

Lemire Clinic Corona Virus Protocol

Lemire Clinic does not have any magic pills, does not “cure” or “heal” anyone. Instead we provide patients with the tools they need to restore balance and health.

A few facts about coronavirus should help prevent panic. Coronavirus has been around a long time. Both **SARS** (Severe Acute Respiratory Syndrome) and **MERS** (Middle East Respiratory Syndrome) are caused by a type of coronavirus. Like all viral outbreaks, they have their day and then taper off—as the number of cases already seem to be dwindling in China. The number of deaths from coronavirus is low compared with the number of daily deaths from flu and pneumonia—and most of these occur in nursing homes and among the elderly.

Example: 1,312 results returned for *how many die of cardiovascular diseases daily, according to CDC*
<https://bit.ly/3b3w1A3>

A total of daily people who died from Tuberculosis is: 3,014. A total of 1.5 million people **died** from **TB** in 2018 (including 251 000 people with HIV). **Worldwide, TB** is one of the top 10 causes of **death** and the leading cause from a single infectious agent (above HIV/AIDS). In 2018, an estimated 10 million people fell ill with **tuberculosis(TB) worldwide**. World Health Org. (WHO) Oct 17, 2019 <https://www.who.int/news-room/fact-sheets/detail/tuberculosis>

We don't see anything in the news or social media about building immunity. **A virus, is no match for someone with a strong immune system. Here are ways you can bolster yours:**

1. **Vitamin A = XCellent-A**

Rich foods: Vitamin A is our number one protection against viruses. It supports healthy immune function.

Concentrations of preformed vitamin A are highest in liver and fish . Also from leafy green vegetables, orange and yellow vegetables, tomato products, carrots, broccoli, cantaloupe, and squash].

2. **Vitamin D = Vit D-3 (liquid or caplets)**

Vitamin D works with vitamin A to give us a strong immune system. It supports modulation of immune function.

Studies have shown that people with vitamin D deficiency are 11 times more likely to get a cold or flu, while supplementing with vitamin D can reduce colds and flu by 42%. Best sources are egg yolks from pastured hens, butter from grass-fed cows, fish eggs and lard from pigs raised outdoors.

3. **OlivDefense: / Zinc**

Promotes healthy immune function. Supports the body's defenses against immune challenges.

It has science-based, patented ingredients like Immune guard, Olive extract, Elderberry, plus green tea extract

Zinc: besides immune functions, it plays a role in many of the body aspects of cellular metabolism.

4. **NAC**

Supports healthy respiratory function, also supports antioxidant activity in all body cells.

Can relieve symptoms of respiratory conditions by acting as an antioxidant and expectorant, **loosening mucus in your air passageways.**

As an antioxidant, NAC can help replenish glutathione levels in the lungs and reduces inflammation in the bronchial tubes and lung tissue. People with chronic obstructive pulmonary disease (COPD) experience long-term oxidative damage and inflammation of lung tissue, which causes airways to constrict — leading to shortness of breath and coughing. NAC supplements have been used to improve COPD symptoms, exacerbations and lung decline.

5. **Probiotics: ProbioMax Daily DF or ProbioDaily Complete**

Supports the natural immune response. Probiotics help to increase healthy gut flora which then supports a healthy gut. This in turn helps create a major barrier against pathogens and integral to the immune system.

6. **Vitamin C: = Xcellent C (oral) or IV**

Supports immune and antioxidant systems. It's long been known the powerful role in Vit –C for supporting the immune system. Orally, IV or both. There is a great deal of medical research to support the use of IV Vitamin C therapy. It is one of the best antiviral agents available, with the ability to neutralize and eliminate a wide range of toxins. Vitamin C will enhance host resistance, greatly augmenting the immune system's ability to neutralize bacterial and fungal infections. Best foods: Citrus fruits such as orange, kiwi, lemon, guava, grapefruit, and vegetables such as broccoli, cauliflower, Brussel sprouts and capsicums are rich, natural **sources of vitamin C**. Your best source is fermented veggies like sauerkraut—there is ten times more vitamin C in sauerkraut than in fresh cabbage!

7. **Coconut Oil:** Viruses often are lipid-coated that pegs out in the presence of medium-chain triglycerides—and coconut oil is our best source of these healthy fats.

8. **Gelatin-rich bone broth:** Supports the immune system and helps us detoxify.

9. **Saturated Fats:** Viruses have an affinity for the lungs, and the lungs can't work without saturated fats, so eat plenty of raw goat butter, coconut oil, avocado / olive oil **and avoid all industrial fats or vegetable oils**.

IV Preventives:

Vitamin C IV

- Lessens pain after injuries
- Helps the body heal faster
- Improves energy levels/fatigue
- **Resiliency to infections like colds/flu or other viral/bacterial infections**
- In cancer patients, IVC is known to improve the response to cancer therapies because it alleviates the effects of traditional therapies, improves appetite and helps patients remain more active

UBI (Ultra Violet Blood Irradiation)

- **Kill bacteria and virus' in the blood**
- **Supercharge the immune system**
- Improve circulation
- Oxygenate tissue
- Produce a balancing effect (homeostasis)
- Reduce pain in tissues
- Increase tolerance of the body towards radiation or chemotherapy.
- Cardiovascular protection through increased metabolism of cholesterol, uric acid, and glucose
- Produce anti-inflammatory effects
- Instill anti-infection properties
- Stimulate production of red blood cells
- Improve the flow and properties of blood

Meyers Cocktail

Nutritional IV to boost your immune system, increases energy, decreases inflammation and viral load. It contains a formula of intravenous vitamins and minerals that was pioneered by the late Dr. John Myers, MD it can be clinically effective against acute asthma attacks, other lung issues, migraines, fatigue (including chronic fatigue syndrome), fibromyalgia, acute muscle spasms, colds, chronic sinusitis, seasonal allergies, chronic depression/anxiety and other disorders.

Along with these also remember the basics: Proper sleep, eat a whole foods, nutrient-dense diet, cut out sugar / refined starches, alkalize your body, drink plenty of fluids, exercise, practice meditation, prayer, yoga, Qi Gong, Tai Chi AND.....WASH YOUR HANDS!!!

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