

PANIC! *DISEASE AND DEATH!* ARE WE DOOMED TO SUFFER?

Coronavirus – COVID19 – whatever you call it, we know so little about this new stranger. And what we know is made fearful because many suspected of being infected have been locked away in quarantine for 2 or more weeks. Is this real, in the 21st Century? *Absolutely!*

Some basic facts: (1) A virus is not a bacterium, so “anti-bacterial” antibiotics are useless except for those who develop a bacterial infection (like some pneumonias) as well. (2) Virus drugs have little effect in general (tens of thousands die with influenza each year in the U.S.) (3) Viruses spread from person-to-person through droplets (cough and sneeze), direct contact (hugs and kisses and handshakes), and contact with surfaces “contaminated” by secretions from someone who is sick. Sadly, when we’re in groups (especially confined spaces), limiting our exposure to others is much more difficult – one of the reasons why influenza (the “flu”) spreads so readily to tens of millions Americans each year.

So what can you expect? A “pandemic” (spread of infection across continents) is well underway, and we will see more cases erupting here. Who will get sick? Lots of people. Who will die? Just a few – but that’s “a lot” if you or a member of your family is one of them! Young children and older adults are at higher risk, especially those with other “underlying” illnesses. Uncontrolled diabetes might pose a significant risk, along with other lingering (so-called “chronic”) diseases, especially those in the lungs. Smokers (or those with a long history, even though they have stopped) are definitely at risk, also people with asthma issues. Definite concern: people who recently have had major surgery, some with lingering infections, those taking frequent steroids (cortisone, corticosteroids), chemotherapy, and immune-suppressive “biologicals” (such as Humera, Entyvio, other “umabs” and “imabs” and “ibs”) for inflammatory diseases that my research over many years has shown to be sometimes responsive instead to anti-fungal treatments.

Perhaps even more important for all of us will be the severe economic impact already being felt around the world. Many “modern” products on which we have become “dependent” are made in China (or Korea or other countries where manufacturing interruptions are likely) – including almost all antibiotics (yes!!!!) and many of our general medications. Severe shortfalls are likely, including product introduction delays from cell phones to automobiles to computers. Our incomes could be reduced almost without warning. Even our jobs could be terminated. For who knows how long?

So what can you do to prepare, so you and your family can survive this turmoil? First, attempt to get reliable, factual information. Thusfar, FOX News Channel has emerged as presenting balanced and well-reasoned reporting. You can monitor the march of the virus through a “dashboard” provided by Johns Hopkins University: <https://tinyurl.com/uvczl9>. In the meantime, rest assured: since we know so little about this virus, *MIS*information will abound!

Practical steps: (1) Cover your cough! (and your sneeze) (into your elbow, folded across your face) – (2) Wash your hands! (often, with soap, singing “Happy Birthday,” that’s long enough) – (3) Drink lots of water! (most of us are “camels”!) – (4) Get enough sleep! – (5) Eat more vegetables! (*all* colors, not just white ones) – (6) Drastically cut your intake of sugars and starches! (that means soda pop, candies, deserts, and many snacks as well) – (7) Spray any surfaces of concern with rubbing alcohol, let air dry. – (8) Start or continue reasonable exercise, walking at the very least. – (9) Use this crisis as an opportunity to reinvigorate your faith, to talk with your children (and friends and others) about the inspiring spiritual aspects of living. To help strengthen your body defenses – something each of us should be doing every day, all year long! – be sure to take the supplements you have been advised. (Remember, Dr. T completed master’s studies in nutritional/preventive medicine in 1985.) If you’ve been casual about dealing with lingering problems, get in *now* for a visit, let’s get your program going!

What can you do “in general,” right now, to build up your resistance? (Remember, Dr. T began graduate studies in immunology – defenses against diseases – in 1968.) The program is actually pretty simple, for almost anyone. And, yes, here’s an inside look at Dr. T’s personal program.

First, let me give you a strong assurance for your future: If you feel you’ve started suffering with or you’ve been exposed to the coronavirus (or any other virus – or even a severe bacterial infection), Life Celebrating Health has IV (in-the-vein) and oral treatments that can help reduce your suffering ... perhaps even be lifesaving. **What should you do? DIAL 1-800-FIX-PAIN.**

To help boost your immune defense system, here’s some critical ideas (these won’t interfere with any of your medications *and* they are safe for everyone):

- 3** – general multiple vitamineral – everyone needs this foundation! – 3 twice daily
- Vitamin C** – we have several formulas, tablets and powders, take as much as you can (until you get “loose bowels”) then reduce slightly and gradually keep trying to take more
- Immune Support** – we have several formulas, they can be taken all at once, in lower or in higher doses, no limits, completely safe ... as needed to support your systems:
 - 1117** – T-cell defense – 2 twice daily, as much as 4 every 4 hours
 - 217** – general defense – 2 twice daily, as much as 4 every 4 hours
 - 216** – B-cell defense – 2 twice daily, as much as 2 every 4 hours
 - 917** – general defense – 2 twice daily, as much as 4 every 4 hours
 - 244** – antioxidant/immune booster – 1 – 2 twice daily, as much as 2 every 4 hours
 - 218** – immune antibody booster – 1 – 2 twice daily, as much as 2 every 4 hours
 - 219** – immune antibody booster – 1 – 2 twice daily, as much as 2 every 4 hours

If you are feeling “less well” or perhaps even concerned that you are at higher risk for contracting coronavirus or other “flu” or respiratory illnesses (or any illness, really!):

- 3** – general multivitamineral – increase to 3 caps 3 - 4 times daily
- 64** – immune booster – 5 drops twice daily (up to 4 times daily) – no more than 2 weeks
- 278** – active selenium immune booster – 1 tsp twice daily
- 279** – active zinc immune booster – 2 – 3 tablets twice daily (up to 2 – 3 every 4 hours)
- 287** – virus-spread interrupter -- 1 scoop twice daily (up to 2 every 4 hours)
- 288** – antiviral/antibacterial/antifungal – 2 twice daily (up to 2 every 4 hours)
- 283** – antioxidant/immune booster – 2 – 3 twice daily (up to 2 – 3 every 4 hours)
- 395** – immune antibody booster – 3 twice daily (up to 4 times daily)
- 625** – herbal immune booster – 2 twice daily (up to 4 times daily)
- 663** – herbal immune booster – 2 twice daily (up to 4 times daily)
- 7259** – our premium immune booster, for the most demanding – 1 – 4 packets daily

... We actually have **several more formulas** – share with us your specific symptoms or concerns and Dr. T will recommend specific other supplements for you to add to these above.

If nose/sinus/ear congestion is bothering you, remember our Salt Water Snizzles (add hydrogen peroxide to gargle for throat discomfort), our Cool Vapor home treatments (as often as helpful – remember this is in front of your face not blowing somewhere in the room) and even ...

- 1617** – congestion complex – 4 every 4 hours
- 417** – sinus complex – 2 every 4 hours

AND remember that all parts of your body are connected to all other parts ... so making sure your thyroid and other hormone glands are working well – and especially that your gut is in good health as well. If you’ve had antibiotics, help replace “good” gut bacteria: **138 + 438 + 638**, 2 of each twice daily for 3 or more bottles each – yes, this **IS** that important!

Questions about your health? Call us: **DIAL 1-800-FIX-PAIN.**

We wish you **WELL**, more comfortable and more capable!

– Dr. T and the LCH Staff