FALL , 2020



**Corona virus infection protection and intervention**:

\*In addition to info below, read as much as possible. This

information is not all inclusive.

**What to do:**

1. Protect from others until infection levels plateau and pass.
2. Wash hands 10-15 times per day with soap and water - for 20 secs. – wash and dry well.
3. Be aware of not touching your face. Virus enters through eyes, nose and mouth.
4. If you go out , do not touch anything the public touches – seems this is main area of infection.
5. If you cough or sneeze, cover completely.
6. WEAR a Mask – science behind it. Keeps infection from us and going to others.

**What to eat**:

1. Lots of soups, veggies , rice, yogurts, olive oil, fresh fruit.
2. Lots of SPRING WATER, not just purified. ½ your body weight in ounces – example: if you weigh 100 lbs. , drink 50 ounces of water per day.
3. Beans, nuts, lentils – in any form. These foods break down “purines” in us – this virus feeds off purines. Grains are o.k.
4. LOTS OF GARLIC AND ONIONS – they have sulfur – they breakdown purines and viruses. Cook with it always. \*will assist in keeping social distance as well.

**What not to eat**:

1. Do not consume beer – lots of purines – beer can feed the virus. Other alcohol…causes cell dysfunction – increasing susceptibility to infection –- dose related – be careful of amounts.
2. High fructose corn syrup – again, lots of purines – feeds the virus. Things like sodas, etc. Read labels to see if fructose is in what you are eating.
3. Sugar of any type. Feeds the virus.
4. Seafood – especially shellfish. Again, lots of purines.
5. Eat meats, - turkey, chicken, beef, just not lots of it. Again , purines.

**What supplements to take**:- always take capsules or gel caps, not tablets or caplets, This is for improving your immune response should you be exposed.

1. Take 30-50 mg of zinc citrate per day - always with food, never empty stomach. Divide doses for a.m. and then in afternoon. \* Will give you stomach ache if not enough food.
2. Take a good multi-vitamin with lots of “B” complex. Take max dose with food.
3. The Catechins in any type Green Tea (4-5, 8 oz. cups per day) are POTENT anti-virals).
4. \* If you get the virus…secure medical assistance quickly. If you wish, please connect.

\*\*In addition to the **environment** you are in (close, non-protected contact to infected individuals) ones **susceptibility** and **compromised** immune system seems to create a higher vulnerability – improve immune system by beginning with above methods – Connect at [bjonesshinehealth@gmail.com](mailto:bjonesshinehealth@gmail.com) or call / text – 610-587-4198 – I will get back to you.

**Questions**:

Please connect: email: bjonesshinehealth@gmail.com (state your question in as much detail as possible). Phone or text: 610-587-4198 (24/7). There is no charge for this information.

My name is Brian Jones. I am 69 years old and have been a health practitioner for 15 years – I specialize in Lyme disease and chronic conditions. Various anti-viral supplements are available.

Brian Jones, M.Ed., Naturopath