

It's been forecast that between 60% and 80% of us (you and me) will contract the Corona Virus because we have no immunity to it. Of those, 80% will show no, or almost no, symptoms, but can easily spread it to others who might get very sick from it. What makes these flu viruses so deadly for some people? "Both influenza and Corona Virus cause an inflammatory storm in the lungs and it is this inflammatory storm that leads to acute respiratory distress, organ failure, and death."¹

Are You Ready for COVID-19?

by Brenda Fenderson

FIRST LINE OF DEFENSE FOR COVID-19: AVOID CONTACT & PREVENT SPREAD



STAY HOME



KEEP DISTANT FROM INFECTED PEOPLE



WEAR PROTECTIVE MASKS



WASH HANDS OFTEN WITH WATER AND SOAP



DRY YOUR HANDS WITH SINGLE USE WIPES



COVER YOUR FACE WITH A TISSUE WHEN COUGHING



DO NOT TOUCH YOUR FACE WITH UNWASHED HANDS



DISINFECT OFTEN ALL FREQUENTLY USED OBJECTS



CALL BEFORE VISITING YOUR DOCTOR



PRACTICE GENERAL HYGIENE

- The Corona virus is not a living organism, but a protein molecule (DNA or RNA, in this case RNA) covered by a protective layer of lipid (fat), which, when absorbed by the cells in the eyes, the lining of the nose or the lining of the cheeks and back of the lips, changes their genetic code. The virus causes a mutation in the cells and converts them into aggressor and multiplier cells.
- Since the virus is not a living organism but a protein molecule, it is not killed, but decays on its own. The disintegration time depends on the temperature, humidity and type of material where it lies.
- The virus is very fragile; the only thing that protects it is a thin outer layer of fat. That is why any soap or detergent is the best remedy, because the foam CUTS the FAT. That is why you have to rub so much: for 20 seconds or more, to make a lot of foam. By dissolving the fat layer, the protein molecule disperses and breaks down on its own.
- HEAT melts fat; this is why it is so good to use warm to hot water for washing hands, clothes, dishes, and everything. In addition, hot water makes more foam and that makes it even more useful.
- Alcohol or any mixture with alcohol over 65% DISSOLVES ANY FAT, especially the external lipid layer of the virus.
- Any mix with 1 part bleach and 5 parts water directly dissolves the protein, breaking it down from the inside. Never mix with ammonia.
- Oxygenated water (hydrogen peroxide 3%) was effective in deactivating rhinovirus within 8 minutes, a virus much harder to destroy than COVID-19. Use it full strength, don't dilute. You will need to wear gloves because it can do significant harm to your skin.
- Inappropriate use of disinfectant cleaners like bleach, peroxide and ammonia really do kill people. So follow label instructions.
- NO BACTERICIDE OR ANTIBIOTIC KILLS THE VIRUS. The virus is not a living organism like bacteria; antibodies can-

1. "Nutraceuticals have potential for boosting the type 1 interferon response to RNA viruses including influenza and coronavirus," by Mark F. McCarty and James J. DiNicolantonio (<https://doi.org/10.1016/j.pcad.2020.02.007>). It appears in "Progress in Cardiovascular Diseases" published by Elsevier.

not kill what is not alive.

- NEVER shake used or unused clothing, sheets or cloth. While it is glued to a porous surface, it is very inert and disintegrates only after around...
 - 3 hours (fabric and porous),
 - 4 hours (copper and wood)
 - 24 hours (cardboard),
 - 42 hours (metal) and
 - 72 hours (plastic).

But if you shake it or use a feather duster, the virus molecules float in the air for up to 3 hours, and can lodge in your nose.

- The virus molecules remain very stable in cold outdoor air, or air conditioners in a workplace, store, house and car. They also need moisture and darkness to stay stable. Therefore, dehumidified, dry, warm and bright environments will degrade the virus faster.
- UV LIGHT (sunlight) on any object that may contain COVID-19 breaks down the virus protein. For example, using UV Light to disinfect and reuse a mask is perfect.
- The virus CANNOT go through healthy skin. If the skin is chapped and cracked, bacteria and staph can enter the skin, but the Corona Virus enters primarily through the respiratory system.

- Vinegar is NOT useful because it does not break down the protective layer of fat.
- SPIRITS and VODKA do not fight the virus. The strongest vodka is 40% alcohol, and you need 65%.
- LISTERINE DISSOLVES THE FAT LAYER! It is 65% alcohol. It can be effective in degrading the virus in the mouth.
- The more confined the space, the more the virus can concentrate. The more open or naturally ventilated, the less build up occurs.
- You have to wash your hands before and after touching your eyes, mouth, lips and nose, food, locks, knobs, switches, remote control, cell phone, watches, computers, desks, TV, etc. And when using the bathroom.
- You have to MOISTURIZE YOUR HANDS AFTER DRYING. They become cracked and worn down from so much washing. If your hands are dry and cracked, soap and alcohol disinfectants don't work as well because the virus molecules can hide in the micro cracks, plus you may be less likely to wash as often. The thicker the moisturizer, the better. Consider petroleum jelly.
- Also keep your NAILS SHORT so that the virus does not hide there.
- Information from JOHNS HOPKINS HOSPITAL, and Irene Ken, MD.

SECOND LINE OF DEFENSE FOR COVID-19: BOOST YOUR IMMUNE SYSTEM

It's often been said that the best defense is a good offense. Preparing your immune system to do battle with the COVID-19 virus, should you become infected, is only prudent and wise. But first, reduce your likelihood of exposure to COVID-19 by taking the measures recommended by medical authorities and this article. (2) Make sure all the systems of the body are operating at peak efficiency so your body can effectively fight the virus. Exercise, sunlight, nutrition, water, sleep; these are vital in providing your immune system energy and nutrients to fight the virus. (3) Take targeted supplements that may enable your body to slow the rapid population of the virus throughout your cells should it enter your body. Be careful. Listen to health professionals in regard to this. Some supplements may make it worse. Your goal is to be one of those people who shows little or no symptoms of the virus, should you contract it.

We know that the human body has powerful defenses that are capable of fighting off the COVID-19 virus in 80% of people. Are you one of the 80%, though? If you have any of the chronic diseases like heart disease, diabetes, hypertension, dementia, etc., your body is very familiar with low grade, chronic inflammation, as it is the body's low grade, inflammatory response that is the major cause of chronic disease. In a body that is already struggling to contain inflammation, the COVID-19 virus stimulates an over-exuberant inflammatory response in the lungs, leading to lung damage, "acute respiratory distress, organ failure, and death."¹ When the body's immune response is already compromised fighting low-grade inflammation associated with chronic disease, an acute lung inflammation caused by COVID-19 can become life-threatening very quickly. Natural treatments (not anti-inflammatory medications) have the best chance of decreasing the inflammatory response, enabling the immune system to adequately manage the body's response.

WHAT ARE THE BEST NATURAL TREATMENTS?

1. Water, Fresh Air, Sunlight & Exercise: A Big Boost! First thing when you arise in the morning, drink a big glass of water or two,

then exercise in fresh, outdoor air, expanding your lungs as you breathe deeply. Fresh air is loaded with oxygen, negative ions and other immune boosters that strengthen the lungs and nourish the blood that flows throughout your body. Aerobic exercise, for up to an hour, is the most beneficial form of exercise for boosting your immune system. Go outside by yourself or with someone who lives with you and walk, run, ride bikes, swim, and get your blood circulating. Be careful to maintain the recommended 6 foot social distance should you encounter anyone. Sitting around inside the house, breathing stale, heated air, is not good for your lungs or your circulation. It makes your blood thick and sluggish, compromising your body's ability to mount a healthy immune response when a virus attacks. Healthy blood takes nutrients to the cells and picks up waste from the cells carrying it to the kidneys where the blood is cleansed. Your immune system depends on healthy, efficient circulation. A buildup of waste in the cells can become toxic. Water, sunlight, exercise, and fresh air are necessary to the maintenance of smooth-flowing, life-giving blood.

2. Load your body with NUTRIENTS FROM WHOLE FOOD. Plan your meals to be rich in nutrients from plants! Studies show that nutrients consumed in whole fruits and vegetables work hand-in-glove with hundreds of nutrients and chemicals in the body that enhance their absorption and utilization. An apple, for instance, that contains only about 8.5 mg of Vitamin C, when consumed whole, and combined with the body's store of chemicals and nutrients, results in Vitamin C activity equivalent of 1500+ mg of Vitamin C. The body knows exactly how to absorb the nutrient blends it creates, producing bio-active Vitamin C that is far better than Vitamin C in a capsule. Focus on eating lots of leafy green salad, Brussel's sprouts, broccoli, cauliflower, cabbage, carrots, citrus, bell peppers, oranges, grapefruit, kiwi, berries, cantaloupe, etc.

3. SLEEP gives your body the time it needs to rebuild and regenerate. Sleep is when your body does most of its healing. Your immune system is very active while you sleep. Plan your evening to enable you to be in bed, ready to sleep by 10 pm.