

Your Guide to the Coronavirus Pandemic

How to help yourself and your loved ones during the COVID-19 outbreak

It's the number one question on the minds of people throughout the world:

How can I keep myself and my loved ones safe from the coronavirus?

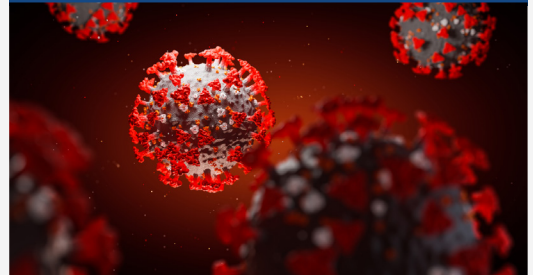
By now, most of us have learned about "social distancing." And we've been told countless times that handwashing is crucial. We won't insult your intelligence by repeating these recommendations.

Instead, in this special coronavirus edition of *Independent Healing*, we'll bring you effective, science-backed safety measures you won't hear about in the mainstream media or from conventional doctors. These natural strategies were devised by top researchers and have solid evidence behind them.

You'll discover:

- **The single best anti-viral supplement.**
- **The secret of people who never seem to catch contagious diseases.**
- **The fruit extract that helps 93% of people with respiratory viruses get better in just two days.**
- **The germ-spreading hotspot most of us forget to sanitize.**
- **The blood type that could reduce your risk for COVID-19.**

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You'll find all of this and more in our coronavirus pandemic guide below. But first we want to tell you why you may not want to rely on a hospital during the pandemic.

You Need to Take Care of Yourself Now More Than Ever

Some people say we shouldn't worry too much about COVID-19 because 80% of cases are mild. They point to the fact that it's fatal in less than 2% of patients.

But what they don't understand is that those numbers are for patients who receive standard medical care. It's clear that our hospital system is not prepared to deliver care to all the coronavirus patients who will need it.

We've already seen shortages of coronavirus test kits. But here's what's worse...

We don't have enough hospital beds and ventilators.

In 1975, the U.S. had a population of 216 million and an estimated 1.5 million hospital beds.¹

We now have a population of 327 million *and only 900,000 hospital beds.*²

China, where the coronavirus first took hold, has 4.3 hospital beds per 1,000 people. South Korea has 12.3 beds per 1,000. Both countries seem to be controlling the epidemic.

But Italy, where the virus has raged out of control and morgues are overflowing, has only 3.2 beds per 1,000 citizens. Tragically, doctors there have had to ration care, deciding who to let die and who to treat.³

What about the U.S.?

We have fewer hospital beds per capita than Italy...only 2.8 per 1,000 people.⁴

Meet the INH Medical Advisory Board

The INH Medical Advisory Board includes famed integrative physicians at the very top of their fields. They are renowned for delivering breakthroughs in the lab and results for their patients.

You may recognize them from their best-selling books or their appearances on national TV...and now they are here at INH to help you enjoy a better, healthier life.

Dr. Malcolm Kendrick, M.D.

Acclaimed author and one of the world's foremost experts on the causes and treatment of heart disease. He is a general practitioner based in Macclesfield, England.

Dr. Guido Tricot, M.D.

Leading cancer researcher and Professor Emeritus of Internal Medicine at the University of Iowa.

Dr. Robert Segal, M.D.

Top cardiologist and attending physician at NYU Medical Center and North-Shore Lenox Hill Hospital in New York.

Dr. Jonny Bowden, CNS

Acclaimed board-certified nutritionist, weight loss expert, and best-selling author.

Dr. Patricia Salber, M.D., MBA

Pioneer in healthcare technology and wearable devices. Board-certified internist and emergency physician.

Dr. Deborah Gordon, M.D.

Leading integrative family physician based in Ashland, Ore.

The Ventilator Crisis

Coronavirus kills by attacking your lungs. It gives you pneumonia, which, when it becomes severe, makes it impossible to breath.

When patients can no longer breath on their own, doctors put them on a ventilator. This is lifesaving. A respiration machine buys time for a patient's immune system to fight off the virus.

The problem is, the U.S. doesn't have nearly enough ventilators. The Johns Hopkins Center for Health Security has estimated that there are about 160,000 in U.S. hospitals.⁵

The Society of Critical Care Medicine estimates that **960,000 Americans will need ventilators** in the coming months. That's six times more than we have now.⁶

And while production of these \$50,000 breathing machines is ramping up, it started too late. American and European manufacturers say they can't increase output nearly enough to meet soaring demand, at least not anytime soon.

The bottom line?

Even in the best of times, it's crucial that you take responsibility for your health. Today, it's more important than ever because there is no guarantee our healthcare system will be able to deliver even basic care if you get sick.

Your Coronavirus Pandemic Guide

7 Science-Backed Strategies to Stay Healthy

Yes, [handwashing](#) and [social distancing](#) are important. You've no doubt heard a lot about both.

But researchers have found other highly effective methods to support your health during the pandemic.

Start by building your immune system...

1. Take the Single Best Anti-Viral Supplement

Other supplements have research showing they help patients recover *after* a respiratory virus infection sets in. But there may be more evidence for **vitamin D's** effectiveness as a *preventive* measure than for any other supplement.

A major 2017 study published in the *British Medical Journal* (BMJ) analyzed 25 clinical trials that tested vitamin D in 11,321 people. The data came from 14 countries, including the U.S., England, Japan, Australia, Canada, and Italy.

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The study found that **taking vitamin D supplements cuts in half the risk of getting respiratory infections caused by viruses.**⁷

The researchers concluded: “Vitamin D supplementation was safe and it protected against acute respiratory tract infection.”

A 2012 Spanish study uncovered the mechanism by which vitamin D strengthens immunity.⁸

The researchers looked at blood levels of vitamin D in three age groups: young (20–30), middle age (31–59), and seniors (60–86).

They found that seniors had lower vitamin D levels than other age groups. And their levels dropped more than younger people in the winter when they had less sun exposure.

When seniors’ vitamin D levels fell, the scientists observed that their immunity against viruses became weaker. **Without sufficient vitamin D, proteins called toll-like receptors that start the immune response did not react as strongly.**

Dr. Victor Manuel Martinez-Taboada led the study. He is a researcher at University Hospital in Santander, Spain. He said that vitamin D is a potent weapon against viruses.

“Vitamin D supplements should be considered one of the many tools that might help when conventional therapies are not enough,” he said.

Other research has found that vitamin D improves viral immunity by strengthening your mucus membranes.⁹

The coronavirus gets into your body through entry points that are covered with mucus membranes. They include your nose, mouth, eyes, lungs, and trachea (windpipe).¹⁰

A lab study at the University of Illinois found that **vitamin D helps mucus membranes provide a stronger barrier to viruses** by increasing the antimicrobial compounds in them.¹¹

[Dr. Malcolm Kendrick](#) is a member of [our Scientific Advisory Board at the Institute for Natural Healing](#). **He is advising patients to take 2,000 IUs of vitamin D daily during the coronavirus pandemic.**



Dr. Malcolm Kendrick of INH's Scientific Advisory Board.

“A low vitamin D level is almost certainly why flu epidemics occur in winter months,” Dr. Kendrick said. He believes vitamin D is equally effective against the coronavirus.

Be sure to take the D3 version of the vitamin. It is more bioactive in your body than D2.

You can also raise your D levels by getting more sun exposure. Spend 15 minutes a day or more in direct sunlight (not through a window) with your arms and legs exposed, being careful not to burn.

2. Get the Secret of People Who Never Get Sick

Dr. Murray Grossan is one of those people who never seem to get sick. He’s an ear, nose, and throat specialist in Los Angeles.

He's 95, still working full time, and he hasn't had a cold or the flu in over a decade even though he spends his days with sick people.

He believes his strong health is largely due to **probiotics**, which increase the diversity of his microbiome.¹²

"I eat yogurt every day," he said. "Yogurt and probiotic supplements are known to improve immunity."¹³

You may think that somebody like Dr. Grossan simply has good genes that protect him from viruses at such an advanced age.

A new book explores this question. It's called [*An Elegant Defense: The Extraordinary New Science of the Immune System*](#). Author Matt Richtel points out that even the most genetically dissimilar humans share more than 99.9% of their human genes. Therefore, if human DNA was the controlling factor, immunity should not vary much from person to person.



Dr. Murray Grossan: I never get sick.

The microbiome, however, varies by as much as 90% from one person to the next. It's made up of thousands of different microbes in your body.¹⁴

Bacteria live on your skin, in your mouth, nose, throat, blood, lungs, and other organs—but mostly in your gut. Together, these organisms form your microbiome.

The kinds and amount of microbiome bacteria can be vastly different even among people who live in the same house and who are close blood relatives.¹⁵

Many researchers have analyzed how microbiome composition affects immunity and other aspects of health. A 2018 paper in the journal *Frontiers in Immunology* analyzed 217 microbiome studies.

It concluded that **people with microbiomes that contain higher numbers of good bacteria and more different species get fewer infections.**¹⁶

Other research confirms the findings...

A study published in the *Annals of Nutrition and Metabolism* in 2019 found that **probiotics promote production of three crucial immune system components: antibodies, T cells, and natural killer (NK) cells.**¹⁷

A review in the journal *Current Opinion in Gastroenterology* concluded that **probiotics improve immunity by strengthening the gut lining.** This prevents germs in food and drinks from taking hold in our bodies.¹⁸

A study published in *BMJ* found that **probiotic supplements reduce the chance of getting an upper respiratory virus by 18%.** And when people did get infections, probiotics reduced the severity and duration of the illness.¹⁹

There are many different types of probiotic supplements on the market. You should look for ones that:

- **Contain at least six different probiotic strains.** Probiotics are beneficial because they

increase the diversity of your good gut bacteria. The more strains in your supplement, the better.

- **Have at least 10 billion CFUs (colony forming units) per serving.** This is a measure of potency.
- **Contain the strains *Lactobacillus acidophilus*, *Bifidobacterium bifidum*, and *Bifidobacterium longum*.** These are the strains most strongly linked to improved immunity.

Besides yogurt, other food sources of probiotics are sauerkraut, pickles made without vinegar, kefir, kimchi, tempeh, miso, kombucha, and natto.

Safeguard yourself from viral infections by eating a probiotic food or taking a probiotic supplement every day.

3. Take Vitamin C

Mainstream doctors are doing their patients a disservice by not recommending vitamin C supplementation during the coronavirus crisis, Dr. Kendrick said.

“The mainstream medical community tends to be highly critical of the use of vitamins,” he said. “However, vitamin C has been found to have many, many, positive impacts on the immune system.”

Dr. Kendrick cites a comprehensive 2017 analysis in the journal *Nutrients* which concluded:

“Vitamin C contributes to immune defense by supporting various cellular functions of both the innate and adaptive immune systems.

“Vitamin C deficiency results in impaired immunity and higher susceptibility to infections. Supplementation with vitamin C appears to be able to both prevent and treat respiratory and systemic infections.”²⁰

An earlier study published in the *Journal of Manipulative and Physiological Therapeutics* found that **taking vitamin C supplements reduces respiratory virus symptoms by 85%.**^{21 22}

Dr. Kendrick summed up the research on vitamin C and immunity this way: “In short, Vitamin C can help prevent respiratory infections. It can also help to treat established infections.”

Dr. Kendrick notes that in China, where coronavirus first emerged, vitamin C was used with good results. “Chinese data appears to be showing considerable success with high-dose vitamin C in treating coronavirus,” he said.

The Chinese often use vitamin C intravenously. “It is unlikely that anyone working in the medical system in the West will agree to using high dose vitamin C,” he said. “However, if your loved one is extremely ill in the hospital, I would recommend speaking to the doctors and asking if this can be added.”

To prevent coronavirus infection, Dr. Kendrick recommends taking 2 grams of vitamin daily C. If you have tested positive or have symptoms, he recommends increasing the dosage to 10 grams.

Vitamin C typically does not have side effects. But some people suffer diarrhea when taking large doses. If this happens to you, scale back your dosage until your stomach symptoms disappear.

4. Take This Virus-Killing Fruit Extract

A lab study at Australia's University of Sydney tested **elderberry extract** on human cells infected with the flu virus.²³

The researchers found that the fruit extract fought the virus at multiple points. **It stopped the initial infection and inhibited growth of the virus so it couldn't spread.**

Dr. Peter Valtchev was one of the study leaders. He said that the observation was important, because "blocking the viral cycle at several stages has a higher chance of inhibiting a viral infection."

A clinical study at Israel's Hadassa University Hospitals Clinical Virology Laboratory confirmed that the results are valid in real-life settings. It divided patients with upper respiratory infections into two groups. Some were given elderberry syrup (Sambucol). The others got a placebo.²⁴

More than 93% of the elderberry group got significantly better in just two days. It took six days for the placebo group to start to recover.

Another study looked at 60 adult patients with respiratory infections. They were given 15 ml of either elderberry or a placebo syrup, four times a day for five days.²⁵

The elderberry group felt better four days sooner than the placebo group on average. The study authors concluded that, "**Elderberry extract seems to offer an efficient, safe, and cost-effective treatment.**"

Most studies used the syrup (Sambucol) form of elderberry. It is commonly available online. Follow the directions on the label for dosage.

5. If Someone Gets Sick in Your House, Do This...

Researchers have found that dry air is a strong factor in the spread of respiratory viruses.

A 2019 Harvard University study analyzed hundreds of virus risk factors. Dr. Stephanie Taylor and her colleagues tested variables such as whether subjects got the flu shot, washed their hands, got adequate sleep, came in contact with large numbers of people, worked with the public, had adequate vitamin D, were old, and many more.

The research team was surprised to find that air humidity was the biggest factor in determining whether people got sick from respiratory viruses. **Subjects breathing drier air were far more likely to get an infection.**

Dr. Taylor explains that dry air is a more efficient carrier of viruses. In dry air, viruses travel farther and survive longer.

"Even worse, the dry air also harms our natural immune barriers which protect us from infections," she said. The mucus membranes in our nose and throat are thinner and less protective in dry conditions.²⁶

Dr. Taylor also notes earlier research at the Mayo Clinic that tested higher humidity in school classrooms.²⁷

Half the classrooms in a school were humidified during the winter. The others were left alone. **Sixty-six percent fewer kids in the humidified classrooms got respiratory infections** compared to those in the regular dry-air classrooms.

Dr. Taylor recommends that indoor humidity levels be kept at 40%-60%. She noticed a difference when she increased the humidity in her own home by using a humidifier.



“My husband had at least one serious illness each winter,” she said. “Ever since we started monitoring our indoor relative humidity, he has not been sick.”

If you don't have a humidifier in your home, you can use an inexpensive vaporizer like the one in the picture above.

They are widely available online and at drug stores for less than \$20. Place them in the bedroom of a person who is sick to raise the humidity and help stop the coronavirus from spreading to others.

It may also help to raise the temperature of your home. A University of Maryland study found that COVID-19 likes it cold. It spreads fastest at 39 degrees F. The higher the room temperature, the less able it is to survive on surfaces or infect people, researchers found.²⁸

6. Go to Your Zen Place

Several studies have found that people who meditate are less prone to infectious diseases.

One of the most convincing trials was published in the *Annals of Family Medicine*. Researchers at the University of Wisconsin randomly split 100 adults into two groups. One practiced **mindfulness meditation** for eight weeks prior to the winter cold and flu season. The other did nothing out of their normal routines.²⁹

From September to May, the **meditators took 76% fewer sick days compared to subjects who did not meditate**. And when meditators did get sick, their illness was milder.

Colds lasted an average of eight days in people who did not meditate, but only five days among meditators.

Dr. William Malarkey says meditation improves immunity by reducing stress hormones. He is an immunology professor emeritus at Ohio State University.

He explains that during times of stress, your body fires off three hormones to deal with the perceived threat: adrenaline and norepinephrine, which subvert fatigue, and cortisol, which helps maintain essential functions like blood flow.³⁰

This response evolved to save our early ancestors from real, acute stress, such as being attacked by an animal, Dr. Malarkey said. The hormones help you rise to the challenge of facing an immediate threat, but at the cost of suppressing immunity.

A 2016 USC study found that **meditation reduces stress hormones while increasing antibody response and immune cell count.**³¹

Mindfulness is a popular form of meditation because it's so easy to learn. You simply sit comfortably in any quiet place, focus on your breathing, and when your attention wanders, return.

Here's a step-by-step guide:

- ▶ **Find a seat.** Sit on a chair, a park bench, a carpeted floor—anywhere that is comfortable. You want a stable, solid seat...not a porch swing or rocking chair.
- ▶ **Position your legs.** Many people like to cross their legs, but that's not necessary. Sit so that you can relax.
- ▶ **Sit up.** Straighten your upper body, but don't be stiff. Your back has a natural curve. Let it be there.
- ▶ **Drop your hands.** Let your hands rest naturally on your legs.
- ▶ **Look ahead.** You can close your eyes or gaze forward without focusing on anything in particular.
- ▶ **Feel your breath.** Pay attention to the physical act of breathing. Notice your chest and belly rise and fall. Mentally note breathing in and breathing out.
- ▶ **When your mind wanders...** Don't worry about it. That's normal. Just go back to paying attention to your breathing.
- ▶ **Stop.** Open your eyes if they were closed. Notice how your body feels. Pause for a moment to consider how you'd like to continue on with your day.

As little as five minutes a day is beneficial. But longer sessions—up to a half hour—or two or three sessions a day, work well for many people.

7. Disinfect Your Phone and Other Devices, But Don't Forget This...

We've all heard by now that we should disinfect "high-touch" items like doorknobs, phones, tablets, and computer keyboards.

But many of us forget to clean an object that we are constantly in contact with...our **eyeglasses**.

Not only do we touch them with our hands many times a day, but glasses can easily transfer germs to our face, where they can gain entry into our bodies through our eyes, nose, or mouth.

To kill germs on your eyeglasses or sunglasses, use soapy water or 70% isopropyl alcohol (rubbing alcohol). Pay special attention to the nose pads and the part of the frame that goes around your ears. An old toothbrush works well to get into nose-pad crevices.

Clean your glasses at least once a day and each time you arrive home after leaving your house.

Studies have found that coronavirus can survive for up to 72 hours on plastic surfaces like glasses.³²

One more thing...

If you use **headphones** or **earbuds**, don't forget to sanitize them as well.

Why Soap Is Better Than Sanitizer

Here's why you should use soap and water instead of hand sanitizer whenever possible...

On a molecular level, washing with soap gives you two kinds of protection. Hand sanitizer gives you just one.⁴⁰

Soap molecules are pin-shaped. One end is hydrophilic. It readily bonds with water. The other end is hydrophobic. It shuns water and bonds with fats.

The coronavirus has a fatty outer shell. The hydrophobic end of soap molecules attaches to it. This kills or disables the germ. The hydrophilic end of soap molecules then attaches to the water when you rinse. This not only removes the soap from your hands, but also the disabled virus.

So you get double protection: Soap both kills and removes viruses.

Like soap and water, hand sanitizer kills viruses. But it leaves virus remnants on your hands. Some may not be entirely disabled, giving you less protection.

If you do use sanitizer, make sure it is at least 60% alcohol. Lower concentrations do not reliably kill viruses.

Good News for People With Type O Blood

People with type O blood are less likely to catch coronavirus and die from it.

That's the finding of a study out of China, where COVID-19 first emerged.³³

Researchers in Wuhan assessed 2,173 infected patients and compared them to 3,694 healthy people in the same region. In that area, people with type O blood make up 34% of the population. But they comprised only 25% of COVID-19 cases and deaths.

On the other hand, people with type A blood, were at greater risk. They make up 32% of the population in Wuhan and suffered 41% of the infections and deaths.

The researchers concluded: "Blood group O was associated with a lower risk of death compared with non-O groups. To the contrary, blood group A was associated with a higher risk of death compared with non-A groups."

Types B and AB were associated with average risk.

Scientists don't know exactly why coronavirus infects people with different blood types at different rates. But this phenomenon is not unusual. Other health conditions are also known to be more common among certain blood types...

People with non-type O blood have a 60-80% greater risk of heart disease. People with AB blood have an 82% greater chance of suffering memory loss or dementia. Those with type A blood have an elevated risk of gastric cancer.³⁴

People with type A blood should not feel doomed by the coronavirus pandemic, the study authors said. "If you are type A, there is no need to panic," they wrote. "It does not mean you will be infected.

"And if you are type O, it does not mean you are absolutely safe, either. You still need to wash your hands and follow the guidelines."

The study may hold a glimmer of hope that the COVID-19 pandemic will not be as bad in the U.S. as it was in China. That's because 45% of Americans have type O blood compared to 34% among Chinese.³⁵

If You Get Sick, Take This...Not That

There are no proven drug treatments against COVID-19. However, two medications have shown promise.

They are **chloroquine** and **hydroxychloroquine**.

Neither has been approved by the FDA for COVID-19. They are chemically similar malaria drugs. But doctors can legally prescribe them for coronavirus with a practice known as off-label prescribing.³⁶

Malaria is caused by a parasite, not a virus. But chloroquine and hydroxychloroquine have both shown in lab and animal studies that they are effective against coronavirus.³⁷

A preliminary human study by a French scientist also indicates that hydroxychloroquine is effective. Professor Didier Raoult of the Mediterranean Institute of Infection in Marseille tested the drug in 24 patients with COVID-19. He compared them to patients who did not get the medication.³⁸

After six days of taking hydroxychloroquine, the amount of coronavirus in patients' blood fell by 90%. Their symptoms also greatly improved.

The patients who didn't take hydroxychloroquine also improved, but more slowly. Their viral load fell by only 25% after six days.

Dr. Kendrick notes that hydroxychloroquine and chloroquine are old drugs that have been around since the 1940s. They are considered generally safe at low to moderate doses. However, they are toxic at high doses. Doctors do not yet know exactly what doses are needed to treat COVID-19.

If you have a milder case of COVID-19, you may want to use a pain reliever to deal with symptoms. You should avoid NSAIDs.

“If you or a loved one is seriously ill, I would urge you to ask for one or the other (hydroxychloroquine or chloroquine) to be used,” Dr. Kendrick advises.

If you have a choice, **go with hydroxychloroquine**, he said. It has slightly fewer side effects than chloroquine. It is sold under the brand name Plaquenil.

If you have a milder case of COVID-19, you may want to use a pain reliever to deal with symptoms. **You should avoid NSAIDs.** They include ibuprofen (Advil, Motrin) and naproxen (Aleve).

There is emerging evidence they delay recovery.

A scientific paper published in the journal *The Lancet* noted that the coronavirus uses receptors on human cells called ACE2 to infect them. The researchers found that ibuprofen and other NSAIDs increase the number of ACE2 receptors on cells, making them easier to infect.³⁹

The authors wrote: “Our findings suggest that NSAIDs may worsen the course of (COVID-19) with delayed therapy and a higher rate of pleuropulmonary complications.”

Dr. Kendrick added: “There is now anecdotal evidence, particularly from France, that patients who take NSAIDs do considerably worse. It has been suggested they may lead to an increased death rate.”

The World Health Organization now recommends taking acetaminophen (Tylenol) instead of NSAIDs. WHO spokesperson Christian Lindmeier said: “We recommend using acetaminophen and not ibuprofen as a self-medication. That’s important,” he said.

Conventional Medicine Is Failing Us

If you get a severe case of COVID-19, the best mainstream medicine can do for you is to give you a hospital bed and ventilator. And with shortages of both, you might not even get that.

That’s why it’s so important that you take control of your own health by implementing the research-based strategies we’ve explained above.

Photos:

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doyouremember.com
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