

New Year 2022

“Why not develop a strategy and encourage everyone to get on a comprehensive program to replete nutrients now?”

Prepare, Prevent and Treat Aggressively, doesn't that sound weird for an inspirational New Year's video? But after personally getting COVID this year I realized I had all the head knowledge of what to do but wasn't really ready.

For the most part I rarely get sick. 5 years ago, I had a fever for few days, before that maybe 10 years ago. So even though I spend probably 15 hours a week studying about viruses and therapeutics, I didn't have a definitive game plan.

For example, I was taking vitamin D but hadn't checked my levels in 2 years. In 2020 when the COVID scare hit, I was taking all the suggestions by Dr. Vasquez but since I never got it, I somehow felt protected in 2021.



I felt like saying, give me a tablespoon full of the virus and let's get it over with because we are all going to get it sooner or later. I wanted my body to develop natural immunity.

But let's take Vitamin D for example. According to the pharmacodynamics presented by Dr. Vasquez, it takes about 7 days for vitamin D to get into cells, but then it takes time for cells to use vitamin D to enhance protection and develop repair strategies.

When I got COVID, the fatigue, chills and brain fog were serious. As you know, it's the consensus of those treating COVID patients to treat early and treat aggressively to stay out of the hospital.

Let's all make sure we are taking levels of nutrients early so our bodies have all the tools they need to fight infection of any kind.

For example, many doctors recommend hydroxy-chloroquine, quercetin or EGCG which

act as an ionophore to carry Zinc quickly into the cell. Because as Dr. Alex Vasquez has pointed out in his 2014 book, *Antiviral Strategies and Immune Nutrition: Against Colds, Flu, Herpes, AIDS, Hepatitis, Ebola, and Autoimmunity*, Zinc protects the body against viruses in 4 ways.

We don't want to wait till we are sick to start taking Zinc. Why not develop a strategy and encourage everyone to get on a comprehensive program to replete nutrients now? So that's the prepare and prevent part.

My opening statement included "treat aggressively". Remember, once the virus is detected it takes time for it to replicate. If you have the tools available, to prevent replication you can cut the symptoms dramatically.

However, if you have developed a plan, you can apply what you have already prepared. For example, if you have decided to use Ivermectin or hydroxychloroquine or both, make sure they are available.

Do you have a coach, someone you trust to help you make decisions? Because if you are the one who is sick, your brain might be so inflamed that you won't make good decisions. I know I didn't.

After 8 days, one of my colleagues Dr. Ray Bisevac pushed me to get hydroxychloroquine, that I would not have gotten, and after a few days I felt dramatically better. If I would have treated more

aggressively early, I am sure my 3-week ordeal would have been much shorter.

The book I mentioned earlier, *Antiviral Strategies and Immune Nutrition: Against Colds, Flu, Herpes, AIDS, Hepatitis, Ebola, and Autoimmunity*, by Dr. Alex Vasquez, as the name implies presents strategies that can help you understand natural immunity and give you practical nutritional tools. Dr. Vasquez's book is the first of my 3 protocol strategies for you to consider.

The second is from Dr. Vladimir Zelenko who treated thousands of out-patients COVID cases successfully during the height of the COVID outbreak and had a 99% survival of high risk COVID-19 patients.

The third comes from the Front Line COVID-19 Critical Care Alliance. This is a team of critical care MD's that treat the sickest of the sick. They were the first group I was aware of to share the benefits of Ivermectin. If you are interested, I took the generic list from Dr. Zelenko and the FLCCC alliance and converted them into Biotics supplements and added a few that were on Dr. Vasquez's list of nutrients and dosages to consider.

I have said many times that the purpose of the Tuesday Minute is often to remind you of things you already know. Based on my personal experience of having COVID this fall, I encourage you to Prepare, Prevent and Treat Aggressively. Thanks for taking time to be with me this week, I pray 2022 is a year to remember for all of us. I look forward to being with you again next Tuesday.