



## Corona WHO?!?! Bolster your immune system regardless of whether you've met!

Nothing like a little world crisis to remind us that we do have WISDOM to draw upon, COMMON SENSE to engage in, and TRUST to re-establish a deeper connection with.

### From CELL to SPIRIT and Back Again

**The Basics:** Wash your hands, brush your teeth, do not cough in the direction of the general populace. If the world at large concerns you for a million reasons beyond what is most glaring, then create a lovely CONNECTION with those curious places within you. Eat healthfully. UNPLUG!! Have a cookie (refrain from eating the whole bag unless you must,) do the things that bring you joy, breathe fresh air (stale air and tired ideas do no one any good,) OPEN the windows of your house as well as the doorway to your soul. Laugh. PLAY. Embrace life and remember, this too shall pass...

- Handle the fear and its numerous disguises, any of which will be happy to become a petty tyrant in your life, no questions asked. Face them and EMBRACE them. [SPIRITUAL ALCHEMY](#) (including a Certainty Session with Flower Power, Energy Medicine, and the magic of the unseen friends waiting to be of assistance,) will move you from crisis to TRUST, while igniting the emotional STRENGTH and STABILITY necessary to draw upon the WISDOM of your soul for your next steps.
- If you are immune compromised, take the necessary measures that will make you feel PEACEFUL inside and out. Debating the response on the continuum of overly cautious to completely cavalier only fuels the fire of uncertainty and the ego's desire to be right. Seek the advice of those you trust, and then go INWARD for your final answer.
- Get [AHHHJUSTED!](#) Your immune system communicates with your nerve system through a vast communication network that rivals any 5G network currently available! From cell to spirit and spirit to cell, your body and being has the ability to rise to the occasion if given a straight shot!
- [ORGAN and/or VIRAL SPECIFIC SUPPLEMENTS](#) will support and BOOST your IMMUNE SYSTEM so it's prepared to handle anything that may arise. Applied Kinesiology is a fast and accurate tool to determine what will best serve. We can squeeze it in when you are getting ahhhjusted or set up an appointment for a PRIVATE SESSION.

And finally, call upon the LIGHT for an infusion of peace and vitality, and of a loving so vast that one is left speechless. What remains is a settled heart, a quiet smile, and sparkling eyes that reach into the horizon.



peace be with you ...this too shall pass

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## Nutritional Goodies to Focus On

**Vitamin A-rich foods:** Vitamin A is our number one protection against viruses. Cod Liver Oil is an excellent source or eat liver at least once per week.

**Vitamin D:** Vitamin D works with vitamin A to give us a strong immune system. Best sources are cod liver oil, egg yolks from pastured hens, butter from grass-fed cows, fish eggs and lard from pigs raised outdoors.

**Coconut Oil:** The coronavirus is a lipid-coated virus that pegs out in the presence of medium-chain triglycerides—and coconut oil is our best source of these healthy fats.

**Gelatin-rich bone broth:** Supports the immune system and helps us detoxify.

**Vitamin C:** Your best source is fermented veggies like sauerkraut – there is ten times more vitamin C in sauerkraut than in fresh cabbage!

**Saturated Fats:** Coronavirus has an affinity for the lungs, and the lungs can't work without saturated fats, so eat plenty of butter and avoid all industrial fats and oils.

**Raw Milk:** Raw whole milk from pastured cows contains many compounds that strengthen the immune system.



Sourced from Nourishing Traditions, one of my favorite resources, connected to the Weston Price Foundation and Standard Process. <https://nourishingtraditions.com/how-to-protect-yourself-from-coronavirus-or-any-virus/>

[How to Protect Yourself from COVID-19: Supporting Your Immune System When You May Need it Most](#)

Mark Hyman, MD

## In Stock and On Hand: The SHORT LIST and by no means the complete list ...

Adrenal Support: Drenamin, Adrenal (Dessicated,) Adrenal Complex, Ashwaghandha Complex

ASEA: Redox Signaling molecules directly signal your immune system for an appropriate response.

Immune Support: Immuplex, Thymex, Epimune, Andrographis, Astragalus, Viranon, Echinacea, HVS Homeopathic Virus and Acute R&R

Respiratory Support: Emphaplex, Pneumotrophin pmg, ResCo, PulmaCo

Goodness: Catalyn, Cataplex A, Cataplex B, Cataplex C, Cataplex ACP, Cataplex D, Cod Liver Oil, Collagen C, Min-Tran, Rhodiola & Schisandra

As always I appreciate your trust in my knowledge and care. While many may be moved by urgency and seek to purchase through 3rd party retailers, when it comes to whole food nutrition I advise against this - most certainly you will pay more than SRP, but you may also receive product that is past expiration. Please know that when you receive your supplements through the office you always have my support and ongoing care.

For research purposes:

Standard Process: [www.StandardProcess.com](http://www.StandardProcess.com)

ASEA: [www.https://drlauren.myasealive.com](https://drlauren.myasealive.com)



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