

Coming Out of Lockdown

Part One: Rebuilding Our Immune Systems

We know that our immunity to disease is built up over the course of our lives through our normal and natural exposure to millions of bacteria and viruses, and we obtain this immunity by many means; one of which is human interaction.

By preventing healthful human interaction for the past few weeks, the lockdown and social distancing policies have done a great deal of damage to our immune systems. So, to prevent a resultant and so-called 'second spike' as society tentatively re-opens, and to ensure we stay well, it is vital to start rebuilding our immunity levels now - if we haven't already been doing so during lockdown.

Please forgive me if I'm teaching my Granny to suck eggs with the nutritional info below, but I'd rather include info that *isn't* needed by everyone than leave out info that *is* needed by some of us...

Exercise, good nutrition, and exposure to the sun (the main source of vitamin D: vital for good immunity levels) are obviously all necessary to stay healthy. But **extra** amounts of vitamins A, B5, C, D, E, K2 (K2 uploads vitamin D), minerals such as Magnesium (activates vitamin D) and Boron (helps absorb magnesium), Zinc (prevents viral replication in cells), and Quercetin (helps put zinc into cells), are needful now for most of us to strengthen our weakened immune systems.

Foods which contain these vitamins and minerals and contribute to a strong and healthy functioning immune system include:

Citrus Fruits: grapefruit, lemons, lemon juice, limes, oranges. **Other Fruits:** avocados, apples (esp. red), apricots, black/red berries, blackcurrants, cherries, dates, elderberries, figs, grapes (esp. red), mangoes, papaya, prunes, raspberries, rosehips, strawberries, tomatoes.

Dairy: butter (not low-fat spreads or margarines), cheese (esp. Gouda, Brie, Edam), dark chocolate, milk.

Fish: oysters, prawns/shrimps, white fish. **Oily fish:** salmon (tinned or fresh), sardines, tuna (tinned or fresh).

Grains: brown rice, buckwheat, oatmeal, rye flour, wholewheat.

Herbs and Spices: ginger, parsley.

Meats and Poultry: chicken, eggs (esp. yolks), kidneys, liver, red meat, turkey.

Nuts: almonds, brazils, cashews, peanuts, pecans.

Oils: fish liver oils, olive oil, peanut oil, safflower oil, sesame oil, sunflower oil.

Pulses and Seeds: beans, dried beans, lentils, split peas, sunflower seeds.

Vegetables: asparagus, broccoli, cabbage, carrots, fermented vegetables, garlic, kale, kelp, leafy vegetables, lettuce, mushrooms, onions (esp. red), radishes, seaweed, shallots, spinach, sweet corn, sweet peppers, watercress.

Also, black tea, green tea, and lots of drinking water.

In addition to the foods above containing these immune-strengthening vitamins and minerals, it would also be wise to consider taking **high-dose good quality supplements for a while - particularly vitamins A, C, D3, K2, along with Magnesium and Zinc** to kick-start our immune systems back into action, especially if anyone is in one of the vulnerable groups.

If you feel the onset of virus symptoms (*not* to be confused with Chris Whitty's hayfever symptoms!), some doctors are starting to favour hydroxychloroquine with zinc and an antibiotic such as azithromycin, which combination, if taken as soon as possible after contracting COVID-19, lessens the impact of the virus. If you are in a high risk group, it may even be an option to ask your doctor about taking HCQ with zinc as a prophylactic – a preventative - measure for a while.

"For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind"

Elizabeth McDonald,

22nd May 2020 (updated 14th August 2020)

SOURCE REFERENCES

Please note that the inclusion in this document of any quotations from or references to any book, pamphlet, article, report, video, or other, listed below does *not* necessarily imply endorsement of that item; neither can I vouch for any other materials by the same authors, nor any groups or websites with which they may be associated, nor any periodicals to which they may contribute, nor the beliefs of whatever kind they may hold, nor any other aspect of their work or position.

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