

## Strengthening our Immune Defense System Cells

There are many protective “scout” cells in the body’s outer defense perimeter – they kill disease organisms, release chemicals that stimulate cleanup and send out messages to other cells to make proteins called antibodies that are ready to come next time the bad organisms enter.

The best immune system has many healthy “scout” cells ready to clobber the bad disease organisms quickly right at the entry point into our bodies. This is the most efficient, effective way that we can respond resulting in little or no symptoms of illness. This handout reviews some ways to help those immune outer cells that patrol our body’s entry points.

Making healthy food choices is the first step to provide the “tools” the defense cells need to do their jobs. Say “no” to choices that would harm the defense cells. Say “no” to refined sugars (organic raw unfiltered honey and organic maple syrup are the healthiest sweetener choices); say “no” to soy unless it is non-GMO and fermented (such as miso, natto and tempeh); grains need to be presoaked and pressure-cooked; say “no” to cow dairy products as many people are sensitive to cow casein (sheep, bison or goat dairy products may be fine); avoid store-bought processed foods; limit chemicals like caffeine, smoking anything and alcohol. High fructose corn syrup is harmful to the body in many ways such as it inactivates Vitamin D in the body and is toxic to the liver.

### PROTEIN

The body needs enough **COMPLETE** protein (containing all the essential amino acids that we cannot make ourselves) each day to rebuild old dying cells. Use the following calculation to know the **MINIMUM** grams of protein for the body’s maintenance needs each day:

Body weight in pounds X 0.36 . The result gives the minimum grams of COMPLETE protein per day . More is required during pregnancy, lactation, serious exercise, during illness and for healing.

There are many sources online to find out how many grams of COMPLETE protein are in meats, eggs, fish, quinoa, buckwheat, amaranth and fermented soy. Plant foods do not contain carnitine, choline, collagen, Vitamin B12, carnosine, creatinine, retinol, CoQ10, or taurine. Note that cooking decreases quinoa’s protein content by 66%. So be sure to take that into account planning the protein amount from quinoa.

### FATS

Healthy saturated fats are needed daily because all human cell walls (including immune cells) are built with these. Good choices are butter, egg yolks, ghee, coconut oil, palm oil, and other animal meats and fish. Grass-fed and pasture raised animals or wild caught fish have the proper balance of omega 3 and omega 6 fatty acids for us to make healthy cells. If we do not eat enough healthy saturated fats in our diets, the body has to make the saturated fats to build and repair cell walls. Coconut oil is also good because it contains medium chain length fatty acids which are very easy for the body to use. Stop using bottled plant/seed oils (contain too much omega 6 linoleic acid which damages cells by limiting mitochondrial function so the cells cannot produce energy, contributes to sunburn and skin cancer, etcetera (many references are in PUBMED.gov); many nuts have a high linoleic acid content (least amount in macadamias and cashews); for cooking use butter, ghee, lard, or coconut oil.

**Sources:** BMJ 2016;353:i1246. Atherosclerosis, Thrombosis and Vascular Biology 2004;24:498-503. Journal of Nutrition, Health and Aging 2018;22(8):885-891. British Heart Journal 1995 Oct;74(4):449-454. The Lancet Aug 29, 2017;390 (10107):2050-2062.

## **Cholesterol levels are not affected appreciably by eating healthy cholesterol foods.**

**Sources:** Read the 2015-2020 Dietary Guidelines for Americans ( Health.gov 2015 DGAC Dec. 15, 2014 PDF and Health.gov Dietary Guidelines 2015 Overview) and the scientific review published in the Expert Review of Clinical Pharmacology in 2018 (Sep 10, 2018 DOI: 10.1080/17512433.2018.1519391). These explain that “cholesterol is not considered a nutrient of concern for overconsumption.”

## **CARBOHYDRATES**

Carbohydrates give energy to the immune cells and the best sources are fruits and vegetables. Various colored veggies (especially if organically grown) supply many vitamins and minerals which are needed for the “scout” defense cells to protect the body.

## **FIBER**

Plant food provides fiber to help stool move through regularly to take out toxic byproducts of digestion and toxin breakdown. It also feeds the good intestinal bacteria to function in many ways, including generating butyrate which feeds intestinal lining cells and is also an anti-cancer substance.

## **WATER**

Be sure to stay well-hydrated. Drink filtered water and add electrolytes. Add ½ teaspoon pink Himalayan or grey Celtic sea salt or Real Salt to a quart of water. The Environmental Working Group (EWG.org) lists the contaminants in each town to find out what is in your tap water. Look at the list of water contaminants removed by two filtration pitchers: [epicwaterfilters.com](http://epicwaterfilters.com) and [clearlyfiltered.com](http://clearlyfiltered.com)

## **TIME RESTRICTED EATING**

Consume all the food you want between 6-8 hours each day and the rest of the 24 hour day is fasting and only drinking water. Can be done daily or less often. This fasting causes a mild stress response in the body which heightens alertness of the immune system and helps efficiently burn fat for energy. Best to stop eating at least 3 hours before bedtime. During fasting periods, hydration is critical – drink plenty of water and/or electrolyte solution. Fasting is contraindicated in children younger than 18 (due to impaired growth), malnourished individuals, during pregnancy or breastfeeding, and those people with underlying medical conditions.

**Sources:** The Epoch Times, June 8, 2022, “Using Autophagy to Clear Spike Proteins from the Body” by Dr. YuHoung Dong; <https://worldcouncilforhealth.org/resources/spike-protein-detox-guide/>;  
<https://drjockers.com/5-healing-benefits-intermittent-fasting/>

## **DAILY SUN EXPOSURE**

Sunshine promotes excellent health in many ways including: UVB rays which activate Vitamins D and A in the skin, stimulates the pineal gland and cell mitochondria to produce melatonin (a powerful anti-oxidant), increases glutathione (which detoxifies the body including neutralizing Covid-19 spike proteins), optimizes serotonin production for improved mental health, provides infrared light rays which activate the melatonin inside body cells that repairs mitochondria – the energy creating organs inside cells. If you cannot get 10-20 minutes of sunshine daily without sunscreen, a Vitamin D3 supplement may be required. Ask your physician or nutritionist.

## **SAUNAS**

Taking a sauna has many health benefits: detoxifies spike proteins, improves cardiovascular function, reduces all-cause mortality, lowers blood pressure, reduces risk of dementia, strengthens immune function, improves athletic endurance, reduces inflammation, activates stem cells, improves insulin sensitivity and reduces stress hormone production. Fat-stored toxins are mobilized so the body can remove them.

(<https://worldcouncilforhealth.org/resources/spike-protein-detox-guide/>)

## **ELECTROMEGNETIC FREQUENCIES (EMF)**

There are damaging man-made electromagnetic fields (EMFs) we are exposed to daily: magnetic fields (MFs), electric fields (EFs), dirty electricity (DE) and radio-frequency/microwave radiation (RF). Ways to minimize exposure to these are: turn off WIFI as often as possible or hardwire the house to plug in your computer. Microwave ovens and induction stove top burners are usually the largest EMF polluters in the home. "Smart" appliances emit WiFi signals that cannot be shut off. Can use a large computer monitor as a TV since they do not emit WiFi. Replace fluorescent lights with incandescent bulbs. Put a shield around the smart meter for the house. Keep TVs and computers and electrical clocks out of the bedroom. Do not use electric blankets. Turn the cell phone to airplane mode or put it into a Faraday bag if it is in the bedroom at night. Carry your cell phone in a bag, not on the body. Use the speaker phone on calls and hold it 3 feet away. There are VoIP software phones that you can use while connected to the internet with a wired connection to further minimize cell phone use. Safespaceprotection.com has helpful products to neutralize many of these EMF-producing appliances, computers, phones, laptops, watches, kindles, iPads, Fitbits, etcetera which we use daily.

**Sources:** Wise Traditions Journal Summer 2022 "Reducing Your Family's Exposure to Man-Made Radiation in the Home: Steps You Can Take Today" by Keith Cutter

## **SLEEP**

Plenty of high-quality of sleep is very important, at least 8 hours a night for most people. Complete darkness for maximum melatonin production; remove electrical equipment from the bedroom (no TV, computer, use a battery alarm clock); keep any electronic devices at least 3 feet away; if pets or snoring spouses keep waking up, sleep separately. No significant exercise within 3 hours before bedtime.

## **EXERCISE**

Resistance muscle-building exercises improve immune function and improve cardiovascular and respiratory functions. A good book for describing how to do these at home carefully is Slow Burn Fitness Revolution by Mary Dan and Michael Eades and Fredrick Hahn.

## **POSITIVE MINDSET / GRATITUDE / MEDITATION / PRAYER / DEEP BREATHING**

Positive thoughts cause the brain to release neurochemicals which travel to all the cells of the body. At the cell surface, these attach and start a reaction inside the cell which increases cell energy and improves cell functions. When a negative thought enters the mind like worry or fear, recognize it then think of a time and place that creates good feelings inside. There are many, many websites with free information about the benefits of learning how to create positive feelings. Simply thinking of at least one thing each day to be grateful for while spending one minute doing slow deep breathing (inhale over a count of 5 then exhaling over a count of 5) can be a great way to start.

## **INFORMATION FOR CURRENT CONCERNS (see source list below)**

The injections said to prevent modern infectious diseases contain many substances which are dangerous to human health. The World Council for Health ([WorldCouncilforHealth.org/resources/spike-protein-detox-guide/](http://WorldCouncilforHealth.org/resources/spike-protein-detox-guide/)) released a detox guide for those having received the injections, those who have had the actual illness, and for those individuals who did not receive the injections but have exposure to those who did receive them. Those who received the injections transmit particles from the injections through bodily secretions.

The Frontline COVID-19 Critical Care Alliance (FLCCC.net, click on Protocols, then click on I Recover Long Covid Treatment) for recommended ways to help with any problems which might develop.

Graphene Oxide is the major component of the hydrogels in COVID-19 injections.

(<https://drrobertyoung.com/post/transmission-electron-microscopy-reveals-graphene-oxide-in-cov-19-vaccines>) It is a substance that is extremely damaging to humans. Go to PUBMED.ncbi.nlm.nih.org and search for conductive hydrogels for the many side effects of graphene oxide. Glutathione is useful for neutralizing graphene oxide. It is produced in the body by the liver and is used in many body processes including the immune system actions. Exercise stimulates the production of glutathione. Glutathione levels drop after the age of 65. NAC (made by the body from the amino acid L-cysteine) is used by the body to build antioxidants to protect and repair cells and is the precursor to glutathione. NAC in combination with zinc degrades graphene oxide. Quercetin (discussed below) assists in the removal of graphene oxide as can astaxanthin, melatonin, milk thistle, Vitamin C and Vitamin D3.

**Sources:** World Council for Health ([worldcouncilforhealth.org](http://worldcouncilforhealth.org)) Robsholtemuseum.nl article entitled “Dr. Ariyana Love- Graphene Oxide Detox Protocols for the Vaxxed and Unvaxxed” ; The Expose July 15, 2022 article entitled “How to remove Graphene Oxide, the dangerous & undisclosed ingredient in COVID Vaccines, from the body.”

### **Sources for dangers of COVIS-19 injections:**

Malhotra A. “Curing the pandemic of misinformation on COVID-19 mRNA vaccines through real evidence-based medicine – Part 1”, Journal of Insulin Resistance Sep 26, 2022.

Malhotra A. “Curing the pandemic of misinformation on COVID -19 mRNA vaccines through real evidence-based medicine – Part 2”, Journal of Insulin Resistance Sep 26, 2022.

Seneff S, Nigh G, Kyriakopoulos AM, McCullough PA. “Innate immune suppression by SARS-CoV-2 mRNA vaccinations: The role of G-quadruplexes, exosomes, and MicroRNAs”. Food Chem Toxicol, Jun 2022.

Blaylock RL. “COVID UPDATE: What is the truth?”. Surg Neurol Int. 2022; 13;167.

Seneff S, Nigh G. “Worse Than the Disease? Reviewing Some Possible Unintended Consequences of the mRNA Vaccines Against COVID-19”, International Journal of Vaccine Theory, Practice and Research Vol. 2, No. 1 (2021).

Brock AR, Thornley S. “Spontaneous Abortions and Policie on COVID-19 mRNA Vaccine Use During Pregnancy”, Clinical and Translational Research, Nov 2021, Vol 4:130-143.

Truth for Health Foundation ([TruthforHealth.com](http://TruthforHealth.com)) World Council for Health ([worldcouncilforhealth.org](http://worldcouncilforhealth.org))  
Children’s Health Defense ([childrenshealthdefense.org](http://childrenshealthdefense.org))

**IT IS UNKNOWN FOR CERTAIN HOW MUCH OF ANY SUPPLEMENT EACH PERSON SHOULD TAKE AND HOW EFFECTIVE IT WOULD BE. But there are recommendations from many sources, some of which are listed above and below:**

The World Council for Health (WorldCouncilforHealth.org) – search for: "spike protein detox guide"

The Front Line COVID-19 Critical Care Alliance has protocols for COVID-19 infection and for post-COVID injections at <https://covid19criticalcare.com>

Epoch Health, October 29, 2022, "Natural Ways to Increase Autophagy and Detox Spike Proteins After COVID Infection, Vaccination" by Dr. YuHoung Dong.

Dr. Vladimir Zelenko (vladimirzelenkomd.com) advised that young people do not need extra help since their disease symptoms are so mild and if they get the COVID-19 infection, they are immune for life against all coronavirus variants. For moderate risk persons (medical personnel, public transport workers, caregivers of high risk patients) he recommends Zinc 25 mg once a day; Vitamin D3 5000 IU per day; Quercetin 500 mg once a day. If quercetin is not available, use Epigallocatechin-gallate (IGCG) 400 mg once a day. For higher risk persons (over 45 years old or less than 45 years old with other illnesses or conditions already going on) he recommends: Zinc 25 mg once a day, Vitamin D3 5000 IU once a day, hydroxychloroquine 200 mg once a day for 5 days then 200 mg once a week. (www.VladimirZelenkoMD.com)

Dr. Sherri Tenpenny, as of spring 2021, (drtenpenny.com) was telling her clients the following to try to prevent COVID-19 symptoms: Get sunshine every day so your body can make active vitamins A and D3 or take enough Vitamin D3 to bring blood levels to between 80-100; Zinc 25 mg per day with 1 mg copper to assist absorption of zinc; Vitamin C 3000 mg per day; Quercetin (plant-based antioxidant) 500 mg per day; Ivermectin 0.2 mg per kg of body weight once or twice a week every other week; on the alternate weeks to take 400 mg Hydroxychloroquine. Dr. Tenpenny told her clients to double these dosages if they felt signs of COVID-19 illness.

Dr. Christiane Northrup gives a recipe for homemade quercetin:

Note: if there is a history of stomach problems after eating acidic foods, do not consume this liquid.

Peel 3 organic lemons and 3 organic grapefruits and put peelings into a non-aluminum pan (do not use non-stick pans, either) on the stove. Cover with 3 inches of filtered water and cover the pan with a glass lid.

Bring to a simmer and let simmer for 3 hours. Then let cool for 3 hours. Place peels and water in quart size glass jars, cover and store in the fridge. Take 2 tablespoons twice a day.

(<https://rumble.com/vnpo0l-dr.-northrup-explains-why-pilots-are-dying-in-flight.-defeat-covid-with-gra.html>)

**FOR DIRECT ASSISTANCE FROM A DOCTOR, the following list may assist:**

DISCLAIMER: AAPS and AVS make no claims or representations about the accuracy of the below list or the care from any entity listed. Reliance on this list is at the sole discretion of any visitor to this page. We cannot guarantee that all of these are still taking new clients.

*Note: We are hearing that patients may experience extended waits to obtain care from many of the telemedicine services when there is high demand.*

Telemedicine: <https://www.synergyhealthdpc.com/covid-care/>

Telemedicine: <https://www.pushhealth.com/drugs/ivermectin>

Telemedicine: <https://americasfrontlinedoctors.org/#covid>

Telemedicine (i-Mask protocol): <https://text2md.com/i-mask-protocol/>

Telemedicine: <https://speakwithanmd.com/corsination>

Telemedicine: [FrontlineMDs.com](https://www.frontlineMDs.com)

Telemedicine: <https://myfreedoctor.com/>

[MeehanMD.com](https://www.MeehanMD.com)

FLCCC List of Additional Telemedicine/In-Person Options (i-Mask protocol): <https://covid19criticalcare.com/ivermectin-in-covid-19/how-to-get-ivermectin/>

List of Independent Practices: <https://aapsonline.org/covidearlytreatment>

List #2 Independent Practices: <https://www.doctorsdontfearcovid.com/>

List #3 of Independent Practices (includes non-US options and additional regional telemedicine options): <https://www.exstnc.com/>

Early-Treatment-Friendly Pharmacies: <https://covid19criticalcare.com/pharmacies/>