



Wellness Minute

Health Information You Can Use On Your Path To Wellness



Viral Protection

“I think all of us can agree that every one of us should be on a preventative immune support program.”

I know this may sound awkward, but I want to encourage you to have a heart-to-heart talk about viral protection with your wellness professional. I think all of us can agree that every one of us should be on a preventative immune support program. It's not that we will be able to escape contracting a virus, but the experience will be less painful and shorter in duration. Unfortunately, most people haven't recognized the importance of starting a preventative immune support program early, so nutrients can be absorbed and integrated into our cells. And then it still takes time for the cells once sufficient to create an antiviral defense.

I thought it would be fun to review some simple prevention strategies. Everyone's budget

and commitment to health are different, but let's talk about 3 strategies I call good, better, and best. Let's start with the simplest one, I'll call good. Years ago, a medical doctor taught me an unforgettable lesson about the immune system. He would hand his patients a bottle of Bio-Immunozyne Forte and tell them to take 1 tablet twice a day to raise the foundational vitamins, minerals, and food factors that are necessary for the immune system to work. He told them it takes time for vitamins and minerals to get into the cells where they can activate repair mechanisms. He then told them to take 2 tablets every day for the rest of their lives to combat viruses and cancer cells that our bodies fight continually.

When I first heard that years ago, I thought it was a little extreme. But as I have studied people's diets over the last 30 years, and seen the effects of stress on people's lives, I have seen the wisdom in his approach. And knowing what we now know about Vitamin D, add a bottle of Bio-DK Mulsion, and you have an inexpensive way to build foundational nutrients. 5 drops will provide 5,000 IU of vitamin D and 75 mcg of K2. A program like this would cost about a dollar a day.

A better approach would be to use more high-tech supplements. The research team from Biotics Research took 9 different products that had unique immune modulating properties and were able to reduce the ingredients into 5

This is a transcript from a “video magazine” we send out each week called the Wellness Minute. If you're not getting our Wellness Minute videos each week, sign up at the front desk.

capsules called Immune Support Packs. One pack a day provides the equivalent of 9 different bottles of nutrients.

The ingredients in Immune Support Packs promote a healthy immune system. This means a balanced inflammatory response averting a cytokine storm. Anytime there is infection, the body makes free radicals to fight the infection. The infectious process itself creates free radicals. That's why you hear so much talk about antioxidants like vitamin C and zinc. Immune Support Packs protect against excess free radicals, and they also support cardiovascular health. In addition, they have botanicals that have some unique qualities. For example, Biofilms are recognized as a factor in chronic infection. Biofilms are a self-produced film that protects bad bacteria and fungus from extreme environments. It's kind of a microbial "Protective Clothing". NAC and EGCG from Green Tea, both contained in the Immune Support Packs, disrupt biofilms, allowing your immune system to clean up infection.

Immune Support Packs contain major anti-aging factors as well. For example, one of the biggest interests in anti-aging medicine is "how to protect our telomeres?" Telomeres act like shoelace caps protecting our chromosomes. Telomerase protects and, in some cases, has been shown to increase or lengthen telomeres. Other nutrients in the packs... Astragalus, Vitamin D, Coenzyme-Q10, Green Tea, and

Polyphenols are immune supportive but also support the production of telomerase and have anti-aging effects.

In terms of cost, the better strategy costs around \$2.50 a day. But the best strategy for prevention is have your clinician do some testing and fix what you may be deficient in. Initial cost might break down to \$5 to \$10 a day, depending on the range of tests. But this is a tailor made program and the best approach. My favorites are inexpensive and can have multiple benefits. A zinc taste test is done in the office as a screen. In terms of blood tests, a 25 hydroxy vitamin D and a CBC with differential are an inexpensive way to assess underlying problems. Did you know that most people hospitalized for COVID had extremely low levels of vitamin D? Or that it is extremely rare for people who have blood levels of 25 hydroxy vitamin D over 60 to have breast cancer? Or did you know that if your white blood cells are below 5 there is a good chance you are low in B12 and folate? If you are low in B12 and folate, your body can't make the optimal number of white blood cells to fight infection.

I think you can see that a heart-to-heart conversation about nutrients isn't just about viral protection. I've given you some ideas, but your clinician can put together the right preventative solution for you and your family. Now is the time to contact your clinician. The side effects of a wellness lifestyle are too numerous to mention, but feeling good is at the top of the list.