



Prevent. Protect. Attack.

Fight back against coronavirus

Step 1: Prevent

Prevention is lifestyle management. Little things may change here and there, but **overall** these should be staples in your life.

1. **Stay hydrated.** Drink half ounce per pound of body weight a day.
2. **Get plenty of sleep.**
3. **Take daily supplements like GS Support Packs.** 22 nutrients in 1 pack, many directly support immune system function + 5000iu of vit D3.
4. **Avoid inflammatory foods** you know aren't good for you like sugar and deep-fried foods.
5. **Avoid foods that cause mucus in your body.** Not everyone has this response, but if you notice you're congested after eating dairy, wheat, bananas or white potatoes, avoid them right now. They're not necessarily bad foods, but you don't want to be a human petri dish! Get rid of the mucous.
6. **Practice stress management.** Sound sleep is very important right now. Take a bath in the evening and go to bed earlier than usual. Meditate and learn gratitude.
7. **Move daily.** Go out in your backyard, or walk the local golf course if it's close - no one should be playing golf during a voluntary quarantine.

Step 2: Protect

During warnings of coronavirus, we all need to step up our game. This is when you need to help support and balance your immune system.

Here are my 3 top picks.

1. Vitamin C
2. Zinc
3. Vitamin D3 (plenty in the GS Support Packs)

Foods?

Everyone has an idea of what foods are bad for them. Don't eat those foods! And here's a few to include: flavonoids and polyphenols help protect against viruses getting a hold in your body. They really work! You can find flavonoids in the pulp and white core that runs through the center of all citrus fruits, green peppers, lemons, limes, oranges, grapefruits, cherries, and grapes. You can find polyphenols in bright color fruits and vegetables. Quercetin is a highly concentrated flavonoid found in broccoli, citrus fruits, and red and yellow onions. Eat them fresh and also get bags of frozen organic fruit and use it for smoothies. Basically - eat the protective rainbow diet!

Step 3: Attack

When your body is under attack, fight back! I pull out the big guns to help give it a one-two punch. With my event schedule, if I get sick it can affect a lot of people. I can't afford to wait things out.

We have so many great products at theDr.com that help to regain health.

1. Vitamin D3 - 10,000 iu - Just yesterday, the former Director of the CDC, Tom Frieden was interviewed on Fox News saying that enhancing Vitamin D levels is a protective measure to enhance your immune system. The ideal is to test your Vitamin D levels regularly (the link is below for the test) - the vast majority of us have less than optimum levels of Vitamin D, especially if we have not been supplementing with it regularly. If my system is under attack, I want more ammunition available than currently

needed, some reserves. Every now and then, you need to boost your dosing to accomplish this, especially if you have severely depleted levels like so many do after the winter months. While you are fighting off this virus, take 10,000 iu per day for every 50 lbs body weight for 7 days. Then, go down to 2000iu per 50lbs body weight per day for 1 more week. Vitamin D is utilized in every cell of your body and is critical to your immune system. Prepare every cell in your body for battle.

2. **Vitamin C Buffered Powder** - Two time Nobel Prize winner Linus Pauling swore by the health benefits of taking higher dosing of vitamin C. Sepsis is a deadly and dangerous condition that can happen following infections like pneumonia. One of the amazing benefits of vitamin C is that it helps with sepsis and respiratory infections. I'm with Dr. Pauling on this one. I take 4000 to 8000 mg/d. Now I take more. Dr. Pauling took 18,000 mg/d for years. This formulation offers better absorption by adding minerals that help reduce the speed vitamin C travels through your gastrointestinal system, allowing more time for adequate absorption, with a more gentle effect on your system.
3. **Wobenzym-N** - The primary danger and complication from the coronavirus is pneumonia. Proteolytic enzymes (like Wobenzym) reduce inflammation by acting like Pacmen, chomping away at mucus and cleaning it out of the body. This has been around for approximately 60 years helping a host of conditions, one of which is respiratory tract infections. Be sure to avoid mucus forming foods and drink plenty of water, too. Depending on the condition, these enzymes, taken away from food, have been used at dosages of 3 tabs for every 50 lbs. Body weight 3 to 4 times per day.
4. **Biocidin Throat Spray** - I don't go anywhere without Biocidin. When I step onto a plane and hear anyone cough, I take out my throat spray. If I get sick, I use Biocidin. It helps with sore throats and upper respiratory infections.
5. **Olivirex** - Olivirex is often used in conjunction with Biocidin Throat Spray when times are tough. This is a high potency olive leaf extract, containing at least 18% oleuropein, a polyphenol that fights off free radicals and helps to fight off viruses and

bacteria. It has been used to help symptom relief in respiratory conditions.

There are also some great recommendations I have for products I think would be useful.

Queen of Thrones Castor Oil packs

Castor oil is a vegetable oil made from pressing the seeds of the castor oil plant. Castor oil is safe for consumption by the FDA and has known for literally two thousand years to help in a variety of health conditions. A castor oil pack—which can be made easily at home—works wonderfully in drawing toxins out of the body and has been appreciated as a general health tonic for centuries. When placed on the chest, similar to a vapor rub, castor oil is thought to break up congestion and toxins. It's helped many of my patients over the years. [Learn more by clicking here...](#)

¹ Int J Physiol Pathophysiol Pharmacol. 2012; 4(1): 10–27