

## Care for the Body

By Claire Papin

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The immune system is the body's first line of defense against infection and disease. I've been collecting information shared by sources that I value greatly (Anthony William bestselling author of "Medical Medium," Mike Adams the Health Ranger, etc.). Nothing is yet proven to cure the Covid-19 virus. However, these sources offer supportive wisdom to help support the body's natural immunity to prevent and minimize symptoms when an illness attacks the human body.

Author **Anthony William** says that "these foods (mentioned below) are not only important for preventing and recovering from colds and flus, but also for strengthening and building up your immune system, healing from chronic illness and symptoms, detoxifying your body, and much more. The more you include them regularly, the more you'll heal and the better you'll feel over time!" Here are a few of the foods he mentions and the reasons he says they help:



**Celery Juice** – "kills off pathogens, including flu viruses. It's unique form of vitamin C doesn't need to be converted by the liver, which means it instantly strengthens the immune system. Drink 16 ounces or more of plain celery juice on an empty stomach. Read [Medical Medium Celery Juice: The Most Powerful Medicine of Our Time Healing Millions Worldwide](#) for more information on how to use this herbal medicine to heal."

**Cucumber Juice** – he says it "has anti-fever compounds and agents that help calm a fever like water on a fire. It's also deeply rejuvenating and hydrating. Drink 16 ounces or more of plain cucumber juice on an empty stomach. Or drink it anytime you have a fever."

**Lemon Water** – Anthony shares "this is excellent for the immune system, detoxifying the liver

and body, rehydrating, and even helping with nausea. Squeeze half a lemon into 16 ounces of water every morning first thing. Make more to drink throughout the day.”

**Ginger Water** – “helps prevent colds and flus and helps alleviate fatigue, nausea and sore throats. Ginger also has its own signature variety of vitamin C and helps bring the body out of a reactive state when you’re sick.”

**Thyme Tea and Water** – “are anti-viral and help soothe coughs, relieve fevers, and fight colds and infections.”

**Turmeric Ginger Shots** – “a potent combination of just fresh turmeric and ginger juice, or try the recipe with oranges and garlic too. These shots boost the immune system and can be sipped on all day when you have a cold or flu or anytime.”

**Fresh Fruit, Leafy Greens & Vegetable Juices** – “offers a plethora of nutrients and antioxidants your body needs to heal. In juiced form, they allow the body to heal as easily as possible. Try juicing apples, oranges, cucumbers, asparagus, melons, pears, celery, cilantro, parsley, dandelion, spinach, kale, radish greens, and more.”

**Healing Broth** – he says is “healing, cleansing and nourishing all at the same time. It’s rich in minerals that need replenishing when you have a cold or flu. Check out the Medical Medium Healing Broth recipe at <https://www.medicalmedium.com/blog/healing-broth>. It’s best to strain out the vegetables and sip on just the broth when you have a fever.”

**Raw Garlic** – “is antiviral and antibacterial, killing off only unproductive bacteria. It’s also immune strengthening. If you feel like you’re coming down with something like a sore throat, cold, or flu, mince one raw clove of garlic and mash it into half an avocado, banana, or some cooked potato. Repeat this three times daily until you feel better.”

**Raw Honey** – “assists your body in keeping a strong first line of defense by strengthening neutrophils and macrophages so they can fight off pathogens. If you feel like you’re coming down with something, take a teaspoon of raw honey before bed. Add raw honey to lemon water to enhance the honey’s bioflavonoids and give the drink an additional immune boost.”

For more information on healing foods, check out [\*Medical Medium Life-Changing Foods: Save Yourself and the Ones You Love with the Hidden Healing Powers of Fruits & Vegetables\*](#)

Here are a few important immune-strengthening supplements that Anthony suggests with hyperlinks to a company he recommends: [liquid zinc sulfate](#), [cat's claw](#), [vitamin C](#) (calcium ascorbate is most preferred, citric acid is not considered to be the best type), [lemon balm](#), [L-Lysine](#), [B-12 with adenosylcobalamin and methylcobalamin](#), [spirulina](#) (helps to keep viruses from replicating), and [chaga](#) (studies have shown that this type of mushroom is filled with compounds and nutrients that can help people achieve optimal health and support the immune system). **Anthony also talks about Vitamin C Drink** – “open 2 caps of Ester C into glass of water, put in honey and squeeze and orange and drink.” For further support, consider some of the [top herbs and supplements for colds and flus](#).

## A Few More bits of wisdom from other sources ...

**Mike Adams – Health Ranger** says “Cases show that, Vitamin C, up to 10,000 mgs a day, offers protective benefits. When dealing with stronger viruses it may require larger doses, up to 100,000 to 150,000 mgs given intravenously. If intravenous Vitamin C is unavailable, you can gradually increase oral doses up to 50,000 daily before reaching bowel intolerance. (It is said that) every virus seems to respond to this treatment (writes Saul) – regardless of whether it is SARs, Bird flu, Swine flu, or the new Coronavirus flu.”

**Ty Bolinger (“The Truth About Cancer” docu-series)** says that “There are natural ways to fight off viral infections and keep your immune system healthy, [one of which is vitamin C](#), which is currently being used in China against COVID-19 coronavirus and has been officially recommended by the Shanghai government. There are many sources who have said that the coronavirus **can be** dramatically slowed, or stopped, with the immediate widespread use of high doses of vitamin C, and that physicians have demonstrated the powerful antiviral action of vitamin C for decades.” Another source shares that “*Research shared by China and their research teams have shown that through intravenous injections of high amounts of Vitamin C (over 6000 mg/day) over the period of 3 – 4 days that they are able to help the body beat the virus.*”

**Vitamin D3** – many sources value the supportive effects of Vitamin D3 and ask that we “consider taking 5,000 to 10,000 IU daily, or follow instructions of your physician. If you already have the flu your doctor may recommend 50,000 IU daily for 5 days, then taking 5,000 to 10,000 as a maintenance dose depending on your current blood levels.

In addition to Vitamin C and Vitamin D3, other nutrients that can be important for strong immune function are iodine, selenium and magnesium. I’ve read that “**Iodine** is essential to not only fighting off an infection it is necessary for proper immune system functioning. There is no bacteria, virus, parasite or fungus that is known to be resistant to iodine.”

According to a [recent article from Italy](#), “**melatonin** may be a truly unique molecule to fight against COVID-19, and that having adequate melatonin levels may reduce the infectiousness of coronavirus and may also diminish the chances of developing acute respiratory distress syndrome and acute lung injury.”

**A Note About Colloidal Silver** - “silver has been utilized as a medicine since ancient times to treat scores of ailments, including the bubonic plague. It works by interfering with the enzymes that allow a virus to utilize oxygen thus, in essence, suffocating it so it cannot do damage in the body.” And another source says that “Colloidal silver products are popular among holistic health circles and are touted as an effective antibacterial agent. However, recent studies have shown that colloidal silver can handle infectious viruses as well. In a study published in the *Journal of Nanotechnology*, a research team comprising of members from the [University of Texas](#) and [Mexico University](#) in Nuevo Leon found that silver nanoparticles could [kill HIV-1 and other types of viruses](#) in only three hours. The team incubated HIV-1 virus samples at 37 C and observed that the silver nanoparticle-preparations they tested eliminated 100 percent of the virus. There are also studies that focused on the efficacy of colloidal silver against respiratory viruses similar to the novel coronavirus. A study published in the *International Journal of Nanomedicine* found that silver nanoparticles [reduced the viral infectivity](#) of human parainfluenza virus type 3. Researchers from the [University of Naples](#) theorized that silver is

capable of doing so by blocking the interaction of the virus with the cell.” Some say you can use Colloidal Silver at 10 to 20 ppm to prevent infections, it’s best to use nanoparticle colloidal silver.” Here is one to explore ...

[https://www.amazon.com/gp/product/B01LSNF3Y0/ref=as\\_li\\_qf\\_sp\\_asin\\_il\\_tl?ie=UTF8&tag=wwwmedicalmed-20&camp=1789&creative=9325&linkCode=as2&creativeASIN=B01LSNF3Y0&linkId=ef82a575c6835957dd3c8b9d01ff02da](https://www.amazon.com/gp/product/B01LSNF3Y0/ref=as_li_qf_sp_asin_il_tl?ie=UTF8&tag=wwwmedicalmed-20&camp=1789&creative=9325&linkCode=as2&creativeASIN=B01LSNF3Y0&linkId=ef82a575c6835957dd3c8b9d01ff02da).

**Probiotics**, “beneficial bacteria that improve immune function and fighting off disease at the level of mucosal immune cells (cells that line the gut “walls”) and intestinal epithelial cells (cells that line the intestines “walls”).”

**Elderberry**, “is considered to be one of the [most used medicinal plants in the world](#) and has become a popular supplementary food against symptoms of the flu and common cold. While there are many species of elderberry, *Sambucus nigra* is often used for medicinal purposes due to the many health benefits it provides. However, *Health Impact News* reported that buying a prepared formula made with *S. nigra* is better than making your own from fresh berries. This is because elderberry contains natural toxins called cyanogenic glycosides which can cause vomiting, nausea, cramps and diarrhea (if not cooked).”

They go on to say that “Recent research has established that elderberry could reduce the effects of the common cold and influenza. A study done by researchers from the [Hebrew University](#) in Jerusalem enrolled patients who exhibited flu-like symptoms and asked them to take 15 milliliters (mL) of elderberry syrup four times a day for a testing period of five days. Their findings revealed that those who took the elderberry syrup recovered four days earlier than participants who took regular flu medications or a placebo. Furthermore, another study, published in the journal *Nutrients*, gave 312 economy class passengers a 300 milligram (mg) dose of elderberry extract three times per day. The researchers found that passengers who got sick during the flight experienced much tamer symptoms and had shorter periods of illness, suggesting a [significant reduction in cold duration and severity.](#)”

**UV light** is also widely talked about, at certain levels and at certain amounts of time, they say that sun exposur supports health, and the UV rays, can help with disinfecting the virus on surfaces.

**Mike Adams, the Health Ranger, talks about Coconut Oil** - “Given the considerable scientific evidence for the antiviral activity of **coconut oil, lauric acid and its derivatives**, and their general safety ... Dayrit and Newport’s paper proposed three mechanisms to explain why lauric acid (C12) and monolaurin, its derivative, harbor potent antiviral properties. They claim that previous research has shown that both lauric acid and monolaurin contribute to the disintegration of the virus membrane, inhibit the maturation of the virus, and prevent the binding of the viral proteins to the host cell membrane. The researchers noted that coconut oil and its derivatives are safe and effective antiviral compounds that can be used on both humans and animals. In fact, because of the antiviral and antibacterial protection these compounds provide to animals, they are often used as veterinary feed supplements for chickens, swine and dogs. **Monolaurin**, in particular, has been shown to be effective at protecting chickens against the avian influenza virus.” <https://www.naturalnews.com/2020-03-06-philippines-singapore-coconut-oil-potential-cure-coronavirus.html>

**Additional Anti-viral Foods** ... Cilantro, fennel, kale, parsley, pomegranate, red clover, sprouts, licorice root, Oil of Oregano, and wild blueberries.



**Keep exercising** - Exercise has many benefits. It helps to maintain immune health by getting white blood cells moving through the body. These tend to be quite sedentary, according to Prof. Akbar, cited above. "Exercise mobilizes them by increasing your blood flow, so they can do their surveillance jobs and seek and destroy in other parts of the body." It reduces stress and boosts feelings of wellbeing and happiness, which are also good for general health.

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