

For Such A Time As This:

IMMUNE SYSTEM SUPPORT

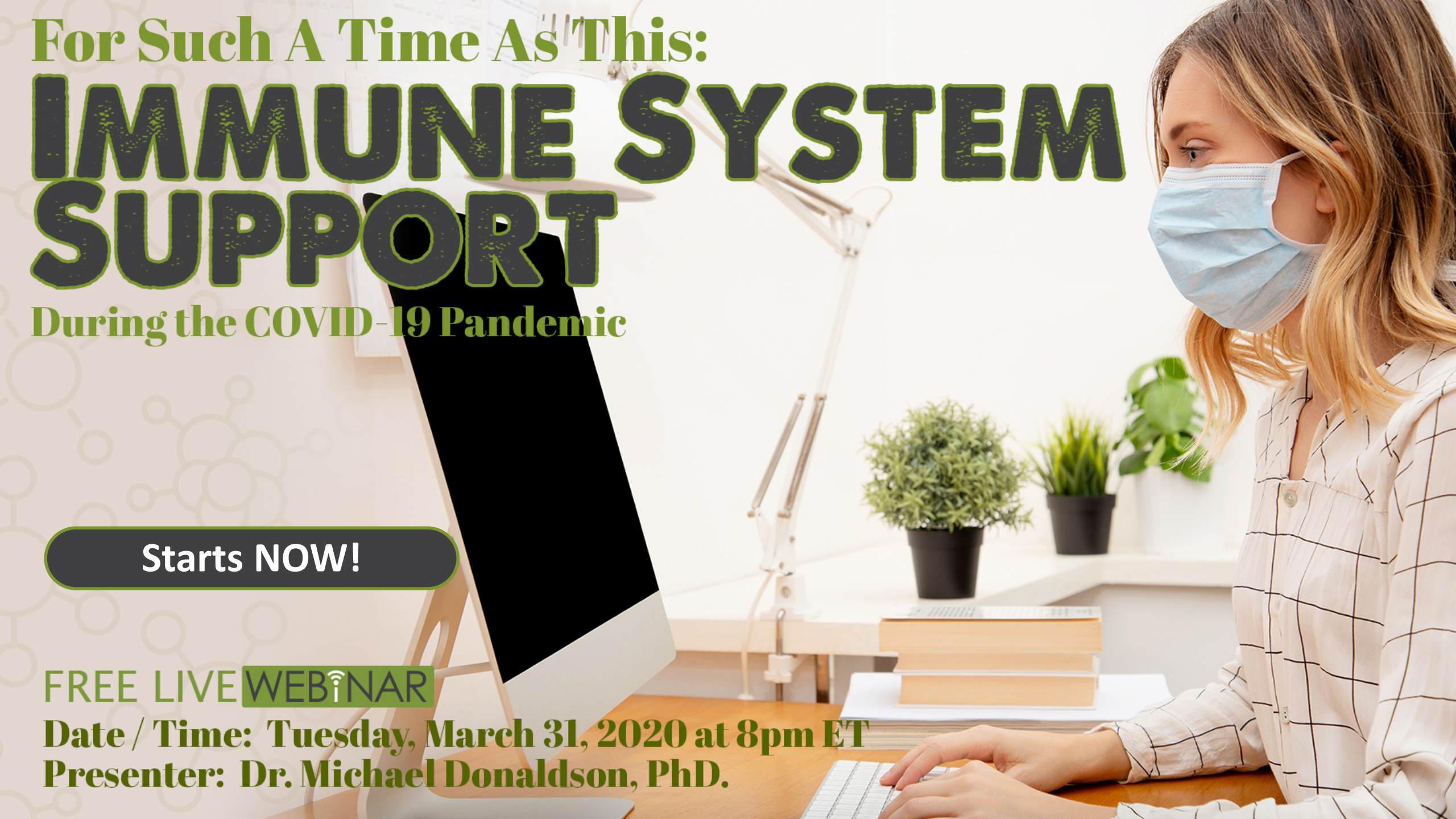
During the COVID-19 Pandemic

Starts NOW!

FREE LIVE WEBINAR

Date / Time: Tuesday, March 31, 2020 at 8pm ET

Presenter: Dr. Michael Donaldson, PhD.



COVID-19 Globally

- Novel form from December 2019
 - Very Infectious, easily passed
 - Flu symptoms
 - Viral pneumonia is the danger
- Began in Wuhan, China
 - On all continents
 - In every state in the USA
- Over 700,000 cases globally (limited testing)
 - China, Italy, Iran, Spain hardest hit (so far)
 - ~ 33,000 deaths (March 30, 2020)



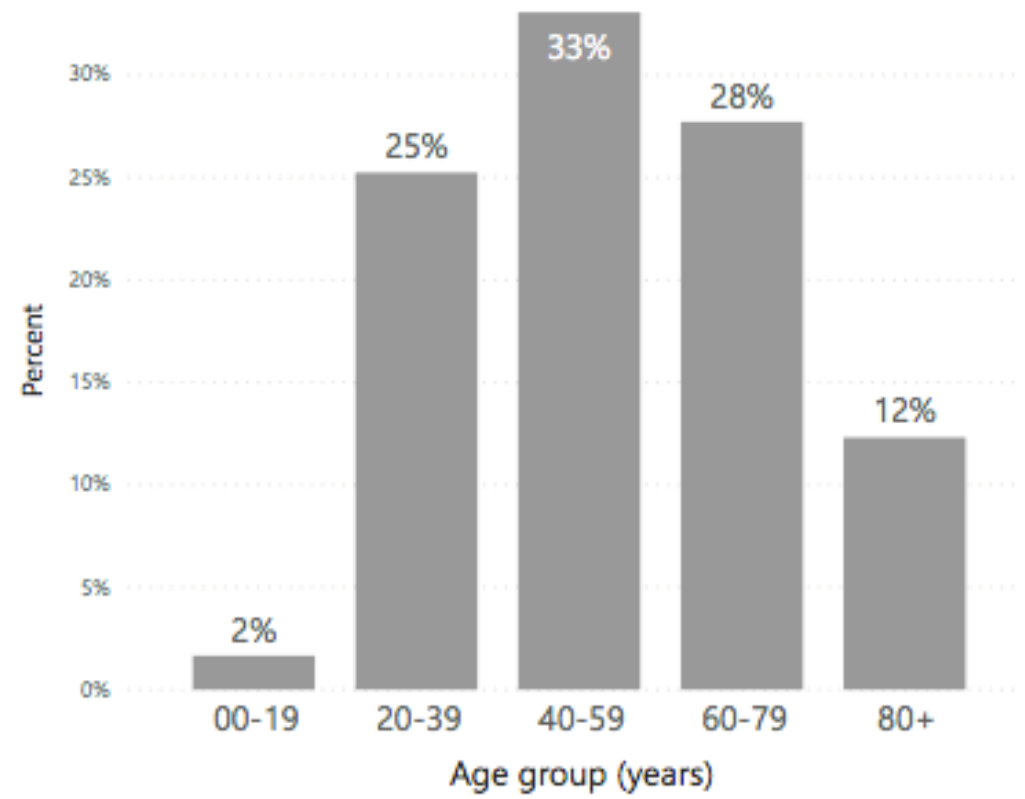
COVID-19 USA

- > 150,000 cases in USA (limited testing)
- > 2,000 deaths (March 30, 2020)
- Washington, New York hardest hit
 - 195 deaths in WA
 - For age ≥ 70 : 31% of cases, 85% of deaths (in WA)
 - For age 40-60: 30% of cases, 8% of deaths (in WA)

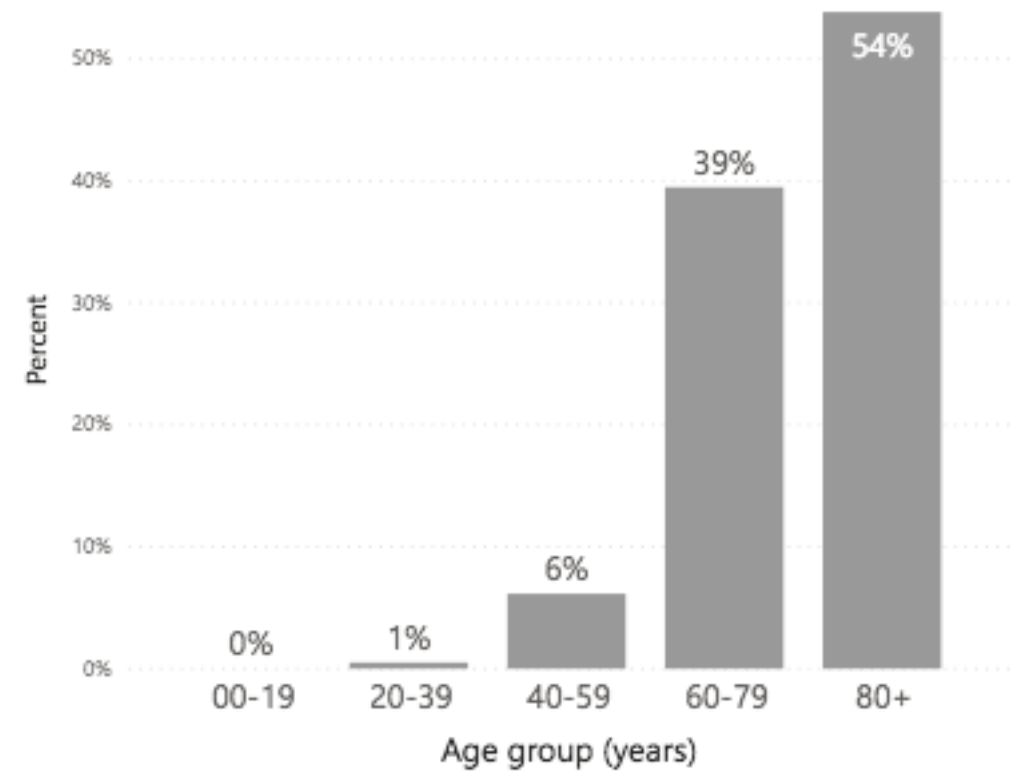


COVID-19 in WA

Confirmed cases by age group




Deaths by age group



COVID-19 in NY

	Underlying Conditions ¹	No Underlying Conditions	Underlying Conditions Pending	Total
Age Group				
- 0 to 17	1	0	0	1
- 18 to 44	39	2	13	54
- 45 to 64	170	9	37	216
- 65 to 74	167	0	48	215
- 75 and over	327	3	98	428
Sex				
- Female	270	4	70	344
- Male	433	10	126	569
- Unknown	1	0	0	1
Borough				
- Bronx	198	1	16	215
- Brooklyn	153	4	59	216
- Manhattan	90	1	28	119
- Queens	222	8	75	305
- Staten Island	40	0	18	58
- Unknown	1	0	0	1
Total	704	14	196	914

 In NY, 98% of deaths are people with underlying conditions

¹Underlying illnesses include Diabetes, Lung Disease, Cancer, Immunodeficiency, Heart Disease, Hypertension, Asthma, Kidney Disease, and GI/Liver Disease.



Public Health Advice

- 🦠 Wash your hands often
- 🦠 Cover your cough
- 🦠 Social Distancing
- 🦠 Stay Home

- 🦠 *That's It??*



For Such A Time As This

- No vaccine, no pharmaceutical effective drug, no approved medical treatment
- Maybe hydroxychloroquine?
- Best chance is a vigorous immune system response
 - Need to know what the immune system requires to take control of an infection
 - Need to know what is depleted by an infection



Teamwork: Nutrients for a Fighting Chance

- 🦠 Vitamin C
- 🦠 Silver Biotics
- 🦠 Vitamin D
- 🦠 Selenium
- 🦠 Glutathione-Boosting Nutrients
- 🦠 Iodine



🦠 *Form of each nutrient and delivery method is critical*



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Vitamin C: Anti-Viral Par Excellence

- Dr. Frederick Klenner, cured viral infections with intravenous vitamin C
 - 60 consecutive polio cases, cured, symptom-free
 - Mumps, measles, viral pneumonia, chicken pox, snake bites, spider bites
 - Viral pneumonia reversed with IV vitamin C
 - Reported on 42 cases in 1948



COVID-19 and Vitamin C

- 🦠 Clinical Trials of IV Vitamin C conducted and still being used in Wuhan, China
- 🦠 Daily 10 grams IV-VC for moderate, 20 grams IV-VC for severe cases
- 🦠 Dr. Enqian Mao, chief of emergency medicine at Ruijin Hospital, a major hospital in Shanghai
- 🦠 member of the Senior Expert Team at the Shanghai Public Health Center, where all Covid-19 patients have been treated
- 🦠 Team has treated ~50 severe patients with IV-VC. All improved; No mortality; No side effects. Hospital stay 3-5 days shorter compared to 30-day average COVID-19 patient



50 Tons of Vit C from DSM Jiangshan to Wuhan, Feb 23, 2020

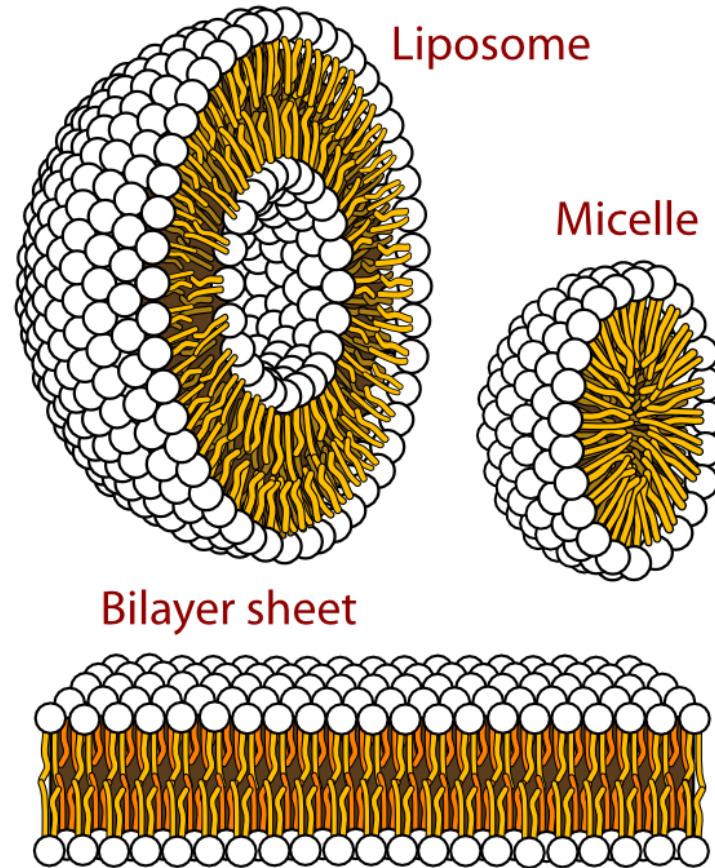


Why Liposomal Vitamin C?



- Delivery to cells much, much higher
- Small fat vesicles are easily absorbed into blood AND then into the cells
 - Roughly 50X smaller diameter than RBC
- Story of Alan Smith of New Zealand shows power of vit C:
<https://youtu.be/Au-mp6RZjCQ>
 - Swine flu in 2009, induced coma, no chance of survival
 - Family got IV vit C, made some recovery
 - 2nd Hospital would not allow IV vit C, used liposomal vit C
 - Made remarkable recovery, still alive



What is a Liposome?



Liposomal vs. IV Vitamin C

-  Dr. Thomas Levy, MD, JD has used both intravenous and liposomal vitamin C: *“I proved to my satisfaction that 5-6 grams of properly encapsulated liposomal vitamin C taken orally had a greater clinical impact than a 50 gram infusion.”*
-  Case report: 15 year-old Colombian girl with hemorrhagic Dengue fever full recovery when given 10 grams liposomal vit C in 24 hours



What if no IV-VC or Liposomal Vitamin C?

- Any vitamin C will help
- Using vitamin C in any form (sodium ascorbate, calcium ascorbate, magnesium ascorbate, ascorbic acid) will help
- About 2 grams per hour every hour, and through night if fitful sleep
- Work to get up to bowel tolerance



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SILVER BIOTICS



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Silver Biotics

- Natural immune booster
- Microbes do not develop resistance to silver
- Silver Biotics™ has data to prove claims
 - US Patent 7,135,195 from 2006
 - Details anti-bacterial claims, anti-malarial claims, surface cleaning
 - US Patent 8,753,691 from 2014
 - Details of anti-viral claims, water purification



Silver Biotics



- Gel makes an excellent hand sanitizer
- Gel said to lasts for 4 hours, even with hand washing
- Can use nebulizer with Silver Biotics to help boost lung function and immunity



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VITAMIN D



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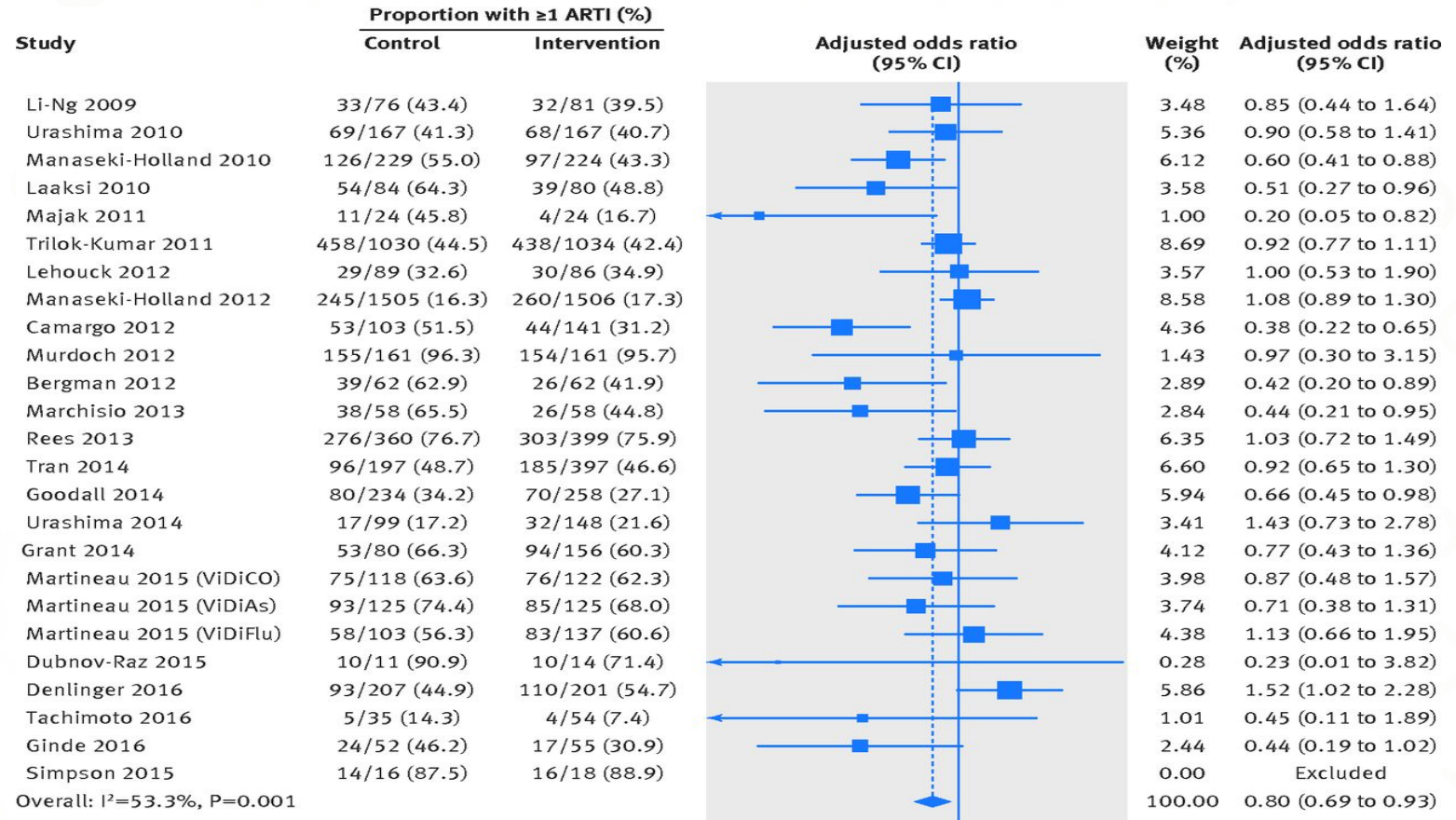


Vitamin D and Viruses

- Immune system converts 25(OH)D to the active 1,25(OH)₂D form
- Activation of vitamin D leads to increased production of cathelicidin
 - Anti-bacterial, anti-viral peptide
 - Expressed in epithelial cells in lungs, airways, leukocytes, others
- Vitamin D modulates NLRP3 Inflammasome response
 - Designed to quickly clear bacterial and viral infections by pyroptosis



Fig 2 Two step individual participant data meta-analysis: proportion of participants experiencing at least one acute respiratory tract infection (ARTI).



Note: Weights are from random effects analysis

Adrian R Martineau et al. BMJ 2017;356:bmj.i6583



Meta-Analysis of Risk of Acute Respiratory Tract Infection in RCTs of Vitamin D

- ~11,000 subjects, used individual data
- Most studies used low doses (400 – 1000 IU / day)
- All participants: 12% reduction
- Daily or Weekly supplement: 19% reduction
- Bolus (once a month or less): No reduction (doesn't work)
- If started with deficient vit D (<10 ng/ml 25(OH)D) and given every day/ week: 70% reduction



Vitamin D and Viruses

- Vitamin D modulates immune response
 - Up-regulation of antimicrobial, antiviral peptides
 - Prevention of over-expression of inflammatory cytokines (IL-2 and interferon gamma)
 - Keeps immune cells from attacking the body



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SELENIUM



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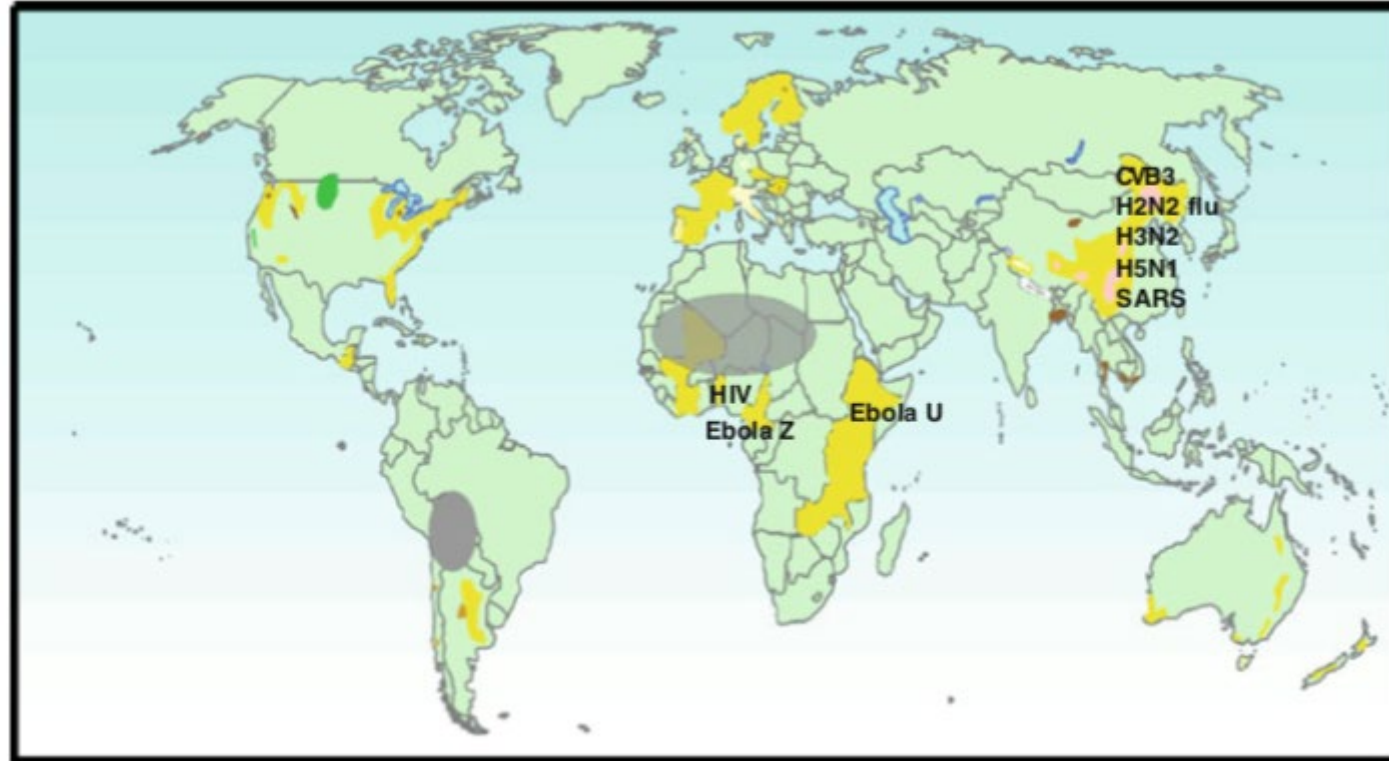


Selenium

- Glutathione peroxidase, a selenoprotein
 - Immune system antioxidant enzyme
- Anti-clotting activity
- People with COVID-19 have a hyper-coagulation issue



Got Selenium?



PMID: 21318622



Review: micronutrient selenium deficiency influences evolution of some viral infectious diseases.

- Harthill, M. (2011). *Biological Trace Element Research*, 143(3), 1325–1336. PMID: 21318622
- “Recently emerged viral infectious diseases (VIDs) include **HIV/AIDS**, influenzas **H5N1** and **2009 H1N1**, **SARS**, and **Ebola** hemorrhagic fevers. Earlier research determined metabolic oxidative stress in hosts deficient in antioxidant selenium (Se) (<1 μMol Se/L of blood) induces both impaired human host immunocompetence and rapidly mutated benign variants of RNA viruses to virulence.”
- Translation: People very low in selenium are easily infected and the virus mutates into a stronger strain in them.



Review: micronutrient selenium deficiency influences evolution of some viral infectious diseases.

- Harthill, M. (2011). *Biological Trace Element Research*, 143(3), 1325–1336. PMID: 21318622
- “These viral mutations are consistent, rather than stochastic, and long-lived. When Se-deficient virus-infected hosts were supplemented with dietary Se, viral mutation rates diminished and immunocompetence improved.”
- Translation: Mutated viruses can then infect people with sufficient selenium. But people low in selenium with viral diseases, like CoVID-19, will have stronger immunity if you give them selenium, and the virus will stop getting stronger.



Review: micronutrient selenium deficiency influences evolution of some viral infectious diseases.

- ✿ Harthill, M. (2011). *Biological Trace Element Research*, 143(3), 1325–1336. PMID: 21318622
- ✿ “Herein is described the role of micronutrient Se deficiency on the evolution of some contemporary RNA viruses and their subsequent VIDs. Distinguishing cellular and biomolecular evidence for several VIDs suggests that environmental conditions conducive to chronic dietary Se deprivation could be monitored for bioindicators of incipient viral virulence and subsequent pathogenesis.”
- ✿ Translation: This all could have been prevented by fertilizing farms in China with selenium.



High risk of HIV-related mortality is associated with selenium deficiency.

- 125 HIV-infected people in Miami were followed for 3.5 years. Looked for immune or nutritional factors (CD4 count, anti-viral treatment, vitamins A, E, B6, B12 and zinc and selenium) that predicted survival.
- Anti-viral treatment not a factor. Poor immunity, CD4 count, vitamins A, B12, zinc and selenium all affected survival.
- Most important factor for survival was selenium. 10-fold higher risk of dying with low selenium.



Suppression of human immunodeficiency virus type 1 viral load with selenium supplementation: a randomized controlled trial.

- RCT study of HIV-infected people in Miami.
- Gave active group 200 µg of selenium as selenoyeast.
- 262 started and 174 finished 9-month treatment.
- Overall, Se supplement helped lower HIV viral load and improved CD4 count. For those who had higher levels of selenium in their blood (actually took the Se) there was a greater improvement.
- Selenium is a simple, inexpensive and safe adjunct therapy for viral diseases.

PMID: 17242315

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Selenium & Hemorrhagic Fever

- Already been done in China
- 2,000 $\mu\text{g}/\text{day}$ of sodium selenite, orally
- Fulminant cases
 - 100% mortality dropped to 36%
- Severe cases
 - 22% mortality dropped to 0%
- Might have been better with injectable Selenium



PMID: 7907268

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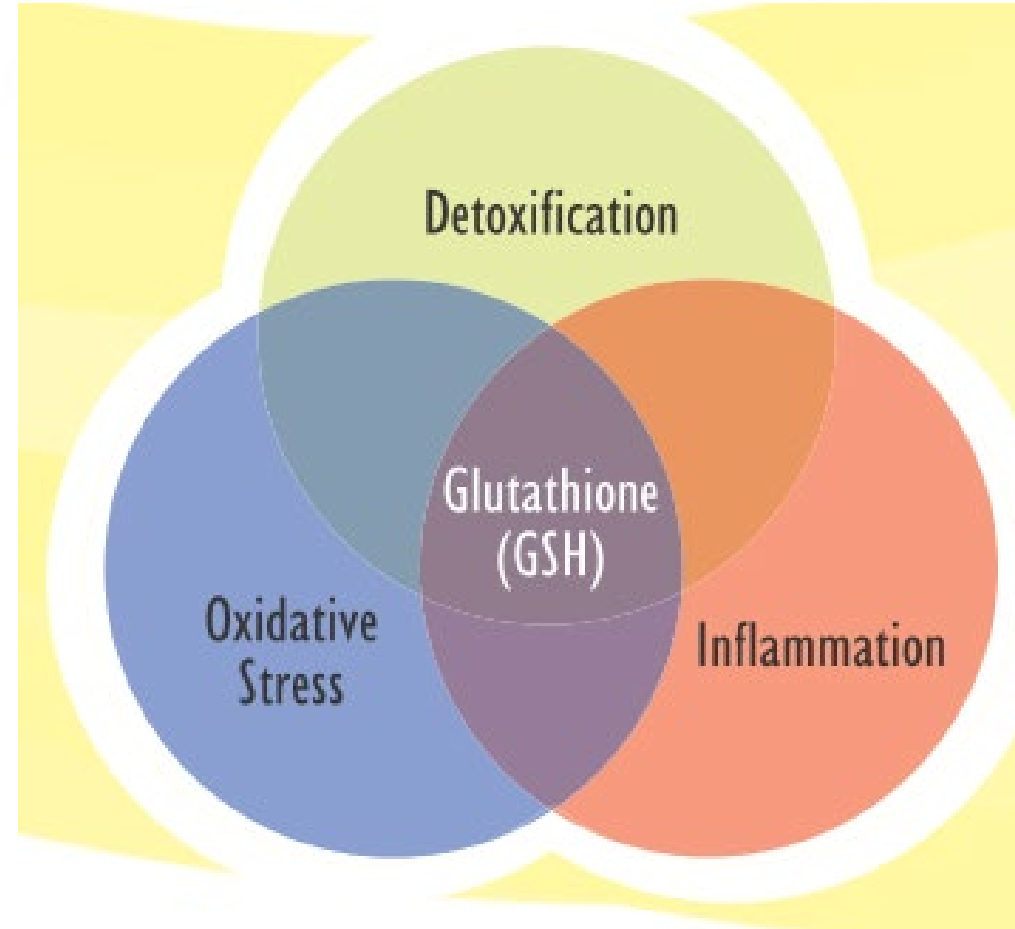
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Glutathione



Glutathione and Infections

- Master antioxidant inside the cell
 - Helps regenerate other antioxidants
 - Balances oxidation and reduction inside cells
- Infections cause oxidative damage in cells

- Have to supplement precursors of GSH
 - Limiting factor is cysteine, best supplement form is N-acetyl cysteine
 - Alpha L-lipoic acid also boosts production of GSH
 - Selenium also increases GSH



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NASCENT IODINE



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Iodine & Infections

- Iodine and chlorine in same periodic family
 - Same sort of germicidal properties
 - Iodine effective in body w/o damaging body
- Iodine used before modern antibiotics as germicidal
- Can be used on hands, body for disinfection
- Can be used as an aerosol to protect from airway infections



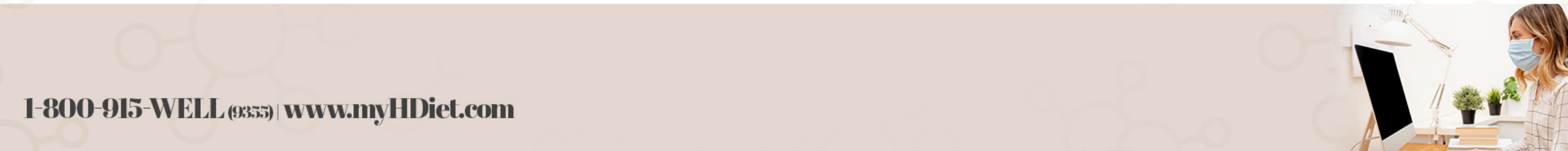
Nascent Iodine

- Nascent Iodine, special form of electrically charge iodine
 - High bioavailability
 - Greater activity within the body
 - Better results with less iodine
- Singlet I formed from I_2 by treatment in electromagnetic field



Clinical Trial: Nascent Iodine & Malaria

AGE GROUP	MALARIA POSITIVE CASES	DOSE (TO BE CONSUMED AS SOON AS CONSTITUTED)	MALARIA FALCIPARUM TYPE	MALARIA VIVAX TYPE	TEST FOR MALARIA AFTER ONE WEEK	RESPONSE RATE
Men (12yrs - 70 yrs)	230	10 drops (4mg) in 100 ml of water	148	82	-ve in 210 cases	91.3%
Women (12 yrs - 70 yrs)	180	10 drops (4mg) in 100 ml of water	110	70	-ve in 140 cases	77.7%
Children (5 yrs - 12 yrs)	75	5 drops (2mg) in 100 ml of water	60	15	-ve in 58 cases	77.3%



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NEBULIZER



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What is a Nebulizer?

- Air compressor
- Cup for small amounts (~5 ml) of liquid medicine
- Tube and mask/mouthpiece
- Creates aerosol of medicine
- Direct application to lungs
 - Goes systemically from there



What to Use in Nebulizer?

- Asthma medicines are typical, but
- Silver Biotics (up to 5 ml in a session)
- Nascent Iodine (start w/ 3 drops in 1 tsp water)
- Hydrogen Peroxide (up to 1 ml 3% H₂O₂)
- Vitamin C (sodium ascorbate, calcium ascorbate)
- Vit C / DMSO / MgCl₂ (Dr. Thomas Levy)



Nebulizer Results

- 🦠 Dr. Shallenberger testimony: *“When my wife developed the first symptoms of flu, instead of immediately plugging her into a hydrogen peroxide IV, I had her use the nebulizer for ten minutes every waking hour. Using the nebulizer treatment, she was able to get rid of the flu within 72 hours. I knew I was on to something, because IV hydrogen peroxide doesn’t work much better than that. So I bought a dozen nebulizers and began offering the treatment to my patients.”*



Nebulizer Results

- 🦠 Dr. Thomas Levy, MD, JD: *“I can only say that I have seen the protocol promptly eradicate acute viral infections. It also promptly relieved non-specific dry coughing spells. Most significantly for me, it has largely resolved (gradually over a four- to six-week treatment period) a chronic sinusitis and nagging cough of roughly 60 years duration. For me it has been nothing short of a minor miracle.”*



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PUTTING IT ALL TOGETHER



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Team Work for Success

- Smart Immune System Support
 - Do not rely on single supplement for success
 - Multiple pathways, multiple mechanisms, teamwork



Protocol Principles

- Take vitamin D and selenium supplement with food
- Take liposomal vitamin C and Silver Biotics together, but away from food
- Take nascent iodine away from food, separate from C and silver



Daily Protocol, 1

- Begin in morning with 10 drops of nascent iodine in about 100 ml (3 ounces) of pure water
- After 15-30 minutes take 1-2 grams of liposomal vitamin C and 1 teaspoon of Silver Biotics. Wait at least 30 minutes before consuming solid food. (Thin liquid OK)
- Repeat the iodine, then the vitamin C and Silver Biotics every 4 hours through the day
 - Total of 6 doses a day (before breakfast, before midday meal, before evening meal, before retiring for night, 2 during night as needed, judging from symptoms)



Daily Protocol, 2

- Take selenium supplement in divided doses with food
 - Up to 1,000 µg of selenium OK for a few weeks, not long term
 - Selenomethionine is much safer and bioavailable than sodium selenite
- Take vitamin D with food containing fat or oil, 1X per day
 - 150,000 IU first 3 days, then only 10,000 IU/day
 - Vitamin K2 protects against high dose toxicity of vitamin D
- Continue protocol at high dose for several days after fever has broken
 - Lower doses for maintenance (Nascent iodine, liposomal vitamin C, Silver Biotics all 1X/day, selenium 400 µg/day, 5,000 IU vit D/day)



Who should use this Protocol?

- Anyone who needs immune system boost in face of a viral infection
- Healing comes from within, naturally
- Supplements only support immune system
 - Health is a team sport, no magic bullets
- Strong infection requires strong immune defense
- Depletion of immune system is underestimated



Protocol Summary

Supplement	Active Infection	Convalescent	Care Giver / Prevention
Nascent Iodine†	6X per day	3 X per day	2 X per day
Liposomal Vitamin C¶	6X per day	3 X per day	2 X per day
Silver Biotics¶	6X per day	3 X per day	2 X per day
Selenium / GSH booster‡	1,000 µg Se per day or more	400 µg Se per day	400 µg Se per day
Vitamin D3 / K2§	150,000 IU per day, 3 days	10,000 IU per day	10,000 IU per day

† Take iodine by itself w/o food

¶ Take without food, together

‡ Take with food

§ Take with food containing oil or fat

Nutritional support using a plant-based diet very high in fresh fruit, raw vegetables, vegetable juice, and easily digested protein sources helps maintain energy during stressful times. The Hallelujah Diet is an exemplary diet for such nutritional support.



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Thank
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