional Se deprivation, for any reasons, could become spawning grounds for virulence of innate benign but opportunistic RNA viruses.”

influenza H5N1 and 2009 H1N1, SARS, and Ebola hemorrhagic fever. Earlier research determined metabolic oxidative stress in hosts deficient in antioxidant selenium (Se) (<1 μMol Se/L of blood) induces both impaired human host immunocompetence and rapidly mutated benign variants of RNA viruses to virulence. These viral mutations are consistent, rather than

- **Vitamin K2 (MK-4).** This particular form of vitamin K2, distinct from the currently popular (and excessively hyped) MK-7 form found in supplements, is the only form of vitamin K2 we would have consumed in any significant amount as an evolving species. It is the only form of vitamin K2 found in the human brain in any meaningful quantity or allowed to traverse umbilical blood into a developing fetus. I have an enormous number of research references that support this. People have

truly been duped into thinking that mutant strains of genetically modified bacteria produced in a laboratory secreting MK-7 are somehow superior in their biological effects for us, even though we never consumed this petri-dish form of K2 in any meaningful quantity as an evolving species. Some base the idea of "MK-7 superiority" on the notion that MK-7 reaches greater levels in the bloodstream after consumption than MK-4. There is a good reason for this: **MK-4 is rapidly taken up by the tissues for immediate use and distribution.** Since the human body has little use for MK-7 it simply circulates around, aimlessly. Much of the research used to "verify" its benefits on human health have been (rather dishonestly) extrapolated from MK-4 research. The best reason I can give you for its current, much hyped popularity is the fact that MK-7 is the only form of vitamin K2 on the market that can be *patented* (*always follow the money...*).

So where do you get MK-4? It's richest in fully **(100%) pastured animal fats, and particularly poultry fats and poultry liver.** 100% grass-fed butter is also a good source... but given the trade-off for potential antigenicity through the presence of small, but significant amounts of dairy proteins, my first choice instead is [Pure Indian Foods brand Cultured Ghee](#) as an uncompromising quality MK-4 food source.

That said, THE richest natural source of this critical nutrient that I have found is in the unique strain of

emu oil sold by [Walkabout Health Products](#), hands down. What is especially wonderful about this particular supplement is that this unrefined, food-derived oil contains a variety of naturally occurring synergistic cofactors that make this source dramatically effective for inflammatory issues, and so much more. A new, as yet unpublished, study done using Walkabout brand emu oil shows that it modulates the immune system, activating it when needed and regulating it in ways that help prevent it from over reacting (i.e., lessening the risk of a cytokine storm).

The study additionally shows that macrophages and T-cells are produced and protected by the effects of Walkabout emu oil, with anti-inflammatory and modulating effects. And then there are all the extensive studies showing that K2 (MK-4) as a solo nutrient has profound effects on inflammation and immune function. Keep in mind that any "MK-4" labeled supplement you might see on the store shelves (or on Amazon) is going to be *synthetic*. Synthetic is **never** the best way to go-- particularly when it comes to fat-soluble nutrients. Nutrients in isolation from one another are rarely a good idea, and seldom are anywhere near as effective as what can be found naturally occurring in the right foods.

- **Lugol's 5% Iodine/Iodoral.** I have a story for this one:

A couple of years ago, following a majorly stressful period for both myself and the person I live with, we managed to contract viral pneumonia. We sat there pathetically on the

couch for over a week staring glassy eyed, and taking turns with the thermometer, checking on our persistent fevers. Breathing was difficult, coughing was constant, weakness, body aches and fatigue was extreme, and we were both utterly miserable. It seems that the brain sort of shuts down with these things sometimes, and it hadn't occurred to me to actively figure out exactly what we were suffering from so we might have a better idea of how to treat it. But when we weren't getting any better a week into this (not doing a whole lot for it other than resting), some cursory sleuthing revealed the cause (based on symptoms): a clear-cut case of **viral pneumonia!** Yikes! I swung into action and reached for one supplement I happened to have handy that made the most sense to try first: a 5% concentration dropper bottle of **Lugol's iodine**. I put a dropperfull into two different glasses, added a little water to dilute the noxious tasting stuff, handed one glass to my couch compadre to drink and I downed the other.

Within two hours, our symptoms began to rapidly abate, our fevers lifted and we were dramatically on the mend. One very important benefit associated with iodine (I'm partial to liquid iodine), other than its powerful and well-documented antiseptic properties, is that it is VERY powerfully ***muco*lytic**. In other words, it helps enormously in breaking up mucus-related congestion and allowing it to flow more freely so that the body can get rid of it much more easily. There's nothing else quite like it for this sort of thing. I would not be without this resource in my arsenal. BUT there is a notable caveat: if you knowingly

have Hashimoto's...OR if you have been diagnosed with depressed thyroid function and have never been tested for thyroid antibodies, then I would avoid similar use of this remedy for that purpose. Supplemental iodine, in these instances, has every potential to make your **autoimmune thyroid** condition much, much worse.

No one suffering severe symptoms can afford to not treat them. No worries, though. As you can see, there are plenty of other options for finding your way out of the woods when it comes to respiratory infections.

- **Liquid Liposomal Glutathione.** Glutathione is the single most important antioxidant enzyme your body produces. Unfortunately, most people have already-compromised glutathione levels, even if they aren't suffering from any kind of infection, autoimmune condition, or any other type of immune compromise. I would consider it an essential part of my arsenal with any form of immune compromise. My preferred brand is **ReadiSorb**, which is virtually equivalent to IV glutathione, as uniquely demonstrated in published, peer-reviewed research.
- **NAC (N-Acetylcysteine).** Your body converts NAC into glutathione, and there is peer-reviewed evidence that NAC improves and even normalizes immune responses in persons suffering respiratory infections, improving the body's immune response to "influenza-like" illness. It also may be an especially helpful supplement-based adjunct in elderly/high-risk persons.

EUROPEAN RESPIRATORY journal
FLAGSHIP SCIENTIFIC JOURNAL OF ERS

Attenuation of influenza-like symptomatology and improvement of

“Evaluation of cell-mediated immunity showed a progressive, significant shift from energy to normoergy following NAC treatment. Administration of N-acetylcysteine during the winter, thus, appears to provide a significant attenuation of influenza and influenza-like episodes, especially in elderly high-risk individuals.”

N-acetylcysteine (NAC), an analogue and precursor of reduced glutathione, has been in clinical use for more than 30 yrs as a mucolytic drug. It has also been proposed for and/or used in the therapy and/or prevention of several respiratory diseases and of diseases involving an oxidative stress, in general. The objective of the present study was to evaluate the effect of long-term treatment with NAC on influenza and influenza-like episodes. A total of 262 subjects of both sexes (78% > or = 65 yrs, and 62% suffering from nonrespiratory chronic degenerative diseases) were enrolled in a randomized, double-blind trial involving 20 Italian Centres. They were randomized to

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- **Monolaurin.** This is one of the most potent natural antiviral substances known. It can be purchased as a supplement, or you can just start using a lot more coconut oil in your diet. Roughly half of the fatty acid content of coconut oil is made up of lauric acid, which, in the human body converts to monolaurin. Monolaurin works by effectively disintegrating the lipid envelope coat of viruses, helping to neutralize them. The amount of coconut oil a person would need to eat in order to create enough monolaurin to be effective against an active viral infection would obviously vary. But 2 to 4 tablespoons a day would likely be helpful.
- **Melatonin.** Those of you familiar with my research and writing about adrenal-related issues know that I am not a major fan of chronic melatonin use. There are many reasons for this, not the least of which involves potential damage to cortisol-melatonin balance, hormonal and circadian rhythm disruption, and the shutting down of critical endocrine

feedback loops. There are also potentially critical consequences to brain health due to the invariable lessening of endogenous melatonin production within the central nervous system side of the blood brain barrier, which oral melatonin does not routinely cross.

That said, there is compelling research to show that even orally taken melatonin--in rather large doses of up to 20 mg/day--may yield profound benefits in acute cases of viral infection.

Nebulized melatonin would be ideal in these circumstances, but, unfortunately, compounding pharmacies have become so restricted in recent years that finding a nebulizeable form of melatonin is probably an exercise in futility. So in the event of a more acute infection, for at least a temporary length of time, it may make sense to add melatonin to the mix. But I steadfastly maintain my recommendation to limit melatonin use to strictly necessary and/or sporadic situations and not ongoing, daily/nightly use for any extended periods of time. In my view, we should not be viewing hormones as supplements.



Life Sciences
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COVID-19: Melatonin as a potential adjuvant treatment

"There is significant data showing that melatonin limits virus-related diseases and would also likely be beneficial in COVID-19 patients."

Abstract

This article summarizes the likely benefits of melatonin in the attenuation of COVID-19 based on its putative pathogenesis. The recent outbreak of COVID-19 has become

COVID-19: Melatonin as a potential adjuvant treatment

Here are some other adjuncts one might consider having on hand, particularly in the case of a crisis:



Portable Mini Cool and Warm Mist vaporizers for Adults and Kids, Humidifier with Mask
by Jermei
★★★★☆ 18 ratings | 7 answered questions
#1 Best Seller in Kitchen & Dining Room Benches

Price: **\$59.99** & FREE Shipping

Earn up to **\$225** in savings with the Amazon Business Prime American Express Card. Terms apply.

Note: Not eligible for Amazon Prime.

Item is returnable in 30 days and restocking fee may apply.

- **[COLD RELIEF]** Non-medicated alternative to relieve cough, congestion, bad breath, sore throat and other cold symptoms.
- **[EASY CLEAN]** Detachable water cup and mask, easy to assembly and disassemble. Water washable soft mask is super easy to clean.
- **[4 WORKING MODE]** 2 Mode (Warm & Cold) x 2 Volumes (High & Low) . Plus free 5 refillable mint essential oil vapor pads.
- **[RECHARGABLE]** Operation time after a full charge: 1200 minutes for cool mist., and 160 minutes for warm mist

Roll over image to zoom in



You could use this in tandem with:



Some practitioners are also recommending the use of hydrogen peroxide with a nebulizer with a facemask inhaler that covers both mouth and nose. *This needs to be diluted by about 10-times in distilled water.* You could also combine this with colloidal silver, if you happen to have a quality device able to make that for you at home. I have personally been less than impressed with overpriced commercially sold colloidal silver products.

NOTE: It is absolutely critical to keep your nebulizer cleaned and sterilized. The use of an ozonator could be an effective sterilizing method in this regard, which would be the most thorough way of doing so.

In the case of a real respiratory crisis, having something like this on hand could (at least potentially) make all the difference, in a pinch:

Oxygen Plus 99.5% Pure Recreational Oxygen Cans Filled in FDA-Registered Facility - Restore Oxygen Levels w/Oxygen Supplement, 11 Liter Portable Oxygen Canisters for Natural Energy (O+ Biggi) (6 Pack)

by Oxygen Plus
 ★★★★★ 192 ratings | 43 answered questions

Price: **\$86.50 & FREE Shipping**

Get \$125 off: Pay \$0.00 upon approval for the Amazon Business Prime Card. Terms apply.

Note: Not eligible for Amazon Prime.

Item is returnable in 30 days and restocking fee may apply

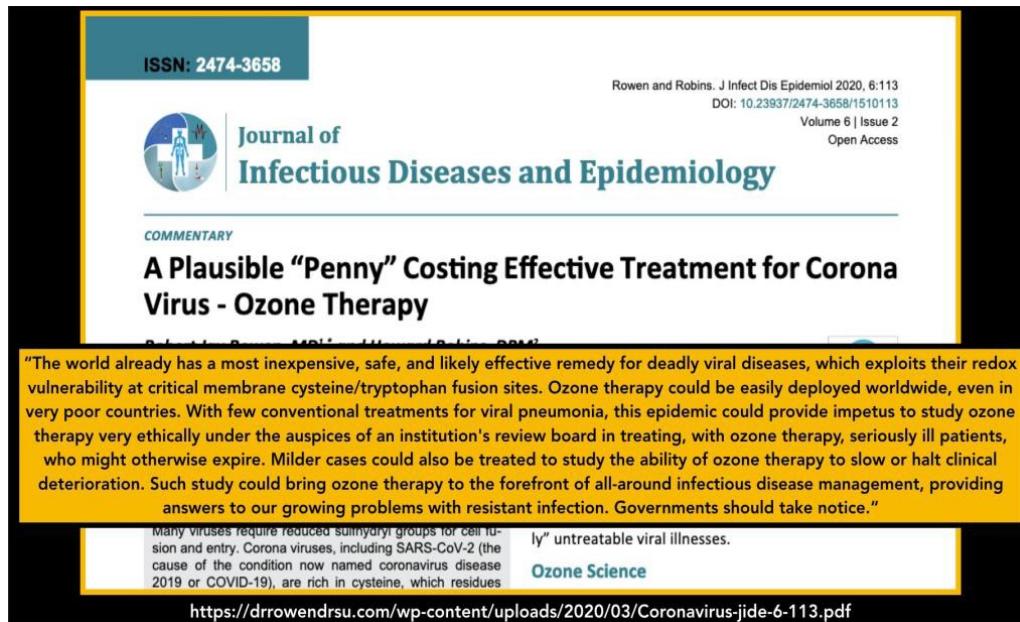
Size: **6 Pack**

2 Pack \$34.50	6 Pack \$86.50	9 Pack \$121.99 (\$1.23 / Fl Oz)
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- **LIGHTWEIGHT** - Of course it is, we designed it with you in mind. Toss it in your gym bag or a hiking backpack for adjusting to altitude, performance and recovery in active individual and team sports like hockey, football and soccer.
- **SLOW RELEASE** - Ergonomically-designed oxygen mask that delivers oxygen to your lungs at the perfect speed with the press of a trigger. Inhale 3 to 5 breaths — or as much as you need — for energy and recovery.
- **WE CARE** - Our oxygen canisters are made, quality-controlled and filled in the U.S.A., the O+ Biggi is 100% recyclable after use. Oxygen Plus is the only portable

NOTE: I recommend buying this product directly from the company as opposed to Amazon, as many reviews suggest some very real problems with product quality/compromise via Amazon. It's better to support the company directly.

- **OZONE THERAPY.** Using a home ozonator may also be profoundly helpful, in multiple regards. *Ozone therapy does **not** involve inhalation of potentially harmful ozone gasses*, but rather the consumption of *water treated with ozone*. Plus, ozone is an effective sterilization medium and cleanser for removing pesticides from produce, as well as sterilizing objects, nebulizers, etc.).



Here is a [PDF of this article](#), just in case the study gets pulled by conventional-treatment-vested authorities who would rather you not see it.

A Plausible "Penny" Costing Effective Treatment for Corona Virus - Ozone Therapy

Robert Jay Rowen, MD^{1,*} and Howard Robins, DPM²

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Abstract

Many viruses require reduced sulfhydryl groups for cell fusion and entry. Corona viruses, including SARS-CoV-2 (the cause of the condition now named coronavirus disease 2019 or COVID-19), are rich in cysteine, which residues must be intact for viral activity. Sulfhydryl groups are vulnerable to oxidation. Ozone therapy, a very inexpensive and safe modality may safely exploit this critical vulnerability in many viruses, inclusive of SARS-CoV-2.

This [online version](#) contains links to provided references.

To find out more about **ozone therapy**, please visit the following websites:

- [Dr Rowen](#)
- [RowenSU Clinic](#)
- [Dr. Mercola](#)
- [Foundation for Alternative and Integrative Medicine](#)
- [Portable Ozone Generators](#) (also on Amazon).

IMPORTANT: Again, **ozone should NEVER be intentionally inhaled!!!** It is for treating water only!



WHAT IS *NOT* LIKELY TO HELP?

- ❖ For anyone believing they have contracted this virus or believe they may be at high risk for doing so, **it's extremely important to avoid things like Ibuprofen and related NSAIDS, including aspirin.** This is due to their increasing the expression of what is known as ACE 2 (angiotensin converting enzyme-2). SARS-CoV-2 has a special affinity for ACE 2 receptors, which have been shown to be the entry point into human cells for some coronaviruses, including this one (and SARS coronaviruses, in general).

- ❖ Also, **smoking similarly increases your receptors for the ACE 2 enzyme**, which is one reason why smokers are at significantly higher risk for adverse outcomes with this virus (in addition to the other complications that come with smoking and its toxic particulates). You may not smoke cigarettes, but it is possible that smoking cannabis and/or vaping *could* have similar consequences. The specific effects of cannabis-related smoking/vaping are yet unknown, but it's worth exercising caution. Vaping of almost anything has, however, been shown to generate certain pathological changes in the lungs (seen on CT scans), such as those seen in COVID-19 patients and with other respiratory compromises. If you utilize medical cannabis for anything (which may not be a bad idea for the unique immune and endocannabinoid-system support it provides) you might just want to stick with cannabis tinctures and oils for now.
- ❖ By the way, acetaminophen (Tylenol) absolutely **tanks** your glutathione levels, and--as mentioned earlier--glutathione may be the single most important antioxidant enzyme surrounding your immune function and your lung/hepatic health. You simply can't afford to compromise that! [NOTE: alcohol additionally serves to tank glutathione levels. Alcohol and Tylenol are the two biggies, and your biggest no-no's here, particularly if you are part of a more susceptible population, or are already symptomatically compromised].
- ❖ You may also want to consider what **other medications** you are on and what potential adverse effects they may have, that you may not be aware of, on the health of your lungs. **I urge you to go to [THIS WEBSITE](#).**

Dr. Sharon Orrange, MD, MPH, is an associate professor of Clinical Medicine in the Division of Geriatric, Hospitalist in General Internal Medicine at the Keck School of Medicine of USC. In an important article she wrote back in 2017, she pointed out that the lungs are often subject to harmful side effects from a variety of medications because of their large contact surface. She states:

"More than 300 medications are known to cause some sort of a drug-induced lung disease, some are bigger players than others.

What happens? The most common form of lung injury from medication is drug-induced interstitial lung disease.

In the United States, approximately 3% of cases of interstitial (the tissue and space around the air sacs) lung disease are drug-induced. The reason this happens with certain medications is largely unknown."

Please avail yourself of the detailed list of problematic medications she provides on her website. These concerns are not being discussed in the media, and even among most alternative health advocates.

One is left to wonder how many of those that have fallen victim to the current health crisis, may instead be victims of iatrogenic intervention. I'm just saying.

❖ **Hand sanitizers. WHAT? YEP.** Hand sanitizers, including one of the leading brands, Purell, have been given a seven out

of 10 score for toxicity (with 10 being the highest hazard) by the Environmental Working Group's [Skin Deep Cosmetic Safety Database](#). According to Skin Deep, ingredients in Purell Hand Sanitizer are linked to:

- Cancer
- Developmental/reproductive toxicity
- Allergies/immunotoxicity
- Neurotoxicity
- Endocrine disruption
- Organ system toxicity(non-reproductive)
- Irritation (skin, eyes, or lungs).

Further, several of the ingredients have noted violations, restrictions and warnings and have been labeled as contamination concerns, occupational hazards, and causing biochemical or cellular-level changes.

The image shows a screenshot of a journal article header from CMAJ/JAMC. The header includes the journal logo, navigation links for the home page and authors, and publication details. Below the header, a quote is highlighted in a yellow box. The quote states that alcohol-based hand sanitizers may not be the best solution for hand hygiene, as research shows they may not be as effective as soap and water and could even increase the risk of viral outbreaks in healthcare settings.

CMAJ·JAMC
Medical knowledge that matters Des connaissances médicales d'envergure

Journal Home Page
Information for Authors

CMAJ. 2011 Sep 6; 183(12): E799–E800. PMID: PMC3168661
doi: [10.1503/cmaj.109-3922](https://doi.org/10.1503/cmaj.109-3922) PMID: [21844107](https://pubmed.ncbi.nlm.nih.gov/21844107/)

“Alcohol-based hand sanitizers may not be the panacea for hand hygiene they were once supposed, as mounting research indicates they may not be effective substitutes for soap and water, and in some cases may actually increase the risk for outbreaks of highly contagious viruses in health care settings.”

Alcohol-based hand sanitizers may not be the panacea for hand hygiene they were once supposed, as mounting research indicates they may not be effective substitutes for soap and water, and in some cases may actually increase the risk for outbreaks of highly contagious viruses in health care settings.

Not long ago, the U.S. Food and Drug Administration (FDA) issued a warning to Purell. FDA issued the warning because Purell's website says alcohol is effective at killing or inactivating enveloped viruses, like Ebola and the flu. Most hand sanitizers' main ingredient is alcohol and is not proven to treat or prevent serious viruses. Purell products can be marketed as consumer and health care antiseptics, but not as preventative against viruses. If the company doesn't comply with the FDA, they could face legal action.

Soap and water work infinitely better and with far less toxicity than something like Purell.

I know this information contradicts popular perception and practice at present. There are many public places like grocery stores requiring people to use hand sanitizer prior to being allowed to enter. So if you want to have something handy for when you venture into public places, then reach for far less toxic organic versions of hand sanitizers, instead like "EO" brand hand sanitizers (which come in a spray or gel), "Everyone" brand organic spray hand sanitizer or "Dr. Bronner's" version. They all contain sufficient amounts of alcohol to be just as effective (along with potentially helpful and pleasant-smelling essential oils). **But nothing is more effective or safe than simple hand washing with regular soap.**

Just wash your hands more frequently instead. It's far cheaper! And by the way, **regular soap is every bit as effective as antibacterial soap, without the potential for creating superbugs in its wake.**

Don't buy into the marketing hype around these

antiseptic/antibacterial products. Their effectiveness is greatly overblown, and the concerns associated with their use are under appreciated.

That said, if you must...

Safest Hand Sanitizers

(having more than 60% alcohol, necessary for any effectiveness)



Dr. Bronner's Organic Hand Sanitizer Spray



EO Organic Hand Sanitizing Gel & EO Organic Hand Sanitizer Spray (lavender)



Everyone Hand Sanitizer Spray Organic Hand Sanitizer

✨ **Washing with regular soap and water is ALWAYS more effective!!!!**

Hand Sanitizers To AVOID

- **Art Naturals** contains propylene glycol and tocopheryl acetate.
- **BioProtect** contains ammonia and artificial colors/dyes.
- **CVS** contains fragrance, propylene glycol, tocopheryl acetate, artificial colors/dyes and aminomethyl propanol.
- **Germ Bloc** contains cetrimonium chloride, phenoxyethanol, retinyl palmitate and tocopheryl acetate.
- **Germstar** contains fragrance and unknown emollient mix.
- **GermX** contains fragrance, tocopheryl acetate, benzophenone-4 and artificial colors/dyes.
- **Gold Bond** contains fragrance, distearyldimonium chloride, petrolatum, glyceryl laurate, tocopheryl acetate, phytonadione, DMDM hydantoin, methylparaben, propylparaben, PEG-8 dimethicone and benzyl alcohol.
- **Hand Clens** contains quaternium-12, propylene glycol, cetrimonium chloride, cocamidopropyl betaine, diazolidinyl urea, methylparaben and propylparaben.
- **Hands2Go** contains DMDM hydantoin.

- **Healing Waters** contains fragrance, triethanolamine, tocopheryl acetate and artificial colors/dyes.
- **Kleenex** contains fragrance, propylene glycol, petrolatum, aminomethyl propanol and tocopheryl acetate.
- **L'Autre Peau** contains fragrance and artificial colors/dyes.
- **Purell** contains fragrance, aminomethyl propanol, tocopheryl acetate and artificial colors/dyes. Purell Naturals doesn't have fragrance, but still contains aminomethyl propanol and tocopheryl acetate.
- **Safe Hands** contains fragrance, triethylene glycol, propylene glycol and artificial colors/dyes.
- **Up & Up** contains fragrance, benzophenone-4, propylene glycol and tocopheryl acetate.
- **Wet Ones** contains fragrance, PEG 8-dimethicone, PEG 60, quaternium-52, phenoxyethanol, methylparaben, ethylparaben and propylparaben.
- **Zylast** contains polyquaternium-10, benzyl alcohol, farnesol, tocopheryl acetate and chlorhexidine digluconate.

<https://clearandwell.com/safe-hand-sanitizer-brands-to-avoid/>

These are brands you'll want to steer totally clear of because

they contain multiple offenders including synthetic fragrances, parabens, petroleum and quaternary ingredients.

SOME THINGS BEAR REPEATING:

The best and most consistent way of preventing the spread of the coronavirus--and reducing your risk of contracting it (or any other infective microbe)--remains **washing your hands with soap and water** as a first choice and **avoiding touching your face** as much as possible.

SOMETHING ELSE THAT WILL NOT HELP YOU (AND THAT YOU WANT TO AVOID!)



Unfortunately, the New York Times recently published an article advising people to get the flu shot in preparation for coronavirus. The piece advised to “*Wash your hands, keep a supply of medicine, and get a flu shot.*”

The flu vaccine has never actually been scientifically shown to offer any protection whatsoever against pneumonia, never mind the fact that the viruses in the flu vaccine don't even resemble coronaviruses. But it turns out that "getting your annual flu shot" (as is being widely recommended right now) leaves you **even more vulnerable** to COVID-19.

The image shows a screenshot of a research paper abstract from the journal *Vaccine*. The title is "Influenza vaccination and respiratory virus interference among Department of Defense personnel during the 2017-2018 influenza season." by Wolff GG. The abstract text is partially obscured by yellow highlight boxes. The first box contains the quote: "Vaccine derived virus interference was significantly associated with coronavirus and human metapneumovirus". The second box contains the quote: "Examining non-influenza viruses specifically, the odds of both coronavirus and human metapneumovirus in vaccinated individuals were significantly higher when compared to unvaccinated individuals (OR=1.36 and 1.51, respectively) (Table 5)." The screenshot also shows the journal name, author information, and keywords.

Format: Abstract - Send to -

Vaccine, 2020 Jan 10;38(2):350-354. doi: 10.1016/j.vaccine.2019.10.005. Epub 2019 Oct 10.

Influenza vaccination and respiratory virus interference among Department of Defense personnel during the 2017-2018 influenza season.

Wolff GG¹.

Author information

Abstract

"Vaccine derived virus interference was significantly associated with coronavirus and human metapneumovirus"

Furthermore, individual respiratory viruses and their association with influenza vaccination were examined.

"Examining non-influenza viruses specifically, the odds of both coronavirus and human metapneumovirus in vaccinated individuals were significantly higher when compared to unvaccinated individuals (OR=1.36 and 1.51, respectively) (Table 5)."

viruses, but also parainfluenza, RSV, and non-influenza virus coinfections.

Published by Elsevier Ltd.

KEYWORDS: Department of Defense; Influenza vaccine; Respiratory illness; Virus interference

PMID: 31607599 DOI: 10.1016/j.vaccine.2019.10.005

This new study published in the prestigious journal *Vaccine*, a peer-reviewed mainstream medical journal published by Elsevier, titled ***Influenza vaccination and respiratory virus interference among Department of Defense personnel during the 2017-2018 influenza season***, reveals that **influenza vaccination may increase the risk of infection from other respiratory viruses**--a phenomenon known as *virus interference*.

Researchers compared the vaccination status of 2,880 individuals with non-flu respiratory viruses to 3,240 people who did not have any flu or virus. When they compared those who had gotten the flu vaccine to those who hadn't,

they discovered that virus interference was associated with coronavirus as well as human metapneumovirus.

The researchers concluded:

“Vaccine derived virus interference was significantly associated with coronavirus and human metapneumovirus”

And...

“Examining non-influenza viruses specifically, the odds of both coronavirus and human metapneumovirus in vaccinated individuals were significantly higher when compared to unvaccinated individuals (OR=1.36 and 1.51, respectively).”

That represents a 36% and 51% increased risk of coronavirus and human metapneumovirus in influenza-vaccinated individuals, respectively.

Again, one is left to wonder how many seemingly otherwise healthy doctors and nurses on the front lines--routinely mandated to take a flu shot--may have been included in COVID-19 mortality statistics as a result of iatrogenically induced virus interference.

ALSO—with respect to what happened in Italy:

<https://korenwellness.com/blog/corona-fiasco-can-we-all-go-out-and-play-now/>

The flu shot

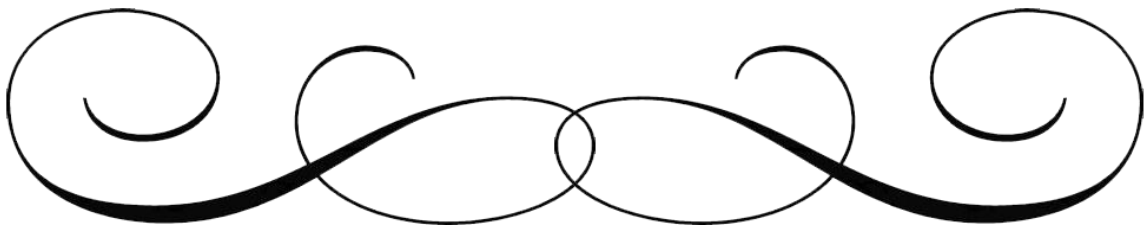
A recent study shows military personnel who received the flu vaccine were at 36% increased risk for coronavirus...pre-COVID-19. The study population consisted of a population with a history of being heavily vaccinated. (3)

Special flu shot for older Italians

In September 2019 a new ‘cell-based’ flu shot, called VIQCC or QIVc, that is produced from cultured animal cells rather than eggs was made available for the first time in Italy. It was recommended for adults 65 years of age or older. (4)

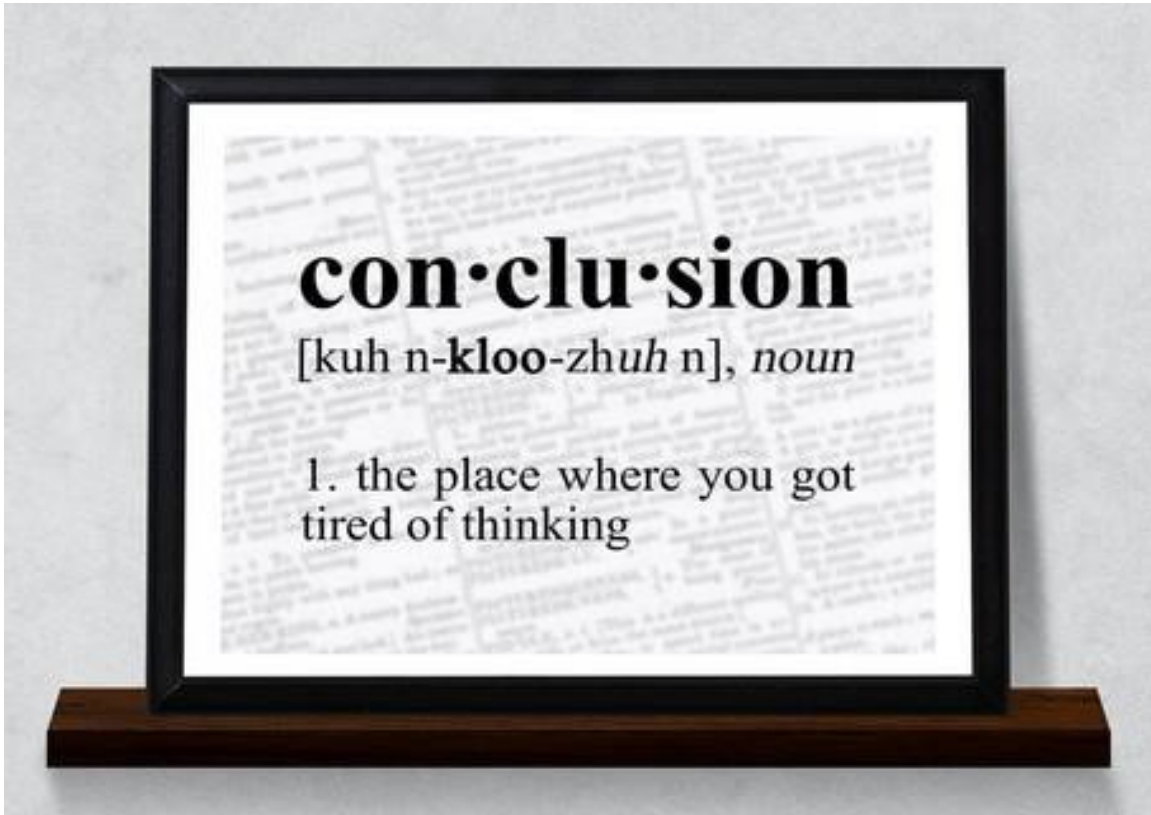
Could this new, barely tested flu shot given to adults 65 years of age or older be responsible for the terrible coronavirus death toll in Italy?

**Now is not the time to run out and
get a flu shot. No matter what Bill
Gates tells you.**



SO.....*IN CONCLUSION*

(at least for now)



Please hang on for this last little ALL-IMPORTANT bit...

Keep in mind that all this doesn't even cover so much as **2%** of the quality information I have painstakingly unearthed about this whole thing, but it should be helpful enough to get you started on a better road to preventative support and/or recovery, and hopefully a bit more critical thinking.

Rational, independent-minded, educated, grounded thought is in short supply right now. I am hoping to appeal to that concern, and to the best of those things in each of you.

In the end, my most heartfelt commitment is to everyone's best possible well-being and health. My greatest hope is that we find a way to allow this crisis to **bring out the best in us**, while also relentlessly endeavoring to maintain those aspects of our humanity that are most fundamental to our physical and mental needs. We cannot afford to lose sight of (or willingly surrender out of fear or coercion) that which gives our lives their greatest quality and meaning as the sentient and profoundly social beings we are.

In my first book, ***Primal Body, Primal Mind*** I addressed the physiological effects of fear and anxiety on the individual and collective human psyche. When anyone or everyone is operating in a state of sympathetic nervous system overload (i.e., "fight or flight"), the blood flow of the brain--particularly to our frontal lobes--is radically altered/diminished. Our brain's frontal cortex--what is termed our "executive brain" or the source of our "executive function" (something unique to our species)--in large part ceases to operate. We overwhelmingly go into survival mode, physically and mentally. The part of our brain that we require for thoughtful and considered action, grounded thinking, the ability to weigh the consequences of our actions, our capacity for abstract thought, creativity, rationality, or our capacity for thoughtfully questioning almost anything is **severely curtailed**, if not entirely shut down.

When we are in sympathetic overload, we are more likely to **react** rather than **respond** to what is happening around us. Emotional reactivity, unfocused paranoia or hostility, self- (and

selfish-) preservation, and even mob mentality can more easily take hold. Adolescent emotions tend to predominate. All this is, in fact, a defining hallmark of the modern world and society in which we live. And the degree to which we live in fear--not to mention imposed or self-imposed isolation--is the degree to which we are intrinsically the most vulnerable, not to mention the most malleable. **We all need to look at and think about that.**

Now, all of a sudden (in the seemingly distant wake of 9/11), we have a brand new “terrorist” threat--for which trillions of dollars are being spent/allocated. *Someone--mainly transnational corporate interests--is clearly profiting* from all this government-sanctioned misery, while the rest of us plunge, spiraling helplessly, yet cooperatively, into an economic depression of unprecedented proportions. *Take a hint, pay attention.*

This new media-sensationalized “terrorist” is basically invisible. They could be lurking anywhere and everywhere. Now, instead of using racial profiling to fuel our paranoia, we are made to look upon *one another*--even everyone, including those you love--as potential witting or unwitting agents of death and destruction. Your next-door neighbor, or even your best friend may be harboring their own “terrorist sleeper cell” inside their own bodies, putting you and everyone else in mortal danger.

We need to get a grip.

THIS is what makes us human:



The simple act of human touch, even hugging, has become socially taboo and looked upon (if not frowned upon entirely) as *dangerous behavior*. We're left to feel (and are in fact told by the mainstream "authorities") that we can, in effect, trust no one, particularly those we might otherwise be inclined to trust completely. This is even as we are expected to blindly trust our demonstrably less-than-trustworthy government and health officials without question. All of us are being made to feel and live as compartmentalized, sequestered, vulnerable, government-mandated hermits. We cower alone behind closed doors, or behind facial masks that eliminate any visible human expression of emotion (save for nervous, darting or downturned eyes peering over surgical masks in public places).

The vast majority of people seem unquestioning in their acceptance of this new, government-sanctioned state of affairs (complete with threats of extreme fines and imprisonment)--increasingly dubbed (even anointed) as “THE NEW NORMAL.” Our cell phone GPS and other information is being handed over to government officials who are using it to track and monitor our every move, and every punishable behavioral violation. We are just supposed to accept this.

Most, unfortunately, seem to rely upon the corporate media apparatus and colluding government officials to tell them what it is they need to do or think, what they must fear, who/what they need to avoid and whatever else they need to do in order to "stay safe." It's like *everyone* is infected--not with the coronavirus, but with a certain collective hysteria-infused mental illness.

Both rational and irrational fear and paranoia are more the rule, than the exception.

Howard Hughes never would have felt so much at home. OCD has become a virtue and not a mental condition to be treated.

I will go out on a limb and be entirely candid--the last thing I fear right now is some “novel” microbe.

What I see as far more dangerous and lethal in its implications is the dramatic and irreversible restructuring of our human society as a result of globally promulgated fear and panic. Part of what I see that is most horrific and tragic through this whole grand theatre of media-sanctioned

madness, is **the systematic loss of our humanity.**

It is our intimate bonds with others that make us human. **We are a tribal species** and, most inconveniently for the powers that be, we are at our best and strongest in *connection* with one another. They are determined to put an end to our pesky tendency toward resistance, coming together in protest, and the unnerving threat of our collective empowerment through solidarity and awakening in the face of certain tyranny.

Human touch is as much a nutrient as anything we might require from our diet, fresh air or sunshine.

In prisons or torture facilities, if they truly want to drive a prisoner over the brink of despair into full-blown insanity, the surest way of doing so is to put them in protracted isolation. No human can endure this longterm without a screw or two coming loose.

A very dangerous subconscious message is being delivered (in carpet-bombing fashion) that suggests that our greatest enemy at hand is our fellow human being.

Do we really believe that the hysteria-driven quest for alleged safety from an invisible microbe at any cost is a desirable or even reasonable tradeoff for the growing, malignant cancer of social alienation, loss of personal/constitutional freedoms, loss of meaningful quality of life, societal fracturing and complete economic disintegration and lethal poverty?

Videos and reports of persons screaming epithets--even "*murderer!*"--or otherwise verbally harassing others from their living room windows for *daring* to leave their homes to

venture into fresh air/nature for a jog, or who are simply walking their dogs, are being recorded everywhere on cell phones. The distasteful cell phone videos of such behaviors are being posted everywhere in social media. Decent citizens daring to innocently and “legally” emerge for a breath of air from even semi-limited, government-imposed confinement are being harassed, irrationally shamed and viciously treated. “Quarantine shaming” is an entirely new term. It’s become a “thing” and is very much a part of the “new zeitgeist”--newly spawned and being transmitted through the collective ether, like some soul-sucking parasite within only the last month. It's spreading faster, more virulently and far more perniciously than any virus. The mainstream narrative is doing everything it can to directly or indirectly encourage, and even foster this type of behavior, while subtly shaping and *carefully engineering language, behavior and perception.*

We must resist this pernicious paranoia, and where it could lead, at all costs.

We cannot afford to be knee-jerk in our assumptions or reactions to the headlines in the mainstream media, much less toward one another.

**POSITIVE SOLUTIONS AND ACTIONS ARE THE
PATH TO OUR BEST POSSIBLE FUTURE.**



In the spirit of more positive, solution-based thinking, I submit the following list of suggestions that I provided in my 2018, Montana State University talk, [“Navigating the Matrix”](#) since it also neatly applies to our current circumstances:

- **Take the red pill.** Be willing to truly see what is happening, however uncomfortable or inconvenient that is. Do your homework--in other words, dig and don't just rely on sound bites and/or your favorite blogger to get to the bottom of things.
- **Be brave.** Speak the truth and, where appropriate, consider nonviolent civil disobedience against unconstitutional or inhumane government dictates and actions.
- **Don't let yourself or your life be governed by fear.**
- **Take thoughtful, considered action** (including highly focused, intense legislative pressure). As long as we

have the illusion of having a constitution or Bill of Rights, we need to exercise that responsibility. Be an activist.

- **Focus primarily on localization, local politics and community.** Develop a firsthand knowledge of where your food actually comes from, and support local farmers wherever possible.
- **Do what you can to inspire (not proselytize or battle with) others.** Don't be part of the problem!
- **In the world we live in, filled with all sorts of things we have no control over, it's incumbent upon us to *take control of what we can!***
- **Meditate.** Learn to operate in the calm center of the cyclone, and wind down mental chaos. This is more important than you may realize.
- **Remember that we are all in this crisis together** (and not in the way the media is selling this concept-- as some subtle incentive to collectively and blindly "cooperate" with authorities), and KNOW that ***your neighbor is not your enemy***. We are all much more alike than unlike in our values and needs as human beings. We need to be more focused on THAT.

There is a Chinese proverb that tells us that:

"Unless we change directions, we are likely to end up where we are going."

Ummmm....Let's just say that **we are not presently headed in a positive direction.**

And by the way...**no one is coming to save us.** Official power and greed-driven policy and despotic mainstream practices will NEVER change from the top down. Our power lies in collective, grass-roots community and action. **Our health and future are up to us, and we have a powerful capacity to safeguard this through simple, natural means in alignment with common sense, mutual respect and our human evolutionary and genetic heritage.**

Succumbing to artificially imposed, iron-fisted, and inhumane “public health management” agendas by vested financial and would-be controlling interests can only lead us to our own destruction as a society and as a species.

The fact at hand, like it or not, is this:

WE are the ones we have been waiting for!



We have all been endowed as a species, as part of our primal birthright, with a highly evolved capacity for innate immunity, *as long as* we give our bodies the natural raw materials they require to allow this miraculous capacity to function.

Disease is not "out to get you"--**HEALTH is!** All you need to do is allow, and nurture it. **Regenerative resilience is the natural state of the human body, and the innate intelligence--the true genius--of the body is naturally driven to maintain that.** All it needs is the basic ingredients outlined throughout this treatise.

We need health solutions that are naturally aligned with our most basic physiological makeup; not risky, toxic, unproven or otherwise compromising artificial approaches.

We have a critical choice to make as a global society, and as individuals, in light of our current circumstances:

Will we rely upon authoritarianism and merely abdicate our fundamental human rights to bureaucratic, inept and profit/power-driven health officials to choose the future course of our lives and health for us for all time?

OR

Would we prefer to retain what should be our inalienable and sovereign human right to say yes or no to potentially dangerous, or high-risk interventions for ourselves and our children?

Another question for you to ponder:

When has unbridled bureaucratic control ever improved anyone's, or any society's, health or well-being?

AN ALTERNATIVE FOCUS TO CONSIDER

The following stories--and more--are shared on an extraordinary website called "Shared Space." Their home page states the following: "*We believe in the inherent generosity of others and aim to ignite that spirit of service. From our small collective acts, we hope to transform ourselves and the world.*" Their stated aim is "*to create a shift from consumption to contribution, transaction to trust,*

scarcity to abundance, and isolation to community.”

It seems to me we all need a heaping helping of that right now.

Consider aligning your imagination and conscious intentions with stories such as this:

Imagine the Spanish military doing acts of service; street police playing guitars to inspire; corporations giving unexpected wage hikes; Canadians starting "kindness mongering"; a six year old in Australia adorably gifting her tooth fairy money; an 8th grader in Japan making 612 masks; a landlord allowing tenants to stay without rent; college kids everywhere buying groceries for elders; Cuba sending an army of doctors to help Italy.

See more at: <https://www.servicespace.org/>

"Imagine. Sometimes a crisis mirrors our deepest impulse that we can always respond with compassion."

~Charles Eisenstein

Consider...and *absorb* the following vision:

"A corona is a crown. "Novel coronavirus pandemic" means "a new coronation for all."

"Already we can feel the power of who we might become. A true sovereign does not run in fear from life or from death. A true sovereign does not dominate and conquer (that is a shadow archetype, the Tyrant). The true sovereign serves the people, serves life, and respects the sovereignty of all people. The coronation marks the emergence of the unconscious into consciousness, the crystallization of chaos into order, the transcendence of compulsion into choice. We become the rulers of that which had ruled us. The New World Order that the conspiracy theorists fear is a shadow of the glorious possibility available to sovereign beings. No longer the vassals of fear, we can bring order to the kingdom and build an intentional society on the love already shining through the cracks of the world of separation."

~Charles Eisenstein

From: 'The Coronation', March 2020

Let this beautiful and actionable vision of our collective future as innately **powerful sovereign human beings-- benevolent and altruistic rulers over our own individual and collective destiny--**take seed, be nurtured by us all and become so.

We need one another, including the meaningful physical presence of other human beings in our lives. Social gathering is part of our intrinsically tribal nature, and birthright.

"Virtual" contact and electronic interaction could never possibly take the place of human presence and actual human touch.

Without the capacity to come together, we greatly risk becoming the unwitting victims of *imposed change*, rather than being the rightful agents of our own (individually and collectively)

chosen destiny.

I personally believe--and have considerable evidence to demonstrate--that we are far more endangered through the loss of our freedoms than we are through the threat any invisible microbe.

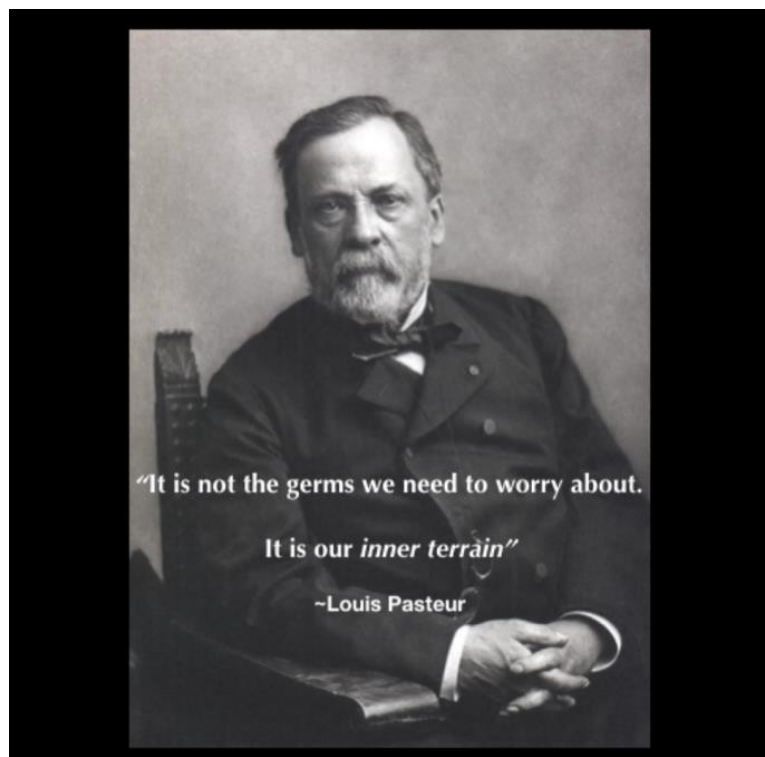
It's up to us, and not self-appointed authorities, to make choices over our lives, health, and society as a whole for ourselves and for our children.

Let us not lose sight of that.

~ Nora Gedgaudas

PS. I have posted, and will continually update, links and resources from this report [here](#). If you would like to support my work, please consider making a [donation](#).

Thank you!



Disclaimer: The ideas and suggestions written by Nora Gedgaudas are provided as general educational information only and should not be construed as medical advice or care. All matters regarding your health require supervision by a personal physician or other appropriate health professional familiar with your current health status.