



Another Coronavirus Fatality

Coronavirus Prevention Protocols

The absolutely best way to protect yourself from getting the COVID-19 viral infection is NOT in wearing a mask, social distancing, not touching your face, or incessantly washing your hands, it's strengthening your **IMMUNE SYSTEM!**

Just like the flu, estimates are that 80% of the people who get the COVID-19 infection DO NOT show any symptoms. Why would that be??? Because their **immune system** was strong enough to fight it off so that they never showed any symptom? Exactly!

Most Americans are immuno-compromised one way or another.

While there are dozens of things you can do to strengthen your **IMMUNE SYSTEM**, listed below are just a few that will do the job quickly and efficiently:

1. Everyone should be supplementing Vitamin C to the extent of at least 3,000mg per day, every day. This is the foundational building block of your entire **IMMUNE SYSTEM** and the FDA's RDA of 90mg is a joke, that will keep you from bleeding to death from scurvy.
2. Vitamin D3 with K2 to the tune of a minimum of 5,000 IU/day and most people are D3 deficient and could take 10,000 IU/day. Studies show this vitamin is significant in fighting off respiratory illnesses.
3. Zinc – 100mg / day

References on my blog: <http://UnSickYourself.com> * Nicholas St Jon N.a.MD