

# Strategies for staying healthy and preventing COVID or any other virus infection

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Updated December 22, 2020

Notes and References to Body Armour – Get Ready For September

## **Immediate strategies:**

Supplementation

Bundle # 1

1. [Vitamin C](#) – liposomal formulation allows for maximum blood levels (fat soluble) as close as one can get to IV vitamin C.
2. [Vitamin D](#)- unfortunately we won't get enough Vitamin D from being outside this time of year.
3. Multivitamin contains Vitamin A, zinc and other trace minerals like selenium [Adult Multivitamin](#) and [Child Multivitamin](#)
4. [Probiotic](#)- to boost the gut bacteria that make your white blood cells
5. [Turmeric/Curcumin](#) – reduces free radicals
6. [Zinc Supreme](#)

If you have symptoms of an infection: get tested for COVID, take Cold and Flu supplementation.

Bundle #2

1. [Vitamin C](#) – liposomal formulation allows for maximum blood levels (fat soluble) as close as one can get to IV vitamin C.
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4. [Zinc Supreme](#)

## **9 Step Healthy Return to New Normal:**

Stress response: fight or flight and fear and how that impacts the immune system  
Psychoneuroimmunology- for more information see Dr. Hyman's interview with immunologist and rheumatologist, Dr. Leonard Calabrese.

Both doctors practiced conventionally and now additionally provide a lifestyle medicine approach.

The important role of Your Vagus Nerve:

<https://www.welcometowellness.ca/post/30-ways-to-stimulate-your-vagus-nerve-functions-disorders>

30 ways to Stimulate the Vagus Nerve: Breathing, Cold (temperature),  
In people 65 or older those receiving regular Chiropractic care was found to have 60% fewer hospitalizations and 85% less pharmaceutical or medically prescribed drug use:

[https://d095631f-e4ff-4534-b993-df76a224dd12.filesusr.com/ugd/deeb8b\\_6622f14ca61e4a3ba01532c302fe2fa9.pdf](https://d095631f-e4ff-4534-b993-df76a224dd12.filesusr.com/ugd/deeb8b_6622f14ca61e4a3ba01532c302fe2fa9.pdf)

Mindset- Knowing your body can fight disease it's meant to - our western world lifestyle- with bad diet and lack of exercise

Dr. Hyman Protect yourself from COVID-19:

<https://drhyman.com/blog/2019/02/27/podcast-ep42/>

<https://drhyman.com/blog/2020/03/17/protect-yourself-from-covid-19/>

Dr. Bland: Your Immune System function is related to your lifestyle:

<https://medium.com/@jeffreyblandphd/reflections-on-the-covid-19-pandemic-b78b3af65d42>

<https://wholefoodsmagazine.com/columns/vitamin-connection/vitamin-c-and-the-immune-system-nutritional-fortification-to-support-defenses-against-viruses/>