

David Avocado Wolfe



**NOURISH
YOUR
IMMUNITY**

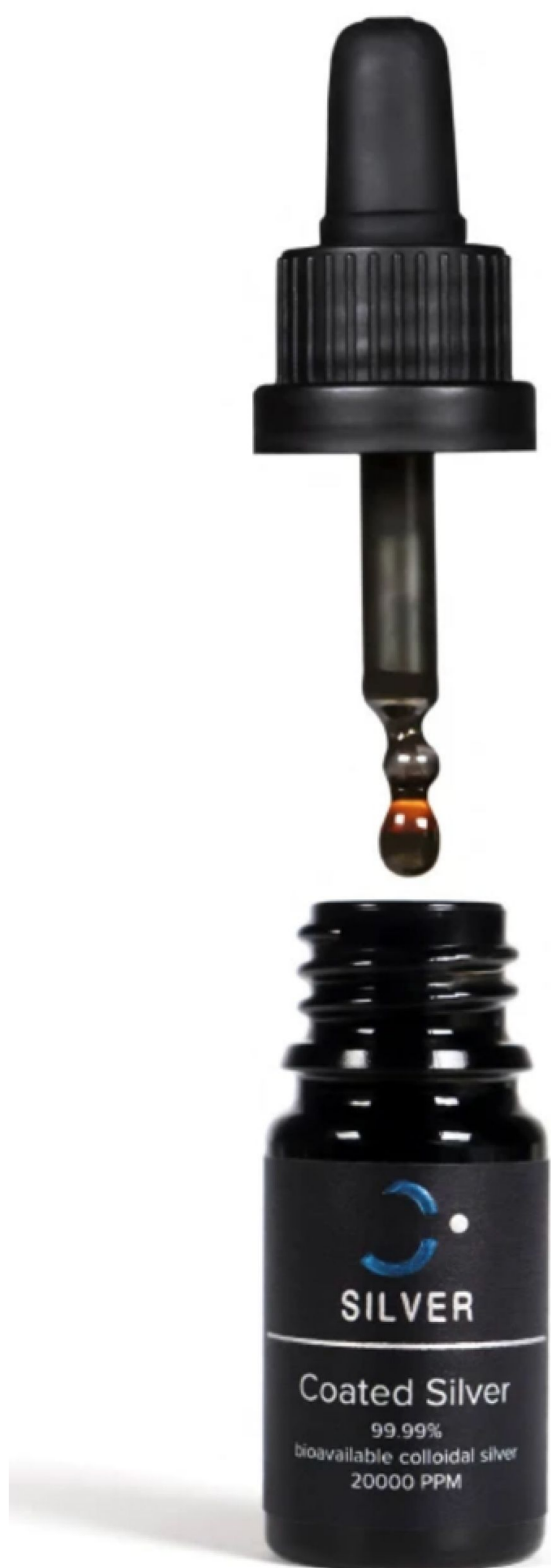
— ◆ —
**Master Your Path
To Optimal Health**

**JOIN OUR IMMUNITY SUMMIT:
<http://bit.ly/ImmunitySummit>**



Get Prepared. Be Prepared.

Developing a powerful immune system involves a complete lifestyle strategy, including detoxification, super foods, super herbs and healthy lifestyle choices. The options and protocols included in this document are a starting point, and are not intended to replace the advice of your personal care practitioner.



Coated Silver:

Link: <http://bit.ly/CoatedSilver>

#1 Recommendation and most powerful and portable AntiViral:

- Take one drop of Coated Silver with water each day.
- If you feel any respiratory infection coming on, diffuse a single drop of Coated Silver into your humidifier, essential oil diffuser or use a nebulizer to breathe in Coated Silver particles. Coated silver will not clog these systems. A good ratio is one drop of coated silver to 8 oz. of distilled or reverse osmosis water (use the purest water you can access)

Get Prepared. Be Prepared.



Iodine:

A couple hours from when you take Silver, take Iodine. Lots of great iodine products on the market.

I just met with Dr. Group at www.globalhealingcenter.com and his iodine is phenomenal: DETOXADINE.

<http://bit.ly/IodineDetox>



Portable Atomizer:

Use this portable atomizer to get the Coated Silver and Iodine directly into your nasal passages and lungs.

Note: take Coated Silver and Iodine 3hrs apart from each other.

<https://amzn.to/3d3AkNT>

Get Prepared. Be Prepared.

Medicinal Mushrooms:

Utilize the full power of medicinal mushrooms such as Chaga, Reishi and Turkey Tail in all forms especially Tincture. I have been taking these as tea, powders, tinctures and capsules. Tinctures (alcohol) are the most effective way to utilize medicinal mushrooms against corona viruses.



I have been mostly fasting on SuperMushroom Protein while following the protocols I have outlined in this document, to keep my blood sugar stable while getting in powdered medicinal mushrooms:

<http://bit.ly/SuperMushroomProtein>

Get Prepared. Be Prepared.

Nettles:

Excellent AntiViral and high on my list against Corona Virus. Take these in as freshly made nettle juice or in tea, powders, tinctures and capsules.



Kohlbitr Activated Charcoal:

Link: <http://bit.ly/BestCharcoalEver>

Ever Our Kohlbitr activated charcoal is encapsulated in tapioca capsules (vegan, no starch, no cellulose). Take Activated Charcoal with EVERY meal you do not prepare yourself.

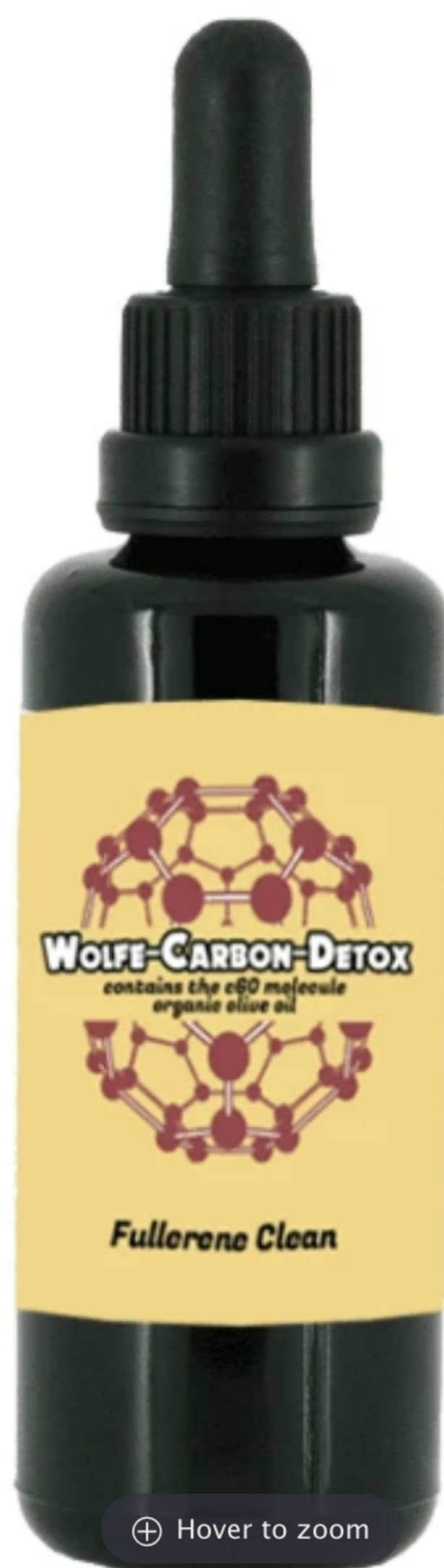
With ANY disturbance in digestion, food poisoning, etc. take up to 8 capsules of Activated Charcoal. I normally take 1-5 capsules a day.

If you are new to Activated Charcoal, only take 1-2 capsules a day; if you take more watch out for its binding effects which can cause constipation. We almost always eat a flu instead of “catch” a flu. Eating is the primary way people become susceptible to infections. Activated charcoal capsules are usually 400-500 mg per capsule.

Get Prepared. Be Prepared.

SuperConcentrate C60:

C60 SuperConcentrate is a potent AntiViral!
<http://bit.ly/C60-SuperConcentrate>. This month (March 2020) marks 5 years I've been on C60. I have sampled material from every lab in the world that I could buy from.



My latest C60 product is the world's best in quality and purity. You'll know once you try it. Like nothing else in the category:

<http://bit.ly/C60-SuperConcentrate>

**Supercharcoal C60
fullerenes
neutralize viruses.**

This has been known for at least a decade. Here is a brief summary of the Russian research:
<https://www.technologynetworks.com/immunology/news/knocking-out-viral-infections-with-fullerene-324249>

Get Prepared. Be Prepared.

SuperHerbs:

Keep your immune system strong with: other tonic herbs including: Astragalus, Green tea, Marshmallow root (great as a tea!), Schizandra, etc.



For Superherbs, please Contact or Register as a Customer at <https://www.dragonherbs.com> and you can save 15% by using the Code: **WOLFE2020**

(Remember: you must register as a Customer, call them or actually go into their two stores in Los Angeles. If they give you any trouble, tell them David Wolfe sent You and said you get 15% off. They will honor that!

Herbs work! Yet they only work if you take them. My recommendations: Garlic (and Garlic extracts), rosemary, ginger, echinacea (occasionally)

Get Prepared. Be Prepared.

Minerals:

Zinc. I usually get my zinc from black foods which have been proven to contain significantly more zinc.

Plant Extracts:

•**Quercetin:** This AntiViral super compound is found in all fruits and vegetables I have ever researched! It is a yellow flavonoid. I take this as a powdered extract. Dosage will depend on brand.

•**Coconut Oil:** Daily take use some Coconut oil and it's derivatives (MCT, monolaurin, Lauric acid). Lauric acid in these products dissolves and interferes the lipid coating of corona viruses.

Amino Acids:

Lysine: Lysine is not only effective against herpes, it is effective against all viruses. Daily (on an empty stomach)

Get Prepared. Be Prepared.

Enzymes:

Serrapeptase (a supplemental enzyme that dissolves corona viral coating). Take 5-10 mg, preferably on an empty stomach twice a day.



Food:

Go Organic! Avoid GMO food which disables your coating of friendly and defensive bacteria (micro biome). The chemicalized food of civilization cannot be trusted. Skip meals and consume more Fresh Fruit and Vegetable Juices, Blends and Soups. Avoid foods that can putrify and lower your immune system, especially too many starchy carbohydrates and too much protein. Eat less. If you experience any digestive upset or food poisoning, immediately take Activated Charcoal.

Get Prepared. Be Prepared.

Recommended Physical and Mental Exercises and Processes:

- Yoga:** Practice yoga at home. Avoid hot yoga rooms for a couple months.



- Deep Breathing** (take 30 deep diaphragmatic breaths each day). We know oxygen is vital, but did you know that carbon dioxide is a powerful medicine? So slightly hold your breath with each inhale to drive the carbon dioxide deeper in before releasing it.

This is the simplest and most effective exercise you can do each day to protect your body and nourish your immune system.

<https://articles.mercola.com/sites/articles/archive/2013/11/24/buteyko-breathing-method.aspx>

Get Prepared. Be Prepared.

Recommended Physical and Mental Exercises and Processes:

- **Bowel cleansing** (enemas or colonics): The less waste in your system, the stronger is your immune system; its that simple.



- **Maintain emotional poise and a positive mental attitude:** spend time with family, study, read, watch educational videos, set goals and Have The Best Day Ever anyway!!

Get Prepared. Be Prepared.

Hot / Cold Therapy:

Hot air kills most harmful viruses including corona viruses (which die at 56 degrees C or 133 F*). Superheated air in saunas stops viruses in the air. Hot / Cold or Expansion / Contraction is a law of our Reality. All phenomenon may be correlated to this exquisite law. What is a great way to cleanse? Expand-Contract and contract your tissues with hot and cold therapy.

(*<https://www.hindawi.com/journals/av/2011/734690>)



Get Prepared. Be Prepared.

Short List of My Related Products

KOHLBITR. The Best Activated Charcoal Ever:
<http://bit.ly/BestCharcoalEver>

C60 SuperConcentrate is a potent AntiViral!
<http://bit.ly/C60-SuperConcentrate>

Coated Silver: Natural Mineral Antimicrobial.
Stronger than Colloidal Silver: 20,000 ppm
<http://bit.ly/CoatedSilver>

SuperMushroom Protein: Contains 6 immunological
Medicinal Mushrooms plus hemp, pea and goji berry
protein:
<http://bit.ly/SuperMushroomProtein>

Get Prepared. Be Prepared.

SPECIAL NOTE

A good point to clarify: there are three stages of preparation and protocols for infectious agents:

1. Preventing infection
2. Initial stages of infection
3. Full blown infection (Reminds me of Lymes Disease strategy)

Prevention is always best. The Initial stages require decisive actions and the specific protocols (above) which covers Steps 1 and 2. Now onto Stage 3, if someone has the full blown symptoms and 106 degree fever and can't breathe, then we have to be careful about bombarding the body with all kinds of immune stimulants. At that stage we go ONLY to the basics: warm salty Chaga broth, ozone bubbled thru olive oil and breathed in, Coated Silver diffused into the living space so it can be breathed in, vitamin D, vitamin C, Enemas, Earthing and PEMF treatments (pulsed electromagnetic field treatments) so as to avoid overwhelming the immune system with too many stimulants causing a cytokine storm. At the Step 3 cytokine storm stage, no elderberry syrup, no echinacea, no garlic, no astragalus, (basically no immune system "uppers"), etc and no over-the-counter medications such as ibuprofen or Cortisone (<https://www.thelocal.fr/20200314/coronavirus-french-health-minister-issues-warning-over-anti-inflammatory>)

Immunity
Protocol

Get Prepared. Be Prepared.

SPECIAL LINKS



Did you know that stress is directly related to over 100 symptoms and health related epidemics of our modern times?

Stress is the #1 reason why your immune system is depressed or even turned off.

Get 70 Proven Stress Hacks →
<http://bit.ly/davidwolfestresshacks>

**Ready to have the Best Day Ever?
Join Our Inner Circle →**
<https://bit.ly/DavidWolfe-InnerCircle>

Visit the shop: <https://shop.davidwolfe.com/>

Subscribe to our channel for more great videos →
<https://www.youtube.com/c/TheBestDayEver>

Join me on social media! →
Telegram: <https://t.me/davidavocadowolfe>
Facebook: <https://www.facebook.com/DavidAvocadoWolfe>
Instagram: <https://www.instagram.com/davidavocadowolfe/>
Twitter: <https://twitter.com/DavidWolfe>