

A Common Sense Approach to the Coronavirus

- Written by Dr. Ronda L. Nelson, PhD, MH

I'm sure you have heard more than enough about the Coronavirus, but you may not have heard what I'm about to share. So my friend, take a deep breath and read on. **Because it's really going to be ok.** 😊

First, let's take a step back and look at what's happening with a much wider lens.

The media is at the forefront of 'Coronageddon' and is intentionally driving the hysteria. They have only one tool at their disposal to get viewers to watch their content, and that is FEAR. In order for people to watch or listen to major media outlets, they need something big, scary, and tantalizing to keep our eyes glued to the screen. This sells ads and puts \$\$ in their pockets, which is what they are in business to do.

And, regardless of which side of the fence you reside, this IS an election year, which means there is a planned campaign to get as many eyes as possible on the political ads. Meanwhile, the pharmaceutical ads are suspiciously less in number. The best way to get people glued to the TV is to use fear or imply that something horrible might happen if we don't stay informed. (Because the world as we know it is about to end, according to them.....)

But here's the deal. **This coronavirus thing is not a big deal, despite what the media says.** Just as with any other flu season, certain people are at greater risk. These populations include the elderly, those with compromised immune systems, and this year, those with weakened lungs or severe cardiovascular disease. Other than that, the rest of us are not at any higher risk than we were last year.

That doesn't mean you shouldn't take the same standard precautions if a virus such as the measles (also not a big deal except for those at high risk) or the common cold were floating around. **Wash your hands, don't touch your face or eyes if you've been shaking hands or hugging around, and maintain a proper diet.**

But that's where this scenario goes awry. In general, our dietary habits are horrible compared to our ancestors. Without the essential minerals and other nutrients found in real food (not Frankenfood that has been processed, cooked, boiled, and chemically-modified), our bodies AND our immune systems are less able to ward off any invaders, including the Coronavirus.

So what can you do to protect yourself and your family while the pandemonium is happening around you?

Here are my best recommendations, and what I'm doing myself, so I can go and come freely without concern of 'catching the virus:'

- 1) You need ionized calcium in your tissues, including the nose, lungs, and respiratory tract. The best source of ionizable calcium is in a form known as **Calcium Lactate**
- 2) Once you have the right kind of calcium, your body needs help getting it to the right places in the body. There are two essential ways to do this:

a) Make sure you are taking a food-based vitamin D (not synthetic); this moves calcium from the gut to the bloodstream. I recommend **Cataplex D or Cod Liver Oil** for this.

b) Take the right kind of essential fatty acids to move calcium from the bloodstream into the tissues (lungs, nasal passages, muscles, heart, liver, etc...). This is where calcium can do its best work mobilizing white cells to destroy any incoming virus. I recommend **Cataplex F**.

3) Once the calcium has destroyed the virus, we need a few other nutrients to oxidize it and make it go away for good. I recommend **Cataplex A-C** for this.

4) Some viruses have an envelope around them that prevents the immune system from targeting and destroying it. Certain herbs can help break down and dissolve this envelope, allowing your immune system (and the calcium) to target, attack, and destroy. I recommend **Viranon**, which is a combination of St. John's Wort and Thuja for this.

5) Of course, we never want to forget about including Echinacea as the best way to boost and up-regulate the immune system but beware.....not all echinacea products are alike. I recommend **Echinacea Premium** from MediHerb.

6) And if you are really concerned or at a higher risk, I would suggest adding the following two supplements:

a) **Thymex** - which helps the thymus gland make more killer T cells

b) **Immuplex** – literally a multivitamin for your immune system to ally against viral and bacterial threats!

And finally, **ABSOLUTELY NO SUGAR!!!** This reduces your immune function by 50% or more for at least 30 minutes after ingesting. Instead, focus on an abundance of greens, nuts, and seeds to provide even more of those essential immune-fighting nutrients in your body!

If viruses were so horrible and harmful, we would have LONG AGO become extinct. But we aren't, thanks to our ancestors enjoying a real-food diet full of all the micronutrients their immune systems needed to fend off just about anything!

If you'd like us to send out a care package of any or all of the above-mentioned immune-supportive supplements, please let us know. Otherwise, carefully watch your diet, stay away from sugar, wash your hands, get as much sleep as possible, and get moving. Exercise helps tune up your immune system as well!

Coronavirus Disease 2019 (COVID-19)

What is it??

Coronaviruses are a large family of viruses that are common in humans and many different species of animals, including camels, cattle, cats, and bats. Rarely, animal coronaviruses can infect people and then spread between people,



From past data of other like viruses it is possible that older adults and persons who have underlying chronic medical conditions may be at risk for more serious complications. **Most people with COVID-19, including children, do not have serious problems.** After seeing a doctor, **most get better with rest and fluids.**

The incubation period is estimated at 4 days. Some studies have estimated a wider range for the incubation period; data for human infection with other coronaviruses (e.g. MERS-CoV, SARS-CoV) suggest that the incubation period may range from 2-14 days.

Frequently reported ***signs and symptoms*** of patients admitted to the hospital include fever (77–98%), cough (46%–82%), myalgia or fatigue (11–52%), and shortness of breath (3–31%) at illness onset. Other less commonly reported respiratory symptoms include sore throat, headache, cough with sputum production and/or hemoptysis. Some patients have experienced gastrointestinal symptoms such as diarrhea and nausea prior to developing fever and lower respiratory tract signs and symptoms

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Risk factors for severe illness are not yet clear, although older patients and those with chronic medical conditions may be at higher risk for severe illness. Among more than 44,000 confirmed cases of COVID-19 in China as of Feb 11, 2020, approximately 19% were severely or critically ill. Patients who reported no underlying medical conditions had an overall case fatality of 0.9%,

Based on what is currently known about COVID-19 and what is known about other coronaviruses, ***spread*** is thought to occur mostly from person-to-person via respiratory droplets among close contacts.

- ✓ Practice basic hygiene in a manner to prevent self-contamination. This includes washing hands or using alcohol based hand sanitizer after exposure to people or surfaces that may hold the coronavirus.
- ✓ If you feel under the weather or ill in any way, remove yourself from public places and practice safe hygiene around your family.
- ✓ If you have an unprotected exposure to a confirmed or possible COVID-19 patient, remove yourself from public places and start or increase self-immune upregulating practices.
- ✓ If you develop symptoms consistent with COVID-19 (fever, cough, or difficulty breathing), do not report to work. Contact your doctor and start or increase self-immune upregulating practices.



CDC Recommendations

1. **Avoid close contact.**

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

2. **Stay home when you are sick.**

If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.

3. **Cover your mouth and nose.**

Cover your mouth and nose with a tissue when coughing or sneezing. Flu and other serious respiratory illnesses, are spread by cough, sneezing, or unclean hands.

4. **Clean your hands.**

Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

5. **Avoid touching your eyes, nose or mouth.**

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

6. **Practice other good health habits.**

Clean and disinfect frequently touched surfaces, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.



Dr. Schroeder Recommends FOR HEALTH!

** Ask Dr. Schroeder what support is right for you and your family! We will do our best to support you and keep the below in stock.

***** Protect Your Body*****

Keep your family safe. *Children get wellness adjustments for \$25 when parent is seen the same day at HFW.*

Calcium Lactate SP with Cataplex F SP and Cataplex D

Ionized Calcium supports innate healing response (first line of defense against non-self aka pathogens) while Cataplex D brings the calcium into the blood and Cataplex F drives the calcium into the tissue

Immuplex SP

- Blends essential micronutrients and minerals to support the immune system

Echinacea Premium MH

- Supports white blood cells and lymphatic system function, encourages upper respiratory tissue

Congaplex SP

- Supports upper respiratory tract and thymus gland to provide short term immune support

Andrographis Complex MH

- Short term support for the immune and respiratory system when it is under stress, take if you feel sick

Olive Leaf SN

- Broad spectrum antimicrobial with published studies showing it has antiviral, antibacterial, antifungal, and antiparasitic effects [2, 3, 4]. It may stimulate phagocytosis, prevent viral shedding and even penetrate infected cells and stop viral replication

No Sugar * Stay Hydrated * 8-9 hours of sleep * Light exercise * Lower stress * Personal Hygiene * GET ADJUSTED

***** Stay Healthy – PROTECT YOUR BODY*****

Keep your family safe. Children under 10 get wellness adjustments for \$25 when parent is seen the same day at HFV.

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Keep Calm and Stay Healthy

There are many things you can do to stay healthy; take charge of your health by taking control of your diet and lifestyle.

Good

1. Calcium Lactate- 6/day
2. Immuplex- 3/day

No Sugar * Stay Hydrated * 8-9 hours of sleep * Light exercise * Lower stress * Personal Hygiene * GET ADJUSTED

Better

1. Calcium Lactate- 6/day
2. Cat F-3/day OR Cod Liver Oil- 3/day
3. Immuplex- 4/day

No Sugar * Stay Hydrated * 8-9 hours of sleep * Light exercise * Lower stress * Personal Hygiene * GET ADJUSTED

No Sugar * Stay Hydrated * 8-9 Hours of Sleep * Light Exercise * Lower Stress * Personal Hygiene * Chiropractic Adjustments

Best

1. Calcium Lactate- 6/day
2. Cat F-3/day OR Cod Liver Oil- 3/day
3. Immuplex- 4/day
4. Echinacea Premium- 2/day

No Sugar * Stay Hydrated * 8-9 hours of sleep * Light exercise * Lower stress * Personal Hygiene * GET ADJUSTED

Healthy Kids

- Congaplex Chewable
- Calcium Lactate Powder
- Tuna Omean Chewable