

SIMPLE AND POWERFUL TOOLS FOR A STRONG IMMUNE SYSTEM

by Certified Nutritionist Linda Clayville and Blake Bars



One reason COVID is hitting our nation so hard is because of our poor health. We are the sickest and most medicated nation in the world. This is in large part because of our diet and lifestyle choices, and because we've traded the fundamentals of health for fast food and quick fixes. But now more than ever, it's time to get back to simple and powerful health tools that can strengthen your natural defenses and lead to vibrant health for life.

WATER

Hydration is possibly the best thing you can do for your overall health. 60% of the body is water, the brain and heart are 73% water, and the lungs are 83% water. Your body, cells and organs all function better when you are properly hydrated. Adequate hydration helps your immune system fight off illness and disease, while dehydration increase the likelihood and the severity of illness and disease. Drinking half your body weight in ounces every day is ideal, but if you aren't there yet, start with a quart per day and then work your way up.

NUTRITION

"Food is medicine. Food has the power to heal us. It is the most potent tool we have to help prevent and treat many of our chronic diseases . . . truly what you put on your fork dictates whether you are sick or well, slim or fat, depleted or energized," The Daniel Plan p. 86. Avoid processed foods, fried foods, refined flour and refined sugar (refined sugar is detrimental to the immune system and feeds nearly every disease we face). A diet rich in real, whole, organic food can put you in a strong immune stance and lead to vibrant health for life. Eating 5 to 9 servings of fruits and vegetables per day (1 serving = 1/2 cup) is ideal. Stock the fridge with fruits and veggies you like, because if you like it, you'll eat it.

EXERCISE

Exercise increases mood, endorphins, sense of well-being, energy levels, blood circulation, sexual function, relaxation, sleep, skin health, oxygen supply, removal of toxins, and immunity. Exercise decreases blood sugar, blood pressure, blood fats, risk of cancer, risk of disease, and body fat. Try to do some form of exercise every day even if it's just a short walk or stretching. Start with something easy and attainable. Consistency is more important than intensity. Find something you like doing, because if you like it, you'll do it.

SLEEP

Sleep is when the body heals and repairs itself. Getting to bed too late or not getting enough rest can short circuit physical and emotional health. Conversely, getting regular, adequate rest can support the immune system and long term health. Adequate sleep increases energy and mental function. Adequate sleep decreases stress and cortisol levels, hunger and obesity, and depression. Get 7 to 9 hours of sleep each night. Your sleep routine should be quiet, calm and at a consistent time.

FRESH AIR AND SUNSHINE

Go outdoors and breathe deeply every day. Diseases, including cancers, thrive when there is a lack of oxygen. Regularly air out your house. When sick, consider opening all the windows for fresh air, going outside for a walk, and having a pulse oximeter on hand to monitor your oxygen levels. Exposing just your face to sunlight for a short amount of time produces Vitamin D, which is critical for a healthy immune system. Sunlight also can lift the mood and help to prevent seasonal affective disorder.

MENTAL, EMOTIONAL and SPIRITUAL HEALTH

Cultivate a love of God, love of others and a lifestyle of forgiveness. Don't hesitate to actively seek help in coming to terms with present pain or with old issues. Nine out of ten illnesses originate in the mind. Fear, anxiety, anger, unforgiveness, negative thinking and stress wreak havoc on the immune system and your overall health. Conversely, faith, trust, love, forgiveness, positive thinking and a relaxed mindset are life giving and health preserving. Turn off the news and social media. Start a thankfulness and/or prayer journal. Read and watch uplifting and/or educational material. Spend time with people who focus on the positive and build you up.

This list is not meant to be prescriptive. It's what I, Blake Bars, take for optimal health based on my own research and experience. Of course, you should always look into things for yourself. We all have different nutritional needs. Be sure to talk to your doctor. If your doctor has a strong understanding of nutrition and holistic health, even better. The following info is what I've been learning and applying in my own life over the last few years. I tried to put this list in order of importance for me, particularly in regards to boosting my immune system toward viruses. I take most of this every day, year-round, unless otherwise noted. I do add or replace certain supplements from time to time based on my needs. I highly recommend, the News Release page on the website www.orthomolecular.org. This site is a great resource for information regarding supplements and how to optimize your health and immune system

Vitamin C – 8,000 to 12,000 mg per day in divided doses

I take 3,000 to 4,000 mg three times per day. If I'm sick I will likely take upwards of 30,000 mg or more throughout the day.

Vitamin D – 5,000 to 10,000 IU per day

I typically take 5,000 IU per day and will take 10,000 IU per day when sick, run down, exposed, and/or during the winter.

Magnesium – 500 mg per day

Probiotic

Zinc – 30 to 100 mg per day

I take about 50 mg per day normally and 100 mg per day when sick.

Quercetin – 600 to 1,200 mg per day

I take 600 mg per day normally and up to 1,200 mg per day when sick.

NAC (N-Acetylcysteine) – 600 to 1,200 mg per day

I take 600 mg normally and 1,200 mg if sick.

Glutathione – 500 to 2,000 mg per day

When sick I may, also take NAC and Glutathione together for optimal results (Glutathione is best in liposomal form or given intravenously).

Vitamin E – 400 IU per day

B Complex

Multi-vitamin

Vitamin A – 10,000 mg per day

Oregano Oil

I only take this when sick or run down. Three times per day with food.

Wellness Formula

I only take this when sick. Two to three tablets three times per day.

Nebulized Hydrogen Peroxide (HP)

I'm just learning about this and trying it at home. Be careful with this. You need to learn how before doing it. I use 3% HP or even more diluted than that. Some use straight 3% hydrogen peroxide. Some recommend 1 part 3% HP and 3 parts water or saline. The book, *Rapid Virus Recovery* by Thomas E. Levy has a chapter or two about how to Nebulize HP (free ebook can be downloaded here: <https://rvr.medfoxpub.com/>). I've also nebulized Colloidal Silver.

Vitamin Infusions

I go to Encore Medical Group here in La Grande to get intravenous Vitamin Infusions periodically and/or when sick.