

SUPPLEMENTS AND PROTOCOLS TO BUILD IMMUNE SYSTEM, MITIGATE SYMPTOMS AND WALK IN PEACE

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EMFS

The first and perhaps most significant I can tell you is get some EMF protection – I have a whole separate newsletter on this found at integratedlifestrategies.com/newsletter – based on 20 years of experts testing with the effects of electromagnetic radiation on the body. In a nutshell, emfs cause holes in your cells and your body cannot react properly in immune response and may have an overly inflammatory response which causes harm. You can find inexpensive emf protection that has been vetted on my site integratedlifestrategies.com/products – I recommend a magnet to wear on your body (special magnet) to neutralize emfs in your own field as well as orgonite near your devices. If you scroll down my fb page you will see a video, I do demonstrate emfs – there is also a demo video of muscle testing on my website. I have vetted these products and they are cost effective – I have a buy 3 get 4th free special and you get a free phone emf sticker with every magnet or orgonite purchased. This is a rest of your life thing to stay well – 5G is here.

Understand the main cause of death with people is lack of oxygen into the blood – this is can be due to emfs prevented the blood (hemoglobin) from absorbing oxygen from lungs. It can also be a cytokine storm (intense inflammatory response) which closes up the oxygen absorbing part of the lung – this too can be being caused by emfs – the body is confused and loses its ability to regulate response to actual invaders.

The research done with high doses Melatonin is pretty amazing. If you have any immune issues now or have been exposed to a lot of emfs then It might not be a bad idea to do this melatonin protocol of 180mg sublingual per day – its not supposed to have any side effects and has been used up to 43,000 mg safely. This research is based on that of Klinghardt and also the doctors at Optimal Health systems.

Sublingual (take 15 day – start at night to factor in sleepy initial effect)

https://www.amazon.com/Carlyle-Melatonin-Dissolve-Nighttime-Vegetarian/dp/B07GR9WBFY/ref=sr_1_fkmr2_1?dchild=1&keywords=high+dose+melatonin+transdermal&qid=1585173182&sr=8-1-fkmr2

suppository – 200 mg each – highly beneficial – been banned in UK and Europe now because having major effect on cancer – Klinghardt recommends highly to close the holes in the cells caused by the emfs and support deep healing in the cells – powerful antioxidant effect.

liposomal Vit C 2000mg up to 10K day to build immune system

If you get any symptoms (true with cough or cold or anything) 1000 mg every 30 minutes

Two options that both muscle test high and are cost effective:

https://www.amazon.com/Thorne-Research-Flavonoids-Bioflavonoids-Together/dp/B0797HCZVV/ref=sr_1_36?dchild=1&keywords=liposomal+vitamin+c&qid=1585163026&sr=8-36 or

https://www.amazon.com/Premium-Liposomal-Vitamin-Nutrition-Absorption/dp/B085ZCF9CM/ref=sr_1_1_sspa?dchild=1&keywords=liposomal+vitamin+c&qid=1585163026&sr=8-1-

[spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEyRDAzWUQ4TkFNOEIGJmVuY3J5cHRIZElkPUEwOTUzNzQ4QjlxWDJKMDJLQVhUJmVuY3J5cHRIZEFkSWQ9QTA4MjQwMzZkUVVCMek3RlVaMjJWJndpZGdlE5hbWU9c3BfYXRmJmFjdGlvbj1jbGlja1JIZGlyZWNOJmRvTm90TG9nQ2xpY2s9dHJ1ZQ==](https://www.amazon.com/omega-3-fish-oil-lemon-caps/dp/B00028ODSU/ref=sr_1_2?dchild=1&keywords=kal+omega+with+lemon&qid=1585170100&sr=8-2)

NEXT

Call Optimal Health systems number below and give this code: OHSRBRAUN.

800-890-4547 and set up a Preferred Patient account and by calling and using code you will receive 10% off their first order.

After you're set up, you can then call in, order online and of course order the website as well.

Order Opti-methyl B

If you are not taking a B complex, then you should be on one the rest of your life. Your bs affect the part of the brain that controls stress and adrenal glands – we have to have healthy adrenals to function.

Z health pack (immune combo) or at least Opti immune VRL – great combo for immune

Their C is a great chewable too for the kids and fully absorbed.

Opti BFF – this will up nitric acid and oxygenate your blood better.

I also love the **Oxypure** – this will also bring more oxygen to the blood for overall health.

Longevi D is my favorite D complex too but you can get others as long as they have both d3 and K2

Your immune system is governed by the health of the inner cells and the blood

Like a B complex, everyone needs **Omega 3 fatty acids** – here is a link to one I know is mercury free but inexpensive. If you are vegan then chia or flax seed (organic) but everyone, I repeat everyone needs to be getting these in supplement form as you won't get enough in food. The OHS brand b is predigested and 3x more absorbable than most for this reason.

https://www.amazon.com/Omega-Fish-Oil-Lemon-Caps/dp/B00028ODSU/ref=sr_1_2?dchild=1&keywords=kal+omega+with+lemon&qid=1585170100&sr=8-2

Keep on hand some **colloidal silver** and put in a spray bottle – use nasally and in throat. I like natural path silver wings the best – may be unavailable and have to use a different brand. Look on amazon or eBay.

Nasal spray- https://www.amazon.com/Natural-Path-Silver-Wings-Supplement/dp/B0049YYYIW/ref=sr_1_10?crid=1HS0AEWWDSPA5&dchild=1&keywords=silver+wings+colloidal+silver+500+ppm+4+oz&qid=1585170286&sprefix=silver+wings+%2Caps%2C227&sr=8-10

Doterra **on guard** or young living **thieves** are natural anti-microbial oils – put some in a spray bottle in water to disinfect without harsh chemicals – use on hands, cell phone spray on throat (or silver) etc. don't spray in eyes or up nose.

Oregano oil is also great for immune system.

Turmeric, garlic and other regular antioxidants are great – elderberry and any dark berry full of antioxidants too but don't overdo elderberry

If you don't get the other products get zinc in addition.

This virus hates heat – so getting your body temp up a couple times a day helps.

Exercise

Infra-red sauna

Hot baths

Drink hot water with lemon – it hates lemon too!!

Drink half your weight in ounces of filtered water every day

STOP WHITE SUGAR/CORN SYRUP/WHITE FLOUR PRODUCTS -THEY IMPAIR YOUR IMMUNE SYSTEM INCREDIBLY –

EAT ORGANIC/NON-GMO and natural sugars are ok – totally different chemical compound

If you think you might have been exposed

Get some **Andrographis**

https://www.amazon.com/Herb-Pharm-Andrographis-Extract-Support/dp/B001FUJOHY/ref=sr_1_5?crid=KGXUGYL03LOA&dchild=1&keywords=andrographis+paniculata&qid=1585171013&srefix=andrographis%2Caps%2C228&sr=8-5

Try the hair dryer method or steam method – inhale hot air (not too hot to burn) up your nose – the virus accumulates behind your nasal passage before going into the lungs – this method good for any viral or cold onset anytime

While this info was said to be false on fb post, other sources have validated it and the author wrote a book about it with case studies.

DO NOT TAKE ADVIL/IBUPROFEN OR NSAID It is said to contraindicate with this virus.

If you have a low grade fever don't try to stop it – it is killing the virus – if you have the chills try to sweat or raise body temp slightly in a hot bath.

If your temp gets above 102, take ice baths instead of Tylenol – again the internal temp is an effort to kill the virus – if your temp gets above 102 consult a medical professional.

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EMOTIONAL/SPIRITUAL

TAKE thoughts captive – fear is a low frequency emotion that attracts low frequency things.

Learn about the frequency of emotions and thriving in my book – which is now free on my website – on home page click link under the book image – **A believer's guide to the law of attraction.**

Staying at peace keeps our frequency high – sickness only occurs in a body where the frequency is low so doing happy and joyful things helps in this season.

Psalm 91 and psalm 23 are powerful words to declare of protection.

Use this time to press into a deeper relationship with your heavenly father who loves you.

Meditate, reflect pray, play, rest, sleep enjoy time with kids and family and friends as appropriate

Learn something new – stay occupied with positive things to do don't worry about the future -surrender the outcome.

Deep breaths – breath in full breath in nose and then a little more – hold for a few seconds then exhale through mouth slowly and completely – hold until you need to gasp for another breath and repeat – do this several times a day.