



Wellness Minute

Health Information You Can Use On Your Path To Wellness



Zinc & Vitamin D

“We can get healthy and stay healthy through flu seasons, and yes... even pandemics.”

Do you ever find that sometimes we make things more complicated than they need to be? I do. Take for example, a scenario like the COVID-19 pandemic. I probably have 30 different immune modulating nutrients at my fingertips. But, each of them won't be as effective unless the basic cellular building blocks are already in place.

For instance, clinically, I have seen GREAT results raising white blood cell counts using a mixture of 2 powders: superoxide dismutase, which is a supplement called Dismuzyme Plus Granules and a larch arabinogalactan concentrate called IAG.

But guess what? If the body doesn't have enough zinc or

selenium, the white blood cells won't be able to perform at their capacity. Which is why your doctor will probably ask you to take the zinc “taste test.” Basically, your clinician will have you taste a colorless form of liquid zinc. How the liquid tastes to you indicates to your clinician if you need zinc. And once identified, your clinician can suggest an appropriate therapy that often involves using a liquid zinc and some of the cofactors that will enhance the effectiveness of zinc and ultimately your immune system.

One supplement they might recommend is Bio-Immunozyne Forte. Bio-Immunozyne Forte, a broad-spectrum multiple designed to specifically support normal, healthy immune function, contains 15

mg of zinc per tablet. Bio-Immunozyne contains the foundational nutrients in a glandular base of neonatal glands like thymus, spleen, adrenal, liver, pancreas, parotid and lymph. It also contains the anti-oxidants A, C, E and selenium. as well as the bio-active forms of the B vitamins to enhance mitochondrial/energy production pathways.

Personally, I use a small dose for daily protection, and then if I do feel symptoms coming on, I get more aggressive for a few days until symptoms pass. As I have studied people's diets over the last 30 years and seen the effects of stress on people's lives, I'm certain we can't get all the nutrients we need from our food. Nutrients have

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diminished in our soil, so we won't get it from the food, especially commercialized over processed packaged food.

And let's not forget about the stress factor. Stress depletes nutrients and alters healthy hormone patterns that weaken one's immune system. Now, more than ever, sustained, consistent long-term nutrient enhancement is not only important... it can save your life.

Any cold and flu prevention program would be lacking if we didn't add vitamin D. When looking at studies from around the world, the people that died from COVID-19 had the lowest levels of vitamin D3. Bio-D Mulsion Forte by Biotics Research contains 2,000 IU of vitamin D3 per drop. Of all vitamin D supplements, Bio-D Mulsion Forte is currently the best value on the market. Not only is it in an emulsified form which goes right into the lymph system, but for \$20, one receives over 700 drops per one ounce container. For a family of four taking 2-3 drops a

day, one bottle would give them over 60 day's worth of vitamin-D.

Biotics also makes a capsule version with Vitamin K2 called Bio DK Caps. Each capsule contains 5,000 IU of vitamin D3 and 550 mcg of K1 and K2. Your doctor may also recommend a flavanoid product like Bio FCTS for prevention. The flavanoids in Bio FCTS will help zinc get into the cell. Combining zinc with quercetin and other key flavanoids has been shown to have protective mechanism similar to hydroxychloroquine.

Let me encourage you each year, but especially this year, to assess your zinc and vitamin D levels now before the flu emerges. We are all exposed to the same bugs, but if we can start today enhancing your white blood cells or what I call the soldiers that protect us against invaders, we can get healthy and stay healthy through flu seasons, and yes... even pandemics.