

“A lie can travel halfway around the world while the truth is putting on its shoes.”

- **Charles Spurgeon**

This intro will be brief because I have super important information for you. But I chose this quote because this is where we are. We've been lied to for the last nearly 2 years and the truth is only just now starting to come out. It's taken way too long, but at least it's finally happening. The truth is always ultimately revealed. The sad part is that the lies we've been told have killed and hurt people and they're continuing to do so. I'll leave it there for now, but please reach out if you'd like to learn more.

Yours in health,

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Build Your Immune System Now



As you all know, I've always been a huge proponent of building your immune system. It's how I've stayed healthy. But I just learned some super important info that I couldn't wait a couple of weeks to share. Many of you have spent the last almost 2 years in fear, thanks to the fake news. But I'm here to tell you to fear no more. There's a very simple solution to build your immune system naturally.

I recently watched an interview with Dr. Bryan Ardis that was stunning. I've attached the link below and I encourage you to listen to the entire thing. Not only has he been sounding the alarm about ineffective and dangerous approved treatments for the China virus since last Spring, but he also provides a reliable source to purchase critical items that have been banned from many national pharmacy chains.

I want you to understand that we've been living through for the last almost two years is not only criminal, but should be considered crimes against humanity. When the whole truth comes out, and it will, you'll not only be shocked, but furious. The reality is that with early treatments (many of which have been banned) there is over a 99% survival rate for Covid-19. Doctors all over the world have successfully treated patients but that information has been censored. The key is EARLY treatment if you do become ill. Dr. Ardis also discusses the proper treatment protocol that actually works. Don't wait. Be prepared and know how to take care of yourself before it's too late. Knowledge truly is power.

Here's the immune building protocol Dr. Ardis recommends you to begin immediately.

- Zinc – 100 mg/day. Viruses can't replicate in the presence of zinc.
- Quercetin – 1,000 mg/day. This supplement is the mechanism to get zinc into the cells.
- Vitamin C - 5,000 mg/day, possibly more
- Vitamin D – 5,000 IU/day
- Magnesium – 500 mg/day

It's that simple. He also suggests slowly increasing Vitamin C up to 10,000 mg/day. It's not toxic because your body will expel what it doesn't need. Here is the link to his interview as well as his radio show:

<https://rumble.com/vnmmjr-emergency-broadcast-with-guest-dr-ardis.html>

<https://thedrardisshow.com/>

I also want to give a shout-out to another brave doctor, Dr. Zev Zelenko, who has saved thousands of lives in his upstate New York community from Covid-19. He's developed a supplement called z-stack, which includes most of the supplements I've listed above. Here are two terrific interviews with Dr. Zelenko to which I'd encourage you to listen:

<https://rumble.com/vogp3p-dr.-zelenko-we-are-living-through-a-global-bio-weapon-attack-people-have-th.html>

<https://rumble.com/vo9znz-dr.-zelenko-drops-atomic-bomb-where-did-the-influenza-go.html>

This is the link for his protocol: <https://zstacklife.com/products/z-stack>

As I close, I'd like to provide one other source of great information. These are the doctors who came out early on the best ways to treat this illness: <https://americasfrontlinedoctors.org/>

Please reach out with any questions. The bottom line is that NOW is the time to start boosting your immune system. In the meantime, please turn off the fake news and start doing your own research. What you'll learn will shock you and it could ultimately save your life or the life of someone you love.

Be well and have a wonderful month.