

Viral Protection

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Did you ever hear the saying, "people don't care about how much you know, until they know how much you care?" And one of the ways you can show you care is to have a heart-to-heart conversation about viral protection. I think all of us can agree that every one of us should be on a preventative immune support program. It's not that we will be able to escape contracting a virus, but the experience will be less painful and shorter in duration.

I thought it would be fun to review some simple strategies. I've put together 3 programs that we can classify as good, better, and best. Let's start with the simplest one I'll call good. Years ago, a medical doctor taught me an unforgettable lesson about the immune system. He would hand his patients a bottle of Bio-Immunozyne Forte and tell them to take 1 tablet twice a day to raise the foundational vitamins, minerals, and food factors that are necessary for the immune system to work. He told them it takes time for vitamin and minerals to get into the cells where they can activate repair mechanisms.



He then told them to take 2 tablets every day for the rest of their lives to combat viruses and cancer cells that our bodies fight continually.

When I first heard that years ago, I thought it was a little extreme. But as I have studied people's diets over the last 30 years, and seen the effects of stress on people's lives, I have seen the wisdom in his approach. And knowing what we now know about Vitamin D, add a bottle of Bio-DK Mulsion and you have an inexpensive way to build foundational nutrients. 5 drops will provide 5,000 IU of vitamin D and 75 mcg of K2.

A GOOD program like this would cost about a dollar a day. A better approach would be to use Immune Support packs. The research team from Biotics took 9 different products that had unique immune modulating properties and were able to reduce the ingredients into 5 capsules. One Immune Support pack a day provides the equivalent of 9 different bottles of nutrients.

Many of us have studied Dr. Alex Vasquez's anti-viral nutrient program for years, and if you haven't, please see the link to the right for an awesome presentation. He wrote his first anti-viral nutrition book in 2014 and highlighted 4 ways to stop

viral spread and support the body's ability to maintain homeostasis. Immune Support Packs follow his suggestions and add immune modulating botanicals as well. The ingredients in Immune Support Packs promote a healthy immune system. This means a balanced inflammatory response averting a cytokine storm. They protect against oxidative stress, and they also support cardiovascular health. In addition, they have botanicals that have some unique qualities. For example, Biofilms are recognized as a factor in chronic infection. Biofilms are a self-produced film that protects dysbiotic bacteria and fungus from extreme environments. It's kind of a microbial "Protective Clothing". NAC and EGCG from Green Tea disrupt biofilms. Both are contained in the Immune Support packs. Immune Support Packs also go beyond your normal anti-infection program because they contain major anti-aging factors as well.

For example, one of the most important concerns we have is how to protect our telomeres. Telomeres act like shoelace caps protecting our chromosomes. Telomerase protects and, in some cases, have been shown to increase or lengthen telomeres. Many of the individual ingredients contained in Immune Support packs support the production of telomerase. Astragalus, Vitamin D, COQ, Green Tea, and Polyphenols are all immune supportive but also have anti-aging effects as part of the formula. Use one pack daily to build foundational intra-cellular levels. At the first sign

of cold or flu, increase to two or even three packs a day until symptoms subside.

In terms of cost, the BETTER strategy cost is around \$2.50 a day. But the best strategy for prevention is to do some initial testing and fix what you find. Initial cost can vary from \$5 to \$10 per day depending on test results. My favorites are inexpensive and can have multiple benefits. A zinc taste test is done in the office as a screen. In terms of blood tests, a 25 hydroxy vitamin D and a CBC with differential are an inexpensive way to assess underlying problems. For example, if someone's white blood cells are below 5 there is a good chance, they are low in B12 and folate. We can then look at the MCV, and if it's 91 or greater, that confirms a need for B12 and folate. We can give immune modulating nutrients, but if we are low in B12 and folate our bodies can't make the optimal amount of white blood cells.

In that light, I've asked Dr. Greg Peterson to do a review on the CBC and some of the subtle things he has found. Greg taught several courses on blood chemistry for Northwestern College of Chiropractic. You can see a link to the right to watch.

Heart to heart conversations and giving options like this show that you are sensitive to patients' budgets and that you care. And that inspires confidence and loyalty. Thanks for taking time to be with me today, I look forward to being with you again next Tuesday.