



# Wellness Minute

Health Information You Can Use On Your Path To Wellness



## New Year 2022

“Finding wellness strategies that not only boost your natural immunity, but help boost your confidence and extinguish fears.”

Prepare, prevent and treat aggressively. Doesn't that sound weird for an inspirational New Year's video? But after personally getting COVID this year, I realized I had all the head knowledge of what to do but wasn't really ready.

For the most part I rarely get sick. 5 years ago, I had a fever for few days, before that maybe 10 years ago. So, even though I spend probably 15 hours a week studying about viruses and therapeutics, I didn't have a definitive game plan.

For example, I was taking vitamin D but hadn't checked my levels in 2 years. In 2020 when the COVID scare hit, I was taking all the suggestions

by Dr. Vasquez, but since I never got it, I somehow felt protected in 2021. I felt like saying, give me a tablespoon full of the virus and let's get it over with because we are all going to get it sooner or later. I wanted my body to develop natural immunity.

But let's take vitamin D for example. According to the pharmacodynamics presented by Dr. Vasquez, it takes about 7 days for vitamin D to get into cells, but then it takes time for cells to use vitamin D to enhance protection and develop repair strategies.

When I got COVID, the fatigue, chills, and brain fog were serious. As you know, it's the consensus of those treating

COVID patients to treat early and treat aggressively to stay out of the hospital. Let's all make sure we are taking levels of nutrients early so our bodies have all the tools they need to fight infection of any kind.

For example, many doctors recommend hydroxy-chloroquine, quercetin, or EGCG which act as an ionophore to carry zinc quickly into the cell. Because as Dr. Alex Vasquez has pointed out in his 2014 book, Antiviral Strategies and Immune Nutrition: Against Colds, Flu, Herpes, AIDS, Hepatitis, Ebola, and Autoimmunity, zinc protects the body against viruses in 4 ways.

We don't want to wait till we are sick to start taking zinc. Why not develop a strategy and encourage everyone to get on a comprehensive program to replete nutrients now? So that's the prepare and prevent part.

My opening statement included "treat aggressively." Remember, once the virus is detected, it takes time for it to replicate. If you have the tools available to prevent replication, you can cut the symptoms dramatically. However, if you have developed a plan, you can apply what you have already prepared. For example, if you have decided to use Ivermectin or hydroxychloroquine or both, make sure they are available.

Do you have a coach, someone you trust to help you make decisions? Because if you are the one who is sick, your brain might be so inflamed that you won't make good decisions. I know I didn't. After 8 days, one of my colleagues, Dr. Ray Bisevac, pushed me to get hydroxychloroquine, that I would not have gotten, and after a few days I felt dramatically better. If I would have treated more aggressively early, I am sure my 3-week ordeal would have been much shorter.

The book I mentioned earlier, Antiviral Strategies and Immune Nutrition: Against Colds, Flu, Herpes, AIDS, Hepatitis, Ebola, and Autoimmunity, by Dr. Alex Vasquez, as the name implies, presents strategies that can help you understand natural immunity and give you practical nutritional tools.

As we go into this New Year, we are already hearing more about virus mutations and variants. Making choices and finding wellness strategies not only boost your natural immunity, but will help boost your confidence and extinguish fears.

Putting your trust and confidence in booster after booster may not be the strategy that gives you peace of mind. I recommend that you contact your Wellness professional, get the information you need, and find a nutritional program and strategy. Get on it, stay on it and encourage those around you to do the same.

We are fearfully and wonderfully created. I believe we can all live healthier and better equipped as we go into the New Year. Let's take action!