

# Xlear for COVID

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With COVID-19 mostly in the rear-view mirror and now talk of the avian bird flu, I thought it might be a good idea to highlight a few concepts that will help us defend our patients and family from future disaster. I have a link to a fascinating interview with Nate Jones on the High Wire with Del Bigtree regarding his company Xlear. It is founded on some natural principles his dad, Dr. Lon Jones, a Medical Doctor in Texas, discovered with his patients in the 80's.

He understood the time-tested principle to flush or cleanse nasal cavities to reduce an excess burden of bacteria, allowing the body to recover and heal. So, Dr. Lon Jones developed an antimicrobial nasal spray for his patients that combined saline and xylitol that was clearing up ear infections, colds, and sinus infections. Xylitol, as you may know, is a great sugar/sweetener alternative, but it also has significant antimicrobial properties. Nate said when he heard a woman drove 8 hours each way to purchase it for their family to treat resistant infections, he figured it was



time to make it available to the public. It's a great story.

For years, doctors have been encouraging patients to rinse nasal passages with saline to reduce microbial load. Since Nate had decades of success, he decided to send his product to Utah State University virology department to see if it had antiviral properties. This was in the height of COVID confusion and misinformation, so he was trying to help his family and friends. He found his product had antiviral properties against COVID-19. Upon testing, it was the preservative grape seed fruit extract at a dose of 0.2% that is used to stabilize the mixture

that reduced COVID -19 to an undetectable amount of infectious virus.

But when he started sharing this exciting find, the Federal Trade Commission sued him for false advertising. The suit is ongoing as of June 2024. I wanted to share the story because the product is available in most of the pharmacies and on his website. It's inexpensive and available in case you need something quick. You can make other nasal sprays yourself with iodine. See the link to a 5-fold sinus strategy that gives 2 simple recipes.

I know Dr. Peter McCullough has been advocating treating

airborne infections like COVID with iodine as well. You can see a link to an article that used povidone iodine as a handwash and as a gargle or mouthwash to eliminate a viral titer of greater than 4 log 10 to less than 99.99% in 15 seconds.

I love knowing about natural inexpensive anti-viral substances that have zero side effects, and I think it's important for us to share them with others. But I am also a huge fan of supporting the body's ability to fight infection. In light of that, I put together a handout that you can use with your patients. I call it my 5-part sinus strategy. We could also call it the 5-part anti-viral strategy. Check it out on the right.

Here's a brief version:

- 1) Reduce factors that cause excessive mucus, production, and inflammation, things like dairy, gluten, and food sensitivities.
- 2) Thin existing mucus with iodine.
- 3) Rinse or wash away excessive mucus.
- 4) Add nutrients that have antibacterial and anti-fungal properties.
- 5) Support the immune system for chronic infections by supporting the immune system with probiotics that adhere to mucosal tissues, immune modulating nutrients, and botanicals.

Three products should be considered. Adult ENT-Pro or Children's ENT-Pro, Bio-Immunozyne Forte, and IAG. Adult ENT-Pro has unique immunomodulatory effects. Adult ENT-Pro has over 40 studies showing its safety, stability, and effectiveness against the pathogens most seen with ENT cultures. It's a tasty, chewable, strawberry-flavored probiotic and has been shown to

be effective against 3 strains of Candida, Klebsiella, and two forms of staph to name a few. But it has been shown to strengthen macrophage activity and natural killer cells and increases activity of secretory IgA. In essence, it enhances or modulates health by driving or activating mucosal immune mechanisms. Adult ENT-Pro contains a proprietary blend of 6 billion organisms; 2 designed to adhere to the oral cavities and affect microbiota in the ear, nose, and throat.

Bio-Immunozyne Forte provides trace minerals, vitamins, and botanical agents. It provides foundational immune supporting nutrients. We often forget how powerful minerals like zinc and selenium can be if patients are deficient. Bio-Immunozyne Forte also provides a healthy dose of antioxidants and immune supporting glands like thymus, spleen, liver, and adrenal in a neonatal anabolic form.

IAG, an arabinogalactan product, supports a healthy immune system response from a different direction. As a soluble fiber, it supports probiotic bacteria, increases the short chain fatty acid butyrate, and increases natural killer cells. Another significant role is its ability to support cell to cell communication.

If you think back to the pandemic, it was fear that made people say and act the way they did. Fear changed the face of America. I encourage you to have heart to heart discussions with your patients. Encourage them to act proactively now, so when the media cranks up the fear machine, you and your patients are prepared.

Thanks for taking time to be with me today. I look forward to seeing you again next Tuesday.