

A person wearing a full-body yellow hazmat suit, including a hood and a large black respirator mask with a circular filter. They have their arms crossed and are standing in a room with a white Hisense air conditioner mounted on the wall behind them. The floor is dark and appears to be concrete or stone.

All About The  
**CORONAVIRUS**  
And What You Can Do About It

*Spire*

## What Is The Coronavirus?

The coronavirus is a kind of common virus that causes an infection in your nose, sinuses, or upper throat and has been known for many years.<sup>1</sup> Most strains are not dangerous at all. However, the outbreak in China was caused by a new strain called “2019 novel coronavirus” (2019-nCoV), which has a projected death rate of about 2%.<sup>2</sup> China immediately saw it as big enough of a threat that it has quarantined more than 50 million people.<sup>3</sup> The outbreak quickly spread and it has now been confirmed in many countries worldwide.<sup>4</sup>

It is spread through person-to-person contact.<sup>5</sup> Symptoms are not always immediate as it has a two week incubation period where people are still contagious even though they aren't manifesting symptoms.<sup>6</sup> The initial symptoms are very similar to the common cold or the flu.<sup>7</sup> You might notice:

- Fever
- Cough
- Shortness of breath

## Why Should You Care?

The World Health Organization (WHO) has declared the Coronavirus a global health emergency.<sup>8</sup> This virus has quickly spread to dozens of countries within the matter of weeks. You can track the spread of the virus in the United States [here](#) on the CDC website.

The number of cases spiked more than tenfold in a week – so it moves quickly and is quite aggressive.<sup>9</sup> The Wuhan province is seeing a death rate of about 4.8%, while worldwide the death rate is currently about 2.1% at the time of this writing.<sup>10</sup> To put this into perspective the Spanish Flu of 1918 had a similar death rate that left an estimated 50 million dead.<sup>11</sup>

However, some have reported that these numbers are vastly underreported.<sup>12</sup> Recently, there was a leak on a Chinese Government website for just 2 hours that revealed the Coronavirus had killed 10x more people than most places are reporting.<sup>13</sup> The same report alleges that there are lines of people waiting and dying outside hospitals. Whether this is true or not, it is a frightening prospect and one that we ought to be prepared for.

## Can You Do Anything About It?

While this all may sound scary, there is hope! The reports indicate that those who are affected by the Coronavirus are those with low immunity.<sup>14</sup> This is great news for us, because *building immunity can be done easily through natural means.*

We are not helpless against this virus that is quickly spreading and there are many preventative measures that we can take to defend ourselves against this and other similar viruses. I urge you to continue to study the Coronavirus and track it using the link I provided above. Most importantly however, I urge you to take the measures now to safeguard your family so that when the time comes, you can all be protected.

## 5 Proven Things You Can do to Prevent Coronavirus

If you want to know great ways to prevent coronavirus, look no further. These 5 things will safeguard you against an impending health crisis. Some of the product recommendations below contain affiliate links wherein I may be compensated if you make a purchase. However, this does not influence my recommendation.

## 1. Improve Your Diet

Proper diet is likely the most important factor in determining your immunity. Invariably, a poor diet almost always leads to poor immunity.<sup>15</sup> In fact, one study found that the higher the fruit and vegetable intake, the better immune responses an immunocompromised individual had.<sup>16</sup> It is clear that only certain foods are protective against bacteria and viruses. The foods that are protective are fruits, vegetables, nuts, seeds, grains, and beans.<sup>17</sup> Focusing on, or exclusively consuming those foods is the best thing that you can do to safeguard yourself and build natural immunity in the body.

Because diet is so important it deserves an entire book on its own! If you want to know the in's and out's of diet and never question again what foods you should and shouldn't be eating, I will give you \$25 off my **DIY Nutritionist course**. This is a MUST have for any family who wants to eat healthy and build great immunity. Just go [HERE](#) and use keyword: "IMMUNITY" for \$25 off!

## 2. Good Personal Hygiene

Most of us know that hygiene is incredibly important. This includes bathing, washing your hands frequently, brushing your teeth and wearing clean clothing. With billions of microbes all around us, we want to ensure that we are getting rid of the bad, while still keeping the good around. While spraying lysol and other heavy chemicals may be extremely dangerous to our health, it is important to clean our bodies and homes regularly.<sup>18</sup> This will stop the spread of many harmful bacteria while still helping the good bacteria to flourish.<sup>19</sup> By using alternative cleaning products such as [THIS](#), we can keep clean while avoiding all of the toxic ingredients in many products on the market.

### 3. Vitamin C

World renowned physical chemist, Linus Carl Pauling, won a Nobel Peace prize in 1962 for discovering that no virus could live in a base of Vitamin C.<sup>20</sup> What that means is that when there is enough vitamin C in your body, the Coronavirus simply can't survive. Vitamin C is important to a number of functions in the body including acting as an essential cofactor in enzymatic reactions.<sup>21</sup> Vitamin C is also incredibly important for things like healing and repairing wounds, and maintaining the health of your bones and teeth, it also plays a role in helping your body absorb iron.<sup>22</sup>

You will want to make sure that high vitamin C foods are a staple in your diet Here are a list of the top foods:

- Kiwi fruits
- Citrus fruits (orange, lemon, lime, grapefruit, pineapple, tomato)
- Red bell peppers
- Broccoli
- Brussels sprouts
- Butternut squash
- Papaya
- Sweet potatoes
- Spinach

Even though Vitamin C is best assimilated in whole food form, having a supplement on hand to ensure you are getting adequate amounts is a good idea in case of an emergency.

[HERE](#) is my recommended brand. This is the best option because it doesn't contain citric acid, and the vitamin C is derived from the whole food. I recommend having a few packs on hand and taking a serving every 5 hours if infected.

## 4. Herbs

Herbs have been used for thousands of years in nearly every culture to heal a number of ailments.<sup>23</sup> In fact, nearly every single drug on the market was derived from an herbal source.<sup>24</sup> Herbs are not new or fringe, they are just underutilized. Many studies indicate that herbs are an incredible source of healing for viral infections.<sup>25,26</sup> There are many herbs that may be beneficial in combatting Coronavirus, but here are the top 3 must-haves:

- [Super Garlic Immune Formula](#) (Formerly known as Anti-Plague Syrup) Not only is Dr. Christophers the most trusted name in herbal medicine, this formula contains all of the best ingredients to supercharge your immunity. One of the primary ingredients is garlic, which is incredible! One study found that applying garlic to HPV infected areas twice daily eliminated 100% of the virus after 1–2 weeks.<sup>27</sup> Other studies have shown that garlic is an effective antiviral activity against influenza A and B, HIV, HSV-1, viral pneumonia, and rhinovirus, and other viruses.<sup>28</sup> This is just one of the many reasons I suggest you have this formula on hand. Users report that the taste is less than ideal, but the results are incredible, so don't skip out on this one.
- Echinacea is another herb that has been found extremely effective building immunity and in combating viruses.<sup>29</sup> In fact, a recent meta-analysis concluded that taking echinacea may lower the risk of developing colds by more than 50% and shorten the duration of colds by one and a half days.<sup>30</sup> [HERE](#) is my recommended source.

- Elderberry is high in nutrients, including vitamin C.<sup>31</sup> It is also packed full of antioxidants, boasting 10x more flavonols than other berries.<sup>32</sup> One study found that those who took elderberry during a viral infection were able to recover nearly 400% faster than the control group.<sup>33</sup> Another study found that those who took elderberry experienced significant improvements in symptoms within just 24 hours.<sup>34</sup> [HERE](#) is my recommended source.

## 5. Colloidal Silver

Not many people are familiar with colloidal silver, but its benefits in combating almost all diseases are astounding.<sup>35</sup> Studies show that silver is effective at combating viruses because the particles work to block the viruses from entering the cell.<sup>36</sup> One study concluded that silver was effective in combating over 200 viruses and it was a “stellar” remedy.<sup>37</sup> Colloidal silver is safe for all ages and is an essential part of any emergency preparedness plan. [HERE](#) is my recommended brand.

These principles, if followed, will certainly help you should the coronavirus make its way near you. Not only will these things help prevent the coronavirus, but these principles are great for combating sickness and disease in general!

If you are interested in learning more or working with me on your individual health challenges, sign up now for a [FREE CONSULTATION!](#)

## Sources

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