

## KEEPING HEALTHY DURING COVID

Depending on what time of year it is and if you are in lockdown or not will determine what is required. Summertime and being outdoors is the optimum environment for staying healthy. Open everything! Get outside.

Cold, wet, miserable climates and being confined indoors is conducive to getting ill.

If you are stuck indoors, make sure your rooms get light and sun every day. Hopefully you have opening windows. Open them at least for a short time to get fresh air. If you have air conditioning/central heating, make sure it is maintained, meaning filters are cleaned and air returns are clean.

Beware of mould. This can appear anywhere where there is moisture build up, humidity and lack of air circulation. Bathrooms are notorious. DO NOT wait until you see it everywhere! You are breathing in spores! Get into a routine of cleaning any wet, moist, areas on a regular basis. That could even be your bedroom if you have an ensuite.

Do not use bleach. It's extremely toxic and doesn't kill mould. Use vinegar or alcohol. Don't use alcohol on painted surfaces as it may remove the paint. Use vinegar instead but alcohol can be used on hard surfaces.

By the way, if you're decontaminating surfaces, create a mixture of 90% alcohol and 10% water and put it into a spray bottle. Most products that "kill germs" do nothing to viruses. Bacteria are not viruses and they are a thousand times smaller!

As far as hand cleaner/sanitiser go...they're pretty toxic and bad for your skin. The best method is soap and water. That's why they scrub in hospitals.

Exercise if you can. Any sort is better than none. Get movement in your limbs. Raise the heart rate. Lift stuff. Just do something. Get sun exposure directly on your skin. That's how your body produces vitamin D.

First of all, if you only eat crap...STOP!

If your diet consists of inflammation causing foods, you will go downhill fast. Not only is your body fighting the toxins you're consuming on a daily basis, it now has to deal with viruses as well. So, what does that mean?

If you eat/drink/consume Maccas, KFC, fried foods, soft drinks, "energy drinks", coke, "diet" drinks, manufactured goods, manufactured sweets and biscuits, chips, manufactured snacks, then that's you.

If you eat margarine. Stop. It's made in an oil refinery.

If you smoke. Stop.

If you don't drink water, please start. Some people don't have a thirst thermostat. They are so used to not drinking, they have no idea that they are dehydrated. It takes time, but you have to reprogramme your body.

Most people are grossly deficient in Vitamin D. If it's winter, you'll be deficient. If you spend most of your time indoors, you'll be deficient. If you're in hospital, nursing home, confined, etc, you will definitely be deficient.

I take 10,000IU/day in the colder months but taper off to zero when summer hits 'cause I spend a lot of time outdoors. There are tests to measure your vitamin D levels and that is the ideal way to ascertain your base line and supplement from there. It may be difficult or expensive to get these tests, so 5,000-10,000IU should be ok for most people.

Most westerners are grossly deficient in magnesium. Again, it's a result of our mineral depleted soils and our poor diet. The best way to supplement magnesium is topically, although there are good oral supplements. I use a product called "Natural Calm".

Zinc is also essential. I take 30mg a day. Men need more than women.

Quercetin 500mg with zinc and vitamin C. B Group vitamins are also a good idea.

Selenium can also be beneficial.

Nitric oxide- Increase nitric oxide levels in your blood. One of the best sources is beetroot. You can juice or buy the most potent source I know, which is a product called AIM Redibeets. Contact me if you'd like to order.

Take as many antioxidants as you can afford. Yes, it can get expensive. Ideally at least keep up high doses of vitamin C. I take 4500mg/day. If you are sick, you can take more. Your body will self-regulate. If its too much, you'll get diarrhoea, so back off!

Alkalise your body. Oxygenate the blood. There are many others, so do some more research.

Utilise compounds that remove toxins from your body. Activated Charcoal is one such substance. Also Pectin. You can buy pectin in bulk but it's naturally available in fruit with pith (which also contains bioflavonoids) and in apples with no skin, preferably green (alkaline).

If you think you have COVID, take action immediately. Check online for a list of symptoms. The most obvious ones to look out for apart from a high temperature, are a loss of smell and taste.

Also, you may not be symptomatic for a while, so take action immediately. The viral load is greatest in the mouth and nasal passages. Rinse your mouth and nasal passages with something that's an antiseptic. Try a saltwater rinse. Or a rinse containing water with a small amount of Betadine or Listerine. Haven't tried that one but do some research and give it a go.

Ivermectin and Hydroxychloroquine are well known drugs that have worked wonders with COVID. When used in conjunction with zinc, they've had great success. Unfortunately, they're not available everywhere and even illegal in some countries.

It's been proven that early intervention will almost always end up with a good result.

Speak with a trusted practitioner if you can find one. Get some expert advice that's relevant to you and your condition.

**NOTE: Nothing written here constitutes medical advice. Please consult a licenced medical practitioner for more information or if you are feeling unwell.**