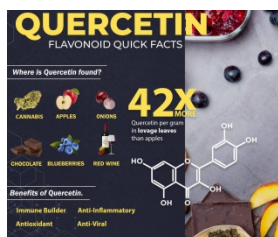


***“Your fears can overpower you only if you let them. It’s time to take back control.”***

- **Jigeesha Muduli**

This is truly the perfect quote for where we are right now. For the last two years, the media has been feeding us constant negative and “scary” information, which has stoked irrational fear in the minds of many. It’s truly unbelievable how many people are (or have been) afraid to go to a restaurant, spend time with friends and family, go shopping or even leave their homes. Please, just turn off the TV and stop listening to the fake news. They don’t call it tele-vision for nothing. They’re trying to get you to live your life under THEIR terms and their vision. Fear can best be defined as False Evidence Appearing Real. Choose FAITH over fear and take back control of your life. You and only you have the ability to make that choice.

## Why You Need Quercetin



In my newsletter two months ago, I wrote about how to build your immune system. One of the supplements included on my list was quercetin and I’ve gotten quite a few questions about it. I decided it was an important enough topic to warrant an entire newsletter to share its benefits.

I first learned about quercetin from Dr. Vladimir (“Zev”) Zelenko, a board-certified doctor in upstate New York with over 20 years of experience. He has successfully treated thousands of patients for the China virus. He’s been nominated for the Nobel Peace Prize. His website is [www.vladimirzelenkomd.com](http://www.vladimirzelenkomd.com). He was the doctor who told President Trump that hydroxychloroquine (HCQ), along with zinc and azithromycin (z-pack), was an effective treatment for the virus. But unbelievably, former disgraced Governor Andrew Cuomo banned the sale of HCQ in the state of New York. Fortunately, Dr. Zelenko figured out that the over-the-counter supplement, quercetin, worked in a very similar manner to HCQ in that it got zinc into the cells, which helped people get well. Therefore, since he couldn’t get his hands on HCQ, he successfully used quercetin in its place. He has since developed his own immune protocol in a supplement called “Z-Stack” (<https://zstack.vladimirzelenkomd.com/products/z-stack>). It includes zinc, quercetin, Vitamin C and D3 all put together in one easy-to-take pill.

Just to make sure you understand what quercetin is, it’s a kind of flavonoid and phytonutrient. These are substances typically found in fruits and vegetables that provide health benefits eaten in the right amounts. It’s also an antioxidant, which means it helps fight free-radical damage. Our bodies can’t make quercetin, so we need to get it from food or from supplements. Here are a couple of delicious sources:

- Berries and dark cherries
- Apples
- Citrus fruits
- Red Wine
- Cocoa
- Green tea
- Kale, spinach and other leafy greens
- Onions
- Broccoli, cauliflower, cabbage and sprouts
- Olive oil

Now that you know where to get it, here are some of its benefits:

- As I stated above, it helps get zinc into the cells, which helps prevent illness and keeps you healthy. It also works as an anti-viral, which hinders the replication of cold viruses. This is most likely the reason it has been so effective in helping with the treatment and prevention of the coronavirus. In my humble opinion, its ability to get zinc into the cells is its most important role.
- It helps reduce inflammation. As I've discussed in previous newsletters, inflammation is the root cause of pretty much all disease. Reducing inflammation will help improve overall health.
- It may help lower cancer risk because it assists in keeping cells healthy. A study published by Boston University's School of Medicine in the *Journal of Biological Regulators and Homeostatic Agents* showed a link between the use of quercetin and other antioxidants and a lower cancer risk. It may also slow down or stop the growth of tumors and the mutation of cancer cells.
- It may help lower the risk of heart disease. Quercetin is thought to improve blood vessel health by allowing blood to flow more easily through your body. It also appears to help reduce systolic blood pressure (the 1<sup>st</sup> number in a blood pressure reading) in people who have high blood pressure.
- It may help slow the aging process since it lessens the impact of oxidative stress on the body.
- It helps fight allergies. Some researches consider quercetin to be a natural antihistamine, though most research to date on this topic has been done on animals, not people. Stay tuned. But it does appear that quercetin can help stabilize histamine release from certain cells, which can decrease symptoms of things like runny noses, watery eyes, coughs and swollen lips. It's actually been used for quite some time in Chinese herbal formulas to block allergies to certain foods like peanuts.
- It's currently being studied as a potential treatment for diabetes. The reason it has potential is because it appears to somehow work with the following cells: the small intestine to regulate the uptake of glucose, muscle and fat cells to decrease insulin resistance, the pancreas to improve the release of insulin and the liver to regulate new glucose production.

How much should you take? There isn't a daily recommended dosage, so it really depends on your health. I personally take 500 mg per day, plus 50 mg of zinc, along with the rest of my supplement protocol. However, if I'm around someone who hasn't been feeling well, I double my dosage for 5-7 days. You need to figure out what works best for you and your body.

As you know, I'm not a doctor, but I'm a firm believer that there are natural treatments for just about everything. Natural medicine targets the CAUSE of what ails us rather than the SYMPTOMS we're experiencing. For me, the bottom line is this: The best way to avoid getting sick is to have a strong immune system. Quercetin is just one of the important tools in my very large arsenal of natural items I have available in my "toolbox" that helps me stay well without prescription medication.

Have a wonderful month and Happy Valentine's Day!