

The NEWSTART Solution
to 8 Challenging Health Condition

Defeating Dysfunctional Immunity in COVID-19



**Somerset SDA Church
6 Beacon Hill Road, Sandy's, MA03
1(441) 234-2979**

Leonard Gibbons, DrPH, MPH, HT, RD

Health Ministries Director, BCSD
Lifestyle Intervention Specialist, BWOC
newstart1158@gmail.com
1(441) 292-4530 (W)
1(441)737-9091 (C)

The Biblical Framework for Healing

"... If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt **give ear to his commandments**, and keep all his statutes, **I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the LORD that healeth thee.**" *Ex. 15: 26*



"You provided for them in the desert for 40 years, and they had everything they needed. Their **clothes didn't wear out**, and their **feet didn't swell.**" Nehemiah 9:21

The Principle of Sowing and Reaping

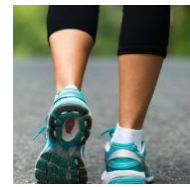
"Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap." *Gal. 6:7*

NEWSTART-*The 8 Principles of Health*

Nutrition - Eat largely of whole plant foods (80% or more) and drink herbal teas. **Example:** Start the day with a bowl of old-fashioned oatmeal cooked in water with chopped dates for sweetness. Add 1 to 2 handfuls of chopped nuts or seeds, a plant-based milk and 1 to 2 cups of fresh fruit on the side.



Exercise – Engage in a moderate level of physical activity that is integrated into daily living or do 30 to 60 minutes of planned physical activity. **Example:** Start the day with a 30-minute walk.



Water – Drink 5 or more cups of water a day starting with 1 to 2 cups first thing in the morning. Use water as a remedy to improve health problems. An excellent tonic is a contrast hot and cold shower. **Example:** Take a 1-minute hot shower followed by 15 seconds of a cold water. Repeat 4 times ending with cold.



Sunshine – Get 20 minutes or more of daily sunlight depending on skin tone. Sunlight exposure through your hands and face are enough to get the health benefits of sunlight. **Example:** Go outside when your shadow is shorter than you are tall for 20 to 30 minutes.



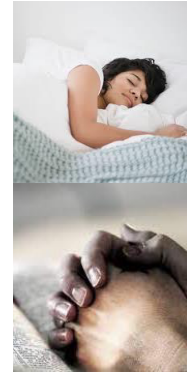
Temperance – Set limits and boundaries in your habits of daily living. Be moderate in habit that are good and totally avoid habits and practices that are harmful. **Example:** Don't smoking or drink alcohol. Eat until you feel just satisfied, but not stuffed.



Air – Exercise helps you to breathe deeply of fresh air in a natural outdoor environment. **Example:** Breath in for a count of 4, hold for count of 4 and breath out for a count of 4. Do for 10 to 15 minutes during times of stress and to help lower your blood pressure.



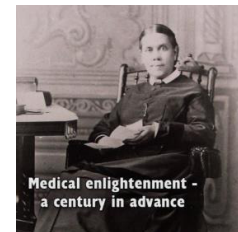
Rest – Sleep from 7 to 9 hours a night to support rest and regeneration of all body systems including the mind. **Example:** Sleep in a cool, dark, quiet and tidy room and go to bed 2 hours before midnight.



Trust in Divine Power – Develop and maintain a positive thankful outlook on life. Trust God with everything and acknowledging him before making any decisions in life. Practice a lifestyle that is more about serving others than serving self. **Example:** “Talk unbelief, and you will have unbelief; but talk faith, and you will have faith. According to the seed sown will be the harvest.” Ellen G. White

Medical Enlightenment - A 100 Years Ahead of the Science!

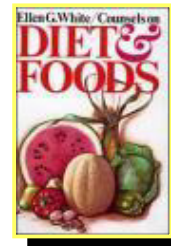
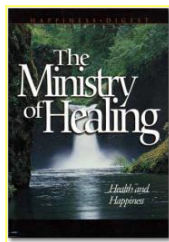
Ellen G. White (1827-1915) was part of a small group of **Seventh-day Adventist** who around the **age of seventeen** started receiving visions from God. **In 1848 she received her first vision on health.** She had no formal education in health science or beyond 12 years of age.



'In the last days, God says, I will pour out my Spirit on all people. Your sons and daughters will prophesy, your young men will see visions, your old men will dream dreams. Act 2: 17

Dr. Clive McCay (1898—1967)

"In spite of the fact that the works of Mrs. White were written long before the advent of modern scientific nutrition, no better overall guide is available today."



Dr. Clive McCay, Cornell University
Professor of Nutrition. *American biochemist, nutritionist, gerontologist, and professor of animal husbandry*

The Simple Agencies of Nature

There are **many ways of practicing the healing art**; but there is only one way that Heaven approves. God's remedies are **the simple agencies of nature**, that will not tax or debilitate the system (toxic side effects) through their powerful properties. TC vol 5, pg. 443



The True Remedies

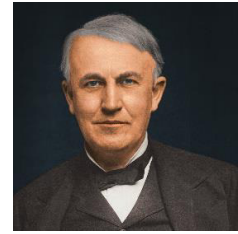
Pure air, sunlight, abstemiousness (avoiding harmful practices and being moderate in habits that are good), **rest, exercise, proper diet** (largely of whole plant foods, **the use of water, trust in divine power** --these are the true remedies. MH 127

"Natural means, used in accordance with God's will, bring about supernatural results. We ask for a miracle, and the Lord directs the mind to some simple remedy." 2 SM pg. 346

Thomas Edison (1847-1931)

"The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease."

Thomas Edison, An American inventor



Drug Therapy

"Fresh air, exercise, pure water, and clean, sweet premises, are within the reach of all with but little expense; but **drugs are expensive, both in the outlay of means and the effect produced upon the system.**" CH, pg. 323



"When you understand physiology in its truest sense, your drug bills will be very much smaller, and finally you will cease to deal out drugs at all. The physician who depends on drug medication in his practice shows that he does not understand the delicate machinery of the human organism. He is introducing into the system a seed crop that will never lose its destroying properties throughout the lifetime...." Letter 73, 1896 MM, pg. 229

Estimated Annual Deaths Caused by Medical Care Medical Care is the 3rd Leading Cause of Death in America It kills 250,000 people in U.S. hospitals every year!

Adverse (non-error) drug effects	106,000
Hospital-borne infections	80,000
Other preventable errors in hospitals	45,000
Unnecessary surgery	12,000
Medication errors	7,000

Dr. Barbara Starfield. JAMA. July 26, 2000

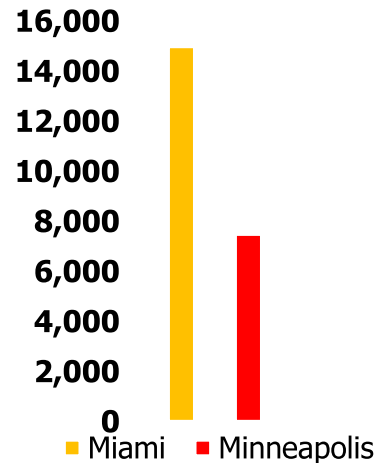
Dartmouth Study, 2007

In Miami, patients had more procedures, drugs, surgeries and time spent in the hospital, but they were sicker and more likely to die than patients in Minneapolis. Average treatment costs: \$15,000 in Miami and \$7,500 in Minneapolis

"Drugs and medical errors killing 1 in every 5 Australians" --*British Medical Journal* November 11, 2000

"Medical error is the third most frequent cause of death in Britain after cancer and heart disease, killing up to 40,000 people a year"

-- *University College London*



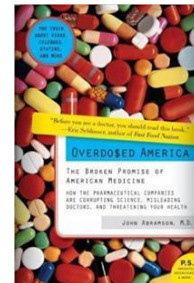
John Abramson M.D

A **family physician** for two decades and a faculty member who taught primary care medicine at Harvard Medical School. He currently teaches health care policy.

Dr Abramson was the chairperson of the Department of Family Practice at Lahey Clinic at Burlington Massachusetts for seven years. He consults as an expert in litigation involving the pharmaceutical industry and served as an unpaid consultant to the FBI and the Department of Justice. He wrote the book *Overdosed America*.



Merck's manipulation of its data—and the FDA's resulting approval of Vioxx in 1999—led to thousands of avoidable premature deaths and **100,000 heart attacks**. They made **\$11 billion** from this drug in 5 years. The FDA's failure to recall Vioxx earlier had resulted in as many as 55,000 premature deaths from heart attacks and stroke. <https://www.ucsus.org/resources/merck-manipulated-science-about-drug-vioxx>



Merck agreed to pay **\$4.85 billion** to settle nearly 27,000 lawsuits that claim **the arthritis drug** caused heart attacks and strokes. Nov 13, 2007
In total, Merck paid out about **\$8 billion** for these criminal deeds.

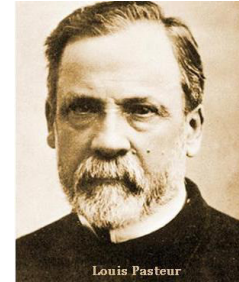
A Poisoned Well

"Our culture today is a poisoned well. Our culture does not encourage people to be healthy... Our medical care system...has become a salvage operation...largely specialized in the management of the victims...We practice patch-up medicine...We spend billions for surgery for coronary care units, for kidney dialysis machines, for radiation therapy and chemical treatment of cancer...We have looked at disease so long that we have become blinded and forgotten about health."

Robert F. Allen, PhD

How Did We Get Here? Louis Pasteur (1822-1895)

He was a French biologist who believed that microorganisms or **“germs” caused disease**. We **“catch” bacteria, colds, viruses**. He believed that **bacteria could not be found in a healthy body** and that microbes flying through the air on dust particles were responsible for all possible diseases.



Flaws in Pasteur’s Theory

Experiments were performed in **which animals were kept completely germ-free**. Their birth even took place by Cesarean section. After that, they were locked in microbe-free cages and given sterile food—but **after a few days, all the animals were dead**.

Our Microbial Community

Our microbiome consists of trillions of microorganisms that inhabit the human body. They **out number human cell by 10 to 1**. These microorganisms include **bacteria, fungi, parasites, and viruses**. **In a healthy person, *these organisms coexist harmoniously, including low levels of harmful bacteria!***
<https://www.medicalnewstoday.com/articles/246568>

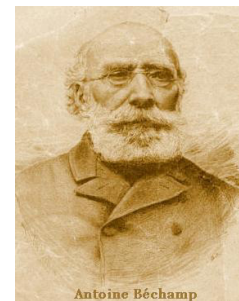


Health Benefits of our Microbiome include:

- Stimulating the immune system
- Breaking down potentially toxic food compounds
- Synthesizes vitamins (e.g., B & K) and amino acids
- Providing key enzymes needed to form vitamin B12 which are only found in bacteria, not in plants or animals
- Helping to digest our food

Antoine Bechamp – (1816-1908)

He was a French researcher and biologist who believed that **people don’t “catch” germs** that give them diseases. Instead, **disease-causing germs are actually opportunistic, thriving in people whose bodies are weakened or imbalance**. A healthy **“Biological Terrain”** is immune to germ infection.



The 5 Blue Zones – The Longest Living Cultures

- † Okinawa Japan
- † Sardinia Italy
- † Loma Linda California
- † Ikaria Greece
- † Nicoya Peninsula - Costa Rica



The Adventist Health Study

Adventist vegetarian men lived **9.5 years longer** and women **6.1 years longer** than California men and women, respectively. A Seventh-day Adventist who is **lean, exercises regularly and eats a plant-based diet lives 10-12 yrs. longer** than an Adventist who is *overweight, sedentary, eats meat and seldom eats nuts*.



Disease is a Friend

"Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health." MH, 127

Disease is friend, a teaching moment, a fire alarm, a wake-up call from nature and God himself. It is warning us that our lifestyle practices are out of balance. The body's self-correcting mechanisms need our help to bring us back in balance.

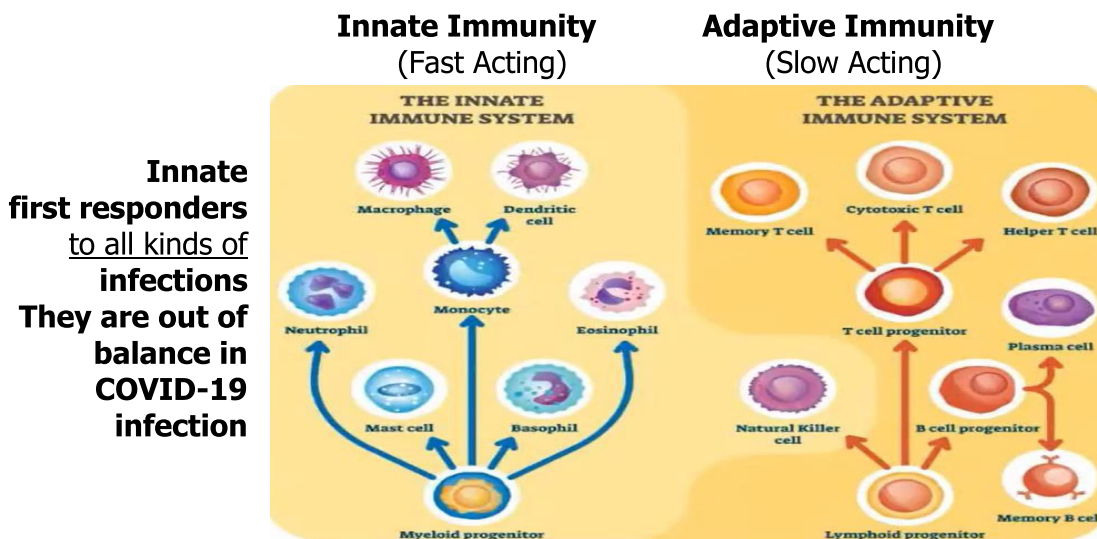


COVID -19 No Match for a Healthy Functioning Immune System!

ACTIVE CASES ^	CLOSED CASES ^
<p>11,644,009</p> <p>Currently Infected Patients</p>	<p>173,715,528</p> <p>Cases which had an outcome:</p>
<p>11,566,304 (99.3%) 77,705 (0.7%)</p> <p>in Mild Condition Serious or Critical</p>	<p>169,706,846 (98%) 4,008,682 (2%)</p> <p>Recovered / Discharged Deaths</p>

17.9 million die of heart disease globally every year

<https://www.worldometers.info/coronavirus/> 07/07/2021



Natural Killer Cell (NK) and COVID – 19

NK cells are **the most crucial antiviral players in the innate immune response.**

<https://www.dovepress.com/drugs-for-multiple-sclerosis-activate-natural-killer-cells-do-they-pro-peer-reviewed-fulltext-article-IDR>

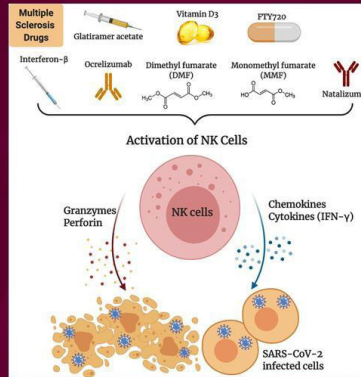
They are **significantly decreased in number and activity in patients with sever covid 19.**

<https://www.ualberta.ca/folio/2020/11/natural-killer-cells-found-to-be-a-key-determinant-of-severe-covid-19-in-patients.html>

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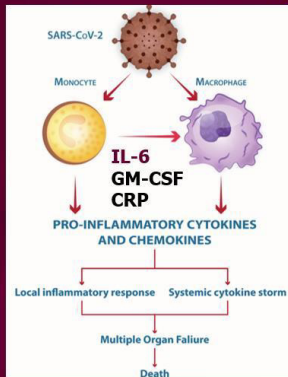
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Monocytes > Macrophages
Over active pro-inflammatory
IL-6 > cytokine storm in COVID-19

<https://www.dovepress.com/role-of-monocytes-macrophages-in-covid-19-pathogenesis-implications-for-peer-reviewed-fulltext-article-IDR>

Innate Immunity



Body fat is a major source of **interleukin-6 (IL-6)**, a **cytokine** that **promotes chronic inflammation**

Block, Keith. Life Over Cancer: The Block Center Program for Integrative Cancer Treatment (Kindle Locations 5015-5016). Random House Publishing Group. Kindle Edition.

<https://www.sciencedirect.com/science/article/abs/pii/S0024320520308535?via%3Dihub>

Chronic Inflammatory and Disease

Obesity - Overeating increases the immune response in a negative way which **causes** the body to generate **excessive inflammation**, which may **lead** to a number of **chronic diseases.**

<https://www.sciencedaily.com/releases/2014/08/140825084836.htm>

SARS-CoV-2 infection is associated with **dysregulation of inflammatory immune responses**, which in turn inhibits the development of **protective immunity to the infection.**

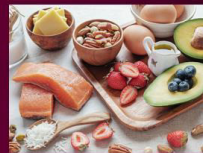
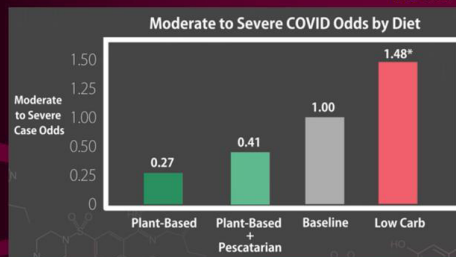
J Immunol July 1, 2020, 205 (1) 12-19

DOI: <https://doi.org/10.4049/jimmunol.2000413>

Inflammation - Flame - Fire



Nutrition



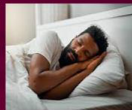
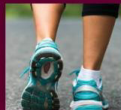
Open access Original research
 BMJ Nutrition, Prevention & Health
Plant-based diets, pescatarian diets and COVID-19 severity: a population-based

"Compared with participants who reported following 'plant-based diets', those who reported following 'low carbohydrate, high protein diets' had greater odds of moderate-to-severe COVID-19 (OR **3.86**, 95% CI 1.13 to 13.24)."

To cite in English, go to: <https://doi.org/10.1136/nph.2020-000000>

NEWSTART

- N**utrition
- E**xercise
- W**ater
- S**unlight
- T**emperance
- A**ir
- R**est
- T**rust in Divine Power



Natural means, used in accordance with God's will, bring about supernatural results. We ask for a miracle, and the Lord directs the mind to some simple remedy."

2 SM pg. 346

Exercise

(Inactivity among Covid-19 Patients and Hospitalization)

Hospitalization - ▲ 126%
Admission to the ICU - ▲ 73%
Death - ▲ 149% due to COVID-19 than patients who were consistently meeting physical activity guidelines



Water

(Hydrotherapy)

WATER - *Five or more cups of water a day on the inside and water as hydrotherapy both internally and externally*

Hydrotherapy improve microcirculation and enzymatic activity such as **lysozymes** (in granulocytes & monocytes) that **kill cold, influenza** and **other viruses**. Lysozymes are found in tears, saliva and mucus membranes



1918 Spanish Influenza Pandemic

500 million or **1/3 the world's population**. **50 million died** world wide with about 675, 000 in the US.

Interventions: Isolation, personal hygiene, quarantine, disinfectants, and limitations of public gatherings which was applied unevenly.

No vaccine or antibiotics to treat secondary bacterial infections that can be associated with influenza.



Standard Medical Care during the 1918 Spanish Influenza Pandemic

Army Camp/Hospital Data

- Army camps, 20% got Spanish influenza symptoms
- 16.7% of Army personnel developing influenza symptoms contracted pneumonia
- 40% of Army personnel developing pneumonia died during this pandemic
- Death rate for influenza in Army personnel 6.7%
- 1.34% of all Army camp personnel died from the flu

Ruble, W.A. Life and Health May 1919 pg 114-115

How Adventist Beat the 1918 Spanish Influenza Pandemic

Hutchinson City Health Officer Report

- "More than 90" of 120 dorm students/faculty diagnosed with influenza
- Treatment of Dr. H.E. Larson, good nursing care, regulated diet, rest (continued for 2-5 days after apparent recovery) no drugs and hydrotherapy treatment of heat/cold to chest, throat, abdomen
- Zero cases of pneumonia
- No deaths



Shepherd F. Health Officer,
Hutchinson City via Northern Union
Paper, 1918

How Adventist Beat the 1918 Spanish Influenza Pandemic

10 different Adventist sanitariums gathered their data on over **1000 patients**.

677 were outpatients who went home to treat themselves. The **mortality rate was 3.8%**.

446 who were inpatients at the sanitarium. The **mortality rate was 1.3 %**.

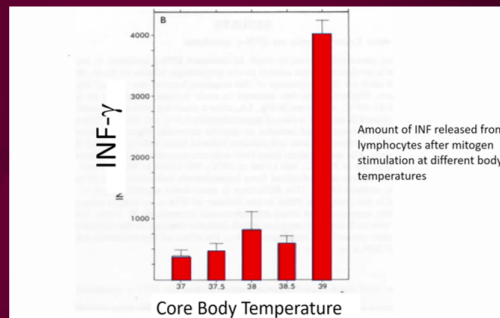
The **mortality rate worldwide** was **between 10-20%**.



W. A. Ruble MD . Life and Health. Washington DC. 1919.

INF and Elevated Body Temperature

Patients with **lower response of interferon (IFN)** tend to have **poorer prognosis and higher risk of death** from coronavirus infections. Most released at **102 F °**



Contrast Baths

Hot Fomentations can increase the activity of white blood cells by 200 - 300% *Wildwood Lifestyle Center*

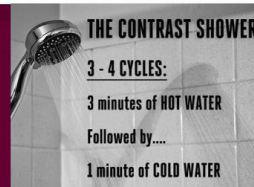
Hot treatment followed by **brief cold** stimulate activity of NK cells, monocytes, lymphocytes and IL – 6 concentration (always with exercise) without activating IL-1-beta or tumor necrosis factor (TNF) potentially preventing cytokine storms. Coronaviruses are vulnerable to heat which has anti-viral properties.



J Appl Physiol (1985). 1999 Aug;87 (2): 699-710. Medical Hypotheses Volume 146, January 2021, 110363

Hydrotherapy

Heat followed by cold improves innate immunity significantly enough to reduce actual diseases such as colds from viral infections, severity of illnesses, and even pneumonias admitted to the hospital – many more studies



Sunlight and Covid-19

90% or more of **SARS-CoV-2 virus** will be **inactivated** after being exposed for **11-34 min of midday sunlight** in most US and world cities during the summer. Further, the **virus will persist infectious for a day** or more **in winter (December–March)**, with risk of re-aerosolization and transmission in most of these cities.



Photochemistry and Photobiology (96): July/August 2020.731-737

Vitamin D is effective for **preventing** and **treating** COVID-19

Inflammatory conditions in COVID-19 has be attributed to **low level of vitamin D**

Sunlight and Vitamin D

SUNLIGHT – *20 to 30 minutes or more of daily exposure between 11 am and 3 pm dependent on darkness of skin for vitamin D absorption*

Vitamin D helps to **modulate** both innate and adaptive **immune response** such as **macrophages, dendritic cells, NK cells** and **activated T cells**. It reduces the risk of colds by 50%.



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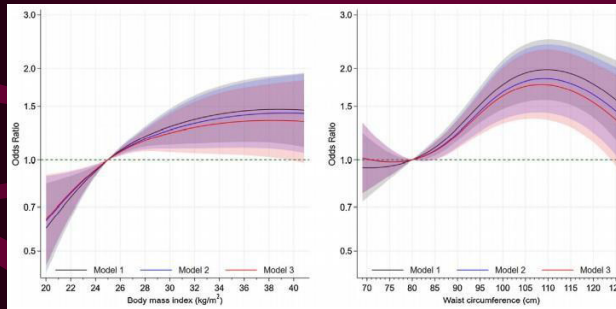


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Temperance (BMI, Waist circumference and Confirmed SARS-Cov-2)



Overweight ▲ 31%
Obese ▲ 55%
Severe Obese ▲ 57%



<https://www.ukbiobank.ac.uk/>

Air that is Fresh (Atmospheric Ion and Air Quality)

- Atmospheric Ions are **positive and negative electrical charges** that are present in the gases that form the atmosphere
- High levels of **positive ions** in the air is associated with air quality that is **toxic** and may lead to health problems in people who breath it
- High levels of **negative ions** in the air is associated with air quality that is **healthful** and may lead to positive health outcomes



Positively Charged Ions - Toxic Air

- Increased anxiety and suspicion
- Migraine headaches
- Nausea
- Vomiting
- Diarrhea
- Eye problems
- Irritability
- Respiratory congestion



They are created by pollution, recirculating air in buildings, tobacco smoke and smog

Negatively Charged Ions - Fresh Air

- Increases rate and quality of growth in plants and animals
- **Decreases survival of bacteria and viruses in air**
- Improves function of lung's protective cilia
- Decreases severity of stomach ulcers
- Tranquilizes and relaxes



Negatively Charged Ions- Fresh Air

- Lowers body temperature
- Lowers resting heart rate
- Improves learning in mammals
- Improves sense of well being

They are created by evergreen trees, beach surf, water falls and thunderstorms



Rest

(Decreased sleep status and severity of Covid-19 infection)

In symptomatic patients, **risk of severe infection increased** with **decreased sleep status**, being **6.7 times higher** compared with appropriate hours of sleep ($P=0.001$) and peaking at **8.6 times higher** for **lack of sleep**



Nature and Science of Sleep 2020:12 999–1007

The Healing Framework

1. Determine the cause

Inactivity, highly refined plant-based foods, animal-based inflammatory foods, alcohol, smoking, fear and distress, lack of sleep, overwork, overeating, lack of sunlight and time in nature, high sugar drinks, pollution...etc.



2. Change the condition

Covid-19 – risk factors: Frail elderly, obesity, cardio-vascular disease, diabetes, chronic respiratory disease, hypertension, cancer...etc.



The Healing Framework

3. Correct wrong habits

Engage in moderate to vigorous exercise outside (30-60 minutes/day). Eat mostly whole plant foods with lots of colors (2 to 3 meals/day). Drink 5 or more cups of water/day. In everything give thanks. Go to bed 2 hours before midnight...etc.



4. Assist nature

Help nature to expel impurities and reestablish wellness. Use garlic, red onions, hydrotherapy, turmeric, ginger, vitamins C and D, Zinc, quercetins, ivermectin, vaccines, ventilators...etc.



Immune System Dysregulation

Smoking

Impairs **macrophage** and **NK** cell activity, Δ inflammation

Alcohol consumption

Sluggish **NK** cells, impairs **macrophage**, reduces T cell count, Δ inflammation

Low intake of greens

Impaired **NK** cell activity



Immune System Dysregulation

Emotional distress

Impairs **NK** cells, Δ inflammation

Unhealthy weight loss

Decreases number and activity of **NK** cell, Δ inflammation

Refined carbohydrates

Insulin spikes, elevated levels of C Reactive Protein, Δ inflammation



Immune System Dysregulation

Less than 6 hours of sleep

Δ IL-6, TNF-alpha & C Reactive Protein, impaired **NK** cell activity (less than 7 hours sleep), Δ inflammation

Trans fats

Packaged baked good, desserts, snacks, shortening, margarines, French fries etc. They suppress anti-inflammatory chemicals



Immune System Dysregulation

Lack of Exercise

Lowers **NK** cell activity, impaired T cell function, Δ inflammation

Extreme exercise

Releases inflammatory cytokines

Diets high in animal products

High fat (poor **NK** cell function) and high saturated fat (poor T cell function), Δ inflammation



Immune System Dysregulation

Obesity

Impaired **NK** cell, ▲ IL-6, ▲ inflammation

Eating irregular meals

Impaired **NK** cell, ▲ inflammation

Indoor and outdoor pollution

▲ oxidative stress, disrupts liver detoxification, allergic reactions, and ▲ TNF-alpha, ▲ inflammation



Prev Med 1992;21:602-615. *Jpn J Cancer Res* 1992;83:789-805. *Sci Total Environ* 2001;270:3-11. *World J Biol Psychiatry* 2001;2:89-94. *Am J Clin Nutr* 1973;26:1180-1184

Anti-Inflammatory Foods

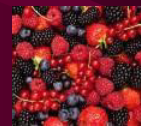
Aim for at least two to four servings (**one to two cups**) a day of these anti-inflammatory -rich vegetables:

Artichokes	Spinach	Broccoli
Sweet potatoes	Cucumbers	Tomatoes
Onions	Zucchini	Parsley

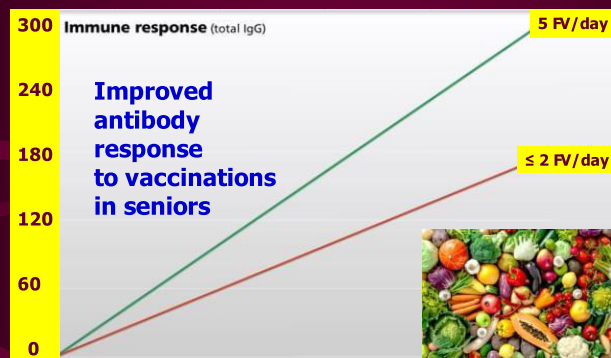


Aim for **one to two cups** a day of these fruits:

Apples	Cranberries	Apricots
Prunes	Blackberries	Raspberries
Blueberries	Red grapes	Cantaloupe
Strawberries	Cherries	Tart cherries



IgG Response to Fruits & Vegetables after 1 Month



Proceeding of the Nutrition Society (2010), 69 (OEC3), E238

Assisting Nature



Vitamin D

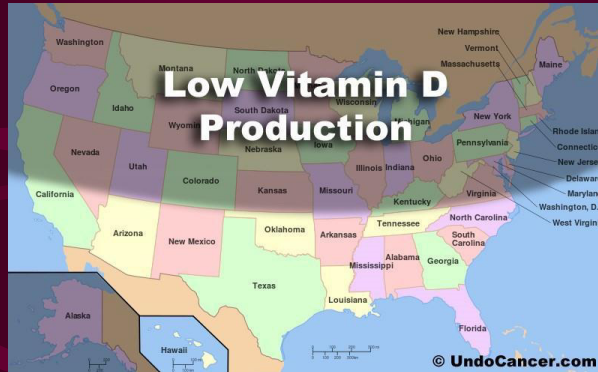
- **80%** or more of **all hospitalized patients** and **96%** of **ICU patients** are vitamin D deficient
- Vitamin D deficiency **suppresses and/or dysregulates immunity**
- D is **synthesized by UVB rays from the sun** through our skin which is **blocked by sunscreen**
- **Above and below 35th parallel** we **cannot naturally make vitamin D** for 4-5 months of the fall and winter (low vitamin D not cold and flu season)
- **Vitamin D3 orally** is dependent on where people live from **October to March** and the **rest of the year for indoor workers**

Vitamin D

- **Every cell** in our body **has receptors for vitamin D** in the nucleus
- Approx. **2,000 genes** (5% of genome) are **controlled by vit. D**
- Vitamin D the **master key to our immune health – It upregulates NK cells**
- If one has a **vitamin D level of 50 ng/dl** (20 to 100) he **cannot develop cytokine storm** which kills COVID-19 patients
- **70% of the world** is **vitamin D deficient**
- 82-88% of nursing home patients, 83% of African Americans, 70% of Latinos, 72% of Native Americans, 47% of Caucasians are vitamin D deficient!

Dr. Ryan Cole is a board-certified Dermatopathologist (AP & CP). CEO/Medical Director of Cole Diagnostics. Broader immunity and stronger T cell response with natural immunity

Vitamin D



VITAMIN D FOR COVID-19

87 STUDIES BY 784 SCIENTISTS

59 SUFFICIENCY STUDIES WITH 32,308 PATIENTS

28 TREATMENT TRIALS WITH 25,318 PATIENTS

53% IMPROVEMENT IN 28 TREATMENT TRIALS RR 0.47 [0.37-0.60]

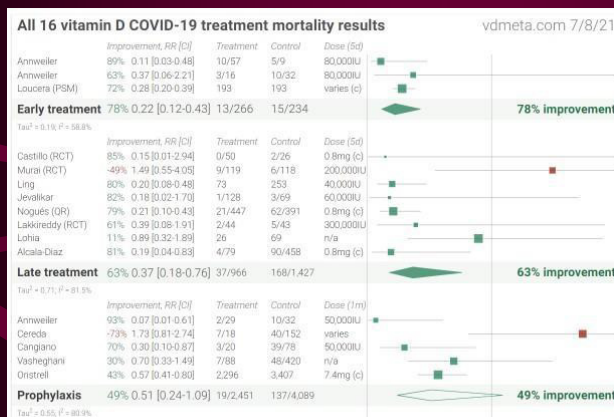
56% IMPROVEMENT IN 59 SUFFICIENCY STUDIES RR 0.44 [0.36-0.53]

63% IMPROVEMENT IN 16 TREATMENT MORTALITY RESULTS RR 0.37 [0.24-0.57]

SUFFICIENCY STUDIES ANALYZE OUTCOMES BASED ON SERUM LEVELS. 07/08/21. VDMETA.COM

Vdmeta.com

Vitamin D and Mortality Results



Early Treatment
78% ▼

Late Treatment
63% ▼

Pre - Exposure
49% ▼

Vdmeta.com

VITAMIN C

Vitamin C: 1,000 to 2,000 mg/day
Improves function of NK cells, macrophage, T cells, Neutrophils (contains high concentration of vitamin c)

1-3 grams/day of oral vitamin C shortened ICU days by 8.6% (6 studies) *Nutrients*. 2019 Apr; 11(4): 708



VITAMIN C

"The patients who received vitamin C did significantly better than those who did not get vitamin C. It helps a tremendous amount, but it is not highlighted because it's not a sexy drug." Weber

<https://nypost.com/2020/03/24/new-york-hospitals-treating-coronavirus-patients-with-vitamin-c>



3 yellow pepper =
1,000 mg vitamin C

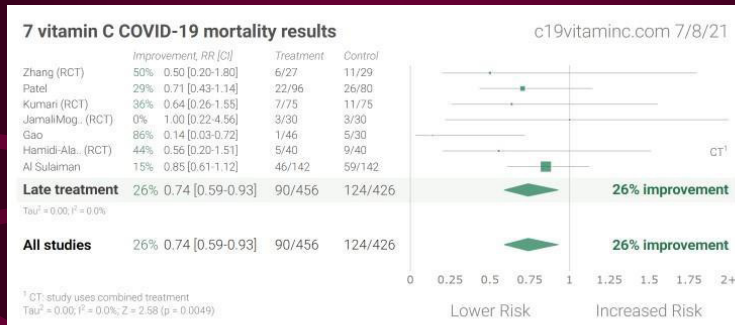


IV Vitamin C In Seriously Sick COVID-19 Patients

A significant body of preclinical and clinical evidence in septic shock and other types of stress responses demonstrate that **intravenous vitamin c can reduce** many of **the life threatening complications** of a **dysregulated immune system** during Covid19 infection. *Lancet*. 2020;395(10229):1033-1034. *Crit Care*. 2018;22(1):283. *SAGE Open Med*. 2018;6.



Vitamin C and COVID-19



Late Treatment 26% ▼ death

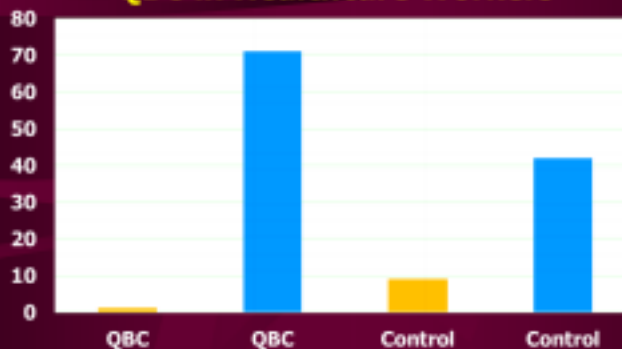
QBC in Healthcare Workers

500 mg of quercetin, 50 mg of bromelain and 500 mg of vitamin C and (QBC) was initiated daily in 2 divided doses.

71 healthcare worker had the supplements.
 42 healthcare worker were determined as control group without using supplements.
 Average follow-up period for the QCB group was **113 days**, and for the control group, **118 days**.



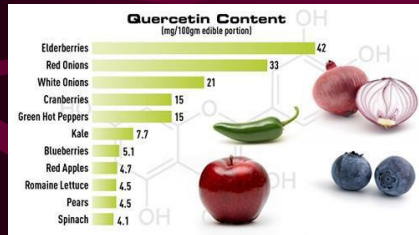
QBC in Healthcare Workers



1 healthcare worker in 71 or 1% in QCB group
9 healthcare workers in 42 or 21% in control group

Quercetin and Covid-19

Quercetin has direct **viricidal properties** against a range of viruses, including **SARS-CoV-2**, and is a potent antioxidant and anti-inflammatory agent. [12 studies]



Medium 2½" onion = **33 mg Q**
 2 cups chopped onions = **100 mg Q**
 1 ½ cups chopped kale = **7.7 mg Q**
 1 cup blueberries = **10.2 mg Q**
 1 large red apple = **11.75 mg Q**

ZINC

Zinc: Up to 50 mg/day for Covid-19

Improves function of Neutrophils, T cells lymphocyte development, NK cells, macrophage, antiviral

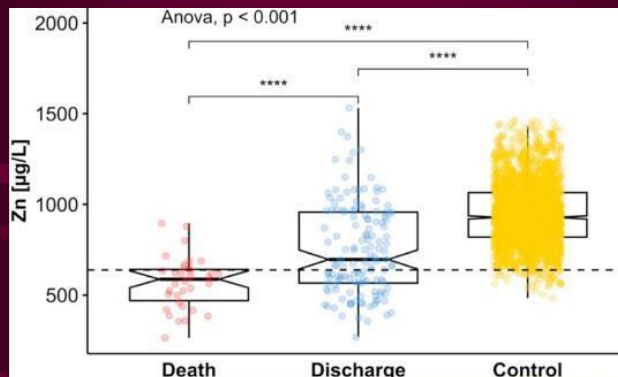
¼ cup hemp seeds
4 mg of zinc

¼ cup of raw pumpkin seeds
2.57 mg of zinc

1 cup of cooked lentils or garbanzo beans
2.5 mg of zinc



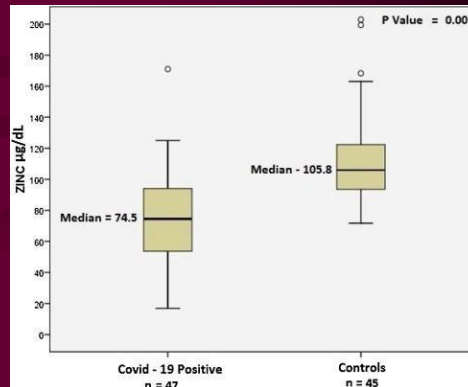
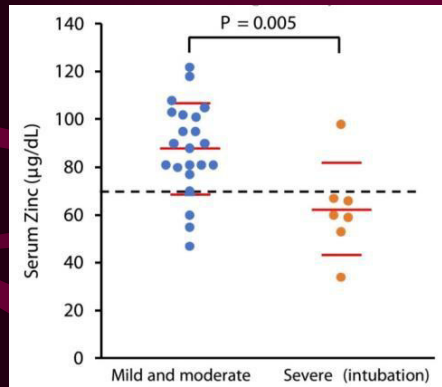
Zinc and Covid -19



Normal 660 – 1100 mcg/L

Redox Biology Vol. 38. January 2021, 101764

Zinc and Covid -19



Zinc and Covid -19



Early Treatment
79 % ▼
Improvement

Sufficiency
58 % ▼
Improvement

Late Treatment
36 % ▼
Improvement

Zinc and Early Treatment of COVID - 19

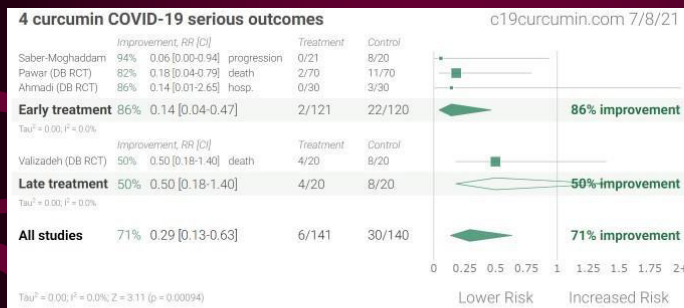
79% lower mortality rate
82% lower hospitalization rate
with early low dose **HCQ** (antiviral), **AZ** (antibiotic) and **Zinc** (antiviral). Retrospective 518 patients (141 treated, 377 control).

Many studies with HCQ as monotherapy or in combination with the antibiotic azithromycin **had been inconclusive** to that study which was earlier in the treatment phase of COVID -19.

Derwand et al., 10/26/2020, retrospective, USA, North America, peer reviewed, 3 authors.



Curcumin and Covid -19



Early Treatment
86 % ▼

Improvement

Late Treatment
50 % ▼

Improvement

All Studies

36 % ▼
Improvement

Curcumin and Covid -19

Curcumin: Anti-inflammatory, antioxidant, antiviral, antithrombotic, and anti-proliferative effects which make it a promising candidate for the symptomatic treatment of COVID-19.

The study group received **curcumin (525 mg)** with **piperine (2.5 mg)** in tablet form **twice a day**.

Early symptomatic recovery (fever, cough, sore throat, and breathlessness), less deterioration, better ability to maintain oxygen saturation above 94% on room air, and better clinical outcomes compared to patients of the control group. **2 deaths compared to 11 deaths** in the control group.

Front. Pharmacol. 12:669362. doi: 10.3389/fphar.2021.669362

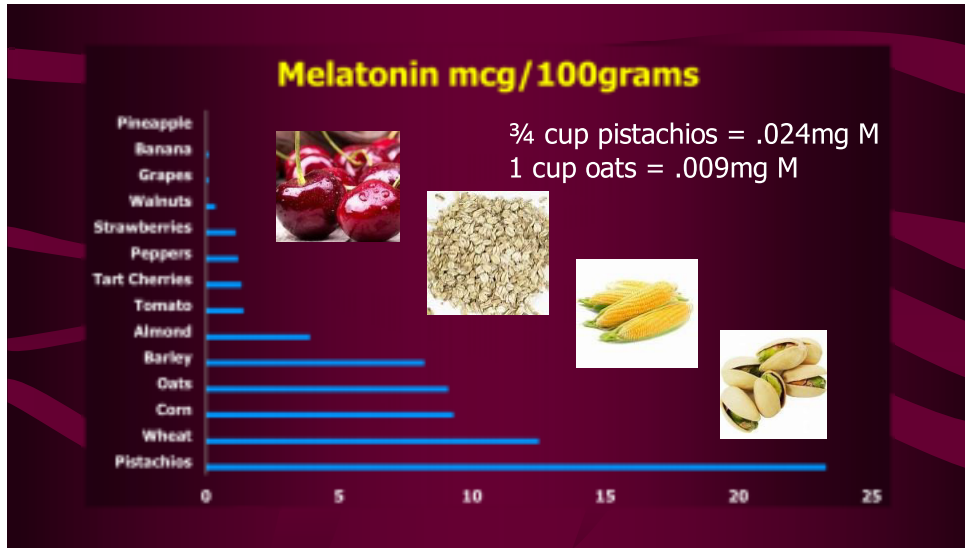


Melatonin and Covid-19

Melatonin has **anti-inflammatory, antioxidant, immunomodulating** and metabolic effects that are likely important in the mitigation of COVID-19 disease.[87-89]

A recent large retrospective study demonstrated that the use of melatonin in **intubated patients with COVID19 significantly reduced the risk of death.**





Ivermectin

Ivermectin is a highly potent bioactivity of a fermentation **broth of a micro-organism** that was discovered in **a soil sample** in Japan in the late 1960s. It was found effective against **parasitic worms** affecting livestock, other **animals**. Was found to be effective for parasites in humans in the 1900s. It was chemically modified to increase its activity and its safety.

Ivermectin

Ivermectin has more recently been found to have **highly potent anti-viral** and **anti-inflammatory** properties **against COVID-19**.

More than **3.7 billion doses** (donated by Merck laboratories) have been distributed globally to affectively address **parasitic worms** that **left millions of people blind, mostly in sub-Saharan Africa**. Ivermectin has earned the title **"the wonder drug"** among public health specialists.

	Studies	Prophylaxis	Early treatment	Late treatment	Patients	Authors
All studies	61	85% [75-91%]	74% [57-84%]	46% [29-59%]	22,425	578
With exclusions	52	87% [75-93%]	76% [66-83%]	54% [33-68%]	18,048	524
Peer-reviewed	37	88% [70-95%]	74% [58-84%]	42% [19-58%]	11,352	390
Randomized Controlled Trials	32	83% [39-95%]	67% [54-76%]	40% [11-60%]	5,817	369
Mortality results	23	96% [42-100%]	64% [15-85%]	61% [38-76%]	11,184	234

Percentage improvement with ivermectin treatment

- The probability that an ineffective treatment generated results as positive as the 61 studies to date is estimated to be 1 in 354 billion ($p = 0.0000000000028$).

Ivermectin meta analysis mortality results



Evidence base used for other COVID-19 approvals

Medication	Studies	Patients	Improvement
<u>Budesonide (UK)</u>	1	1,779	17%
<u>Remdesivir (USA)</u>	1	1,063	31%
<u>Casiri/imdevimab (USA)</u>	1	799	66%
<i>Ivermectin evidence</i>	61	22,425	70% [62-77%]

Ivermectin for COVID-19: real-time meta analysis of 61 studies

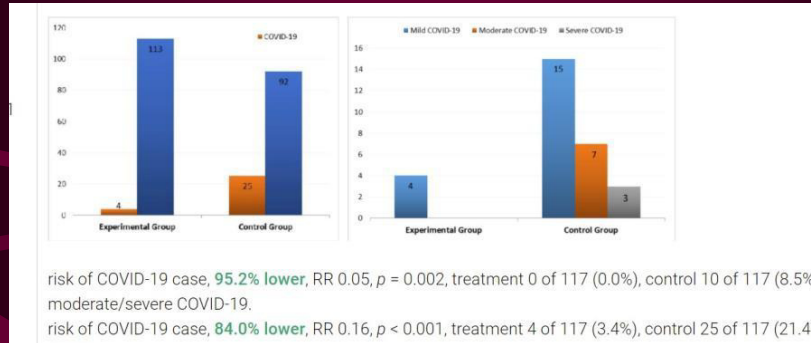
Covid Analysis, Nov 26, 2020 (Version 97, Jul 8, 2021 — updated Cadegiani)

@CovidAnalysis Share Tweet PDF Studies Adoption Submit Feedback

- Meta analysis using the most serious outcome reported shows 74% and 85% improvement for early treatment and prophylaxis (RR 0.26 [0.16-0.43] and 0.15 [0.09-0.25]), with similar results after exclusion based sensitivity analysis, restriction to peer-reviewed studies, and restriction to Randomized Controlled Trials.
- 64% and 96% lower mortality is observed for early treatment and prophylaxis (RR 0.36 [0.15-0.85] and 0.04 [0.00-0.58]). Statistically significant improvements are seen for mortality, hospitalization, cases, and viral clearance. 28 studies show statistically significant improvements in isolation.

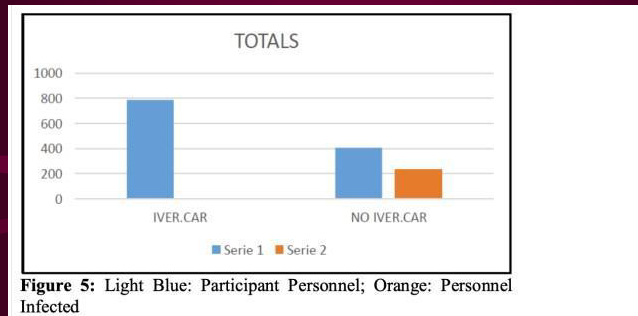
Ivermectin is safe, effective and inexpensive

Ivermectin Prophylaxis in Healthcare Workers



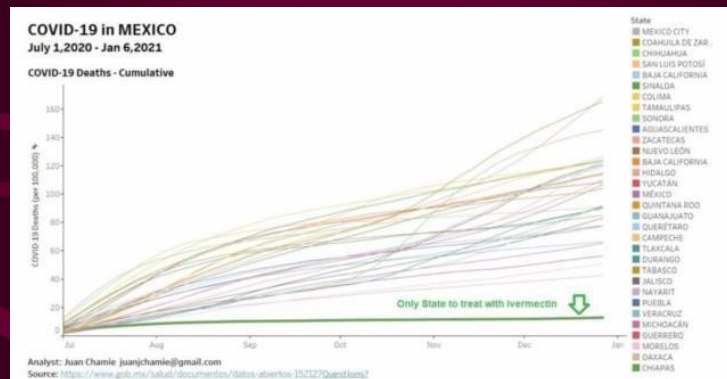
Dosage: 12 mg every 7 days for 1 month Carrageenans is used as a food thickener and has antiviral activity. It was used as a spray 6 times a day nasally and orally. *Chahla et al., medRxiv, doi:10.1101/2021.03.26.21254398 (Preprint). This study was conducted in Argentina.*

Ivermectin Prophylaxis in Healthcare Workers



99.9% less risk of getting Covid-19. Ivermectin group (n =788) **58% of group** not taking Ivermectin got Covid -19 (n=407)
Dosage: 12 mg/week for 10 weeks

Chipas Mexico, Ivermectin and COVID-19 Death



Supplemental Support Protocol

I-MASK+
PREVENTION & EARLY OUTPATIENT
TREATMENT PROTOCOL FOR COVID-19

Page 1/2


PREVENTION PROTOCOL

Ivermectin ¹	Prevention for high risk individuals 0.2 mg/kg per dose (take with or after meals) — one dose today, repeat after 48 hours, then one dose weekly*
	Post COVID-19 exposure prevention² 0.2 mg/kg per dose (take with or after meals) — one dose today, repeat after 48 hours*
Vitamin D3	1,000–3,000 IU/day
Vitamin C	500–1,000 mg twice a day
Quercetin	250 mg/day
Zinc	30–40 mg/day
Melatonin	6 mg before bedtime (causes drowsiness)

EARLY OUTPATIENT PROTOCOL³

Ivermectin ¹	0.2–0.4 mg/kg per dose (take with or after meals) — one
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Behavioral Prevention



WEAR MASKS

Must wear cloth, surgical, or N95 mask (without valve) in all indoor spaces with non-household persons.

Must wear a N95 mask (without valve) during prolonged exposure to non-household persons in any confined, poorly ventilated area.

<https://covid19criticalcare.com>

FLCCC Hospital Protocol vs Conventional Protocol and COVID-19 Death Rate

The most recent paper reported a **6.1% hospital mortality rate** in COVID-19 patients measured in the **two U.S. hospitals** that **systematically adopted the MATH+ protocol** (Kory et al., 2020).

This result compares to **23.0% hospital mortality rate** calculated from a review of **45 studies** including over **230,000 patients, not using this protocol**. The NIH now considers ivermectin an option for use in COVID -19.



Take the Next Step Put Principles into Action



"At the end of actions promoted by feeling in the moment you usually gain nothing. At the end of a actions promoted by principles, you reap a promise of lasting satisfaction."

NEWSTART Solution to COVID-19

Session 1 Quiz

Instructions: Circle the correct answer. T for true and F for false

1. Disease can be described as a friend, a teaching moment, a fire alarm, an effort of nature to bring us back to health. T F
2. God's remedies are the complex agencies of nature, that will not tax or debilitate the system. T F
3. Natural means used in accordance with God's will, bring about supernatural results. T F
4. The 4 steps to reversing "dis-ease" using nature's remedies in their correct order include: Determine the cause, assist nature, change conditions and correct wrong habits. T F
5. When you [a physician] understand physiology in its truest sense, your drug bills will be very much smaller, and finally you will cease to deal out drugs at all. T F
6. Medical Care is the 3rd Leading Cause of Death in America, killing 250,000 people in U.S. hospitals every year. T F
7. COVID 19 is no match for a healthy functioning immune system. T F
8. Innate first responders to all kinds of infections are out of balance in persons with severe COVID-19 infection. T F
9. Inactivity, obesity, lack of sleep and stress overload can all compromise immune function and increase an individual's susceptibility to COVID-19 infection. T F
10. Smoking, alcohol consumption and a low intake of greens can all impair the function of our Natural Killer Cells (NK cell). T F
11. Consuming 1 to 2 cups a berries, cherries or apples a day will not decrease the levels of inflammation in the body. T F
12. Hot treatments followed by brief cold stimulate the activity of immune cells such as NK cells, monocytes and lymphocytes. T F
13. Beef, milk, cheese, pork, egg yolks, and poultry contain significant amounts of arachidonic acid which is linked to higher level of inflammation in the body. T F
14. Zinc, vitamin C, curcumin, vitamin D and ivermectin have all been shown in clinical studies to improve the health outcomes of individual with COVID-19 infection. T F
15. Vitamin D deficiency does not suppress and/or dysregulates immunity. T F
16. Early treatment studies with vitamin D in COVID-19 patients have been shown to reduce mortality rates by 78%. T F
17. Vitamin C improves the function of NK cells, macrophage, T cells and neutrophils which contain high levels of vitamin C. T F
18. When ivermectin is used as a prophylaxis (prevention) for COVID-19, it has been demonstrated in 23 studies to decrease the risk of death (mortality) by 96%. T F
19. Pistachios nuts contain the highest amount of melatonin when compared to 13 other foods known to contain melatonin. T F
20. The I MASK+ Prevention Protocol includes Ivermectin, Vitamin D3, Zinc, Vitamin C, Quercetin and Curcumin. T F