

Fighting Covid-19

1

Diet and Nutrition

2

Supplements

3

Antiviral herbs



How to keep your immune system strong and fight off viruses such as Covid 19 through diet, nutrition, herbal medicines, and taking the right supplements and minerals

Featuring an emergency guide

PENNY PALMER

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1. VIRUSES AND NUTRITION

Following requests from the many patients who visit my nutrition clinic, this ebook has been created to offer support during the Covid 19 pandemic, or indeed any virus you may be suffering from using diet, nutrition, supplements and herbs. Through using these virus-busting recommendations, they will either help prevent you from getting Covid 19, or indeed speed up the recovery process if you have it - pending underlying health conditions. Naturally, it is also essential that you follow any medical advice recommended to you at all times. Firstly, a little bit of background on viruses. In a nutshell, viruses are like tiny germs and can either cause more common conditions such as the common cold or warts, or very severe illnesses such as HIV, Smallpox or Covid 19. They use our body's cells to replicate themselves, and then can either kill or change our cells to make us ill, through essentially monopolising the body.

There are many different viruses, and they can reside in various organs such as the liver or the respiratory system. Now when you get a virus you might not get that sick from it - depending on the individual - as your immune system will usually be able to fight it off.

But for others it can literally floor them, and can lead to death if the immune system is too weak to fight it.

Antibiotics are unable to kill viruses, meaning the only way to recover is through having an immunity which is strong enough to battle it off. Nevertheless, there are antiviral medicines that can treat some viruses, as well as vaccines which can prevent them. But nothing is as good as having a stellar immune system which is strong enough to a) either bypass it altogether or b) if you do get it, can recover relatively quickly and preferably with mild symptoms to boot.

So what is the best way to toughen up your immune system and where do you start?

Firstly the obvious health recommendations are as follows, and if you don't tick the boxes on the list below, now is the time more than ever before to do so;

- Quit smoking - this is a no brainer
- Clean eating - i.e. cut the rubbish
- Drink water - like your life depends on it
- Exercise daily - half an hour is ideal
- Keep your weight healthy - lose it now

- Moderate alcohol - no binge drinking
- Adequate sleep - aim for 7-8 hours
- Be positive - a happy mind works wonders

I would like to expand on the above list a little more. As Covid 19 attacks the respiratory system it makes sense that the best thing you can possibly do is protect your lungs and respiratory system. Therefore quit all kinds of smoking immediately - not only to protect yourself, but also everyone else around you from passive smoking.

Healthy eating is also essential. The healing power of food is vastly underestimated. A good guide to follow is this: If your food isn't directly pulled out of the ground, delivered straight from an abattoir, fished from the sea, or picked off a bush, tree, or even a plant you're not eating clean. This may sound extreme but it's a good rule of thumb to follow.

Sadly the vast majority of people are unaware of the utter rubbish which is added to many of our groceries.

Food additives, food colours, and food chemicals such as MSG to enhance flavours do absolutely nothing to build a healthy immune system.

In fact, they do the exact opposite. They load the body with rubbish, meaning our bodies have to work even harder to a) eliminate the rubbish and b) extract what little goodness is left to function. Most ready meals for example are full of excess sugar, not to mention masses of standard table salt and saturated fats. Indeed, according to the food industry, the UK represents the largest share of ready meals consumed in Europe, accounting for nearly £2.5 billion annually. This is not good news. While it may be argued that we are too tired or busy to cook, serving an organic baked potatoe with fish baked in foil and al dente broccoli, really doesn't take that much effort. To sum up, I have listed a snapshot of key points to seriously consider if you want to build up your immune system.

- Ditch table salt - always use sea salt as an alternative

- Scrap ready meals - they are full of rubbish
- Eat organic fruit and veg wherever possible - standard fruit and veg are sprayed with chemicals and you will ingest them
- Choose organic milk if possible - standard milk comes from cattle fed on a low level of antibiotics that will over time, wreck your gut
- Opt for brown pasta, rice, or bread - anything brown is full of essential B vitamins. These are vital - from B5 to combat anxiety - to B12 to prevent anemia and depression to name just a few
- Say goodbye to refined sugars (white sugar) - it does absolutely nothing to help your body except weaken the immune system by paralysing white blood cells
- Keep takeaways to the absolute minimum - these are also full of sugar and salt, and if they are deeply fried in vegetable oil there is evidence to suggest they are also carcinogenic.

Certain foods boost different organs and with the respiratory system, it is wise to consume as many of the lung friendly foods as possible. The main foods recommended are;

- Apples (reduces inflammation in the lungs)
- Olive oil (another anti-inflammatory)
- Salmon and oily fish (as above)
- Green tea (packed with antioxidants)
- Seeds (relaxes the muscles in the airways)
- Cruciferous vegetables (kale, brussel sprouts and broccoli)
- Garlic (a very powerful antiviral food).

Other lung friendly foods include;

Apricots, Avocados, Bananas, Beans and bean sprouts, Blueberries, Oranges, Green leafy veg, Pumpkins, Tomatoes, and Poultry.

Foods that you must avoid if you are suffering from any issues with your respiratory system include:

- All dried fruits (they contain sulfites which are damaging to the lungs)
- Peanuts
- Pistachios
- Cashews
- Chestnuts.

2. Supplements

As well as a stellar diet, taking supplements will further boost your immune system. It can be argued that if you are eating a healthy diet you shouldn't need to take supplements. However, you need them for several reasons. Firstly, for the majority of people, it is impossible not to escape the effects of stress, and the first area always affected is the digestion system.

When we are stressed the body naturally focuses on the most important organs of the body to keep us alive such as the heart, liver, and brain.

The digestive system is somewhat neglected, meaning that when you eat your food, you don't absorb the nutrients anywhere near as efficiently as you would do without the stress. If the stressful events continue over time, the enzymes needed to break your food down become depleted, and then something called malabsorption becomes an issue.

This means you only partially digest your nutrients, gradually leaving you with a weakened immune system.

As time goes on, gut issues become more apparent, food intolerances appear, funguses take over and other issues such as leaky gut

syndrome appear (where food particles leak out of the gut wall causing bloating, wind and much discomfort. It is of no coincidence when you hear the coined phrase: 'Stress is literally a killer,' - because it really is.

So what supplements should you take? While many people take a standard food supplement thinking they've covered the basics, sadly this is rarely the case. There are key supplements that are always needed especially when there has been a period of stress - no matter how small. Without a doubt your body will most certainly be crying out for the following;

- Pantothenic acid (B5) - this is THE anti stress/anxiety supplement which is always essential for healthy adrenals Acute anxiety together with teeth grinding at night is usually a sign that you are severely deficient.

- Chromium - this miracle mineral works wonders for any blood sugar issues, which is always a problem with weakened adrenals. The glaring sign that you need chromium is if you are affected by the 3pm slump. This is where you feel you could literally keel over and collapse on your computer with utter exhaustion. Our blood sugar ideally should stay at a constant level, but with blood sugar issues it rises and falls constantly. Left unchecked - at best you will suffer from hyperglycemia - but this can quickly escalate into Type 2 Diabetes.
- Extra strong magnesium - everyone I see always needs a ton of this. It's vital to calm down the nervous system, and aid sleep. While not as important with strengthening the immune system, it is a vital catalyst in terms of enzyme activity, which is essential to help break down the foods that you eat and aid malabsorption issues.

- Vitamin D - very important to strengthen the immune system, as well as maintain bone health.
- Zinc - essential for a healthy immune system, it also fights free radicals and helps to heal wounds. Most people who are more susceptible to viruses tend to be very deficient. Hyperactive kids also tend to be very deficient in this vital mineral.
- Vitamin A - another key immune-boosting vitamin. A deficiency of vitamin A can cause a range of problems such as hair and skin dryness, insomnia, pneumonia, frequent colds and other respiratory issues. So it's a good idea to keep topped up during pandemics. That said though, it is the one vitamin that you do need to take care with and avoid taking too much over long periods. This is because it can be toxic to the liver. Taking 100,000 International Units (IUs) of Vitamin A for example, over a long period of time would cause issues. If you feel nauseous after taking it, this is a sure sign you are taking too much.

- Vitamin C - you will be depleted of it with stressed adrenals. An obvious sign that you are taking too much of it though is an upset stomach, but there are no risks if you do consume more than your body requires
- Hydrochloric acid (HCL) - this is usually found in the gut but is usually depleted after bouts of stress. This is vital for food digestion and in particular breaking down proteins. Most patients require two capsules of HCL daily
- Probiotics - it is absolutely essential to have a balanced gut flora because without it your health is in jeopardy. There are more than 15 different probiotics and most people think that if they take acidophilus they are covered - but they are not. If you have any form of a virus or lowered immunity it all starts here, and if you already suffer from gut problems you will need to take more than the recommended dose. Take the best multi probiotic you can afford.

3. Supplements Dosage

The dosage of supplements will vary, but all supplements have the recommended dosages on the labels. That said, I find nearly all of my patients are usually so deficient in many of the above, that they need to take considerably much more than the recommended amount.

If you are unsure - and as a general guide - I have listed the suggested amounts as per below, but as a rule of thumb, always start on the minimum dose and increase gradually.

On where to buy them I will list this information on the resource page towards the end of this ebook. If you choose to buy the recommended supplements then there is no need to do the International Unit (IU) conversions if you choose to purchase other products.

Finally, always take with food or you can feel nauseous regardless.

Suggested dosage

- Pantothenic acid (B5): 15 drops x 3 times daily
- Vitamin C: 3,000 - 5,000mg daily
- Chromium: 15 drops three times daily
- Extra strong magnesium: 15 drops three times daily
- Vitamin D: 5 drops daily
- Vitamin A: 5 drops daily
- Zinc: 5 drops daily
- HCL: 1 with each meal
- Probiotics: 3 a day.

4. Anti-viral herbs

For many centuries herbs have been well regarded in terms of alleviating thousands of ailments from the common cold using herbs such as Echinacea to more serious viruses. It's a controversial topic to say the least, but given that the majority of pharmaceutical origins were born from some of the traditional herbs used all those years ago, it is a subject worth taking note of. Indeed, many herbalists still swear by them and continue to prescribe these traditional concoctions in their clinics all over the world. The healing properties of the following herbs are particularly apparent when it comes to viruses:

Ashwagandha

Known as Indian ginseng, this herb both modulates and stimulates the immune system. It helps prevent stress-related disorders and vitamin C depletion, as well as boasting both anti-inflammatory and anti-aging properties.

Elderberries

Elderberries (*Sambucas nigra*) are brilliant for knocking flu in its tracks, as well as being highly effective in fighting other viruses such as HIV and Herpes. There have also been studies that have proved that elderberry supplements drastically suppress upper respiratory symptoms caused by viral infections. Besides this, it is also well known to relieve coughs, as well as enhance the overall immune system.

Garlic

Garlic is another extremely powerful anti-viral agent, with a reputation gained over thousands of years for having cast-iron medicinal properties. Not only is it antiviral, it is also anti-bacterial, and antifungal. In addition, older studies showed that it was particularly effective at fighting flu and pneumonia as well as the common cold. It is worth noting that if it is eaten raw, it is very, very effective.

Echinacea

Of all the herbs out there, this is probably one that most people turn to in a bid to strengthen their immune system. It has a reputation for fighting colds and viral bronchitis as well as herpes and flu. It also fights inflammation and bacterial viral infections, stimulates white blood cells (which fight infections) as well as supports the lymphatic system.

Liquorice

Don't underestimate this little beauty. Not only does liquorice fight inflammation and viruses, it also heeds off bacterias, fights parasites and is also brilliant for balancing out blood sugars too. Furthermore, it cleanses the colon, increases the fluidity of mucus in the lungs and bronchial tubes and promotes adrenal gland function. However do not be confused with liquorice confectionery, as this is made from anise and not liquorice.

Ginger

This is another powerful anti-viral herb worth consuming. Available now in the form of tea, oils, and lozenges, it boasts impressive anti-viral activity. It also fights inflammation, cleanses the colon, reduces spasms, cramps and stimulates circulation. Furthermore it is very good for reducing fever and all types of nausea.

Ginseng

Of all the herbs this is one of my favourites. It makes a noticeable difference to the adrenal glands, thereby improving overall immunity fast. It also promotes lung function, and is good for other conditions including bronchitis, circulation issues, diabetes, lack of energy, and stress.

Green tea

Ok it might not taste the best but if you opt for the Clipper brand it really is nice! Given that it contains a group of flavonoids called catechins which stop viral infections by blocking the enzymes needed to reproduce, it's worth putting the kettle on.

Oregano

A reasonably common cooking herb, Oregano contains plant compounds containing anti-viral properties. In a study the herb has been shown to fight off herpes simplex, as well as the notorious rotavirus and other respiratory viruses.

Sage

As well as being known to stimulate both the digestive tract and the central nervous system, Sage also boasts anti-viral properties and research has also shown it can fight immune deficient viruses too.

Schisandra

Schisandra is an extremely versatile herb, but first and foremost it fights viruses quickly and alleviates the symptoms of pneumonia by stimulating the immune system into action.

The list of ailments it can help is endless, but amongst other attributes it protects the skin against chronic conditions, and inflammation such as psoriasis and eczema, and it also relieves the pain associated with arthritis and gout.

Olive leaf

Olive leaf is amazing and fights off all types of bacteria, viruses, fungi and parasites. As well as keeping colds and flu at bay, it also lowers high blood pressure, helps with chronic fatigue syndrome and virtually any infectious disease.

Pau d'arco

Another herb you might have heard of, Pau d'arco fights bacterial and viral infections, cleanses the blood, and is also good for all other types of infection, It's also been shown to help AIDS, allergies, cancer, tumors and bowel disease to name just a few.

5. Herbs Dosage

As with supplements, it is always wise to follow the directions on the bottle, but for a general rule of thumb, tinctures are usually taken by the dropperful - also known as a squeeze. A dropperful is the amount of liquid that fills the glass tube of the dropper when the cap on the dropper top is squeezed and released, drawing the liquid up into the glass dropper tube which works out to be approximately 30 drops.

A standard suggested adult dosage for tinctures is generally two droppersful two to three times a day. If you need an immediate response to help combat a particularly nasty virus, a tincture may well deliver rapid results.

To take the tincture, it is usually best to take the drops directly under the tongue as this gets the herb directly into the bloodstream, but it can also be diluted in a small amount of water or juice.

6. Water

Never underestimate the power of water. Sadly though, many people do and are extremely dehydrated most of the time. To put it in perspective, it's worth knowing that two-thirds of the human body is comprised of water. It is an essential nutrient that helps to transport other nutrients and waste products in and out of our cells as well as helping to oxygenate the blood in our body. This action keeps our cells happy resulting in a strong immune system ready to fight off our attackers such as bacteria or viruses. It is also essential for our digestive system, our circulatory and excretory functions as well as maintaining our correct body temperature. Besides this, it keeps our kidneys very happy. Being hydrated means our kidneys can fire on all cylinders - leaving them to get on with flushing away the unwanted toxins. The immune system is also given an extra boost by allowing it to collect unwanted foreigners away from the body to the lymph nodes, where they are then completely destroyed.

. Apart from obvious reasons why the body becomes dehydrated such as vomiting, diarrhea and fevers there are several other reasons why you may be dehydrated. Drinking alot of caffeine or alcohol causes dehydration, as does over exercise and losing sweat through heat. The easiest sign of spotting dehydration is to pay attention to the colour of your urine. Dark coloured urine is a clear indicator that your body is completely dehydrated. Other signs include the following:

- Headaches
- Dry or peeling lips
- Lethargy
- Constipation
- Problems focusing
- Muscle cramps
- Dry skin

7. Suggested water intake

To ensure you are drinking enough water, you need to drink half an ounce of water for each pound that you weigh. So if you weigh 100 pounds, you would need to drink 50 ounces of water a day. What's important to remember here is this: once you are dehydrated to a particular point, the message from the brain to remind you to drink stops working as well so you don't even feel thirsty at all until it is too late.

Drinking other fluids such as juices, soft drinks and caffeine is no replacement for water either, only plain water will tick this box.

Once you fulfill your body's needs for water, you will notice you will actually feel far more thirsty than you ever were before, as the thirsty brain 'message' wakes up and keeps up the reminders.

8. Emergency virus guide

If you are unlucky enough to contract Covid-19 - or indeed any virus - but you are still well enough to help yourself, you need to take the following action immediately. Firstly, you need to drink plenty of water and take any of the recommended antiviral tinctures and supplements listed in the previous chapters that you have access to - but only if a) there are no underlying medical conditions with your respiratory system and b) there are no contraindications with any medication you have been prescribed by your GP. All being well, find a glass jar with a lid and collect a small sample of your early morning saliva. This might sound strange but your saliva actually contains the very virus you want to get rid of! Holding the glass jar in one hand, you need to massage the immune system strengthening acupuncture points for one minute in a clockwise direction following - ideally - the NAET Gait Points clip on YouTube from The NAET Training Institute.

After completing one round of massage, put the glass jar away for 20 minutes - or make sure it is six feet away from you - and then repeat the process every 20 minutes until the symptoms subside. After finishing each set, you need to drink water to eliminate the toxins which are produced during the massage. By following this procedure you are strengthening the overall immune system prompting it to fight off the virus fast. If you are unable to access the internet I have listed the points and exactly where they are on the body below:

- Start with right hand: Large Intestine 4
- Right wrist crease: Heart 7
- Right outside elbow crease: Large Intestine 11
- Left outside elbow crease: Large Intestine 11
- Left wrist crease: Heart 7
- Left hand: Large Intestine 4
- Left inside calf: Spleen 6
- Top of left foot: Liver 3
- Top of Right Foot: Liver 3

- Right inside calf: Spleen 6
- Finish where you started, with one more massage on the right Large Intestine 4

To locate the points:

- Large Intestine 4: on the top of the hand, at the high point of when the thumb and index finger are pushed together.
- Heart 7: in the wrist crease, at the base of the pinky finger
- Large Intestine 11: on the outside crease of the elbow.
- Spleen 6: three inches above (and in line with) the inside ankle bone.
- Liver 3: on the top of the foot, two inches below the web formed by the first and second toes.

Depending on the state of the individual's immune system, one round of massage on these acupressure points will suffice, while others may need up to 20 rounds of it.

But after massaging each set of points the body becomes stronger. You can stop massaging the points as soon as the symptoms subside, but continue to flush out your system with plenty of water. Always seek urgent medical attention if symptoms worsen.

9. Resources

- Contact The Natural Dispensary (01453 757792) or visit: www.naturaldispensary.co.uk to order any supplements. Quote Penny Palmer on the phone or in the practitioner box online to obtain a 10% discount.
- Contact Metabolics (01380 812799) or visit: www.metabolics.com quoting the promotion code: 95387 on the phone or online for 10% off to order the following: Chromium, Pantothenic acid, Extra Strong Magnesium and for one of the best probiotics - Combocillus Lacto Complete.
- Contact Specialist Herbal Supplies (01273 424333) quoting the promotion code: PAL-1002 or visit: <https://shs100.com/?practitioner=1> to order any herbal tinctures or supplements

- Visit www.naet.com for more information on acupressure and desensitisation treatments
- Read *Your Body's Many Cries For Water* by Dr F Batmanghelidj for more information on the effects of dehydration on the body and why
- Visit: www.back2healthclinic.org for more information on Kinesiology, NAET allergy treatments, diet and nutrition.

10. About The Author

After obtaining her degree in Journalism from the University of Cardiff, Penny Palmer went on to study other professional Diplomas including; Nutrition, Kinesiology, Anatomy and Physiology and the Nambudripad Allergy Elimination Technique (NAET) - a natural drug-free, non-invasive treatment to relieve allergies, addiction, anxiety, depression and many other disorders. Penny remains passionate about all matters related to health, and has practised successfully for many years as a complementary therapist in Surrey. She continues to help patients with many different issues through addressing diet and nutrition, using NAET, Kinesiology, and prescribing supplements, homeopathy and flower remedies.

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