

# How to Protect Oneself from Both Flu and Coronavirus

by Wendy Bolt

Those who know me may know that in addition to an Associates Degree in Medical Laboratory Technology, I have studied, and have continued to study, medicine, health and nutrition on my own since 1976. It has been necessary in order to improve my own health to undertake such study and I have had some success with it. In addition, I have written a book on *How I Cleared the Plaque Out of My Arteries* which you can get on Amazon, along with two other books, also on Amazon. See references below the article for more information and for further edification.

We have been using masks, distancing, excessive washing and sanitizing, etc., for some 12 months (starting January, 2020) or more. To the alert observer, it is painfully obvious that these measures alone do not work. The science backs this up. Studies on both the flu virus and the COVID virus show that masks cannot and do not prevent infection.

The Chinese Communist Party (CCP) virus is a tiny virus (about half the size of a flu virus) that went around the world in a matter of weeks. No mask stopped it and no mask will stop it. It is actually necessary for it to spread in order to achieve true herd immunity. However, it is NOT necessary for anyone to get sick or die from it.

What will protect against both getting ill and dying is a robust level in the blood of Vitamin D3; 50-100 ng/ml is recommended by educated practitioners. I personally take 15,000 IU (International Units) per day in order to maintain a level just above 100 ng/ml. I have not become ill from the CCP virus. I have not become ill from the common flu. I did have the common cold in February 2020 which was mild and lasted five days, after I ran out of Vitamin D3 for four days. I will not allow that to happen again!

In addition, it is important to maintain robust levels of Vitamin C (which humans, like guinea pigs, cannot make and have to ingest) as well as all nutrients. Zinc is key here since apparently the CCP virus uses up stores of zinc rapidly and many folks may already be deficient due to poor diet, etc.

A recent study showed that people who were already ill with the CCP virus avoided death with a blood level of only about 34 ng/ml. I do recommend a robust level of 50-100 ng/ml to be on the safe side though.

Most people can supplement Vitamin D (make sure it is Vitamin D3; D2 is not a natural vitamin and can cause problems; D3 is what the body naturally makes) without a problem. However, those with certain metabolic conditions who cannot safely

supplement should work with a competent doctor or certified nutritionist to obtain a protective level of Vitamin D while avoiding any possible problems.

Older folks will need to supplement more than younger folks. I have read that by age 80 one can only make 20 percent of the Vitamin D needed from sun exposure to the skin. It starts around age 60 and decreases from then on.

Don't be fooled by the outdated RDA (in the United States) which was originally developed during World War II. It has not changed much since then despite several updates. Only 600 IU is recommended per day for those under 70 and 800 IU per day for those over 70. This is barely enough to prevent rickets! It does almost nothing to prevent infection, cancer and other conditions. It is now known that every cell in the human body needs Vitamin D. One needs a robust blood level in order to achieve optimum health and protection against infections of all kinds and cancers of many kinds.

Humans have lived for millions of years without vaccines. We did not need them since Mother Nature and God gave us a very competent, complex and efficient immune system. Nowadays, we need to help it in various ways thanks to the thousands of toxins we are exposed to, poor nutrition and diets, bad data from the government (Eat 8 servings of carbs a day? No wonder we are fat!) and more.

It is very important to note that the vaccines (which I call genetic vaccines) now coming out will not prevent infection or death from the CCP virus. They were tested only to find out if they could reduce the time of illness, which they apparently do in some cases. But that's all they do that I am aware of, in addition to causing many serious side effects and death. In addition, it is well known now that vaccines are a root cause of autoimmune disease. Fact: There are more people with autoimmune disease than there are people with cancer or heart disease (but not both). I believe this is a true pandemic and I also believe it too can be prevented. But it takes some work. I know because I have been working on this for many years myself. See my book *How I Cleared the Plaque Out of My Arteries* on Amazon for how I did that and how it also put my autoimmune condition mostly in remission. Vaccines, in addition to injecting a portion of a virus into one's body (which can cause the disease it is supposed to protect against), also contain many other chemicals and substances that are known to cause illness, such as aluminum, mercury, and aborted human fetal cells. Yes, sadly, that is true. If you are considering any vaccine, be sure to read the package insert section on side effects, all of them, and the ingredient list.

The CDC only cautions against previous allergic reactions to vaccine components and a few other things as contraindications or precautions. They completely ignore the fact that vaccines CAUSE autoimmune disease or contribute to it. Those of us who have been dealing with this have found out the hard way that vaccines are a bad idea. In addition, if you or a loved one is injured by a vaccine, you cannot sue the maker of the product. In the case of the COVID vaccines, you cannot even file a claim with the National Vaccine Injury Compensation Program due to recent new laws passed by Congress (in the USA). **UPDATE:** Per the article linked below, you may or may not

receive compensation for any vaccine injury from the newest genetic modifiers. For more information, read the linked article.

My advice is just say "No!" to any of the now three emergency genetic vaccines. They are already causing more death and injury than we imagined possible. And the long term effects are completely unknown. My best guess is that long term, we will be seeing even more cases of autoimmune disease. Not good, since there are already more cases of autoimmune disease than either heart disease or cancer. Your best bet is still ensuring you have robust levels of Vitamin D and keep your health as optimum as possible. Heart disease (in addition to obesity, diabetes, cancer and more) is the most common risk factor for complications from COVID-19 and the shots as well. If you have it, please read my book, *How I Cleared the Plaque Out of My Arteries...* for starters. This is available on Amazon.com.

Per the linked article:

- In the U.S., vaccine makers already enjoy full indemnity against injuries occurring from the COVID-19 vaccine under the PREP Act. If you're injured, you'd have to file a compensation claim with the Countermeasures Injury Compensation Program (CICP), which is funded by U.S. taxpayers
- A significant problem with the CICP is that it's administered within the Department of Health and Human Services, which is also sponsoring the COVID-19 vaccination program. This conflict of interest makes the CICP less likely to admit fault with the vaccine
- The maximum CICP payout you can receive — even in cases of permanent disability or death — is \$250,000 per person, and you first have to exhaust your private insurance policy before the CICP kicks in

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On January 7, 2021, I read of a doctor, Gregory Michael, M.D., who got the vaccine for COVID and was dead in three weeks from a rare autoimmune condition. His body stopped making platelets. His count was zero and despite efforts of the hospital, he died, bled to death internally (platelets are necessary for normal blood clotting). I guess he won't be recommending vaccines anymore. So it begins. Unfortunately, I believe this will be the first of many deaths and injuries from these vaccines. Remember, this is an EXPERIMENTAL vaccine and the people who receive it are the guinea pigs or lab rats. And you know what happens to them. **UPDATE:** As of January 28, 2021, about 200 people have died after receiving COVID vaccines, including Hank Aaron, a famous American baseball player.

**UPDATE:** Per David Martin (see link below), the mRNA "vaccine" is not technically a vaccine. It is not made with an attenuated virus. It is made with the spike protein which triggers an immune response, specifically the body then makes antibodies to this protein. This is a bad move for many reasons. Primarily, the making of antibodies is the LAST thing the immune system does to protect itself and the body. There are at least two major actions that occur before this to protect one's body against a virus. The main reason is that antibodies are toxic to the body and cause many problems just by themselves.

The second major problem is that those with pre-existing conditions are at increased risk of illness and death from CCP virus infection. This is a result of the fact that most Americans and apparently people in other countries as well are not very healthy overall. Per Robert F. Kennedy, Jr., the United States is about number 43 in health outcomes. I believe we used to be in the top three of health outcomes. Not anymore. We are a nation of sick, overweight people (estimated that over 70 percent of the population are overweight). This is not okay. Most chronic diseases are preventable, for example, cardiovascular disease, diabetes type 2 (even type 1 can be prevented; they do a good job of it in Finland by giving a hefty dose of Vitamin D to all infants soon after birth) and cancer. It is not easy but it can be done. And if you already have one or more condition(s), you can reverse it or them. See my book for how I did it. Like I said, it may not be easy but you will get healthy or healthier and live a lot longer and in better condition.

We basically need a new paradigm in the US and other countries. We need to stop relying on drug-pushing allopathic doctors, learn how to achieve real health and take responsibility for one's own health. We need to use any and all types of medical treatment based only on whether or not it works and is relatively safe. Drugs rarely cure anything. I am 70 and I've only taken one drug that cured Hepatitis C, and perhaps a few antibiotics (which caused a lot of problems for years and decades afterwards). But as I explain in my book, I handled the artery problem with only diet and supplements. And my family history was pretty bad. All but two of my mother's relatives that I knew personally had some type of cardiovascular disease and/or died from it. There are no drugs that can cure heart disease. The old paradigm of "managing" illness, that is, keeping one chronically sick and on drugs, does not work and is not safe. It is past time for a new paradigm of actual healing to begin.

I hope this gives you a starting point and some data you can use in your life. It is so important to know the truth so that you can achieve and maintain health. For without health, there is nothing.

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