

## ***SPECIAL Report***

### **How to Strengthen the Immune System**

Bill Bergman, M.D

Copyright ©2020 by Bill Bergman, M.D. All Rights Reserved.

#### **Hello, I'm Dr. Bill, and hope that you will receive valuable information from this SPECIAL Report on 'Strengthening the Immune System'**

I have created this Report after being asked what I'm personally doing and what I'm recommending in order to protect against the possible Coronavirus pandemic. This Report is my current thinking on this subject.

Throughout my professional medical career, beginning while still a medical student at Columbia University College of Physicians and Surgeons, I have always been focused on the most advanced and innovative ways of dealing with serious health challenges.

In 2005 I founded the non-profit Rocky Mountain Resource Network in response to the concerns regarding the Bird Flu.

Now we are facing the possibility of a global pandemic of the Coronavirus. At this time, we are uncertain as to how this challenge will unfold. As we learn more over time, I will be sending additional Health Updates on promoting the health of your immune system.

Fortifying your immune system will *always be a valuable asset for your health and wellbeing* no matter what the future holds.

Sincerely,

Bill Bergman, M.D.

**DISCLAIMER:** This Report is an **educational and informational tool only**. It does not constitute medical or other professional advice or services and is not intended to substitute for the services of licensed health professionals. **Please get the advice of your own family physician or health professional for the best approach for your own personal situation *before* implementing** any concepts in this Report or making any changes to your overall healthcare plan.

## INTRODUCTION

There is a fine line between being prudent and being needlessly alarmed. Since only time will clarify the full extent of this emerging threat, I will do my utmost to accurately inform you as well as make recommendations which I hope will provide some real peace-of-mind.

This REPORT will focus on two important realities:

1. It is always in the best interest of our health and the health of our families that we do whatever we can to improve the vitality of our immune system, the God-given vehicle for fighting infections of all types. A strong immune system also helps us protect against cancer.
2. Anxiety, stress and worry in every form, even when the result of justifiable circumstances, can weaken the immune system. It is my belief that one's faith in God can be the best vehicle for personal empowerment and an attitude of hope and gratitude!

There is possibly encouraging news based on the rate of increase in the epidemic. The so-called "inflection point" is the place where the curve starts to flatten out, signaling that control may be in sight.

Also, the mortality rate currently is 2.3%. In comparison, SARS had a mortality rate of 9.6% and MERS a case fatality of 35%. These figures depend, of course, on the reliability of information from China.

Currently there are great efforts being made to develop an effective vaccine for Coronavirus. With the latest technology, vaccines may be available in the next few months.

Of course, bureaucracies of all types, even medical and public health institutions, are subject to various agendas and while we can certainly be hopeful about an effective vaccine, I believe it is just commonsense to do whatever we can to protect ourselves and our loved ones. Whatever comes of this specific Coronavirus, these kinds of viral epidemics will probably occur periodically and fortifying our immune system is always a good idea, for now and for the future.

## HISTORICAL LESSONS FROM THE PAST

In 1918, as a consequence of the 'Spanish flu', approximately 500 million people, one third of the world's population, became infected. Since it is estimated that anywhere from 50 to 100 million people were killed worldwide, **many who were exposed were not infected, and about 80-90% of those infected were able to survive!**

**This shows us the importance of our own immune system in fighting infections.** If we fortify our immune system, exposure may not lead to infection and, if infected, we will be in a much stronger place to successfully overcome the infection and regain our health!

**HERE ARE THE OFFICIAL GUIDELINES FROM THE CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC): <https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html>**

## **Prevention**

“There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this disease. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow CDC’s recommendations for using a facemask.
  - CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
  - Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for [health workers](#) and [people who are taking care of someone in close settings](#) (at home or in a health care facility).
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
  - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

These are everyday habits that can help prevent the spread of several viruses. CDC does have [specific guidance for travelers](#).”

## **Treatment**

“There is no specific antiviral treatment recommended for 2019-nCoV infection. People infected with 2019-nCoV should receive supportive care to help relieve symptoms. For severe cases, treatment should include care to support vital organ functions.

People who think they may have been exposed to 2019-nCoV should contact your healthcare provider immediately.”

Content source: National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases

## **NATURAL APPROACHES FOR FORTIFYING THE IMMUNE SYSTEM**

We must acknowledge the tremendous value of modern medicine in providing extraordinary help when we are dealing with serious illness, infection and injury.

On the other hand, conventional medicine does not have much to offer when we ask for effective ways to ‘fortify the immune system.’ Happily, we do have the extensive experience within the integrative medical community of ways to reduce the risk of viral and other infections by utilizing nutritional, herbal and homeopathic approaches that are yet to be fully recognized or utilized by the medical profession.

The more we can strengthen the immune system, the more we can be hopeful that we’ll be in the best position to fight off if, necessary, *any infections* that we might be exposed to, now or in the future. This can help to alleviate our anxieties which itself can help improve our immune system!

This report will focus on three approaches to strengthening our immune system:

1. Lifestyle
2. Nutritional supplements
3. Homeopathic formulas

### **1. LIFESTYLE APPROACHES**

The foundation for strengthening the immune system begins with a healthy lifestyle!

Implementing a health-promoting lifestyle to build immunity is the cornerstone for the best prevention:

1. A sound nutritional program of whole, natural, low-glycemic, unprocessed foods, and purified water.
2. Regular exercise and restful sleep.
3. Stress relief and a ‘health-conscious mindset.’

It is helpful to know which foods can provide the best anti-viral protection. Certain foods can provide strong anti-viral production. Some of the strongest foods in this category include:

- Wild blueberries
- Sprouts
- Cilantro
- Coconut oil
- Garlic
- Ginger
- Sweet potatoes
- Turmeric
- Red clover
- Parsley
- Kale
- Fennel
- Pomegranates

## 2. NUTRITIONAL SUPPLEMENTS

On the foundation of a health-promoting lifestyle, certain nutritional supplements offer a significant benefit in terms of fortifying immune system function.

My opinion is that herbal formulas for the immune system are best *short term* when you are actually having symptoms. For protection against infection and to fortify immunity, I have some specific recommendations later in this Report. Unfortunately, finding the highest quality nutritional products can be very challenging. The issue is what is described on the label relative to what is *actually in the bottle*.

Apart from what's claimed on the label, what really matters are the issues of proven purity, standardization and bioavailability:

1. Purity refers to the absence of contaminants like heavy metals or toxic chemical residues.
2. Standardization refers to consistency of active ingredient amounts from bottle to bottle and dose to dose.
3. Bioavailability refers to evidence that the active ingredients are actually absorbed and are utilized by the cells and tissues of the body.

My specific product recommendations are based, not only on these three criteria, but on the clinical experience of the health professional community using nutritional products daily in the care of their patients.

Because of these reasons, I'm recommending the products of Xymogen, a company whose nutritional products I've been using for many years both personally and professionally.

Xymogen is one of the few companies that makes nutritional formulas available only through licensed health professionals. This provides a means of receiving professional feedback on the effectiveness of Xymogen products because doctors will not continue to recommend products from a company unless they see actual benefits for their patients.

Xymogen also has a rigorous program to monitor the internet for companies who sell their products online without the referral of their doctor or other health professional. This protects against the sale of fraudulent products over the internet not actually manufactured by Xymogen.

Regarding specific Xymogen formulas, here are my recommendations to help the body naturally defend itself against an immune challenge:

1. **IG 26 DF** (1-2 caps twice daily) Provides immunoglobulins (IgY) and immunoregulating factors that promote intestinal and systemic health\* Caution: contains egg
2. **ImmunotiX 500™** (1 cap daily on an empty stomach with a full 8 oz glass of water) Beta-Glucan product that supports healthy immune function\*
3. **IgG 2000 CWP™** (1-2 caps twice daily) Supports immune function by providing immunoglobulins (IgG) and other immune factors and supports the body's normal gut repair pathways\*

In addition to these three, there are additional Xymogen products that are also very helpful for immune support:

4. **ProbioMax® DF** (1 cap daily) Highest quality probiotic which helps maintain a healthy intestinal tract (70 % of immune system in is the gut) supports the Natural Immune Response\*
5. **D3 5000** (1-2 softgels daily, as per patient's individual need) Supports balanced immune function\*

Vitamin D helps fend off flu, asthma attacks, [American Journal of Clinical Nutrition](#), March 10, 2010. This was a double-blind placebo-controlled study where the treatment group consumed 1,200 IU of vitamin D3 during the cold and flu season, while the control group took a placebo. The vitamin D group had a 58% reduced risk of flu. Vitamin D3 is also very effective in the treatment of virus/flu infections:

Vitamin D3 helps our body to make an antibiotic protein called cathelicidin, which is known to kill viruses, bacteria, fungi and parasites.

Vitamin D deficiency for adults is 42%, but this is incorrect because the standards are too low. Levels of 30-50 ng/ml are said to be adequate, but every scientific study has shown that levels of 50-100 ng/ml are needed for true protection.

Diet and sunshine are good sources of vitamin D, but most people need to supplement, especially during flu season. Between 5,000-10,000 IU daily is often recommended in the form of a quality supplement.

6. **Zinc Glycinate** (1 cap daily) Promotes immune and reproductive health and supports antioxidant activity\*

Finally, there is a Vitamin C product with a liposomal delivery system available on Amazon. Liposomes are essentially microscopic, nutrient-filled bubbles encapsulated in a double-layer

membrane of essential phospholipids. These small vesicles protect the nutrients from destruction through the digestive system and are able to deliver them in such a way that allows for maximum absorption – outperforming other methods of delivery:

7. **Lypo-Spheric Vitamin C** (once daily) Vitamin C supports immune and antioxidant systems\*

Vitamin C and Immune enhancement: Coronavirus: Exploring Effective Nutritional Treatments, Andrew W. Saul, **Orthomolecular News Service**; January 30, 2020. This article is based on more than 30 clinical studies confirming the antiviral power of vitamin C against a wide range of flu viruses over several decades. Vitamin C inactivates the virus and strengthens the immune system to continue to suppress the virus. Vitamin C helps the body to make its own antioxidant, glutathione as well assist the body in the production of its own antiviral called interferon.

[https://www.amazon.com/Lypo-Spheric-Vitamin-Bioavailability-Professionally-Phospholipids/dp/B000CD9XGC/ref=pd\\_nav\\_hcs\\_rp\\_3/141-3863911-6370441?\\_encoding=UTF8&pd\\_rd\\_i=B000CD9XGC&pd\\_rd\\_r=790f81b4-5e69-4029-9e60-5102d4ad7fd7&pd\\_rd\\_w=VGhZg&pd\\_rd\\_wg=ZzeV1&pf\\_rd\\_p=fc4996aa-0d90-4123-9186-cc653b0a5e38&pf\\_rd\\_r=6VJ4TMENYMBNXXCB4G2X&psc=1&refRID=6VJ4TMENYMBNXXCB4G2X](https://www.amazon.com/Lypo-Spheric-Vitamin-Bioavailability-Professionally-Phospholipids/dp/B000CD9XGC/ref=pd_nav_hcs_rp_3/141-3863911-6370441?_encoding=UTF8&pd_rd_i=B000CD9XGC&pd_rd_r=790f81b4-5e69-4029-9e60-5102d4ad7fd7&pd_rd_w=VGhZg&pd_rd_wg=ZzeV1&pf_rd_p=fc4996aa-0d90-4123-9186-cc653b0a5e38&pf_rd_r=6VJ4TMENYMBNXXCB4G2X&psc=1&refRID=6VJ4TMENYMBNXXCB4G2X)

**\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.**

On the foundation of a health-promoting lifestyle and Xymogen and other nutritional supplements, the use of Homeopathic Formulations can help activate the immune system for Influenza viruses of all types.

### 3. HOMEOPATHIC FORMULAS

Homeopathic healthcare has not yet been officially recognized by mainstream medicine in the United States. The reasons for this are complex and go beyond the scope of this Report. On the other hand, we have the benefit of historical precedent and the extensive experience in Europe and India which confirms the potential of homeopathic formulas to be of great value for the promotion of health and reducing the risk of serious disease as well as during the challenge of epidemics.

One of the leading institutions for the education of homeopathic healthcare is the National Center for Homeopathy: <https://www.homeopathycenter.org/>

Wayne Jonas, M.D. is the former Director of the Office for Complementary Medicine at the National Institutes of Health, and current Director of the non-profit Samueli Institute for Information Biology.

During a hearing before the U.S. House Committee on Government Reform in 2001, Dr. Jonas shared the following testimony:

‘The homeopathic medical literature contains numerous reports of apparently successful treatment of epidemic diseases with homeopathy. Data collected from conventional compared to homeopathic hospitals in the last century consistently reported much lower mortality rates in homeopathic hospitals during epidemics of smallpox, scarlet fever, yellow fever, diphtheria, cholera, and influenza....’

‘More recent data collected by the government of India reports that homeopathic treatment is of use in severe endemic diseases such as malaria, meningitis, and schistosomiasis....’

‘Since 1981, the Central Council for Research in Homeopathy research program sponsored by the government of India has reported on the effects of homeopathic treatment in more than 25 major epidemics....’

By the standards of modern science, ‘Three double-blind, placebo-controlled trials have demonstrated that the homeopathic remedy *Anas barbariae*, *hepatic et cordis extractum* is safe and effective in the treatment of influenza....’

The French Society of Homeopathy Survey, 1998: Twenty-three homeopathic doctors used Influenzinum as a flu preventive over a 10-year period. Results were remarkable in that in about 90% of cases, no instances of the flu occurred, no matter which of several dosage protocols was used!

Considering the potential benefits of using homeopathic formulas for improving immune function, I would recommend adding certain homeopathic products to help fortify the immune system.

### **Homeopathic approach to fortify the immune system regarding possible flu exposure and infection:**

Influenzinum in various strengths, such as 9C or 12X, taken once weekly during the flu season, after exposure or before an expected outbreak: [https://www.amazon.com/Boiron-Influenzinum-80-Pellets-Pack/dp/B00AVKAFV8/ref=sr\\_1\\_4?crid=2MGP9ZZ46RLV4&keywords=influenzinum+9c&qid=1580605470&prefix=influenzinum%2Caps%2C178&sr=8-4](https://www.amazon.com/Boiron-Influenzinum-80-Pellets-Pack/dp/B00AVKAFV8/ref=sr_1_4?crid=2MGP9ZZ46RLV4&keywords=influenzinum+9c&qid=1580605470&prefix=influenzinum%2Caps%2C178&sr=8-4)

Also, consider homeopathic flu formulas that contain *Anas barbariae*, *hepatic et cordis extractum*.

One product Flu + (Flu Plus) contains both the *Anas barbariae* and additional homeopathic ingredients for the flu:

[https://www.amazon.com/gp/product/B0002BWEJW/ref=ppx\\_yo\\_dt\\_b\\_asin\\_title\\_o01\\_s00?ie=UTF8&psc=1](https://www.amazon.com/gp/product/B0002BWEJW/ref=ppx_yo_dt_b_asin_title_o01_s00?ie=UTF8&psc=1)



## CONCLUSION

I hope this report will be of help to you and your family. We all are hoping that the current concerns regarding the Coronavirus will resolve favorably and not lead to rapid expansion and illness.

You may also visit <https://drbergman.com/immune-health> to get additional information and to arrange a 20-minute phone consultation to address the Coronavirus topic *in your particular situation*.

If you have family or friends that you would like to receive this Report, please have them go to: [www.immunitynow.info](http://www.immunitynow.info).

Wishing you and your family the very best of good health and happiness,

Dr. Bill