



EMPOWERED TO BE WELL

“No virus formed against your immune system will prosper”



Influenza A



Human
Meta-
pneumovirus



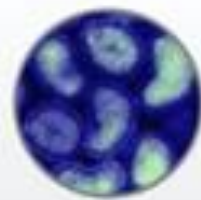
Coronavirus
229E



Para-
influenza 1



Myxovirus



Influenza A -
H1



Rhinovirus/
Enterovirus



Coronavirus
OC43



Para-
influenza 2



Legionella
pneumophila



Influenza A -
2009 H1N1



Adenovirus



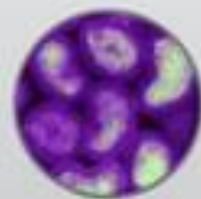
Coronavirus
NL63



Para-
influenza 3



Chlamydia
pneumoniae



Influenza A -
H3



Human
Bocavirus



Coronavirus
HKU1



Para-
influenza 4



Influenza B



Respiratory
Syncytial
Virus A

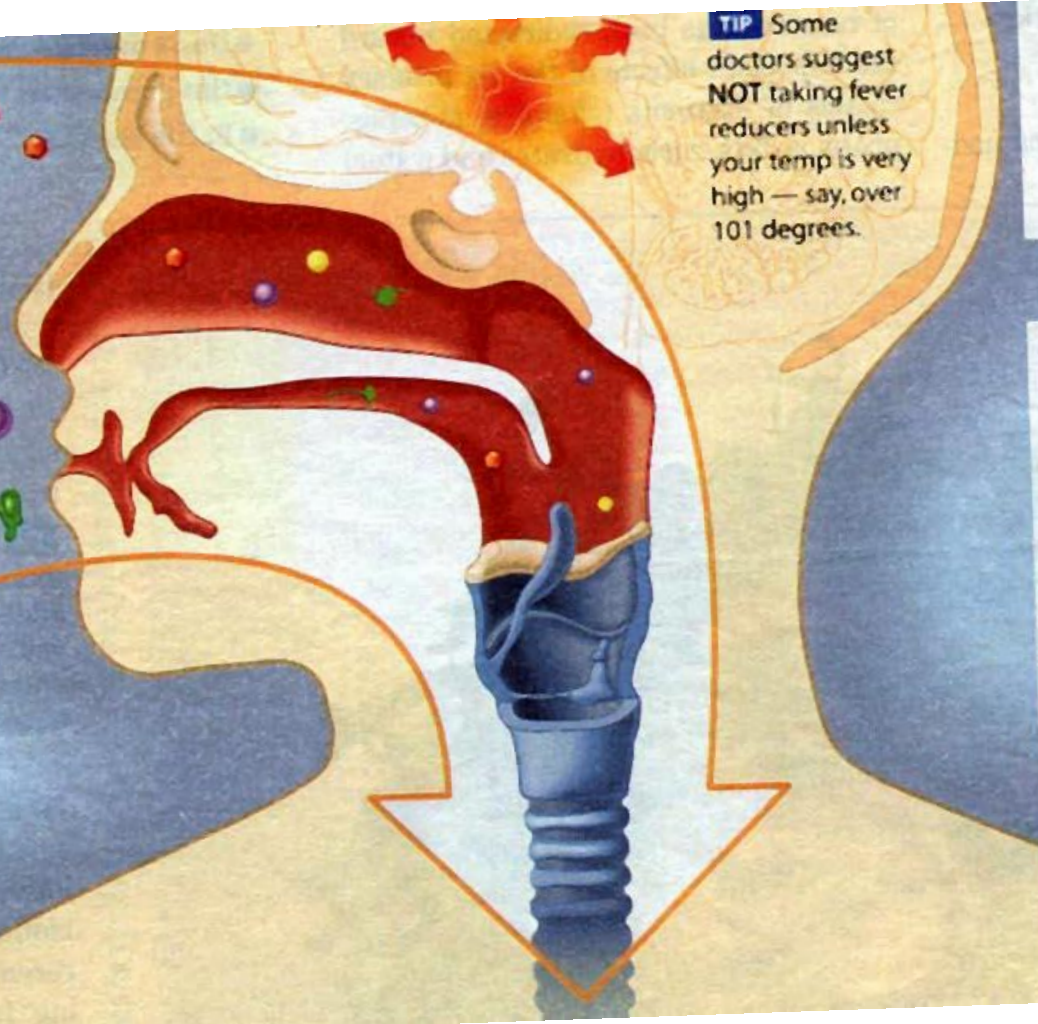
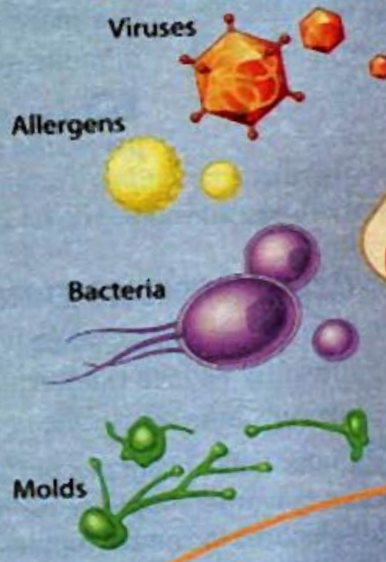


Respiratory
Syncytial
Virus B



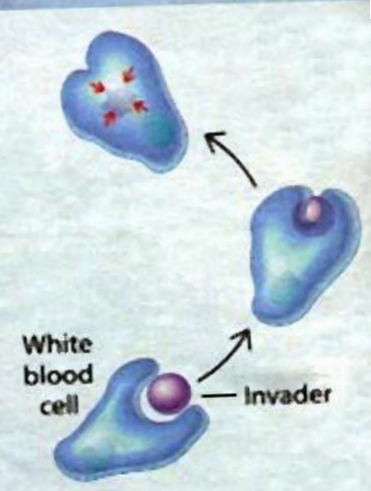
1 THE ATTACKERS

Viruses and bacteria need an entry portal, such as irritation or dryness in the mucous membranes or an opening in the skin. Normally, mucous membranes contain immunoglobulin A, which kills off invaders. If there is an entry portal, or a particularly large load of virus or bacteria (someone with a cold sneezes in your face), invaders can break through the barriers.



TIP Some doctors suggest **NOT** taking fever reducers unless your temp is very high — say, over 101 degrees.

recognize the invaders as foreign. A chain reaction then occurs that causes white blood cells stored in the blood vessels, spleen and bone marrow to rush to the point of entry.



3 THE "KILL"

At the entry point, white blood cells literally swallow the invaders, releasing powerful

Together We Can Stay Healthy

Wash your hands

Wash often,
preferably
with soap
& water



Avoid
touching
eyes,
nose &
mouth



Cover your
sneeze/cough



Stay home
if you're

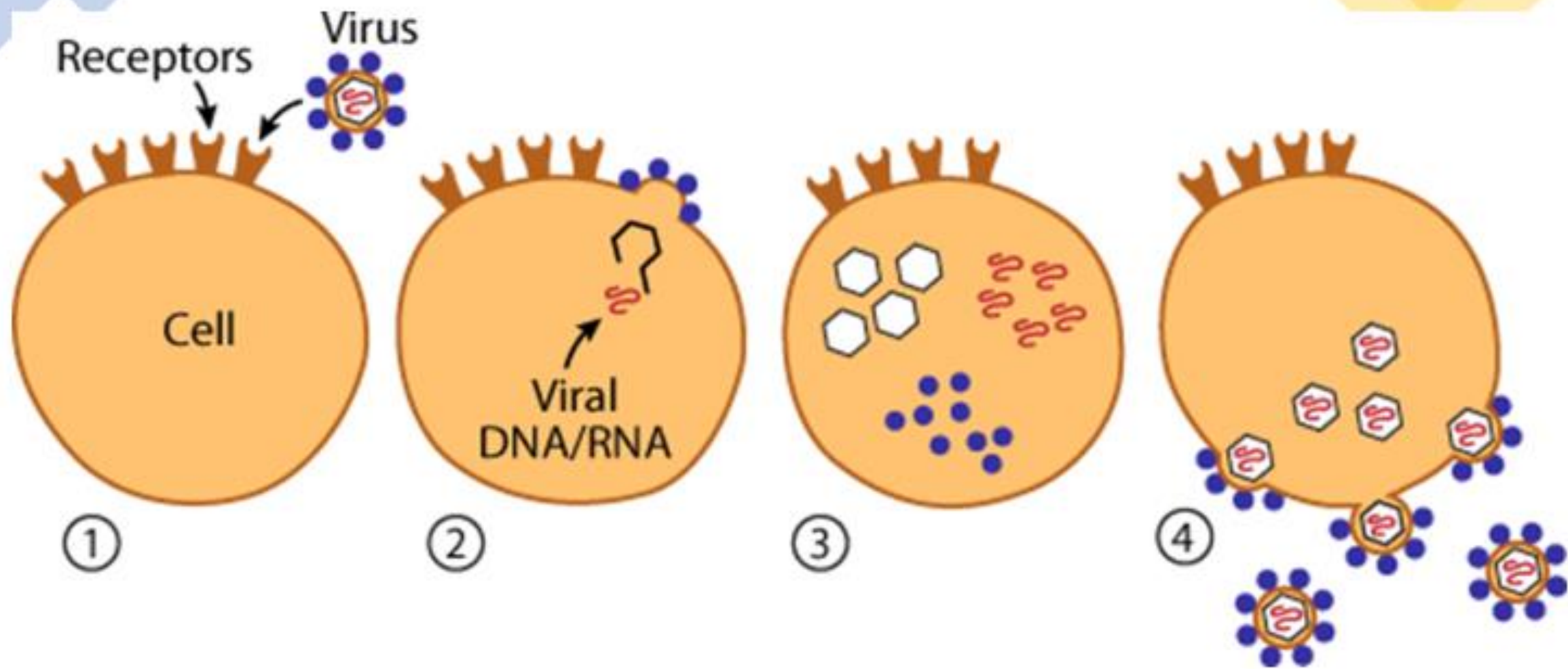
sick



Avoid contact
with sick
people



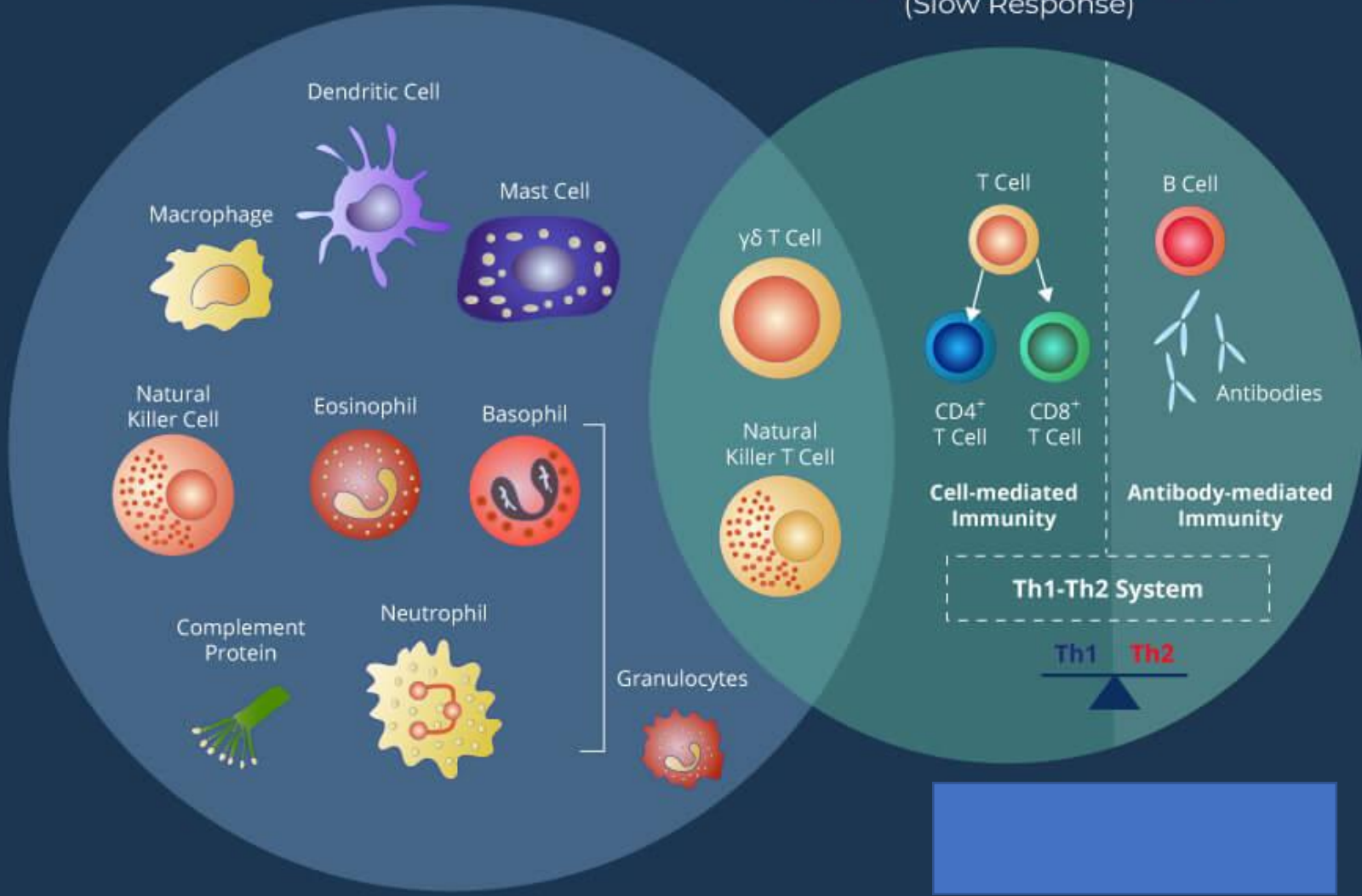




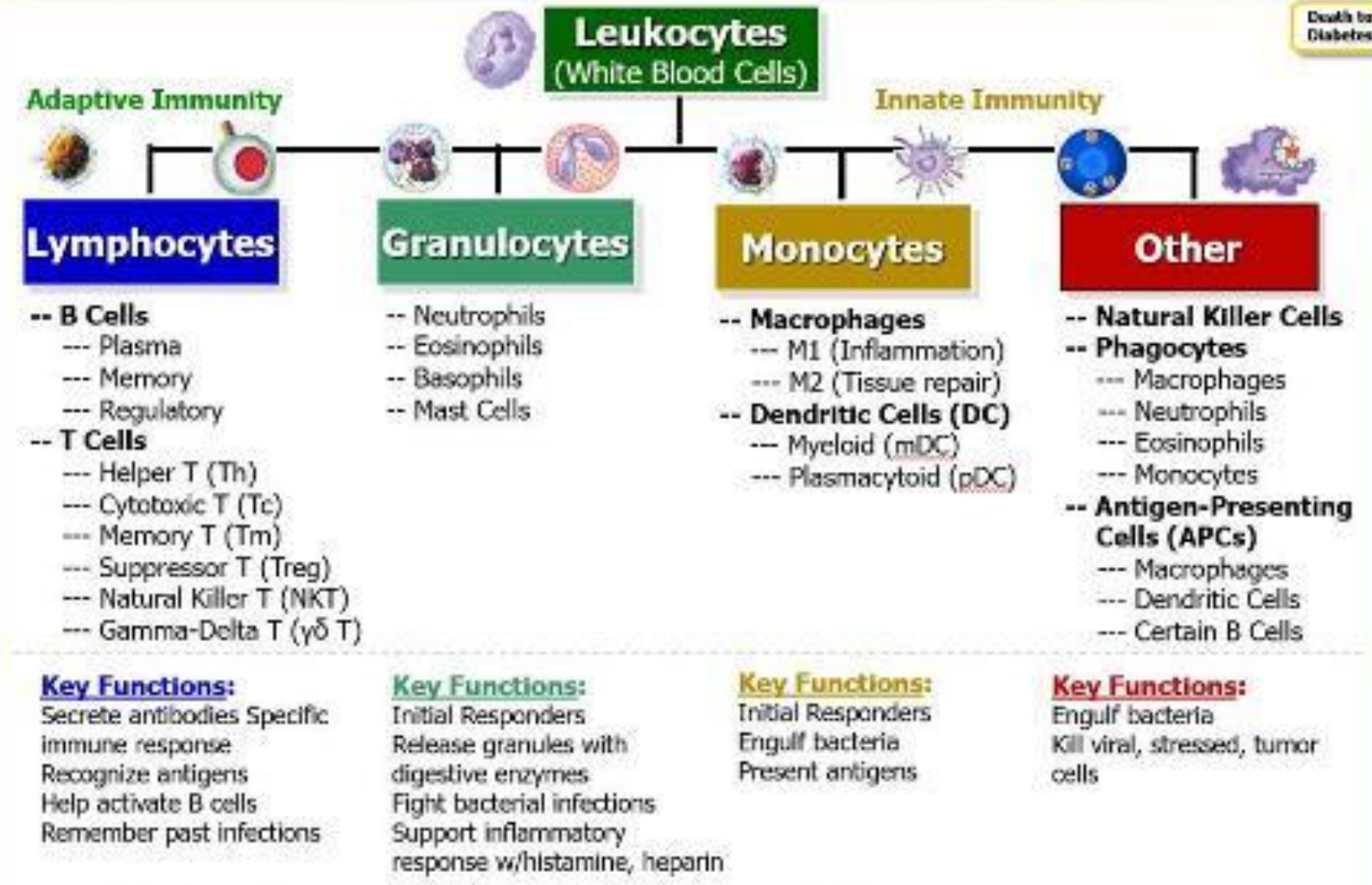
THE BODY'S NATURAL IMMUNE RESPONSE

INNATE IMMUNITY (Rapid Response)

ADAPTIVE IMMUNITY (Slow Response)



Death to Diabetes





HOW TO BOOST YOUR IMMUNE SYSTEM



**Avoid alcohol
and cigarettes**



**Drink more
water**



**Get enough
sleep**



**Eat plenty
of fruits and veggies**



**Wash fruits and
vegetables properly**



Exercise daily



**Wash
your hands**



**Practice
meditation**



**Take your vitamins
and probiotics**



**Try to stay calm,
and not stressed**

Sleep Protects Against The Common Cold

Chances of Catching a Cold When Exposed to the Virus (%)

17.2%



22.7%



30%



45.2%



SLEEP DURATION

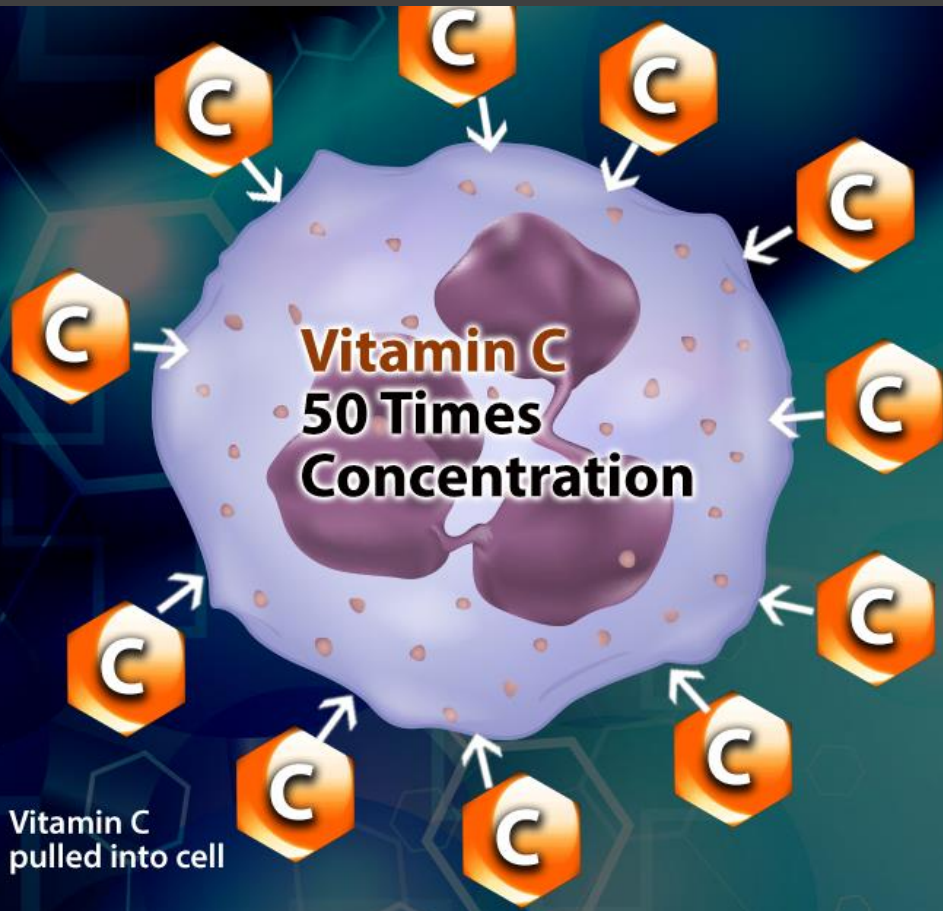
Source: Prather et al, 2015

UCSF

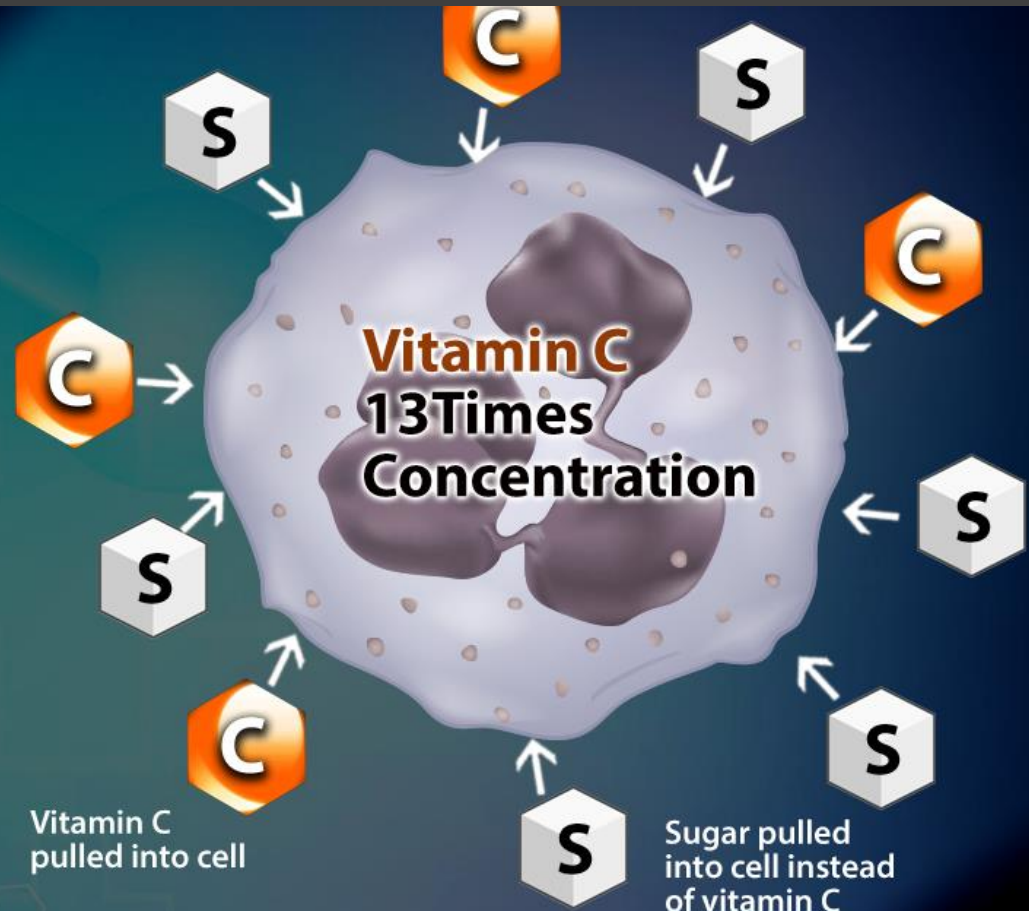
<u>REMOVE</u>	<u>MODERATION</u>	<u>REPLACE</u>
White Rice	Brown Rice (1/2 cup)	<u>Purified/Spring Water</u> <u>½ body weight in oz daily</u>
White Potatoes	Sweet Potato (1/2)	<u>Organic Vegetables (8-10 serv/d)</u>
Pasta, noodles	Wheat Free Pasta	<u>Organic Fruit (BERRIES)</u>
WHEAT (white/wheat bread, flour, gluten)	<u>Organic Fruit (3-5 servings)</u>	TURMERIC, GINGER GREEN TEA <u>Coconut Oil, EVOO</u> <u>Organic Butter</u>
Dairy (pasteurized milk, cheese, ice cream, yogurt)	LIMIT: Watermelon, bananas, grapes (high glycemic index)	Almond/rice/Coconut milk <u>Kombucha, yogurt (unpasteur.)</u> <u>PROBIOTIC SOURCE</u>
Peanuts	Ezekial Bread, Rice Flour, Coconut, Almond Flour	Nuts (raw almonds, walnuts, flaxseed, chia, hemp)
Meats w/ hormone, abx Pond raised fish		Lean Protein: FREE RANGE CHICKEN/EGGS; GRASS FED BEEF, WILD ATLANTIC SALMON

A single teaspoon of sugar can cause a 40–50% suppression of the immune system for up to 4–5 hours.

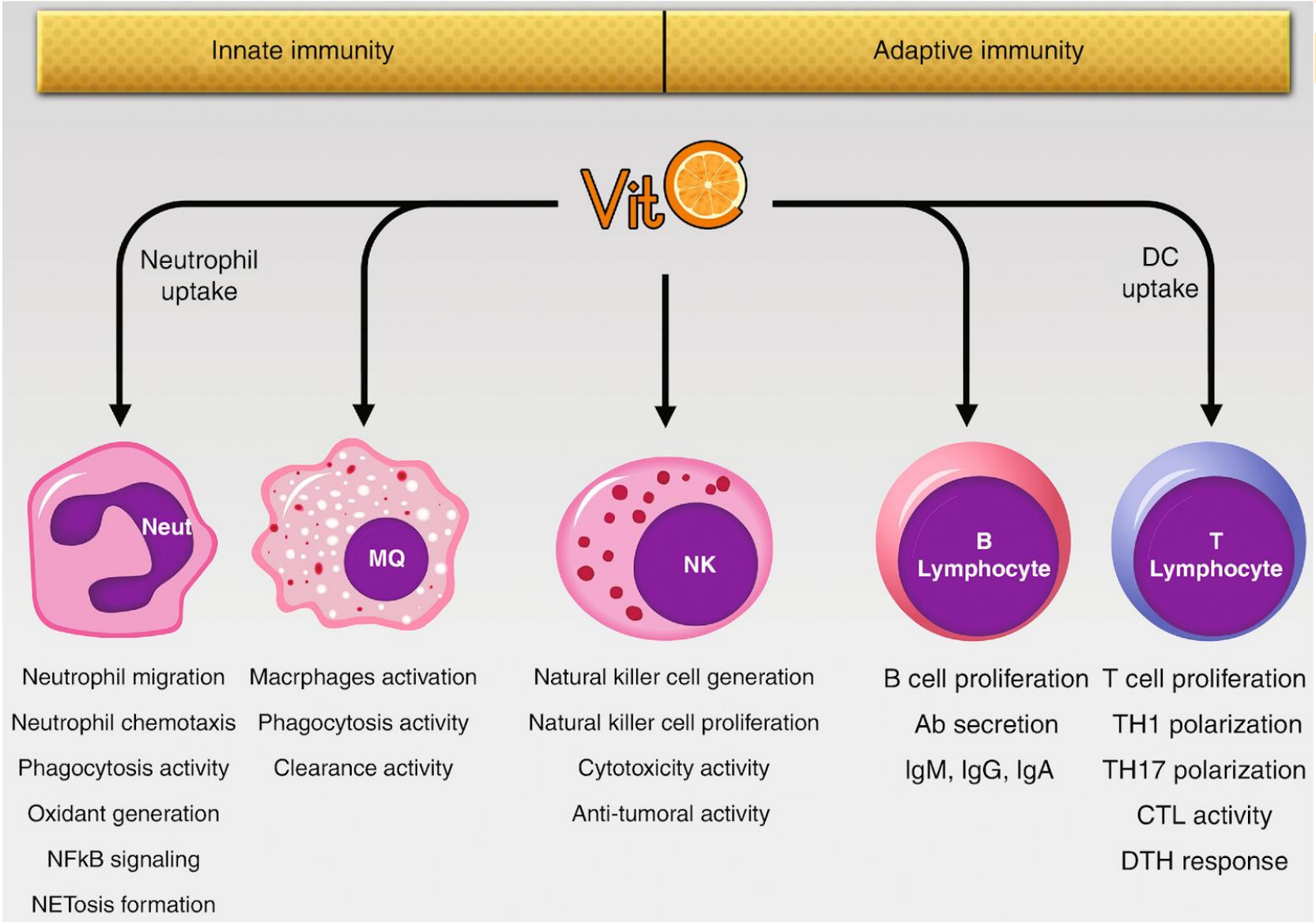




White Blood Cell able to destroy **the maximum** number of viruses and bacteria.



White Blood Cell can only destroy **25%** as many viruses and bacteria.





The power of
VITAMIN D

Vitamin D Deficiency/Insufficiency

```
graph TD; A[Vitamin D Deficiency/Insufficiency] --> B[Musculo-skeletal system]; A --> C[Immune system]; A --> D[Endocrine system]; A --> E[Circulatory system]; A --> F[Nervous system]; B --> G[Falls and fractures]; C --> H[Infections<br/>Allergies<br/>Tumors]; D --> I[Type I diabetes<br/>Type II diabetes]; E --> J[Hypertension<br/>Stroke<br/>Heart attack<br/>Heart failure]; F --> K[Multiple sclerosis];
```

Musculo-skeletal system

Falls and fractures

Immune system

Infections
Allergies
Tumors

Endocrine system

Type I diabetes
Type II diabetes

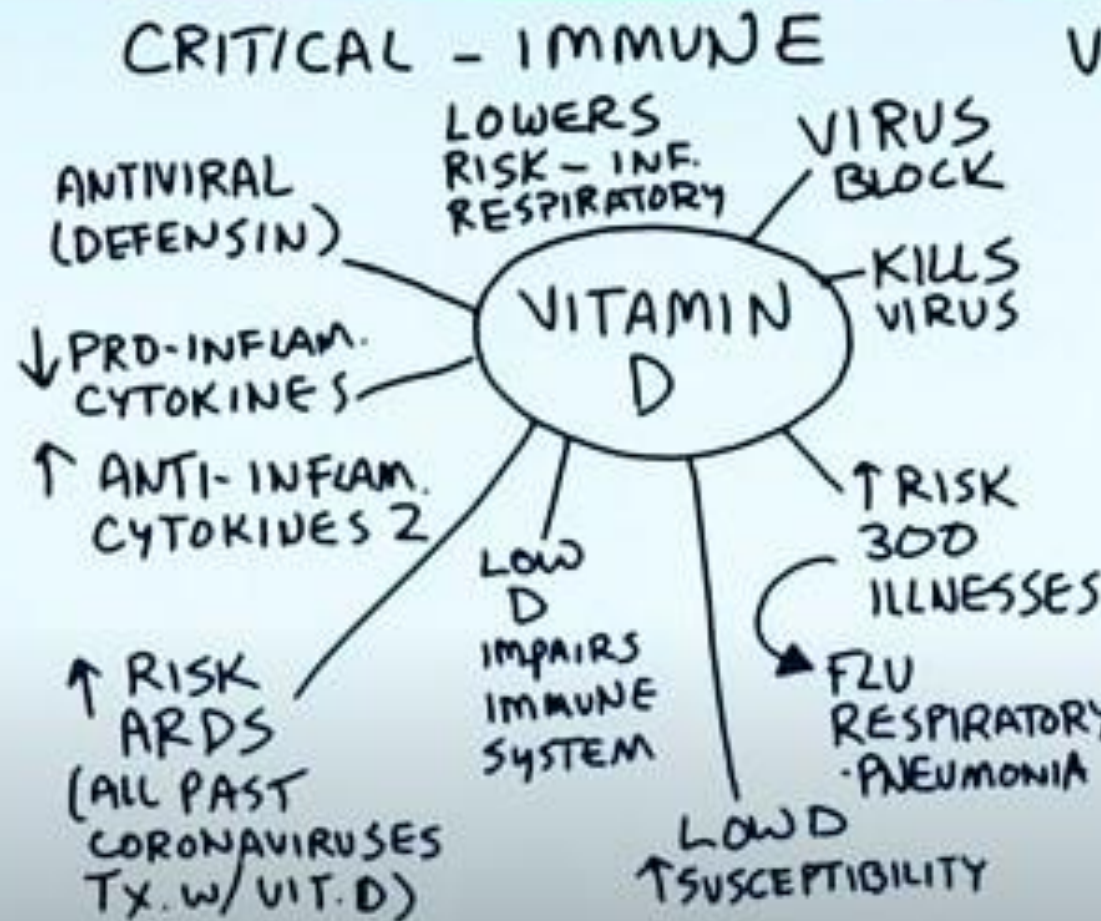
Circulatory system

Hypertension
Stroke
Heart attack
Heart failure

Nervous system

Multiple sclerosis

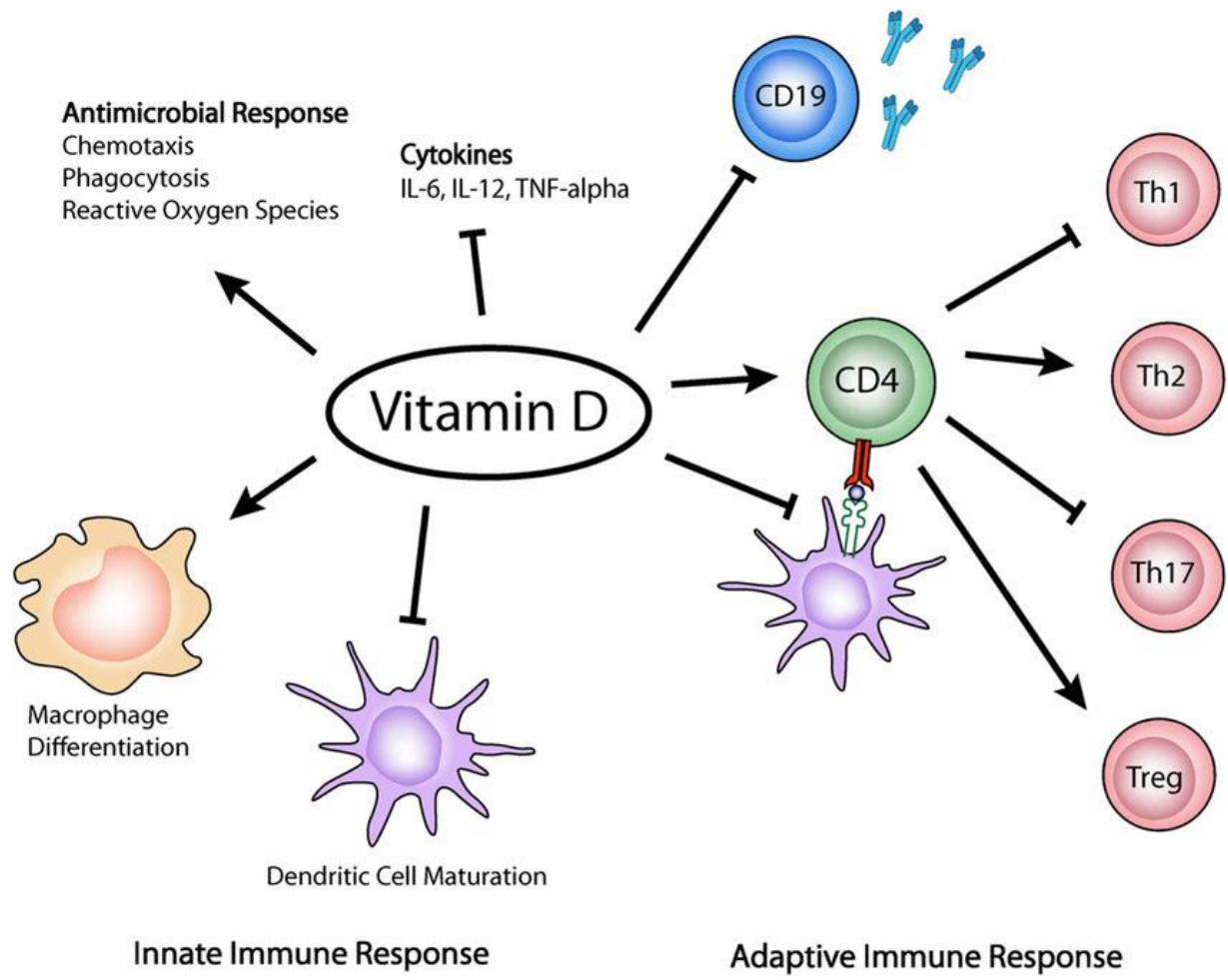
COVID-19 AND VITAMIN D



- VIT. D PANDEMIC**
- 70-80% POPULATION
 - DENTAL
 - INFLAMMATION
 - AUTO IMMUNE
 - INFECTION
 - CARDIOVASCULAR
 - CANCER
 - DIABETES TYPE 2
 - BONE LOSS
 - NEUROLOGICAL

LOTS OF INFECTIONS ARE SEASONAL





Evidence that Vitamin D Supplementation Could Reduce Risk of Influenza and COVID-19 Infections and Deaths.

Grant WB¹, Lahore H², McDonnell SL³, Baggerly CA³, French CB³, Aliano JL³, Bhattoa HP⁴.

⊕ Author information

Abstract

The world is in the grip of the COVID-19 pandemic. Public health measures that can reduce the risk of infection and death in addition to quarantines are desperately needed. This article reviews the roles of vitamin D in reducing the risk of respiratory tract infections, knowledge about the epidemiology of influenza and COVID-19, and how vitamin D supplementation might be a useful measure to reduce risk. Through several mechanisms, vitamin D can reduce risk of infections. Those mechanisms include inducing cathelicidins and defensins that can lower viral replication rates and reducing concentrations of pro-inflammatory cytokines that produce the inflammation that injures the lining of the lungs, leading to pneumonia, as well as increasing concentrations of anti-inflammatory cytokines. Several observational studies and clinical trials reported that vitamin D supplementation reduced the risk of influenza, whereas others did not. Evidence supporting the role of vitamin D in reducing risk of COVID-19 includes that the outbreak occurred in winter, a time when 25-hydroxyvitamin D (25(OH)D) concentrations are lowest; that the number of cases in the Southern Hemisphere near the end of summer are low; that vitamin D deficiency has been found to contribute to acute respiratory distress syndrome; and that case-fatality rates increase with age and with chronic disease comorbidity, both of which are associated with lower 25(OH)D concentrations. To reduce the risk of infection, it is recommended that people at risk of influenza and/or COVID-19 consider taking 10,000 IU/d of vitamin D₃ for a few weeks to rapidly raise 25(OH)D concentrations, followed by 5000 IU/d. The goal should be to raise 25(OH)D concentrations above 40-60 ng/mL (100-150 nmol/L). For treatment of people who become infected with COVID-19, higher vitamin D₃ doses might be useful. Randomized controlled trials and large population studies should be conducted to evaluate these recommendations.

KEYWORDS: COVID-19; UVB; acute respiratory distress syndrome (ARDS); ascorbic acid; cathelicidin; coronavirus; cytokine storm; influenza; observational; pneumonia; prevention; respiratory tract infection; solar radiation; treatment; vitamin C; vitamin D

	Immune System	Fights Viruses	Respiratory System
--	---------------	----------------	--------------------

Iodine



Selenium



Vitamin A



Vitamin C



Vitamin E



Vitamin D



Zinc



Sleep



Stress

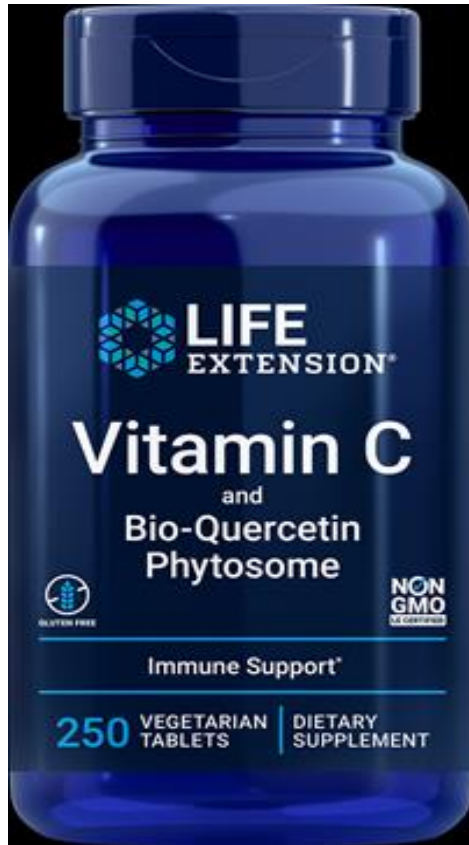


MAINTENANCE: IMMUNE SYSTEM SUPPORT

Vitamin D3 5000 –
10,000mg Daily



Vitamin C 2000 -
4000mg daily



Vit. A, C, B12, Zinc,
Elderberry, Astragalus,
Echinacea



Probiotics 1 Daily





A Novel Approach to Treating COVID-19 Using Nutritional and Oxidative Therapies

David Brownstein, M.D. ^{*†}, Richard Ng, M.D. [†], Robert Rowen, M.D. [‡], Jennie-Dare Drummond, PA [†], Taylor Eason, NP [†], Hailey Brownstein, D.O. [§], and Jessica Brownstein [¶]

Abstract

Objective: This report is a case series of consecutive patients diagnosed with **COVID-19** treated with a nutritional and oxidative medical approach. We describe the treatment program and report the response of the 107 **COVID-19** patients.

Study Design: Observational case series consecutive.

Setting: A family practice office in a suburb of Detroit, Michigan.

Patients: All patients seen in the office from February through May 2020 diagnosed with **COVID-19** were included in the study. **COVID-19** was either diagnosed via PCR or antibody testing as well as those not tested diagnosed via symptomology.

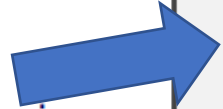
Interventions: Oral Vitamins A, C, D, and iodine were given to 107 subjects (99%). Intravenous solutions of hydrogen peroxide and Vitamin C were given to 32 (30%) and 37 (35%) subjects. Thirty-seven (35%) of the cohort was treated with intramuscular ozone. A dilute, nebulized hydrogen peroxide/saline mixture, with Lugol's iodine, was used by 91 (85%).

Main Outcome Measures: History and physical exam were reviewed for **COVID-19** symptoms including cough, fever, shortness of breath, and gastrointestinal complaints. Laboratory reports were examined for **SARS-CoV-2** results. Symptomatic improvement after treatment was reported for each patient consisting of *first improvement, mostly better, and completely better*.

continued on next page



4.1 Vitamin A	11
4.2 Vitamin C (Ascorbate)	12
4.3 Vitamin D	12
4.4 Iodine	13
4.5 Nebulized Hydrogen Peroxide	14
4.6 Intravenous and Intramuscular Therapies 14	
4.7 IV Hydrogen Peroxide	14
4.8 IV Vitamin C (Ascorbate)	15
4.9 Intramuscular Ozone	15
5 Conclusion	16



entire cohort, first improvement was noted in 2.4 days. The cohort reported symptoms mostly better after 4.4 days and completely better 6.9 days after starting the program. For the **SARS-CoV-2** test positive patients, fever was present in 25 (93%), shortness of breath in 20 (74%) and upper respiratory symptoms including cough in 21 (78%) while gastrointestinal symptoms were present in 9 (33%). The time to improvement in the **SARS-CoV-2** test positive group was slightly longer than the entire cohort.

Conclusion: At present, there is no published cure, treatment, or preventive for **COVID-19** except for a recent report on dexamethasone for seriously ill patients. A novel treatment program combining nutritional and oxidative therapies was shown to successfully treat the signs and symptoms of 100% of 107 patients diagnosed with **COVID-19**. Each patient was treated with an individualized plan consisting of a combination of oral, IV, IM, and nebulized nutritional and oxidative therapies which resulted in zero deaths and recovery from **COVID-19**. Keywords: **SARS-CoV-2**, **COVID-19**, ozone therapy, hydrogen peroxide therapy, Vitamin A, iodine, Vitamin C, Vitamin D, immune system, antiviral





OXIDATIVE THERAPY

- Attach mask/tubing/med up to nebulizer
- Add 3-4 cc of undiluted 3% H₂O₂ to the med cup; you can dilute 50/50 with normal saline vial
- Place mask over your mouth and nose and breath!
- Use it 2-3 times a day at the first sign of viral symptoms
- If you start tx. early enough, symptoms should resolve in 2-4 days
- Use the nebulized H₂O₂ with your Immune Rescue Kit 4 day protocol

4 DAY ACUTE PROTOCOL AT THE FIRST SIGN OF ACUTE ILLNESS OR EXPOSURE TO SOMEONE ILL

VITAMIN A PALMITATE

ADULTS: 100,000 IU/DAY FOR FOUR DAYS (do not use if pregnant or breast feeding)

VITAMIN D3:

ADULTS: 50,000 IU/day for FOUR DAYS

VITAMIN C:

5-10,000 MG/DAY for FOUR DAYS - UNTIL YOU GET LOOSE STOOLS THEN LOWER IT

IODINE:

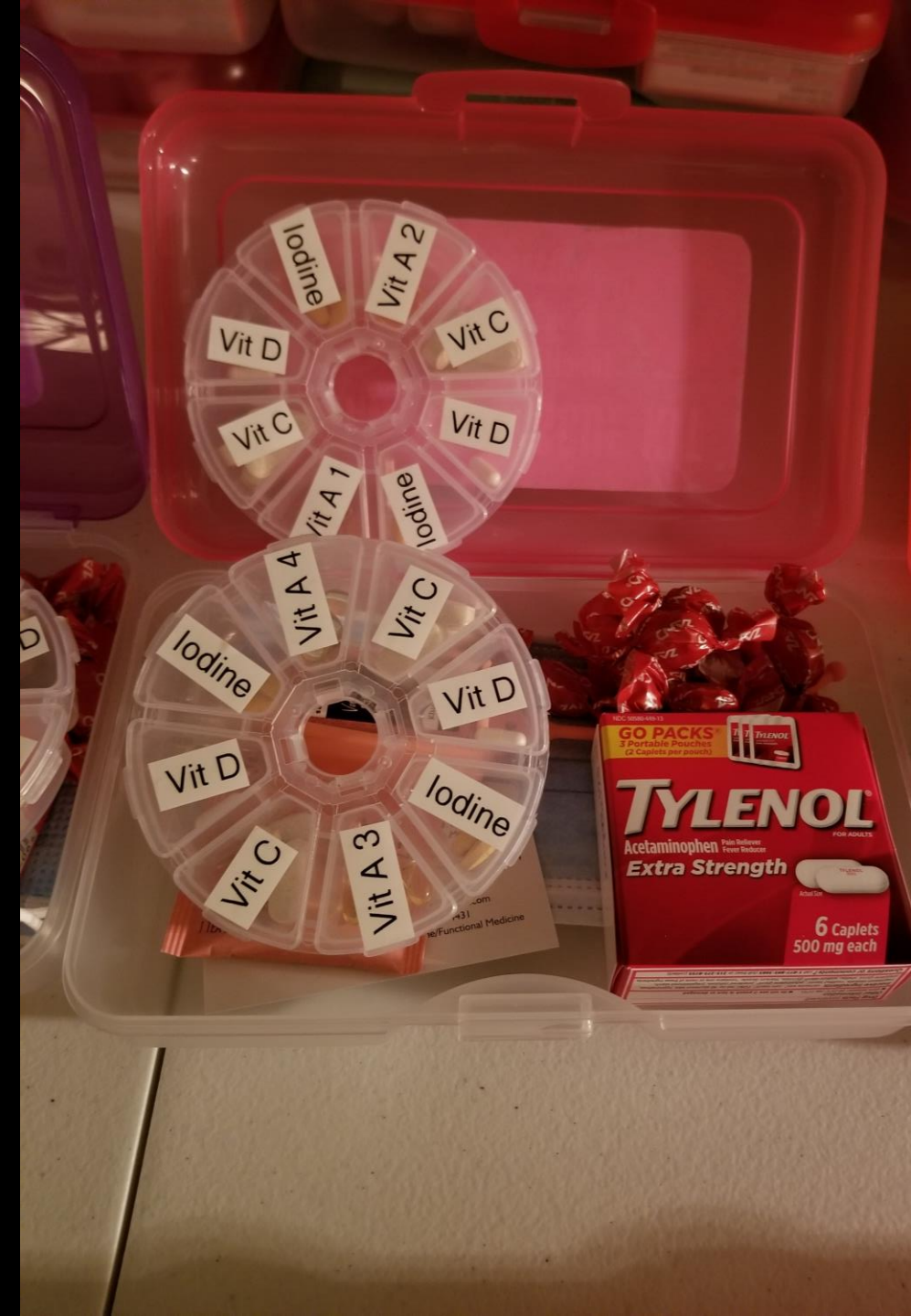
ADULTS: 25 - 100 MG/DAY

KEEP THESE SUPPLEMENTS ON HAND ALWAYS



Immune Rescue Kit: 4 DAY ACUTE PROTOCOL

- High dose VITAMIN A, C, D, and Iodine
- Zinc Lozenges, Hand Sanitizer, Mask, Immune Support Tea, Tylenol
- \$40
- To Order: dckcstanley@gmail.com
- Get one for College Students, Nurses, Doctors, Frontline Workers!





THANK YOU!

Rita C. Stanley, M.D.

dckcstanley@gmail.com

www.ritastanleymd.com

FB: @ritastanleymd

816-309-8774