

Here are the Best Ways to Protect Yourself from COVID-19: Research Shows!

It's kind of crazy to think that COVID-19 has been around for almost 2 years already. During that time, there has been researching upon researching upon researching done by many scientists, politicians, doctors, and naturopaths all around the world to see how we can best fight off this pandemic.

True to form as a seasoned chiropractor, I started doing my own research when COVID-19 first started way back in the Spring of 2020. Yet I was looking at COVID-19 through a different lens than what's commonly talked about on the news cycles. I was researching COVID-19 to see if there could be anything done against the virus by boosting our natural immune systems through vitamin supplements and healthier living.

I didn't have to wait long. From Dr. Seheult's research that link COVID-19 and the common flu (check out that blog post here to read more), I found that Vitamin D3 and Zinc are highly effective in both protecting people from COVID-19 and helping those who are recovering from the virus. In fact, the flu season itself is caused *by* a lack of Vitamin D3. It's the same with COVID-19. Zinc is an important component to this formula as it's shown to help people who have a harder time recovering from COVID-19 to actually recover.

Both Zinc and Vitamin D3 are easy to find at any local pharmacy, but the good news doesn't end there! Dr. Jin W. Sung has a short YouTube video that shows how Quercetin helps protect the heart from inflammation (check out his original video here: <https://www.youtube.com/watch?v=ey10QMPW9Ic>). This is so important to help prevent COVID-19 as the virus can cause major heart issues and inflammation, especially for the elderly.

Dr. Sung also has research showing that another supplement called N-Acetyl-Cysteine (NAC) is massively effective in fending off COVID-19 (check out his video here: <https://www.youtube.com/watch?v=0uwIMjIVfI4>). NAC is great at removing mucus from the lungs, stopping viruses from replicating (i.e., spreading and multiplying), and removing toxins from the body. This last effect of NAC is especially important as the spike protein (the enzyme that causes COVID-19) is, in fact, one of the toxins that NAC is so good at removing. However, NAC has been harder and harder to find ever since May of 2021, so you might have to really look for it. Though if you can find it, it's a great daily addition to a both Vitamin D3 and Zinc intake.

If there's one thing I've realized throughout these past two years, it's that COVID-19 is not going away anytime soon, no matter how much we may wish otherwise. It's very likely that COVID-19 is going to be like the flu, a yearly occurrence that doesn't ever truly go away. A virus that spreads because that's what viruses do, that's how they work.

But you don't have to be afraid of it! That's the good news amidst this entire pandemic and how you can take steps to protect yourself. COVID-19, like the flu, is entirely treatable with the right supplements. And these supplements will not rack up your medical bills like many other medications would. They're entirely affordable and effective, precisely what we need right now to protect ourselves from the virus and stay healthy.

My Recommended Daily Supplement Schedule

So, all of that being said, I have listed all my daily supplement recommendations to support your immune system and body to stay protected against COVID-19. Even if you have the COVID-19 vaccine, these supplements are still a great way to ensure you don't catch the spike protein again. They also protect you from any mutations or variations (such as the Delta Variant) within the virus itself.

Below you'll find an itemized list of all the supplements I recommend you take as your Maple Grove Chiropractor.

Vitamin D3:

- 10,000 units per day (2-3 tablets)
- Vitamin D3 is vital to boost the immune system to fight of COVID-19 and other viruses.
- It's the single best defense against COVID-19.
- Recommended Product: NatureWise Vitamin D3 5000iu (Amazon)

Vitamin C:

- 1000 units per day.
- It boosts immune system the immune system to fight off COVID-19 and other viruses.
- Recommended Product: Nature's Bounty C 1000 mg (Amazon)

Quercetin:

- Follow bottle instructions.
- It protects the heart from COVID-19 and other viruses.
- Recommended Product: Jarrow Formulas Quercetin 500 mg (Amazon)

Zinc:

- Follow bottle instruction.
- It stops COVID-19 and other viruses from replicating inside the cell.
- Recommended Product: Nature's Bounty Zinc 50 mg Caplets 250ct (Amazon)

N-Acetyl-Cysteine (NAC):

- 2 capsules per day.
- It's the body's best supplement to get rid of toxic proteins such as the spike protein in COVID-19.
- It stops COVID-19 and other viruses from replicating.

- It's the body best supplement to pull the spike protein out of the cells.
- It protects the lungs from COVID-19 and other viruses.
- Recommended Product: NAC-600 from NutriDyn ([www. nutridyn.com](http://www.nutridyn.com))

Liver Detox:

- Follow bottle instructions.
- It cleans out the liver.
- The liver wraps up the toxins that N-Acetyl-Cysteine (NAC) pulls out of the body in water, so the toxins can come out of our bodies through urinating.
- Recommended product: Detox Phase I & II from NutriDyn (www. nutridyn.com)

Water:

- The liver needs water to dispose of the toxins these supplements wash out.

Live a Healthier Lifestyle

Here's the last little nugget of information I want to leave you with. All of these supplements are well and good but living a healthy lifestyle is also key to protect yourself from COVID-19 and other viruses.

- Get proper sleep.
- Increase your daily amount of exercise.
- Decrease your daily sugar intake.
- Decrease your intake of processed food and wheat
- Increase in your intake of vegetables and fruit.
- Get back to whole foods cooking!

By doing these steps (taking these supplements and living a healthier lifestyle), you can boost your immune system, improve your overall health, and you can live your life without fearing COVID-19 or any other virus that may come your way.

Welcome back to health!