



Building your immune system in light of the emerging Coronavirus

by Dr. Melissa Bennett

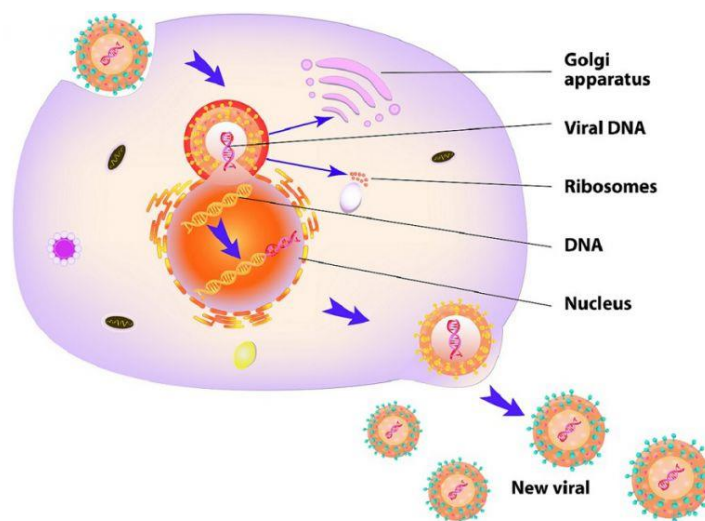
Currently there are many concerns regarding the novel coronavirus (COVID-19) that has emerged around the world. In this edition of the HealthBeat, I want to discuss how you can help support your immune system through nutrition and offer a specific supplement protocol.

Xooma Worldwide has been at the forefront of “Changing the Health of a Generation.” In this case, protecting the health of a generation is a top priority. Several weeks ago, a special call was orchestrated to provide additional information regarding the virus. This call can be found in your back office and you can share it with others. (February 27, 2020 Health Education call: <http://bit.ly/2I50NMC>)

I would also recommend sharing this HealthBeat article with others as well. Information is power, and the more you know, the more confident you can feel. I also realize there is a ton of information in the media. As a result, my objective is to consolidate some of the basics so you will have easy access to share with others.

What exactly is a virus?

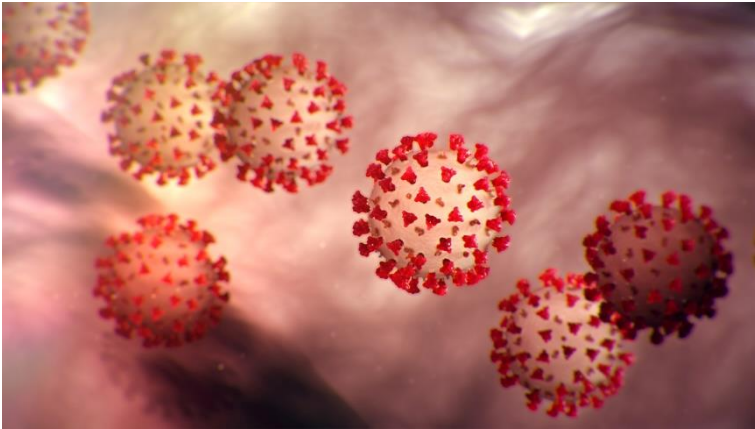
Most viruses in general have basically two components. The entire infectious virus particle, called a virion, consists of the nucleic acid and an outer shell of protein. According to **Molecular Cell Biology** 4th edition, “A virus is a small parasite that cannot reproduce by itself. Once it infects a susceptible cell, however, a virus can direct the cell machinery to produce more viruses.” When you look at a virus from this perspective, you can see that it uses your body’s cells to replicate itself and your body has to figure out a way to break the pattern of replication in order to defeat the virus.



Viruses aren’t alive, so they don’t grow or move themselves. They are basically hitchhikers. They do not eat or use energy, and they can’t reproduce on their own. They do take advantage of our complex machinery, nutrients and energy in our cells, and therefore force the cell to make millions of copies of the virus. This reminds me of the Borg in Star Trek’s Next Generation (television series) whose ultimate goal was to assimilate all species.

We are exposed to over 100,000,000 viruses everyday just by breathing, but our bodies are so amazing! We have tiny warriors called antibodies. Antibodies are our immune system's defense against viruses. They are molecules made by our white blood cells to fight off invaders and keep us healthy. Each of us has more than 10 billion different kinds of antibodies in our bodies. In fact, there are more antibodies in you at this moment than there are people in the world. This is great news. This means you have a large innate army at the frontlines to help your immune system defeat viruses!

Why is Coronavirus (COVID-19) different



So what makes the current COVID-19 virus different from other viruses? According to the World Health Organization (WHO), this specific virus causes more severe disease than seasonal influenza. While many people globally have built up immunity to seasonal flu strains, this is a new virus to which no one has immunity. That means more people are susceptible to infection, and some will suffer severe disease as a result. At the end of the day we are resilient, and our bodies are fearfully and wonderfully made!

As a Naturopathic Practitioner, the goal with any disease is not the disease itself. *The goal is to focus on building up the body through nutrition and lifestyle modifications to create a host environment which is not conducive to the disease process.* We focus on building up the immune system so that your body has the capacity to remain healthy. In doing so, we are not treating disease, but we are increasing vitality.

Recommendations to build your immune system

The following recommendations are great to have on hand and are meant solely for prevention and building of the immune system.

1. At the very first sign of a scratchy throat, chew on a small piece of red onion and allow the juice to flow down the back of your throat. Red onions are an abundant source of flavanols, including quercetin. The Quercetin is a plant flavanol from a group of polyphenols which acts as an antioxidant and has anti-inflammatory properties that help neutralize the sore throat.



2. Start drinking garlic tea with 1 teaspoon of raw honey. Mince whole cloves and allow to sit out for 10 minutes while boiling water. This activates allicin which is a natural antibiotic found in garlic. Place garlic cloves in water and steep for 10 minutes and add 1 teaspoon of raw honey. Drink 4-5 cups throughout the day.

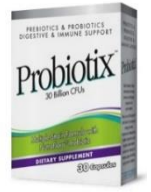
3. Gargle with Bragg's Apple Cider Vinegar diluted with 1/2 cup of filtered water and 1/2 cup of Apple Cider Vinegar. Start gargling at the first sign of sore throat and continue 4 to 5 times throughout the day.





4. Take 10,000 IU of liquid Vitamin D when you are not feeling well, and 5000 IU during cold/flu season. **KardiaXyme™** from Xooma also includes 1000mg of vitamin D.

5. You should always use a beneficial probiotic, especially during the cold and flu season. The majority of your immune system is in the gut flora. If you are currently taking a probiotic and not feeling well, double the dose at separate times of the day. Xooma has a great probiotic formula, **Probiotix™**, with multiple beneficial strains of good bacteria.



6. Take 2000mg of vitamin C in divided dosage throughout the day so 500mg four times a day. If you start to have loose stools, which is rare at this dosage, decrease to 1000mg.

7. Zinc Lozenges (or liquid) have been shown in clinical studies to reduce the duration of a cold. Patients had a rate of recovery which was three times faster than those who did not take zinc. Always take zinc with food and use 50mg.

8. Vitamin A at 20,000 IU per day (beta carotene) is recommended. Vitamin A prevents drying of the skin. This may protect the body from infectious diseases and helps maintain the immune system.

9. Beta Glucan is a soluble fiber which helps increase white blood cells. Take 1-2 times each day.

10. Xooma's **SilverMAX™** is anti-bacterial, anti-viral and anti-fungal. You can take SilverMAX liquid as directed orally and use SilverMAX Gel as a hand sanitizer along with proper hand-washing with soap and water.

11. Maintaining proper hydration with **X2O™** will provide your body with over 70 trace minerals and keep your body in a less acidic state. Remember acidity is linked to disease. I usually recommend 2 X2O sachets (used individually) per day in four bottles of purified or filtered water. One sachet will alkalize and mineralize 2 bottles. Then you can use the discarded sachet in your houseplant or garden to help supplement your plants with needed minerals.



12. Last, but most important, is to use a proper hand-washing technique. Wash your hands as though you were on the oldy but goody show **MASH!** Here's why. It's a great acronym for **Must Always Sanitize Hands!** Pay close attention to your fingernails and use soap, whose molecules "compete" with the lipids in the virus membrane and break it up!



Always remember to keep everything in perspective. Use common sense when it comes to hygiene. When you know the facts you can avoid the hysteria.

A pastor once said that the phrase "Do not fear" occurs 365 times in the Bible. That's one for every day of the year. I personally have not counted them all, but I do know this phrase is emphasized many times because God doesn't want us to focus on our fears, rather on His peace.

In John 14:27 Jesus said, "He leaves us with His peace, not the kind the world gives." Then it goes on to say, "Do not let your hearts be troubled neither let them be afraid..."

It's a wonderful reminder that His promise is perfect peace to those whose focus is on Him and in His ability to give us peace. Isaiah 26:3, "Knowing this gives us comfort and reassurance that He has the whole world in His hands!"

In connection with our health, I also think it's amazing that our bodies must maintain a blood pH of 7.365; 7 days a week, 365 days a year our bodies are designed to keep us out of acidity.

In closing, I love PSALM 91 because I believe it covers us with healing and hope from God. So keep on keeping on and remember, "This too shall pass."

If you have further questions you can always email my office at ptcoordinator@theoliveleaf.com

May you all be blessed and continue to share the knowledge you gain with others to help them on their journey.

Yours In Health,

The Olive Leaf, LLC
Helping You Make Healthy Choices

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Dr. Melissa Bennett, ND is the owner of The Olive Leaf, LLC which is an integrated practice with two locations in Atlanta, Georgia. She is also the Naturopathic Director of New Vitality Medical Institute's age-management program.

Melissa Bennett, ND, CTN, CNW is Certified as a Traditional Naturopath through the American Naturopathic Certification Board. She is board certified in nutritional wellness and has completed her accreditation as a health partner in predictive medicine through Emory University. She is also a member of the American Association of Christian Counselors through Liberty University.

Dr. Bennett is a Certified Natural Health Practitioner and is skilled in the Zollinger method of reflexology from the Heal Center. A devotee of the science of blood type, she is an lFHI Master – earning her designation under the guidance of Dr. Peter D'Adamo. Melissa focuses on total wellness and prevention. Her mission is to help people achieve optimal health and Xooma's products help her fulfill that mission.

Melissa personally recognizes that all aspects of health care serve a constructive purpose. In 2000 she was diagnosed with breast cancer on her 33rd birthday. She underwent two years of chemotherapy and 46 radiation treatments. In part from this experience, Melissa is an advocate of integrated healthcare and knows what it feels like to be sick and also the blessing of being healthy. She believes true health is achieved when your Spiritual, Emotional and Physical states are in harmony. She also believes our Lord is the true Healer and He will direct you if you place your trust under His guidance.

Note: The statements in this publication have not been evaluated by the Food and Drug Administration and are not intended to replace the services of a qualified health professional, nor are they intended to prevent, cure or treat any illness or disease.