



# Wellness Minute

Health Information You Can Use On Your Path To Wellness

**THIS AMAZING SINUS  
PRODUCT HAS**

**Antiviral  
Properties  
Against  
COVID-19**



## Xlear for COVID

**“Flush or cleanse nasal  
cavities to reduce an  
excess burden of  
bacteria.”**

With COVID-19 mostly in the rear-view mirror and now talk of the avian bird flu, I thought it might be a good idea to highlight a few concepts that will help us defend our family and friends from future disaster. I recently listened to a fascinating interview with Nate Jones on the High Wire with Del Bigtree regarding his company Xlear. It is founded on some natural principles his dad, Dr. Lon Jones, a Medical Doctor in Texas, discovered with his patients in the 80's.

He understood the time-tested principle to flush or cleanse nasal cavities to reduce an excess burden of bacteria, allowing the body to recover and heal. So, Dr. Lon Jones developed an antimicrobial nasal spray for his patients that com-

bined saline and xylitol that was clearing up ear infections, colds, and sinus infections. Oddly, xy-litol, the sweetener, has multiple antimicrobial properties. Nate said when he heard a woman drove 8 hours each way to purchase it for their family to treat resistant infections, he figured it was time to make it available to the public. It's a great story. But what makes the story germane to our forum is that he knew his product had antimicrobial properties.

For years, doctors have been encouraging patients to rinse nasal passages with saline to reduce microbial load. He had decades of success, so he decided to send it to Utah State University virology department to see if it had antiviral properties. This was in the height of

COVID confusion and misinformation, so he was trying to help his family and friends. He found his product had antiviral properties against COVID-19. When tested, it was the preservative grape seed fruit extract at a dose of 0.2% that was used to stabilize the mixture that reduced COVID -19 to an undetectable amount of infectious virus.

But when he started sharing this exciting find, the Federal Trade Commission sued him for false advertising. The suit is ongoing as of June 2024. I wanted to share the story because the product is available in most of the pharmacies and on his website. It's inexpensive and widely available in case you need something quick. You can also make other nasal

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sprays yourself with iodine. The world's most published cardiologist, Dr. Peter McCullough, has been advocating treating airborne infections like COVID with iodine as well. His team shared a research study that used povidone iodine as a handwash and as a gargle or mouthwash to eliminate viral concentrations to less than 99.99% in 15 seconds.

I love knowing about natural, inexpensive antiviral substances that have zero side effects, and I think it's important for us to share them with others. But I am a huge fan of supporting the body's ability to fight infection.

Here's a 5-part anti-viral strategy you can discuss with your wellness clinician.

- 1) Reduce factors that cause excessive mucus production and inflammation, things like dairy, gluten, and food sensitivities.
- 2) Thin existing mucus with iodine.
- 3) Rinse or wash away excessive mucus with iodine, saline, or products like Xlear.
- 4) Add nutrients that have systemic antibacterial and anti-fungal properties.
- 5) Support the immune system for chronic infections by feeding the immune system with probiotics that adhere to mucosal tissues, immune modulating nutrients, and botanicals.

Three products should be considered. Adult ENT-Pro or Children's ENT-Pro, Bio-Immuno-

zyme Forte, and IAG. Adult ENT-Pro has unique immunomodulatory effects. Adult ENT-Pro has over 40 studies showing its safety, stability, and effectiveness against the pathogens most seen with ENT cultures. It's a tasty, chewable, strawberry-flavored probiotic and has been shown to be effective against 3 strains of Candida, Klebsiella, and two forms of staph to name a few. But it has been shown to strengthen macrophage activity and natural killer cells and increase activity of secretory IgA.

Bio-Immunozyme Forte provides trace minerals, vitamins, and botanical agents. It provides foundational immune supporting nutrients. Supplementing with minerals like zinc and selenium can be powerful if you are deficient. Bio-Immunozyme Forte also provides a healthy dose of antioxidants and immune supporting glands like thymus, spleen, liver, and adrenal, in a neonatal anabolic form.

Another way to support a healthy immune response is to increase natural killer cells. The arabinogalactan product IAG has been shown to increase natural killer cells and supports cell to cell communication.

If you think back to the pandemic, it was fear that made people say and act the way they did. Fear changed the face of America. I encourage you to act proactively now, so when the media cranks up the fear machine, we won't take the bait. We will be prepared. Your body has the ability to fight off any infectious agent and with a little help, the healing process can be shorter and less painful.