

COVID-19 NUTRITIONAL
SUPPORT STRATEGY:
**A GUIDE FOR
STAYING HEALTHY**

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HALLELUJAH DIET

Immune System Support

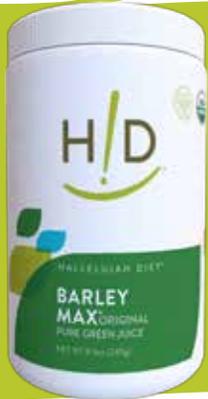
Acute respiratory illnesses are fairly common. The flu comes around every year in late winter and early spring. People get coughs and colds. For some people they are annoying. Some people lose work for a day or two. And for the vulnerable, like infants, the diseased and the elderly, an infection can be life threatening.

And every now and then a more serious respiratory illness comes along. They are more infectious, with stronger symptoms and are more deadly. The virus that causes the COVID-19 disease is one of these. Only time will tell just how bad this disease is, as the numbers of cases and people who have died from it keep growing higher every day.

One thing we do know, is that people who already have a chronic disease are much more susceptible to COVID-19 than those people who are healthy. High blood pressure, diabetes, heart disease, cancer, lung disease, asthma, immunodeficiency, kidney disease and GI/Liver disease all result in a compromised immune system that is not able to handle a strong assault. Even obesity increases the risk. The problem is that the vast majority of adults in the USA has some chronic health condition and is thus susceptible to viral assaults.

A strong viral attack depletes the immune system. To overcome the attack you need to supply your immune system with what is depleted so that it can mount an effective defense. It begins with what you eat, what is eating you (emotionally, like fear, anxiety, anger, bitterness), and extends to dietary supplements that can boost your immune system health.

What to Eat



Quick Facts: BarleyMax

BarleyMax is a great powdered food supplement that helps build healthy cells, eliminate toxins and fortify your immune system. BarleyMax is 100% pure low-temperature dehydrated juice from organic barley grass and alfalfa.

After fresh vegetable juice, BarleyMax is simply one of the very best foods to support optimal health.

Prevention: Take 3 teaspoons of BarleyMax, mixed in water, juice or smoothie each day.

Active Infection: Double the usual amount. Take 6 teaspoons of BarleyMax throughout the day.

What you are eating or not eating has a very large impact on your immune system. A whole book could be written on this topic in regards to immune health. Fiber rich foods feed your good bacteria in your gut. About 80 percent of your immune system is found in your gut, so it pays to feed yourself well. Diets high in animal products, high in refined, white flour foods, low in fiber and vegetables will impair your response to an infection. This is part of your immune system as well, which impacts your overall health.

Briefly, the Hallelujah Diet is what we recommend for optimal physical, mental and emotional health. This includes exercise, great sleep, trust in God, hydration and an overall healthy lifestyle. Eating a diet rich in fruits, vegetables, nuts, seeds, legumes and organic whole grains goes a long way towards keeping a person in physically good shape. In particular, drinking a couple of glasses of freshly extracted vegetable juice gives you a healthy advantage. Using veggie smoothies also helps you get excellent nutrition in a form that is easy to consume and absorb. At Hallelujah Diet we have excellent resources to help you improve your diet. Now is a good time to upgrade your diet.

Quick Facts: Vegetable Juice

Freshly extracted vegetable juice is the defining advantage of the Hallelujah Diet. When you are sick, vegetable juice is very easy to digest and assimilate.

Your body can use its energy on getting better, rather than digesting food.

Vegetable juice floods your body with the natural phytonutrients found in whole plant foods. You get the goodness of nearly a pound of produce in every glass. It is easy to drink juice and get excellent nutrition even when you don't feel like eating.

Prevention: Drink 2 8-ounce glasses of juice every day.

Active Infection: Drink 6-10 8-ounce glasses of juice every day.

What is Eating You

Emotional health has a large impact on our immune health. Fear and anxiety cause a physical response in our body, making it difficult to digest and assimilate nutrients from our foods. We make poor food decisions when we are afraid, reaching for comfort foods rather than health-building foods.





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When dealing with the anxiety that COVID-19 brings, it helps to spend time reminding yourself who is ultimately in control—all of this is no surprise to God. It is time to trust in Him. Be encouraged by the final words from Isaiah 40:25-31 (NKJV):

*“To whom then will you liken Me,
Or to whom shall I be equal?” says the Holy One.
Lift up your eyes on high
And see who has created these things,
Who brings out their host by number;
He calls them all by name,
By the greatness of His might
And the strength of His power;
Not one is missing.
Why do you say, O Jacob,
And speak, O Israel:
“My way is hidden from the Lord,
And my just claim is passed over by my God”?
Have you not known?
Have you not heard?
The everlasting God, the Lord,
The Creator of the ends of the earth,
Neither faints nor is weary.
His understanding is unsearchable.
He gives power to the weak,
And to those who have no might He increases
strength.
Even the youths shall faint and be weary,
And the young men shall utterly fall,
But those who wait on the Lord
Shall renew their strength;
They shall mount up with wings like eagles,
They shall run and not be weary,
They shall walk and not faint.*

Dietary Supplements to Support Immune System Health

There are five supplements that are excellent for immune system support when dealing with Corona Viruses, Ebola virus, similar viruses, or even the common cold virus. They are liposomal vitamin C, vitamin D3, Silver Biotics, selenium (along with glutathione supporting supplements) and nascent iodine.



Please note that these substances are not being given to people to treat, cure, prevent, or mitigate diseases of themselves. These substances provide excellent support for the God-given abilities of the immune system to conquer any infection it is presented with, when properly and adequately supported. A strong infection requires a strong immune system. We often vastly underestimate the depletion of the immune system caused by strong infections, so we also underestimate the amount of support that is required to mount a sufficient immune response.

Liposomal Vitamin C

Quick Facts, Vitamin C

Vitamin C is used by the immune system to kill pathogens.

It is quickly depleted by a serious infection and must be replenished.

Liposomal Vitamin C is much more effective than normal vitamin C.

Prevention: 2 teaspoons of Liposomal Vitamin C. 1 morning, 1 evening

Active Infection: 1 teaspoon of Liposomal Vitamin C every 4 hours, up to about 6 a day

The research of vitamin C's properties as an anti-viral, anti-toxin, antibacterial, anti-cancer agent goes back to the 1930s and 1940s. In 1947 Dr. Frederick Klenner presented 60 cases of polio, caused by a virus, cured with no side effects using intravenous vitamin C injections.[1] He also cured mumps, measles, chicken pox, viral pneumonia, and other afflictions with vitamin C, finding that the intravenous method, or intramuscular for very small children, was the most effective way to treat these viral diseases.

Linus Pauling championed the use of vitamin C as the cure for the common cold, but went on to show that intravenous vitamin C was a beneficial adjuvant therapy for cancer.[2] He also did work showing that ascorbic acid prevented HIV virus from replicating in newly infected and chronically infected CD4+cells in vitro.[3]

One important note about some viral infection is that they can induce a very acute case of scurvy, which leads to internal and external bleeding. When all of the vitamin C and antioxidants has been used up in the body, there are none left to maintain the integrity of the blood vessels. This mechanism, coupled with the severe selenium deficiency discussed below, which causes clots to form in capillaries, raises the local blood pressure and puts excessive strain on the weakened vessel walls. So, massive bleeding ensues. Providing vitamin C and other antioxidants is a very important aspect of overcoming some viral infections.

In Wuhan China Dr. Engian Mao, chief of emergency medicine at Ruijin Hospital, a major hospital in Shanghai, where many COVID-19 patients were treated, conducted a clinical trial treating patients with intravenous vitamin C. Ten grams a day were used for moderate cases and 20 grams intravenously for severe cases. Fifty patients were treated. All of them improved with no mortality and no side effects. Their hospital stays were 3-5 days shorter compared to the 30-day average for other COVID-19 patients.[4]



There is a new oral form of vitamin C, called liposomal vitamin C that is proving very effective at replenishing the body's depleted stores of vitamin C. Vitamin C is encapsulated in small spheres of bilayers of phospholipids. Large multilayered vesicles form spontaneously when a solution of phosphatidyl choline is dissolved in water. Ultrasonic energy or other high-energy methods break these vesicles into smaller single-layer spheres. These spheres in a high quality product are about 100 ~200 nm in diameter, roughly one-fiftieth the diameter of a common red blood cell. Because they appear as lipids to the body, they are easily absorbed from the digestive tract and also into the cells and organs. It appears that in many ways liposomal vitamin C is more effective, gram for gram, than intravenous vitamin C, without the required doctor and needles.

How effective is it?

Here is one story. Alan Smith of New Zealand came down with a severe case of swine flu in 2009.[5] He was put into a coma to stabilize his life-threatening condition, and put on life support. A chest x-ray revealed viral pneumonia so heavy that it was termed white-out with no air in his lungs. Shortly before the doctors wanted to take him off life support (no hope of survival) the family strongly insisted that they try intravenous vitamin C before giving up. Two days of megadoses of intravenous vitamin C were given and his lungs cleared up. After that the doctors would only administer 2 grams intravenously a day. Progress was very slow at this dose. Upon transfer to a hospital closer to home (with a chance of survival) the new doctor team would not allow intravenous treatment. The family decided to use liposomal vitamin C, 6 grams a day in divided doses. Dramatic improvement was then seen, as before with the megadose of intravenous vitamin C. Alan was able to walk out of the hospital, a man spared by his family insisting on using vitamin C to support a vigorous immune response to a deadly infection.

Dr. Thomas Levy, MD, JD who literally wrote the book on vitamin C and infectious diseases[6] has worked extensively with both intravenous vitamin C and liposomal vitamin C. He was skeptical initially at the results from liposomal vitamin C, but the great results convinced him that liposomal vitamin C was a very powerful product. In a lecture he said, "I proved to my satisfaction that 5-6 grams of properly encapsulated liposomal vitamin C taken orally had a greater clinical impact than a 50 gram infusion." [7] He gave a case report of a 15 year old girl in Colombia with hemorrhagic Dengue fever. She made a remarkable recovery when given 10 grams of liposomal vitamin C over a 24-hour period. This is certainly a relevant case report of the immune-boosting properties when discussing hemorrhagic Ebola fever or a novel coronavirus. Liposomal vitamin C provides strong support for the immune system when dealing with hemorrhagic fever or viral pneumonia.

Vitamin D3

Quick Facts, Vitamin D3

Vitamin D3 is used by the immune system to produce AMPs (anti-microbial peptides). Vitamin D3 assists the inflammasome process to eliminate virally-infected cells. Deficiency can lead to immune system overreaction, which leads to pneumonia.

Prevention: 10,000 IU a day. Can use D3/K2 supplement.

Active Infection: If low in vitamin D, take 150,000 IU D3 for 3 days. Use high

Vitamin D3 is used by the immune system to produce anti-microbial, anti-viral peptides, called cathelicidins and defensins. This is especially important in the upper and lower respiratory tract where vitamin D has been seen to bolster the immune system when facing an acute respiratory infection.

A recent meta-analysis compiled the individual results from 26 studies with about 11,000 individuals who took part in randomized controlled trials of vitamin D.[8] Though all but 2 of the studies were done with doses between 400 and 1,000 IU per day, there was a 12% reduction in the risk of acute respiratory tract infection in people who took vitamin D rather than the placebo. In further analysis it was shown that daily or weekly supplementation worked better (19% reduction in risk) than giving a very large dose monthly or less frequently (no reduction in risk). If a person was initially deficient in vitamin D, they experienced a 70% reduction in the risk of getting an acute respiratory tract infection during the study while they took vitamin D, compared to the placebo group.



Exactly how vitamin D works is complicated and still not fully understood.

It is known that vitamin D does increase the amount of antimicrobial peptides (called AMPs in the scientific literature). This happens before your immune system even produces antibodies to the particular virus or pathogen that is attacking your body. Vitamin D is part of your first line of defense.

Vitamin D has a modulating effect on inflammation. It helps mount an appropriate amount of inflammation to kill pathogens and eliminate viruses. There is a coordinated sequence of cellular protein activity called the NLRP3 Inflammasome that appears designed to rapidly clear bacterial and viral infections from the body. This inflammasome causes the inflammatory death of compromised cells during an infection. Vitamin D plays a role in this cascade of events, helping to create the cytokines that cause inflammation, but also limiting the response so that it doesn't keep going and cause a cytokine storm leading to lung damage. This is an important factor, as the cytokine storm leads to pneumonia, which is a common cause of mortality after respiratory tract infections.



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Vitamin D3 has been used successfully and safely in critical care settings and even with people on mechanical ventilation. Doses of 50,000 to 100,000 IU per day were administered for about 5 days for a total dose of 250,000 to 500,000 IU. In one pilot study of 31 people the length of hospital stay was reduced from 36 ± 19 days in the placebo group to 25 ± 14 and 18 ± 11 days in the 250,000 and 500,000 IU vitamin D groups.[9] In another study of mechanically ventilated patients, treatment with 500,000 IU vitamin D3 improved hemoglobin status as well as vitamin D levels, an important finding as more than 85 percent of these patients were anemic.[10] In a larger study of 475 people a single dose of 540,000 IU of vitamin D3 was given to critically ill patients. In patients who were vitamin D deficient (<12 ng/ml, $N=200$) there was a decrease in mortality in the hospital, at 28 days and at 6 months (35 vs 50 percent at 6 months for vitamin D3 and placebo, respectively).[11] Clearly, vitamin D is important in helping elderly and critically ill patients who are deficient in vitamin D to survive.

It is best to continually keep levels of vitamin D up all of the time, in the range of 50-80 ng/ml of 25(OH)D, measured by a blood test. However, if a person gets a serious viral infection when in a low vitamin D state, he or she can take very high doses of vitamin D to quickly replenish vitamin D. Three days of a dose of 150,000 IU per day will work very well for this, followed by taking 5,000 to 10,000 IU a day after that, or a weekly dose of 40,000 to 50,000 IU. If a person already has optimal levels of vitamin D, then taking a very large dose is not necessary and may not be helpful.

It has been clearly shown now that vitamin D3 is superior to D2 for supplementation, raising the 25(OH)D levels twice as high for the same dose.[12,13] Vitamin D3 is the natural form formed when sunlight hits our skin in the summer time, and it is the form that Hallelujah Diet has used since the beginning of offering a vitamin D product.

Vitamin D3 works synergistically with vitamin K2. For regular supplementation we recommend taking D3 together with K2, as in product we formulated and sell at Hallelujah Diet. For doses of 150,000 IU a day, it is best to use a high concentration vitamin D3 product, as it is possible to get higher than tested amounts of vitamin K2 when using more than 55,000 IU of our D3/K2 daily.



Silver Biotics



Quick Facts: Silver Biotics

Silver works against all kinds of pathogens.

Silver Biotics has silver particles, not just ionic colloidal silver. Better than home made.

Silver Biotics has proven track record and patents for anti-malaria, anti-virus, anti-bacterial claims.

Prevention: 1 teaspoon two times a day.

Active Infection: 1 teaspoon every 4 hours, up to 6 times a day.

Silver is a natural antibiotic, anti-viral, antifungal, and anti-parasitic agent. Bacteria do not develop resistance to it, and it was in use long before modern antibiotics were developed. There are many companies selling colloidal silver solutions, and you can purchase units for home use to make your own colloidal silver. However, developing a silver product that lives up to its claims as an antibiotic and antiviral requires testing, retesting, and substantiating claims. One company has excelled at this process—American Biotech Labs, the makers of Silver Biotics in the USA, and products containing its SilverSol™ technology worldwide.

American Biotech Lab's two latest patents (#7,135,195 and #8,753,691) detail uses of their nano silver product. In vitro Silver Biotics kills a long list of bacteria and fungi, 56 mentioned specifically.[14] No bacteria were found that were resistant to its action in vitro, including MRSA (methicillin-resistant *Staphylococcus aureus*), unlike resistance found to various antibiotics. Antiviral activity was also shown against Hepatitis B virus by inhibiting DNA polymerase and reverse transcriptase activity. People were given the patented nano silver for immune support against human ailments in Ghana, West Africa, both externally and internally. Ailments included malaria (2 teaspoons three times a day; symptoms clear within 5 days), upper respiratory tract infections, urinary tract infections, sinusitis, vaginal yeast infections, eye, nose and ear infections, cuts, fungal skin infections, and sexually transmitted diseases, such as gonorrhea. [15] Immune system response was effective in all of these examples, with resolution of symptoms, sometimes a day or two faster, or a day slower, were similar to those seen with the 11 malaria cases reported. One patient with HIV was given 5 ml twice a day as immune system support with resolution of symptoms in 5 days.

Silver Biotics can be used internally, but it is also very effective for surface cleaning. And when combined with about 1 to 1.5% hydrogen peroxide it has a synergistic killing effect on viruses and bacteria, detailed in the patents mentioned above. For example, the organism *Yersinia pestis*, the cause of Bubonic plague, was treated in vitro with 14 ppm silver and 1.5% hydrogen peroxide. A 6-log reduction in live organisms took only 4.5 minutes.[15] Silver Biotics was also shown to be effective in killing influenza viruses on surfaces, specifically strains H1N1, H3N2 (Avian Influenza A), with 99 to 99.9% reductions in live viruses after 12 hour exposures.[15]

Silver Biotics can also be used in water purification to disinfect drinking water. At a silver concentration of 0.20 ppm it took less than 5 minutes to kill all of the bacteria intentionally added to a raw water sample. [14]

Silver Biotics is also non-toxic, with only 10-32 ppm silver in the colloidal solution. It is a mix of silver particles, not ions, and silver oxide on the outside of the particle. The size of the particles is carefully controlled to be between 5 and 15 nm. There is also a unique resonant frequency permanently embedded in each silver particle that allows the silver to work so effectively at low and very safe levels, where other colloidal silvers have not given consistent results.

Selenium

Quick Facts: Selenium

Selenium has increased survival of people under serious viral attacks. Selenium strengthens immune system through multiple mechanisms.

Prevention: 400 µg daily. Use 2 caps of Hallelujah Diet Glutathione Promoter / Selenium.

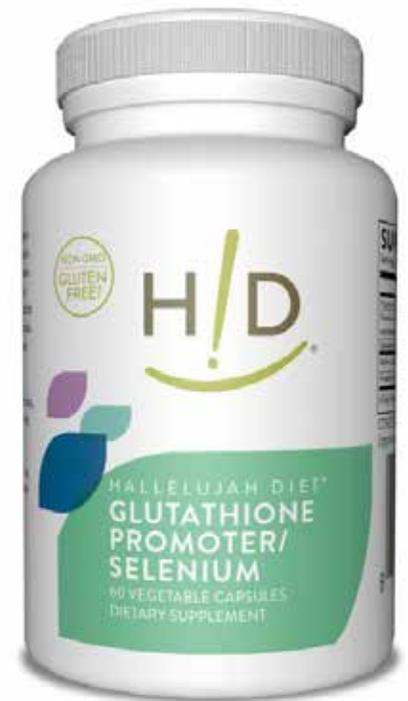
Active Infection: 1000 µg daily. Use 3 caps in morning, 2 caps in evening of Hallelujah Diet Glutathione Promoter / Selenium.

Selenium has a vital role in our immune system, though not all of the details are well understood. Selenium is important for the activity of the antioxidant enzyme glutathione peroxidase, but it is also important for preventing blood coagulation reactions. A severe deficiency of selenium causes blood coagulation leading to hemorrhaging, a reaction which has been seen in animals infected with hemorrhagic viruses.[16]

Though we don't have a lot of experience with the novel coronavirus SARS-CoV-2 virus, many lessons can be learned from another RNA virus, the HIV virus. Both of these viruses mutate quickly because there is not as much translational error-checking with RNA as there is with DNA. Both of these viruses thrive in areas known to have selenium-deficient soil, whether it is West Africa or inland China. Experiments with animals have demonstrated that fairly benign viruses can mutate into much stronger viruses when a selenium-deficient host is infected.[17]

The selenium status of the infected person affects the outcome of the viral infection. This effect may be direct effects on the virus as well as indirect effects via strengthening the immune system. For HIV-infected people, better selenium status led to fewer hospitalizations and lower mortality.[18] A randomized, placebo-controlled trial showed that selenium protected HIV patients from an increased viral load and increased the number of CD4+ T cells.[19] A follow-up study by the same research group found that a combination of B vitamins, vitamin C, and selenium cut the risk in half of HIV-positive patients in Botswana from a critically low CD4+ T cell count, or from progression of the disease.[20] Selenium has received enough research attention that low selenium status is accepted as a risk factor for the spreading of HIV virus as well as for worsening health outcomes for infected people.

How is this related to the COVID-19 disease? Selenium has already been shown to help with other RNA viruses, so it is likely to help here as well. Selenium was used during an outbreak of hemorrhagic fever in China. Doctors used 2,000 µg a day of sodium selenite for 9 days to treat fast progressing (fulminant cases) and severe cases. Mortality decreased from 100% in the untreated group to 36% in the treated group for the fulminant cases and from 22% in the untreated severe cases to 0% in the selenium-treated severe cases.[21] So, selenium has already been successfully used to prevent depletion of selenium in response to



hemorrhagic fever. The lead doctor of the study, Dr. Hou of the Chinese Academy of Medical Sciences said that if selenium had been given by injection more lives would probably have been saved in the fulminant cases, because they had so much internal bleeding that they could not absorb or retain the oral dose of selenium.[22] It is better to begin supplementation before total immune system compromise.

A great food source of selenium is Brazil nuts. An average nut has about 70-90 µg of selenium in it. Even though the RDA is 55 µg, a good daily supplemental amount is 200 µg. So, a couple of Brazil nuts each day would be adequate. Sunflower seeds, chia seeds, sesame seeds, flax seeds, wheat and nutritional yeast are also good sources of selenium, though not as rich as Brazil nuts. B-Flax-D from Hallelujah Diet contains selenoyeast, so it provides 150 µg selenium per ¼ cup serving.

Glutathione

Quick Facts: Glutathione

Glutathione prevents oxidative damage due to infections.

Glutathione helps detoxification in the liver and limits acute inflammation during an infection.

Glutathione can't be replenished directly by taking oral supplements.

N-Acetyl Cysteine, α-Lipoic Acid, Selenium all promote the formation of glutathione.

Prevention: 2 caps daily of Hallelujah Diet Glutathione Promoter / Selenium

Active Infection: 3 caps in morning, 2 caps in evening of Hallelujah Diet Glutathione Promoter / Selenium

Glutathione is the main antioxidant within the cells of our body. Though it is a simple 3 amino acid peptide of glutamine, glycine and cysteine, it carries out the very important function of balancing reduction and oxidation reactions within the cell. Glutathione helps replenish other antioxidants as well. Glutathione has been shown to be very important for detoxification within the liver, for quenching free radicals throughout the body, and for suppressing acute inflammation during an infection.

Glutathione levels can't be easily raised by glutathione supplements, as the amino acids are easily digested. The limiting factor for glutathione production is the availability of cysteine, which is most easily supplemented as N-acetyl cysteine.

A 6-month clinical trial of mostly elderly people with non-respiratory chronic degenerative diseases in Italy demonstrated the effectiveness of supplementation of N-acetyl cysteine to strengthen the immune system through a winter. [23] Among the 262 people in the study the exposure to the flu virus and antibody response was similar in both groups. But only 25 percent of the ones taking the 1,200 mg of N-acetyl cysteine daily had symptoms of the flu, while 80 percent of the placebo group got symptoms.



Iodine

Quick Facts: Iodine

Iodine, in right form, is a body-safe form of bleach.

Nascent Iodine has been proven to help people overcome malaria.

Prevention: 10 drops of Nascent Iodine in pure water, 2 times a day.

Active Infection: 10 drops of Nascent Iodine in pure water every 4 hours, up to 6 times a day.

Iodine, in the correct molecular form, has properties similar to chlorine, being in the same chemical column in the periodic table. Iodide and chloride are fairly inert. But hypoiodite and hypochlorite solutions are very good sanitizers, anti-viral, anti-parasitic, anti-bacterial, anti-germ substances. Bleach is a well-known germ killer. But you cannot take bleach internally because it is too caustic and destructive. However, iodine can be taken internally without the biological destruction of bleach, but with the same sort of germicidal properties. This is why surgeons wash with iodine substances, and skin is cleansed with iodine preparations before surgery. It kills germ without damaging skin. Iodine has been known to be used by white blood cells (leukocytes) to kill bacteria for nearly 50 years.[24] Leukocytes use their peroxidase enzyme, combined with hydrogen peroxide and iodine to kill bacteria. This is a normal function of iodine in the body.

More recently, a special form of iodine, nascent iodine, was shown to be particularly useful in strengthening the immune response to malaria. A simple treatment regimen of nascent iodine enabled people's immune systems to successfully fight off the malaria parasite. In a clinical study in India nascent iodine was given to people diagnosed with malaria. Every 4 hours 10 drops of nascent iodine were taken in 100 mls of water, away from food. Fever subsided within 24-48 hours for most of the subjects. By one week, 91% of the men, 78% of the women, and 77% of children had a negative malaria test.[25] No other form of iodine has had this kind of effect, though the power of iodine to kill germs is well known.

While all iodine has some of these germicidal properties, only nascent iodine excels in supplying iodine that the immune system readily utilizes. Though the properties of nascent iodine have been known for decades, it has been difficult to produce a true and stable nascent iodine. Iodine normally exists in nature in a dimer state as diatomic iodine, I_2 . It also can be combined with potassium or sodium to form the common ionic form. In a novel patented treatment, using an intense electromagnetic field, iodine molecules, I_2 , can be teased apart into singlet iodine.[26] Iodine is not usually stable in this singlet form, which is why a lot of energy is required to produce this magnetically charged form of iodine. This singlet iodine is called nascent iodine, and it is the form of iodine that will give you the help you need to support a vigorous immune system response to a strong viral infection.

There are a few different manufacturers of nascent iodine as well. The nascent iodine that Hallelujah Diet sells is exactly the same product that provided efficacious immune system support in the clinical trial in India. This nascent iodine is the real thing, and you don't want to take chances on a product that might work when dealing with a serious, life-threatening viral infection. You want one that has proven protection—Nascent Iodine from Hallelujah Diet.



Nebulizer

Quick Facts: Nebulizer

Nebulizer treatment delivers agents with anti-pathogenic activity directly to the respiratory tract and lungs.

Nascent Iodine, hydrogen peroxide, Silver Biotics, or Vitamin C can be used in a nebulizer. There are several options.

Prevention: Same amounts as active infection, at the first signs of a respiratory infection.

Active Infection:

Option (1) Up to 1 ml (work up to 20 drops) of 3% hydrogen peroxide (food grade if possible);

Option (2) 3 drops (work up to 10 drops) of Nascent Iodine in 5 ml of water;

Option (3) 5 ml of Silver Biotics;

Option (4) Dissolve 1 teaspoon (5 g) of sodium ascorbate in 2 tablespoons of pure water (30 ml). Use 5 ml of this vitamin C solution each session. You can use calcium ascorbate or magnesium ascorbate instead of sodium ascorbate. If using ascorbic acid, neutralize with sodium bicarbonate first (baking soda) until solution stops fizzing. Repeat each session up to several times a day, as needed.

Nascent Iodine or hydrogen peroxide may be the most effective agents.



The logo features a stylized virus particle with a central circle and radiating lines, resembling a sun or a molecular structure. The text is positioned to the right of the graphic.

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The delivery of natural substances to the body can be enhanced using a nebulizer. A nebulizer uses a small air compressor and a cup holding liquid medicine to create an aerosol that can be breathed directly into the lungs. While nebulizers are typically used for asthma, they can be utilized in a powerful way during an acute respiratory infection. Silver Biotics, Nascent Iodine, hydrogen peroxide and vitamin C (as sodium ascorbate) have all been used successfully with nebulizer treatments. A few cases have been reported with COVID-19 patients with dramatic results. Delivering the liquid supplements directly to the respiratory tract gets them directly to the tissue under attack. Furthermore, absorption into the systemic bloodstream is possible through the lungs as well.

A nebulizer can be used several times a day, or as needed. Typical doses that have been used are about 5 ml of Silver Biotics, or 3 drops of Nascent Iodine in 5 ml of water, working up to 10 drops a session, or up to 1 ml of 3% hydrogen peroxide (food grade preferable) mixed with a teaspoon of pure water. For vitamin C, dissolve 1 teaspoon of sodium ascorbate (5 g powder) in 2 tablespoons (30 ml) of pure water and then use 5 ml per session. It is likely that the Nascent Iodine is the strongest of the three possible treatments, but any of these agents will be helpful. Do not combine treatments, but it might be helpful to vary the treatment used. The key is the delivery method.

This testimony from Dr. Frank Shallenberger is encouraging. “When my wife developed the first symptoms of flu, instead of immediately plugging her into a hydrogen peroxide IV, I had her use the nebulizer for ten minutes every waking hour. Using the nebulizer treatment [ed note: with dilute hydrogen peroxide], she was able to get rid of the flu within 72 hours. I knew I was on to something, because IV hydrogen peroxide doesn’t work much better than that. So I bought a dozen nebulizers and began offering the treatment to my patients.”[27]

Dr. Thomas Levy, MD, JD had this to say about nebulizer treatment: “I can only say that I have seen the protocol promptly eradicate acute viral infections. It also promptly relieved non-specific dry coughing spells. Most significantly for me, it has largely resolved (gradually over a four- to six-week treatment period) a chronic sinusitis and nagging cough of roughly 60 years duration. For me it has been nothing short of a minor miracle.”[28] Dr. Levy used hydrogen peroxide as well as vitamin C mixed with magnesium chloride and DMSO.

Other Dietary Supplements

There clearly are other dietary supplements that are used for immune system support, especially when dealing with an acute respiratory infection. Curcumin has been used successfully to support immune health in people with the flu.[29,30] It would certainly be a useful addition. Zinc is important for immune function and optimal health. However, influenza trials with zinc have not been as encouraging as the results with other agents, such as selenium. Some natural healthcare professionals recommend Vitamin A. However, vitamin A can counteract some of the effectiveness of vitamin D.[31] Also, β -carotene levels in people following the dietary recommendations of Hallelujah Diet are typically very high, so the need for a vitamin A supplement is questionable. There are other herbal remedies and antioxidants that are also likely to be useful. We recommend the five products detailed here because they have the best evidence and clear clinical track record for immune system support.

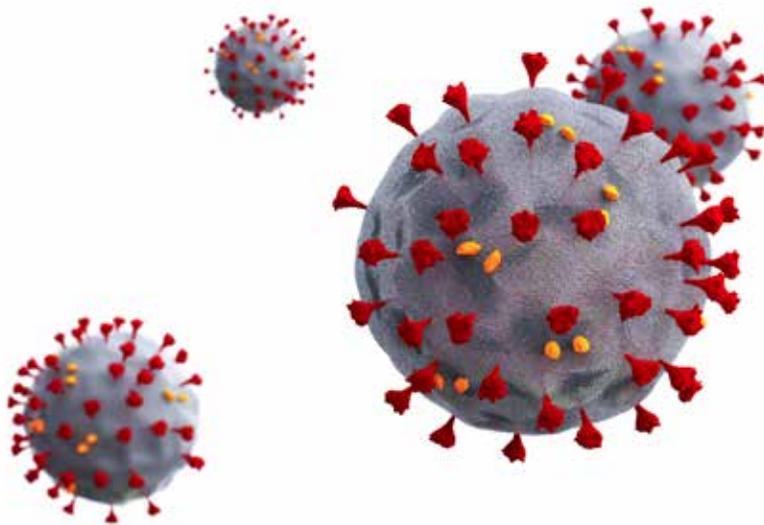


Protocol for All 5 Products

These products all have been used individually to help a person mount an effective immune response, but they can be combined for additive and possibly synergistic healing effects as well. Except for the selenium and vitamin D3, the other products are most effective on an empty stomach taken separately from food. The liposomal vitamin C can be taken with the Silver Biotics, but both of them should be separate from the Nascent Iodine. The nebulizer treatment can be done in addition to the oral supplements.

For effective immune support, begin with Nascent Iodine, taking 10 drops in about 100 ml of purified water. About 15-30 minutes later take 1-2 grams of vitamin C as liposomal vitamin C and 1 teaspoon of Silver Biotics. Wait about 30 minutes before consuming solid food. Repeat this every 4 hours: First thing in the morning before a morning meal, before midday meal, before evening meal, before retiring for the night, and twice during the night as needed while fever and symptoms are present. This will give up to 6 doses a day of these 3 supplements. Take the selenium supplement with food. High doses of selenium as selenomethionine (>1,000 µg per day) can be taken for a several days, but the long-term tolerable upper limit for selenium is 400 µg per day from all sources. High doses of selenomethionine are safer than sodium selenite. If you haven't been taking at least 5,000 IU vitamin D3 daily, take 150,000 IU of vitamin D3 for 3 days, followed by 10,000 IU daily or 50,000 IU weekly. If you already have optimal levels of vitamin D3, taking 10,000 IU per day will be optimal. Continue the supplements at high doses (at least 3 times a day

for Nascent Iodine, liposomal vitamin C, Silver Biotics) for several days after any fever has broken to prevent any recurrence and promote complete restoration of health.



During flu season, the COVID-19 pandemic, and other times when virus exposure is likely, people should take proactive action and begin using at least the preventive measures given here. And people who are in direct contact with victims of COVID-19 or other viruses should immediately begin this immune-boosting protocol without waiting for symptoms to occur. Using the Nascent Iodine, liposomal vitamin C, and Silver Biotics 2 to 3 times a day, taking 10,000 IU of vitamin D each day, and getting 400 µg of selenium a day can go a

long ways to preventing any loss of energy and vitality while helping others with their infections. Acquire a nebulizer and use it at the first sign of a respiratory infection.

Keeping up a high intake of natural antioxidants and phytochemicals from a very high intake of fruits, vegetables, fresh vegetable juice, and a plant-based diet will also be helpful for staying hydrated and maintaining energy during stressful times. BarleyMax is a great powdered food supplement that helps build healthy cells, eliminates toxins and fortifies your immune system. BarleyMax is 100% pure low-temperature dehydrated juice from organic barley grass and alfalfa. After fresh vegetable juice, BarleyMax is simply one of the very best foods to support optimal health. You may need all of the help you can get.

Protocol Summary

Supplement	Active Infection	Convalescent	Care Giver / Prevention
Nascent Iodine†	6X per day	3X per day	2X per day
Liposomal Vitamin C¶	6X per day	3X per day	2X per day
Silver Biotics¶	6X per day	3X per day	2X per day
Glutathione Booster / Selenium‡	1,000 µg Se per day (5 caps)	400 µg Se per day (2 caps)	400 µg Se per day (2 caps)
Vitamin D3§	150,000 IU per day, 3 days only	10,000 IU per day OR 50,000 IU per week	10,000 IU per day OR 50,000 IU per week
BarleyMax‡	6 teaspoons	3 teaspoons	3 teaspoons

† Take iodine by itself without food

¶ Take without food, together

‡ Take with food at beginning of meal

§ Take with food containing oil or fat

Note: Nutritional support using a plant-based diet very high in fresh fruit, raw vegetables, vegetable juice, and easily digested protein sources helps maintain energy during stressful times. The Hallelujah Diet is an exemplary diet for such nutritional support.

Note: Nebulizer treatment using Silver Biotics (up to 5 ml per session), Nascent Iodine (start with 3 drops in 5 ml pure water, work up to 10 drops per session), Hydrogen peroxide (1 ml of 3% hydrogen peroxide in 5 ml pure water), or vitamin C (1 teaspoon (5 g) in 2 tablespoons (30 ml) water, use 1 teaspoon per session) can be used up to several times a day to deliver immune support to the respiratory tract.





No Strain Hemp Brazil Milk

Makes around 2 1/4 cups

Blend the following in a high-powered blender:

- 1/4 cup hemp hearts (shelled hemp seeds)
- 1 brazil nut
- 1 date, pitted
- a couple sprinkles of unrefined salt
- 2 cups water

Very thick and creamy. No need to strain, as hemp hearts are soft and rich. Almond milk is luscious, but switching up our nuts and seeds keeps our diet exciting.

Blueberry Nut Balls

Makes around 24 balls

Ingredients

- 1 cup almonds or pecans or a mixture of the two
- 3/4 cup cashews
- 7 medjool dates, pitted, torn in half
- 2 cups blueberries (Can use frozen blueberries that are thawed in the refrigerator.)
- 2 Tbsp. coconut butter
- 1/4 tsp. unrefined salt

Directions.

1. Place all ingredients in a food processor.
2. Process until creamy.
3. Since blueberries contain liquid, the "dough" will be too soft to roll into balls. Transfer dough onto a plate and place it in the freezer for a couple hours or until stiff enough to shape into balls.
4. Store in the freezer.

Basil Micro-chopped Salad

Ingredients:

- 1 carrot, peeled, cut in chunks
- 2 celery ribs, cut in chnks
- 2/3 cups cauliflower, cut in chunks
- 1/3 cup parsley leaves, loosely filled
- 2 radishes
- 10 large fresh basil leaves, torn in half
- 1/2 red bell pepper, in chunks
- 2 handfuls spinach, or amount wanted to fill processing bowl
- 1 tomato, in chunks
- 12 cashews
- 1 Tbsp. lemon juice, or a little more to taste
- 1 Tbsp. extra virgin olive oil
- Sprinkle of unrefined salt

Directions: Place all items in a food processor, spinach last. By the time the spinach is added, it will be filled to the top of the bowl with produce. Either pulse or start and stop machine in approximately 2 second intervals. Process until texture is tiny pieces.

Option: Add a peeled and seeded tangerine or mandarin.

Option: Add 10 or so additional whole cashews to mixture after it is processed and toss to make a richer dish.

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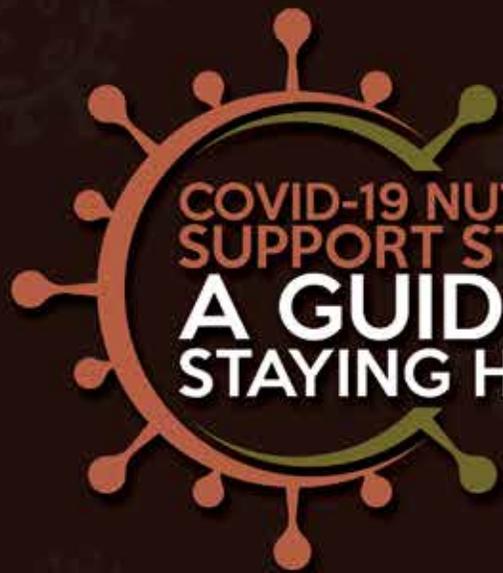
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A stylized virus icon with a circular body and several protruding spikes, rendered in shades of orange and green.

COVID-19 NUTRITIONAL SUPPORT STRATEGY: A GUIDE FOR STAYING HEALTHY



Dr. Michael Donaldson, PhD is an invaluable asset to the science behind the Hallelujah Diet. Dr. Donaldson received his PhD in chemical engineering from Cornell University and became the Research Director of the Hallelujah Diet in 1998.

His work consists of designing and coordinating epidemiologic and clinical intervention studies, focusing on the results of The Hallelujah Diet.

Dr. Donaldson's research is ongoing and he plays a vital role in new product development and innovations.



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