



The Coronavirus Defense Plan

How to strengthen your immune system to help fight coronavirus and other dangerous infections

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Introduction:

Dear Reader,

It's the top story on the TV news practically every day.

Classes, concerts, sporting events, and political rallies are being canceled.

Supermarket shelves are bare as people hoard hand sanitizers, bleach, and even toilet paper.

Coronavirus has officially invaded America—and it has brought lots of panic with it.

Cases of COVID-19, the new strain of coronavirus from China, are being confirmed across the country. And it seems like every day we're promised that there are new drugs and vaccines for COVID-19 on the way.

Don't get me wrong—I hope they find a way to cure COVID-19 tomorrow.

But here's the truth—it's very likely that medications and vaccines are still months away. And that's IF they pass their clinical trials at all. Why depend on some brand-new drug or vaccine being ready in time to help when there's more that you can do now? I believe that in this case, a good DEFENSE is your best OFFENSE.

That's especially true if you're older or have a weakened immune system. Seniors and immuno-compromised patients are the ones being hardest hit by COVID-19—and dying from it.

So what CAN you do? For certain, you need to follow public health recommendations about washing your hands often and avoiding large crowds and people who are sick.

You need to prepare your immune system to mount a defense against COVID-19, or any other virus Mother Nature throws your way.

I'm going to introduce you to three all-natural substances that have been scientifically shown to jumpstart your immune system and give it

a better chance of fighting disease.

And I'm going to show you how to avoid mistakes that can harm your immune system and make you a sitting duck for lots of illnesses.

I hope you and the people you love never have to deal with a COVID-19 infection. But if you do, we're going to have your immune system ready to fight... starting now.

Health and Happiness,

Dr. Scott Olson
HSI Advisory Panel

This tiny European berry is an immunity-builder and virus-fighter

Before we talk about ways to strengthen your immune system, let's review a few things we know about COVID-19.

1. It's a virus from the same family that produced Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS).
2. COVID-19 mainly affects areas of your respiratory tract, like your chest and lungs. It can cause symptoms like coughing, fever, and shortness of breath.
3. The elderly and people with weakened immune systems are more at risk for developing a serious case of the disease.

Again, there is currently no pharmaceutical cure for COVID-19.

But it makes sense to look at supplements that have been shown to boost your immune system and help fight viral infections that affect the respiratory tract.

That would check off some key boxes, right? And that's why I think it makes good sense to stock up on elderberry extract.

Natural healers have relied on European elderberry (*Sambucus nigra*) for ages to help boost immunity and fight colds and flus.

Believe it or not, elderberry is one of those rare natural remedies that has actually received some acceptance from mainstream medicine as well.

It's been featured on very mainstream websites like WebMD and even the website for the Cleveland Clinic (and the Cleveland Clinic is about as mainstream as you can get).

I was pleasantly surprised to see that in a recent article on preparing your immune system to fight COVID-19, the University of Alabama at Birmingham featured a mainstream doctor talking about research on the immune-building and virus-fighting effects of elderberry.

So why is everyone so comfortable talking about elderberry? It's incredibly safe, and it's been shown in quality research to help prepare your body to tackle viral and respiratory infections.

Studies have shown that elderberry extract seems to increase levels of antibodies that your immune system needs to fight viruses. Elderberries also contain hemagglutinin protein, which may help stop viruses from invading cells and replicating.

In one study out of Israel, adults experiencing flu-like symptoms who took an elderberry syrup known as Sambucol saw their symptoms disappear four days faster than those who took a placebo.

That's a potential game-changer. And another study produced very similar results.

A 2019 study out of Tennessee, published in *Complementary Therapies in Medicine*, analyzed multiple previous studies on elderberry. And the results were clear. As the authors wrote:

“Supplementation with elderberry was found to substantially reduce upper respiratory symptoms.”

In fact, a study out of Australia found that air travelers (and we know that travel can heighten your risk of coronavirus and other viruses) had significantly shorter colds if they took elderberry extract.

Elderberry has shown a strong history in research of fighting viruses and respiratory symptoms. That's why if you're serious about giving your immune system a boost, it may be an important part of your toolkit.

Sambucol, an elderberry formulation that has been studied in quality research, can be purchased through popular online retailers, such as www.walgreens.com and www.iherb.com.

The Chinese herb that's like a “suit of armor” for your immune system

There are amazing natural treatments from all over the world.

But let's face it—nobody does natural medicine better than the Chinese. Even though COVID-19 originated in China, we have to give Chinese medicine its due in some respects. Chinese herbalists have been studying and perfecting natural medicine for centuries.

Now, there's an amazing Chinese plant that could help work like a “suit of armor” for your immune system, naturally building your defenses against inflammation and infections.

The only problem? It's practically unknown in America.

If you haven't heard of astragalus (sometimes called huáng qí), trust me, you're not alone. I'm willing to bet that there are many American doctors who have never heard of it either.

Astragalus is a flowering plant that grows throughout China, and it's considered an essential herb in Traditional Chinese Medicine.

Healers have been using the roots of astragalus for eons to treat allergies and viral, respiratory infections like the common cold. It's even sometimes administered intravenously in hospitals.

What's truly amazing about astragalus is that it seems to “jumpstart” your immune system, helping to prepare your body to fight disease.

Animal studies have shown that astragalus may boost the production of infection-fighting white blood cells, and may even help kill bacteria and viruses.

Astragalus includes molecules called polysaccharide fractions that may be stimulating to the immune system. For example, a mouse study from Peking University in China found that the polysaccharide fractions from astragalus activated B-cells and macrophages.

B-cells and macrophages are crucial elements of your immune system. B-cells help secrete antibodies that fight viruses, and macrophages help destroy harmful organisms.

Even better? Another lab study out of China concluded that polysaccharides from astragalus may enhance the function of T-cells. T-cells are another vital component of your immune system, which your body custom builds for each foreign invader (like a virus).

A study published in the *Microbial Pathogenesis* in 2018 also showed that astragalus polysaccharide fractions may show promise in fighting certain types of viruses that cause bronchitis. The authors concluded that astragalus has “antiviral activities against [viruses that cause bronchitis] and it may represent a potential therapeutic agent for inhibiting the replication.”

That all sounds incredibly promising to me—especially given astragalus’ history of successful use by natural healers for many, many years.

Again, astragalus is not especially well known in the United States. But forward-thinking supplement companies carry it, and it’s not hard to find online.

Piping Rock sells a 1,500 mg. astragalus supplement that you can purchase for less than \$10 at www.pipingrock.com.

The everyday vitamin that's showing BIG promise against coronavirus

The final tool for helping build your immune system to fight COVID-19—and, really, any other illness—may seem a little boring.

I'm talking about good ol' vitamin C.

Now, I know what you're thinking—there's nothing terribly exciting about vitamin C. Maybe you've been taking it yourself or recommending it to your own kids for years to help build immune defenses and fight infections, flus, and colds.

But there's a reason that everyone knows about vitamin C—because it works. And vitamin C is being used in an exciting way right now that could help give doctors an upper hand against COVID-19.

What could make vitamin C particularly important is that it may be used to help prevent and fight illness.

Let me explain by first walking you through why vitamin C is so important to your immune system.

As you may know, vitamin C works as a powerful antioxidant, which can help protect cells and tissues from damaging inflammation and oxidative stress.

That's even more important than you may realize. You see, vitamin C helps stimulate the production of white blood cells known as lymphocytes and phagocytes. Those white blood cells are crucial to a properly functioning immune system—and, even better, the antioxidants in vitamin C help shield those essential cells from damage.

Vitamin C has even been shown to help speed recovery time from serious illnesses, such as pneumonia. In fact, studies from both the United

Kingdom and the former Soviet Union found that patients may have shorter-lasting and less severe cases of pneumonia when supplementing with vitamin C.

Another study found that supplementing with even modest doses of vitamin C could cut the duration of respiratory illnesses like colds by an average of 8% (and even more for younger people).

Vitamin C's important role in fortifying your immune system is well established and beyond debate. But when it comes to the recent COVID-19 outbreak, vitamin C is getting new and serious attention.

That's because some scientists believe that intravenous vitamin C (IVC) may hold the key to helping people successfully recover from COVID-19.

Natural doctors have been singing the praises of IVC for decades now. IVC can quickly and dramatically boost vitamin C levels in your blood, and IVC has even been used to reduce side effects and improve quality of life in cancer treatment.

But IVC also may have strong anti-viral properties, which has led some doctors to believe that it may be part of the answer for defeating COVID-19.

For example, case studies have been published in reputable scientific journals, such as the *Korean Journal of Pain* and the *Journal of Orthomolecular Medicine*, that showed a rapid reduction in influenza and shingles symptoms after treatment with IVC. Both of those diseases are caused by heavy-duty (and often hard-to-treat) viruses.

Now, IVC is being studied in China as a COVID-19 treatment. There are currently at least three clinical trials in China studying IVC in the treatment of COVID-19, and the Shanghai Medical Association has released a statement endorsing IVC as part of a comprehensive COVID-19 treatment plan.

This isn't speculation—Chinese researchers and physicians are turning to IVC as a potential COVID-19 treatment right now. In one registered clinical trial, patients will be receiving 24 grams of IVC per day for one week.

The belief is that IVC may reduce lung inflammation and damage, which can lead to death in COVID-19 cases. And while the research is ongoing, preliminary results are reportedly encouraging.

The important thing to remember is that practically any hospital can administer IVC. It's important to ask about it if you or someone you love ends up locked in a fight with COVID-19.

For general immune-building, you can take up to 2,000 mg. of vitamin C orally per day. Start by taking 500 mg. a day and move up to 2,000 mg. a day. You know you are taking too much if you develop loose stools—that can be a sign to dial back your dosage.

AVOID these 5 immune system killers

I've spent most of this report sharing proven supplements that you can use to help build your immune system so it's ready to fight infection and disease.

But that's only one part of the equation...

The truth is, there are plenty of things you can do to HARM your immune system and make your body a sitting duck for COVID-19 and other dangerous viruses and bacteria.

So what can you do to protect yourself?

Cower in your bedroom until this whole thing blows over? Wear a hazmat suit every time you venture out in public?

I'm not going to suggest that.

But what I AM going to suggest—actually URGE you to do—is to keep following the guidelines laid out by the World Health Organization (WHO) and other leading health organizations to help prevent the virus from spreading and taking hold...

Like **washing your hands frequently, for at least 20 seconds with plain soap... replacing handshakes and hugging with high fives or fist bumps... keeping your hands away from your face... and practicing “social distancing”—steering clear of large groups and staying at least 6 feet away from anyone exhibiting symptoms.**

But that's not ALL you can do to protect yourself.

You need to avoid these **5 immune system KILLERS**.

They could be putting your immune system... and, eventually, your very life... in jeopardy.

Immune System Killer #1: Eating too much sugar

I'm sure you've cut WAY down on rubbing your eyes or shaking strangers' hands—and that's a very good thing.

But if you're still downing your fill of sugary snacks and sodas, you're *playing with fire* when it comes to your health.

You see, sugar *depresses your immune system*—and the more sugar you eat, the more it works against you.

In a clinical trial published in the *American Journal of Clinical Nutrition*, researchers found that drinking 75 to 100 grams of a sugar solution (about 20 teaspoons of sugar—the amount you get from two cans of cola) significantly suppresses the body's immune response.

The study showed that simple sugars—like table sugar, honey, glucose, and fructose—practically put a *muzzle* on infection-fighting **white blood cells**. Their vital ability to *surround and engulf* invading bacteria dropped by a whopping **50 percent** after sugar consumption.

Not only that... those immune-smothering effects can last for up to *5 hours* after your last sweet sip or bite.

So instead of *compromising* your immune system... *fortify* it by eating more low-sugar fruits and vegetables—preferably organic, to limit pesticides and other toxins.

Produce is rich in antioxidants like *vitamins C and E*, and other protectants, like *zinc, beta-carotene*, and many others.

When shopping, look for fruits and veggies that are brightly colored—they contain more healthy nutrients. Good choices include berries, oranges, grapefruit, apples, red grapes, kiwi, apples, red grapes, kale, onions, spinach, sweet potatoes, and carrots.

Immune System Killer #2: Not getting enough sleep

Everyone has trouble getting a good night's sleep every once in a while—and if you're worried about the coronavirus, you may find yourself *tossing and turning* a LOT more often.

But catching some ZZZs doesn't just make you feel rested and refreshed...

it's been proven to strengthen your immune system. In fact, getting quality sleep is one of the BEST ways to keep it in tip-top shape.

We've known for a long time that NOT getting enough sleep can cause a boatload of short- and long-term health problems.

But poor sleep can ALSO *spike* your levels of the stress hormones *cortisol* and *adrenaline*, putting you in a “fight-or-flight” state—and *taxing* your immune system.

On the flip side, science has proven the *numerous health benefits of sleeping soundly*—including a direct link between **quality sleep and a strong immune system**.

A 2019 study out of Germany found that sleep bolsters your T-cells—the *potent immune cells* that fight infection—and helps them do a BETTER job of killing viruses and protecting you against disease.

As I've discussed, T-cells are key to tailoring your body's immune response to specific invaders—including **viruses**.

T-cells must find and then adhere to virus-infected cells—sticking to them so they can destroy them. They carry out this role with the help of adhesion molecules called **integrins**.

For the study, researchers recruited healthy volunteers and randomly split them into 2 groups. One group was allowed to sleep all night, while the other group was kept awake.

Afterwards, the researchers collected and compared their T-cells... and the difference was *remarkable*.

The scientists found that slumberer's T-cells had significantly *higher* integrin activation than the T-cells of the all-nighters—in other words, sleep made their integrin **stickier**.

The study showed that getting enough sleep helps make your T-cells more EFFECTIVE by making integrin *stickier*. That helps T-cells stick tightly to viruses and other invaders—and then KILL them.

So how much immune-boosting sleep do you need? Most health experts agree that 7 to 9 hours per night can put you on the road to better health.

But like many folks, you may need some help slipping off to dreamland.

If so, here are some tips...

Make sure your bedroom is dark, cool, and free of distractions, like your *phone*, *TV*, *pets*, or even a *snoring spouse*. Avoid drinking *caffeine* in the evening and watch your alcohol—more on that in a moment.

But if you **STILL** need help falling and staying asleep, skip the sleeping pills, and reach for a natural treatment that's **MUCH** safer—and just as effective—**melatonin**.

You can find melatonin supplements at most quality health food stores, pharmacies, and online retailers.

As for dosage, if you're trying melatonin for the first time, start with 1 to 3 mg. per day.

Immune System Killer #3: Drinking too much

A lot of folks are understandably worried about their health these days, so why not drown those fears with a few shots or glasses of liquid courage?

Well, to be blunt... alcohol doesn't just toast your liver—you might as well kiss your healthy immune system goodbye.

In a scholarly article published in the journal *Alcohol Research: Current Reviews*, the authors summarize numerous clinical trials and other research on how alcohol affects the immune system. They conclude that **“alcohol disrupts immune pathways” in multiple ways... and “impairs the body's ability to defend against infection.”**

And if you like to tittle, listen up—just ONE bout of binge drinking can send your immune system REELING.

A study published in the journal *Alcohol* investigated the effects of drinking alcohol on young, healthy adults.

Researchers recruited 15 healthy men and women, with an average age of 27. They were asked to drink repeated shots of vodka until they reached the legal blood alcohol limit for driving—up to 5 shots.

In less than 2 hours, **ALL** of the youthful participants' immune systems were found to be *significantly less active* than when they were sober.

Not only that... they had FEWER **monocytes** and **natural killer (NK) cells** circulating in their systems.

And that's a BIG problem, because those are two of your immune system's most powerful disease fighters..

Monocytes are white blood cells that attack **viruses, bacteria, and fungi**. And NK cells are the *superheroes* of your immune system, providing a rapid response to cells infected by **viruses**.

Friend, just one round of binge drinking did a number on the immune systems of healthy adults averaging 27 years young—imagine what it could do to folks old enough to be their grandparents.

Keep that in mind the next time you make a toast “To Life.”

Immune System Killer #4: Exercising too little... or too MUCH

Now, we all know that LACK of exercise can put your health into a *tailspin*.

That's because you NEED regular exercise to keep all of your organs and systems strong and running smoothly.

So it's not too surprising that science has proven that exercise can also help you **live longer**—in fact, folks who are sedentary are 30 percent more likely to DIE from all causes.

That's not exactly what you want to hear when you're trying to stay healthy.

Compare THAT to regular physical activity, which pumps up the activity of your **antibodies** and **white blood cells**—your body's natural disease-fighters.

Exercise also helps **flush bacteria** out of your lungs and airways—which can help lower your risk of coming down with a respiratory illness.

And physical activity can **reduce stress hormone levels**... which as we've seen, have a BIG impact on your immune system's health and functionality. When you DON'T exercise, your stress hormone levels can SOAR... and inhibit your immune system's ability to fight disease.

But please don't think that because SOME exercise is good... MORE is better. Science has found that TOO MUCH exercise can make your im-

mune system's function NOSEDIVE.

Researchers have found that more than 90 minutes of high-intensity endurance exercise can increase the susceptibility to illness for up to 72 hours—that's 3 full days—after the session ends. That's because it causes the body to produce those “fight-or-flight” stress hormones that suppress immunity.

So if you're trying to stay healthy by exercising *more*, take it easy, and remember... as with most things, moderation is key.

But even if you're not a gym rat, you can do your body—and *your immune system*—a world of good with just **30 minutes of activity per day**.

Some good, healthy choices include walking, swimming, dancing, bicycle riding (stationary or bike path), exercise videos, and even housecleaning or gardening. It doesn't matter what you do... the key is to just keep moving.

Immune System Killer #5: Smoking

If you're still smoking cigarettes, especially during the outbreak of a respiratory illness, I have two words for you.

Quit now.

Now, I'm not here to tell you that smoking causes cancer, heart disease, and a medical encyclopedia's worth of other deadly diseases and conditions—you already know that.

But there's a reason why your *colds last longer... your wounds heal slower... and you're just not as all-around healthy* as many nonsmokers you know.

That's because **tobacco weakens your immune system**—and that makes you a LOT more vulnerable to infections and viruses.

You see, the tar and other toxins in cigarette smoke DESTROY your body's **antibodies and antioxidants**. That makes your natural ability to fight off infections PLUNGE—and along with it, your ability to get better soon.

And cigarette smoke causes major damage to your airways and lung tissue. That raises your risk of respiratory infections, like bronchitis... pneumonia... and maybe even Covid-19.

But the minute you quit smoking, you're back on the road to empowering your body's natural disease-fighting power.

If you need help quitting, find a quit buddy, use smoking aids like nicotine gum, and enlist the support of family, friends, and "quit smoking" groups.

A good place to start is the American Lung Association, which has lots of valuable information, tips, and tricks to help you succeed. Click [here](#) for more information.

