

# ***SIMPLE AND POWERFUL TOOLS FOR COVID AND FOR LIFE***

## ***with Dr. John Winters, 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 principles 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, but if you're not there yet, try eating one whole fruit and/or veggie per day. 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. 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**

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.

## VITAMINS AND SUPPLEMENTS

*This list is not meant to be prescriptive, but is what I, Blake Bars, take for optimal health and to prevent and fight illness. I don't always take everything on this list every day, and sometimes I mix it up with other supplements, but I pretty much stick with these as my base. These supplements have helped me prevent and fight off illness for several years now, but recent studies have steered me toward the importance of Vit C, Vit D3 and Zinc in relation to COVID. A good place to find articles referencing these studies can be found at [www.orthomolecular.org](http://www.orthomolecular.org) and under the link here <http://www.orthomolecular.org/resources/omns/index.shtml>.*

**Multi-Vitamin** - Key nutrients to boost energy, immune system and support overall health. Yes I take a multi and the below supplements. Multis are great all around supplement for vits and mins, but I want higher doses of certain micronutrients (details below). Not all multis are created equal. We can help you find one that's good for you. 1 per day (depends on brand/type).

**Probiotic** - Over 70% of the immune system is in the gut. Healthy gut, healthy you. 1 per day in the morning before food (depends on brand/type). I will take again in the evening if unwell or fighting something. I look for good food sources of probiotics like kombucha and fermented foods like sauerkraut.

**Vitamin C** - Reports from ICUs are showing Vit C deficiencies in a large percentage of critically ill COVID patients. Vit C is a powerful health and immune booster for preventing many illnesses including viral infections and respiratory infections. White blood cells carry Vit C to fight pathogens. Between 2,000 to 10,000 mg per day (I spread large doses out over time, I take near the upper end mg's when fighting bug). I also try to eat foods rich in Vit C like citrus, broccoli, berries and many fruits and vegetables.

**Vitamin D3** - COVID studies have shown that patients with the highest vitamin D levels have shorter and less symptomatic courses of infection. Vit D is essential for healthy immune system function. And is important in maintaining your body's natural balance and preventing many diseases. Take more in the winter time. Less needed in the summer if you are getting 15 minutes of midday sun exposure. 2,000 to 4,000 IU per day. Up to 10,000 IU per day in the winter.

**Zinc** - Adequate zinc also decreases oxidative stress, reduces inflammation, aids in proper immune function and is key for many other important physiological processes According to Thomas E. Levy, MD, "Zinc is needed inside the virus-infected cells to stop (COVID) virus replication by inhibiting viral RNA polymerase." 15 to 50 mg per day (upper end when fighting bug). I also seek out food sources high in zinc like beans, nuts and whole grains. Zinc supplements are less effective than zinc from food without a zinc ionophore. Zinc ionophores, like Quercetin, which can be found in fruits, veggies and supplement form, help carry zinc to the cell.

*If I start to get sick or am exposed, I take toward the high-end doses of the supplements mentioned above and I add one or more of the supplements listed below. It's important for me to start this regime at the very first sign of imbalance and to keep going until I'm completely over it. Nowadays, my diet and lifestyle puts me in a very strong immune stance from the beginning, and then if I start to feel something coming on, I'm so good at hitting the extra supplements right away, bugs rarely take hold, and if they do, they lasts like two days and are very mild. This is true for my wife and my kids now too. When sick or exposed, we will also be extra careful with our diets, getting plenty of fruit and veg, juices and smoothies from the store, extra minced garlic on our food, and avoiding refined sugar and junk food like the plague. We make sure to get extra sleep and plenty of hydration too.*

### Oregano Oil

It is one of the most antioxidant rich oils and is very good at supporting immune response to viruses, bacteria and fungus. Take in capsule with food, because the straight oil can burn your esophagus and it can be hard on an empty stomach. I only take this when I'm fighting something or when I'm exposed. 1 capsule 3 times per day with food when ill.

### Garlic

Great immune enhancer and safe to take all year long. Can help with everything from cholesterol and circulation to cardiovascular health and immune support. Capsule, minced or pickled. Take regularly or 3 times per day when ill.

### Wellness Formula

Combination supplement with too many immune boosting vitamins, minerals and herbs to list. A little powerhouse. This has gotten me through cold and flu season by itself in my early years working here. Take 2 to 3 tablets 3 times per day when ill.

I'm not a doctor, the amount and type of vitamins and supplements I take may not be right for you. What my wife takes and what my children take is different than what I take. Always look into things yourself and consult your doctor (if your doctor understands and advocates for the benefits of nutrition, lifestyle and supplementation, even better).

The tips I've given you for diet, lifestyle and supplementation are simple but I've experience their power. Today, I prevent disease and fight illness with diet, lifestyle and supplementation. My goal is to be at my optimal health for life. You can have a strong immune system and vibrant health for life too. If you aren't doing any of these things, it ok 😊 I didn't get to where I am overnight. It's been many small improvements over several years. Start simple. Focus on one thing on this list at a time. Focus on adding in good things, rather than trying to get rid of all the bad things. Small habits lead to big change over time. At Nature's Pantry, your health is our mission. Come talk to us at the store and we'll help you find the diet, lifestyle and supplements that are right for you – we might even get you a discount ;) Now is the time to put your health first because YOU ARE WORTH IT!

## BOOK AND MOVIE SUGGESTIONS

BOOKS - Orthomolecular Nutrition for Everyone / UnDo It / The Daniel Plan / Vitamin C: The Real Story / Anything written by Andrew Saul and Helen Saul Case. MOVIES - That Vitamin Movie and interviews / Forks Over Knives / Secret Ingredients.