

September Strategies for staying healthy and preventing infections COVID or any other virus/infection



September 3, 2020

Notes and References to Body Armour – Get Ready For September
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Immediate strategies Supplementation:

Proper doses if needed to be taken differently than as directed on the bottle (based on your individual health concerns and condition) will be given when you see your Doctor of Chiropractic.

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

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

Bundle #2

1. [Max-Greens Formulation](#)
 2. Protein Formulation Vegetarian, [Whey](#), [Bone Broth](#)
- Exercise- cheapest and most researched- don't have to go to a gym

9 Step Healthy Return to New Normal:

<https://www.welcometowellness.ca/events?pgid=jfb98f60-ee446788-613b-479a-b0c4-656b79085ffc>

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 on "The Secrets to Creating a Healthy Immune System".

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

30 ways to Stimulate the Vagus Nerve:

The important role of Your Vagus Nerve: <https://www.welcometowellness.ca/post/30-ways-to-stimulate-your-vagus-nerve-functions-disorders>

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

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/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7167497/>

Can early and high intravenous dose of vitamin C prevent and treat coronavirus disease 2019 (COVID-19)?

High-dose intravenous VC has also been successfully used in the treatment of 50 moderate to severe COVID-19 patients in China. The doses used varied between 10 g and 20 g per day, given over a period of 8–10 h. Additional VC bolus may be required among patients in critical conditions. The oxygenation index was improving in real time and all the patients eventually cured and were discharged [18]. In fact, high-dose VC has been clinically used for several decades and a recent NIH expert panel document states clearly that this regimen (1.5 g/kg body weight) is safe and without major adverse events [19].

Because the development of efficacious vaccines and antiviral drugs takes time, VC and other antioxidants are among currently available agents to mitigate COVID-19 associated ARDS. Given the fact that high-dose VC is safe, healthcare professionals should take a close look at this opportunity. Obviously, well-designed clinical studies are absolutely needed to develop standard protocols for bedside use.

Dr. Cheng video <https://isom.ca/covid-19-resources/>