



THE TRIANGULAR METHOD OF DEALING WITH COVID-19

The triangle has three (3) points and so does the way we should be dealing with the threat of Covid-19. Unfortunately we are only hearing about two of those points. The points are:

1. **Personal safety-** following the recommended precautions by keeping a safe distance (6') from others, staying home and only going out for food or doctor visits, wearing a mask and gloves while out, washing hands for 20+ seconds or using alcohol based hand sanitizers whenever touching anything outside of the house, cleaning all packages and products that we receive with disinfecting wipes, not touching our faces until we sanitize or wash, getting tested if symptoms arise, etc.
2. **Medical intervention-** drugs, vaccines and emergency life supporting measures... limited at this time.
3. **Boosting our immune systems-** if we use personal safety measures but unknowingly are in contact with the virus we have a built-in immune system that can possibly defend us from infection. Most of us have compromised immune systems because of past antibiotic use and less than optimal dietary habits. Our immune system is primarily reliant (80%) on our gut bacteria and fiber intake that feed these good bacteria which are lacking in many diets. To support my immune system I take probiotics and prebiotics daily. **Probiotics** should contain 30+ billion microorganisms and preferably 10-15 different strains. I use psyllium husk capsules as a **prebiotic** with water prior to two of my meals; other products are available. I also believe it is helpful to take 500-2000 mg of **buffered vitamin C** a day as part of our defensive protocol. **Vitamin D3** (5000IU+) with **Vitamin K2** are also extremely important for immune function. Aside from the above personal safety measures this is your best defense... but **not mentioned in any of the recommendations!** Unfortunately we live in a reactive rather than a proactive society.

Of course, having a close relationship with God brings hope, healing and a chance to overcome what seems to be the impossible!

- ! **IMPORTANT:** The intention of the above is not to give medical advice or claims of any kind. It is recommended that you consult with your family healthcare provider to make sure that any supplements are right for you.

EXERCISING- We may be in isolation for an unknown and extended period of time. Inactivity can be as harmful as the virus. If you have a daily home routine and/or are able to walk outside and away from others that is wonderful. If you would like a suggestion for home exercising I recommend that you check out the following on youtube. Again, make sure that exercising is safe for you by checking with your healthcare provider. I will be including this routine in the next yoga class at TOALC. It is presented by Peter Van Daam from A.R.E. (Edgar Cayce Foundation) Here is the link-

<https://www.youtube.com/watch?v=9yA5iUCLCWg>