

## PIH Virus Protocol Recommendations (including COVID-19)

Reduce risk, boost immune defense and repair abilities, and stay resilient.

**Enhancing your immune system competence** reduces risks associated with Coronavirus (COVID-19), or any viral, bacterial, prion or other pathogen. The dozen personal recommendations below are known to boost your immune defense and repair system and reduce infection if exposed. Exposure is widespread; illness is not. Frequent hand washing and skin nourishment are recommended.

Much recent attention has focused on **co-morbidities** and known risk factors that include 95% of all severely affected people. Those at risk are **Diabetics** with hemoglobin >5%, people with prior **lung pathology** from air pollution and/or smoking tobacco, and, people taking certain medicines for **heart disease**. While there are more at risk people in older populations, the above risks include those at these specific high priority risks.

**Intensive** antioxidant, bioavailable mineral, and essential cofactor supplementation have generated multiple anecdotal or early observational scientific reports strongly suggest their value, particularly when nature's nutrients are used and not synthetic work-a-likes that too often do not work.

**Eat** a diet that is easier to digest, assimilate and eliminate without immune burden. This means eating organic or biodynamic ripe fruits, vegetables. (mostly grasses while avoiding grains), nuts, seeds, sprouts, sea vegetables, herbs and seasonings. Start each meal with something wet and savory.

**Methylation** is important for proper translation of genetic code, cell detoxification, and for proper cell product synthesis. Enhance healthier methylation by making garlic, ginger, onions, brassica sprouts and eggs (the sulfur rich foods sometimes referred to as GGOBE). Avoid highly processed foods at least because they have too much salt, sugar and fat.

For those concerned about **co-infections** and lung surfaces that are more hospitable to viral 'docking', the comments here are the best defense enhancement we know to successfully adapt to this global health challenge.

Current **best guidance** is to avoid NSAIDS, particularly ibuprofen. Fever can be a helpful change in temperature.

In addition, there are **health benefits** from each and all of the following:

1. **Stay well hydrated** – Drink plenty of water and herbal beverages –1 gallon per day. I keep a glass and a carafe of water on my desk. When the glass is full, I drink it; when it is empty, I fill it.



2. **Keep your 1<sup>st</sup> morning Urine pH between 6.5 and 7.5.** Excess acid in cells prevents optimal cellular activity. You can learn much more about the benefits of being alkaline in [\*Joy in Living: The Alkaline Way.\*](#)

3. **Get enough quality, restorative sleep** by following a sleep preparation plan. I suggest 30 minutes before bed taking a salt and soda bath (½ cup Epsom Salt & ½ cup baking soda) and practicing a relaxation response or active meditation like you would find at [activemeditation.org](http://activemeditation.org). Stretch regularly. For me this includes stretching in bed before sleep, before getting out of bed on waking and in the shower.

4. **Eat what you can digest, assimilate, and eliminate without immune burden.** Hidden immune burdens hinder your immune system's defense and repair function. Start each meal with something warm, wet and savory. Eat the easier to digest fruits, vegetables (especially fermented), seeds, nuts, sprouts, sea vegetables, herbs, spices, edible flowers.

The LRA (lymphocyte response assay) by **ELISA/ACT**® tests your personal immune response to up to 500+ common foods, colors, preservatives, and chemicals. When you identify and substitute for immune burdens, you make your immune system better able to function fully. To find a healthcare practitioner who offers the **LRA by ELISA/ACT** test, email [ClientServices@ELISA/ACT.com](mailto:ClientServices@ELISA/ACT.com) or to order testing directly, visit <https://www.betterlabtestsnow.com/>.

5. Consider **improving the air quality** in your home or office with a room ionizer similar to those sold on [molekule.com](http://molekule.com) or [bionaire.com](http://bionaire.com).

In the 21<sup>st</sup> century, a healthy diet and lifestyle are no longer sufficient to optimize your immune and neurohormone functioning. Targeted supplementation is necessary in the 21<sup>st</sup> century. I developed the **PERQUE** brand of premium professional formulations to meet these needs through the most advanced, highest quality, all active formulations.

1. **Take enough L-ascorbate** (based on your C cleanse/calibration results). L- ascorbate is an excellent antioxidant and a potent natural anti-viral, but *only* when it is 100% L-ascorbate, fully reduced and buffered as you find in [\*\*PERQUE Potent C Guard™\*\*](#) powder or tabsule.
2. **PERQUE MG Plus Guard™** and [\*\*PERQUE Choline Citrate™\*\*](#) taken together are a proven system for improving the amount of magnesium your body can absorb and use. Take 2 capsules + 1 teaspoon twice or more daily to keep first AM urine pH 6.5 – 7.5.
3. [\*\*PERQUE Life Guard™ mini\*\*](#) tabsules: 2-4/day (enough to keep your well hydrated urine sunshine yellow. This super-multi-vitamin/mineral provides a solid foundation of nutrients necessary for resilient health.
4. [\*\*PERQUE Zinc & Throat Guard Lozenges™\*\*](#): 1-3 lozenges/day or as needed. These fully soluble, synergistic nutrients help fight infection and provide maximum immune support. [Learn about assessing your zinc status.](#)



5. [PERQUE Repair Guard™](#) / [PERQUE Pain Guard Forte™](#): 4-12 tabsules/day. This potent flavonoid/flavanol polyphenolic combination of quercetin dihydrate and OPC works synergistically with L-ascorbate to activate cells responsible for defense and repair.
6. [PERQUE K2/D3 Plus Guard™](#): 1 capsule/day and/or [PERQUE D3 Cell Guard™](#): 5-10 drops/day or sufficient to keep your D3 levels with the best outcome goal range of 50-80 ng/ml. Maintaining an adequate level of D3 supports a healthy immune system with enhanced viral protection especially from respiratory and intestinal infections.
7. [PERQUE Liva Guard Forte™](#): 1-2 softgels per day provides much needed liver detox support with milk thistle and additional antioxidant nutrients. Additionally, it is a good source of vitamin D. Daily Vitamin D intake should be enough to maintain healthy blood vitamin D (25-OH-D) levels of 50-80 ng/ml. *Please check with your health professional if you are taking other Vitamin D supplements.*

**PERQUE** supplements are available only through licensed healthcare practitioners. To find a **PERQUE** Authorized Distributor in your area, contact **PERQUE** at 800.525.7372 or by email at [ClientServices@PERQUE.com](mailto:ClientServices@PERQUE.com).

