

Reduce The Risk Of COVID

“Since the vaccines do not stop us from getting the virus or spreading the virus, we should be talking to our patients about reinforcing prevention strategies to upcoming viruses that could precipitate a cytokine storm.”

Whether you agree with the mRNA shots or not, according to Vaccine Adverse Events Reporting System, (VAERS for short), serious side effects are happening. Scientists that have spent their whole professional careers in the industry are suggesting that the spike protein we are genetically forcing our bodies to make may be a big problem. Should we be alarmed?

Dr. Ryan Cole, a pathologist thinks so. I have included a link to a 17-minute presentation titled, “What the Spike protein does to the body.” He discusses that the spike protein has the capacity to attach to Ace 2 receptors in the heart, lungs, brain, kidneys, liver, testes and ovaries and shows pathology slides that inflammation is occurring in these organs. He reinforces that COVID is a clotting disease and that one of the markers for micro-clotting is an increase in a test called d-dimer which increases due to the spike protein.

He briefly mentions, that “post vaccine patients are seeing a



dysregulation of the innate immune system and an increase in other latent viruses like the herpes family of viruses, human papilloma virus and others.

Since we know that the vaccines do not stop us from getting the virus or spreading the virus, we should be talking to our patients about reinforcing prevention strategies to upcoming viruses that could precipitate a cytokine storm. I know that for some people, I may seem over-reactive and to many people, under-reactive, but if we turn off the mainstream media and think about what the VAER's data is showing

us, it should raise questions. I have two major questions.

- 1) Many of the deaths and adverse reactions are due to increased micro clotting and the ensuing inflammation. Are there things we can do to naturally to reduce it?
- 2) And since the danger with COVID-19 and other viruses is the cytokine storm; what are the things that we can do to reduce potential cytokine storms?

When asking Dr. Alex Vasquez who holds three advanced medical degrees in Osteopathy, Chiropractic and Naturopathy about these

questions he referred me to part four of his vitamin D series on inflammation. By the way, part one discusses Pain, part two is about Brain Dysfunction and part three covers the Anti-Infection, and Barrier Defense properties of vitamin D. He reminded me of the new clinical data coming out showing:

1. Vitamin D helps prevent COVID-19
2. Vitamin D helps reduce viral load and promotes viral clearance among people infected with COVID-19
3. Vitamin D reduces severity of infection, reduces need for intensive care, reduces hospital expenses
4. Vitamin D reduces mortality among patients with severe COVID-19
5. Vitamin D helps restore normal health and the clearance of "post-covid" and "long-covid" symptoms
6. Vitamin D reduces inflammatory markers and increases anti-inflammatory markers like IL-10

The first step for everyone is to get their vitamin D levels in the optimal range. It's the least expensive strategy that has the greatest number of positive side effects. By the way I have included a link to an article about the benefits of taking daily doses of Vitamin D to reduce respiratory tract infections. So there's one more reason to make sure your patient's vitamin D levels are at optimal levels.

I've included the link to the right to see part 4 of the benefits of Vitamin D on inflammation. In Part 4, Dr. Vasquez also highlights the value of T regulatory cells to turn off or reduce excess cytokines. So, if we are interested in reducing what we call a cytokine storm, this presentation will give you some additional insights. I hope you enjoy it as much as I did and that you begin testing all your patients to get in the optimal range. In our personal conversation, Dr.

Vasquez also encouraged doctors to follow the antiviral protocol to fight viruses on multiple levels. As a refresher you can see a link for that presentation to the right as well. Thanks for taking time to be with me today and I look forward to being with you again next Tuesday.