

A Guide to Infection Risk & Prevention:

Boosting Natural Immunity

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We are in the Midst of an Unprecedented Time in Human History.

Not necessarily because of the severity of the novel SARS-CoV-2 virus – that has yet to be demonstrated. The historic event is rather the fact that much of the entire nation (and world) is sheltered-in-place, wearing masks, donning gloves, and disinfecting every surface in sight in order to avoid becoming infected by a virus (COVID-19).

But who's talking about the other half of the infection equation? Remember ... **immunity and resistance!** It is fascinating that there is virtually no mention in the media of steps one can take to boost their immunity (short of a vaccine) so that even if exposed to a virus (COVID-19), one is far less likely to (1) get sick; and if one does, (2) not become seriously ill.

COVID-19 vaccine: Relying on a newly developed, fast-tracked vaccine (1) may not be safe ("slashing red tape" implies skipping steps to ensure safety); (2) may not be effective (historically vaccines provide less benefit than wanted and needed); and (3) may not be available until long after the need for an immune boost is required.

And, the fallout of this all out "lockdown" could potentially bear a greater toll than from the COVID-19 virus itself, e.g., economic ramifications; mental health; stress-induced fatalities.

Perhaps if more attention was placed on measures to **boost immunity**, a more moderate avoidance response (social distancing; "lockdown") would have been required; resulting in a more modest impact on the economy (potentially the worst since 1929); loss of jobs and financial security; and stressful shock to mental health and well-being.

Promoting Innate Immunity and Natural Resistance

Inarguably, what you **think** and **do**, day in and day out, has been shown to have everything to do with your overall health, well-being, and immunity.

Nutrient insufficiencies; sedentary lifestyles; disturbed sleep; toxic body burden; and chronic or recurring stress; weakens immune function and opens the door to infection – viral, bacterial, and fungal.

Research clearly shows that **eating well, ensuring optimal nutrient levels; moving often, sleeping soundly, detoxifying, and stressing less ALL promote a strong and swift immune response** to potential pathogens; thus, reducing the risk for and severity of infection.

To "back-up" (and not replace!) these foundational steps, various types of **natural medicine are available to help boost one's natural immune response** (or for their anti-viral properties), and thereby reduce one's risk of infection, or accelerate recovery if infected.

Safe, Effective, and Predictable Ways to Boost your Immunity

One's natural immunity or "resistance" inevitably results from and centers around wholesome daily habits and routines; nutrient optimization; and judicious use of natural medicine. Short-term immune "boosts" can also be achieved by employing similar tactics, though the benefits are not as profound and may be insufficient to overcome significant immune imbalances and deficiencies.

DIET & LIFESTYLE

■ Remain centered

- Try and maintain a larger perspective. You are likely still safe so feel grateful, relax, breathe, be present, pet your dog or cat, read something inspiring, play or listen to some of your favorite music, and laugh!
 - ❖ Conversely, Dr. Bruce Lipton, in Biology of Belief, scientifically explains how fear actually fuels illness.
- Lend a helping hand to someone in need or less fortunate. This 2-for-1 helps both others and yourself simultaneously!

■ Stay hydrated – frequently drinking a little water: (purified; room-temp, warm, or hot)

- Water provides the body with its second most precious commodity – second only to air – and is required for immeasurable metabolic pathways, including ones related to immune function.
- Water May help flush recently acquired viruses in your mouth/throat into your stomach (rendered harmless by stomach acid), instead of being subsequently inhaled into respiratory system where respiratory viruses do their worst.
- Add some lemon or green herb tea (rich in catechins and EGCG) to hot or cold pure water for additional immune benefits.

■ Get out in the sunlight

- Sunlight catalyzes Vit-D production that promote a robust immune response and positive outlook.
- Most viruses don't survive well in heat which is one of the reasons why the body generates a fever to combat viral infections.
 - ❖ Consider far-infrared Sauna therapy (*Sunlighten*) for both thermal and detoxification effect.

■ Improve diet and lifestyle choices

- **Eat well:**
 - ❖ **MORE** – green leafy ([potassium-source inhibits lung inflammation](#)); colorful vegetables ([polyphenols benefit immunity](#)); cruciferous vegetables ([stimulate immune system](#)); and healthy fats (avocado; almonds; walnuts; macadamia nuts; coconut; pastured eggs; fish – Alaskan salmon; sardines; herring)
 - ❖ **LESS** – sugar/starchy carbs ([insulin drives up inflammation](#)) and refined, processed "non-food" snacks and products.
- **Move often:** Walk and stand more, sit less, get pulse up ([exercise improves immune defense and modulates inflammation](#)); stretch and breathe (Yoga; Tai Chi; Qi Gong).
- **Sleep soundly:**
 - ❖ Sleep in a dark room; turn off all electronics at least 30 minutes before bed; minimize evening snacking ([deep delta sleep reduces inflammation](#))
 - ❖ A warm bath or shower an hour before bed; deep, paced breathing; and gentle stretches promotes a good night's rest.

- **Manage stress:**
 - ❖ Minimizing the effects of stress through exercise; deep sleep; nutrient-dense diet; humor/laughing; music; inspirational readings; meditating; and adaptogenic botanicals; all help lower cortisol which **spares immunoglobulins (SIgA); and reduces proinflammatory cytokines.**
 - ❖ Turn down/off the electronics (TV; tablet; phone) 30-60 minutes before lights out to facilitate healthy Circadian Rhythms and melatonin release.
- **Minimize toxicity:**
 - ❖ Toxic body burden accelerates the development and progression of chronic illness; provokes autoimmunity; and ramps up chronic inflammation ... all opening the door to infection.
 - ❖ Eat clean (organic; unprocessed food); avoid chemicals (scented products; cleaning and personal care products; pesticides; etc.); and exercise (promotes lymphatic and cardiovascular circulation; and much more).

NUTRIENTS & NATURAL MEDICINE

NOTE: A lack of validation of the efficacy of nutrients and natural medicine on COVID-19 in the form of published evidence necessitates the reliance on inferences from the mechanisms of action of individual agents (e.g., botanicals; nutrients) on other viral strains.

- **Optimize nutrition** (vitamins; minerals; omega-3 fats; etc.) – sufficiency of all nutrients is important, however, Vitamin-C; Vitamin-D; Zinc; NAC; and omega-3 fats (EPA/DHA); are all particularly critical for optimal immune function and response.

Research and testing indicate that supplementation is required for most people to ensure optimal nutrient sufficiency.

- Vitamin-C
 - ❖ [Vitamin C and immune function](#)
 - ❖ [Vitamin C can shorten the length of stay in the ICU: a meta-analysis](#)
 - ❖ [Vitamin C is an essential factor on the anti-viral immune responses ...](#)
- Vitamin-D
 - ❖ [Modulation of the immune response to respiratory viruses by vitamin D](#)
 - ❖ [Crosstalk between vitamin D metabolism, VDR signaling, and innate immunity](#)
 - ❖ [Respiratory epithelial cells convert inactive vitamin D to its active form: Potential effects on host defense](#)
 - ❖ [Vitamin D alleviates LPS-induced acute lung injury via regulation of the renin-angiotensin system](#)
 - ❖ [Vitamin effects on the immune system: vitamins A and D take centre stage.](#)
- Zinc
 - ❖ [Zinc lozenges as a cure for the common cold - a review and hypothesis](#)
 - ❖ [Zn inhibits Coronavirus and Arterivirus RNA Polymerase Activity ...](#)
- NAC
 - ❖ [NAC shows preventive effect on airway hyper-responsiveness; and anti-inflammatory benefits.](#)
 - ❖ [NAC helpful for acute and chronic lung conditions; improves lung function; and an effective mucolytic.](#)
- Omega-3 fats
 - ❖ [Omega-3 increases immune cell-to-cell signaling](#)
 - ❖ [Omega-3 fatty acids lower inflammation and reduces magnitude resulting from stress.](#)

- **Utilize natural medicine** – to help reduce the duration and severity of viral infections by:
 - [Facilitating immune response](#) – improving host resistance to infection (via cellular defense and repair mechanisms)
 - [Promoting anti-microbial defenses](#) – inhibiting viral entry and replication (via viral eradication or inactivation)
 - [Mitigate collateral host damage and disease progression](#) – modulating viral-induced pathology; **escalating inflammation; and microvascular damage (minimizing hypoxia).**

Here are a sample of several safe, proven, and effective natural immunity boosters I have researched and used successfully with my patients over the years:

- **Whole Particle Beta glucan** (WPG) – activates immune system by “priming” immune cells (macrophages; neutrophils) so they may bind to and kill viruses ([Int J Immunopharmacol](#)) ([Medicina \(Kaunas\)](#))
- **Immunoglobulins** – via serum or hyperimmune egg powder confer passive immunity ([Alt & Comp Ther](#))
- **Spore-based probiotic** – “resistant” probiotic helps different immune cells proliferate for anti-inflammatory benefit ([Frontiers in Microbiology](#))
- **Andrographis** – inhibits viral replication ([Archives of Virology](#))
- **Homeopathic remedies** – have been shown to be effective in viral (flu) risk reduction ([Nat Med Journ](#))

The immune-boosting synergy of real, nutrient-rich food; more movement; restorative rest; nutrient replenishment; and one or more natural anti-microbials can have a profound impact on natural immunity and host resistance.

Anti-viral drugs: As is common with prescription medication, anti-viral drugs have limited success and inevitably include side-effects – some mild and unnoticeable to quite severe and harmful. Why wait for and experiment with a new anti-viral drug when safe and helpful options to build immunity and combat viruses already exist?

“Whether or not you have been exposed, infected, or already ill ... taking action now to **build your immunity** can help you **get and stay well.**”

Dr. Powers IMMUNE SUPPORT

To **safely & effectively reduce your infection risk + charge up your immunity + facilitate your recovery** (if ill), Dr. Powers created and recommends immune-specific guidelines and immune-boosting supplements.

To access this **free resource [CLICK HERE.](#)**

Upcoming topics:

- **Infection Susceptibility:** Answers to unanswered COVID-19 questions
 - What are some of the key underlying causes that make you prone to infection, like COVID-19?
 - Why do viral infections (like COVID-19) affect people so differently?
 - Why are older people usually more susceptible to infection?
 - Despite being “younger,” why do some children, adolescents, and young adults still develop serious (COVID-19) infections?
 - Why do some people who seem healthy develop (sometimes serious) COVID-19 infections?
- **The COVID-19 silver lining:** How to not only survive but actually thrive during the COVID-19 lockdown
- **Life post-COVID-19 lockdown:** Transitioning from “lockdown” to “let-out” to stay safe and be well
- **COVID-19:** Lessons learned