

UPDATED JULY 2020

# Immune Support and Virus Protection Recommendations



Your Partners in  
**Integrative Healthcare**  
for Over 30 Years



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

**Nutrients** are essential to healthier living; and increased amounts are needed to stay unafflicted during pandemics. Healthier habits allow better use of the required nutrients we take in since we cannot make them. This guide is increasingly validated to reduce risks and improve outcomes in people exposed to RNA (COVID-19 *et al*) viruses.

The following guide is increasingly confirmed and validated by early clinical and anecdotal reports where the use of intensive nutrient therapy helps symptomatic people avoid medical catastrophes. Later in this update the issue of post COVID syndrome will be addressed and solutions suggested.

**Enhancing your immune system competence** reduces risks associated with all RNA and DNA viruses including Coronavirus (COVID-19), or any viral, bacterial, parasite, prion or other pathogen. There is much nature offers to reduce risks and avoid infections. Exposure is widespread; illness is an option. For each symptomatic individual, there are many people whose immune defense and repair systems recognize the virus and neutralize it effectively without symptoms. More recent data suggests 10-50 asymptomatic exposures for each person with symptoms.

Comorbidities make people greatly more at risk through **host hospitality**.

A “hospitable host” is one in whom conditions are right for a pathogen to take up residence. This occurs when essential deficits reduce elective protective mechanisms and leave the person in survival mode and hospitable to any exposure.

Conversely, an “inhospitable host” is one in whom a foreign pathogen finds it difficult to get a foothold. The recommendations provided in this article are confirmed to boost your immune defense and repair system while reducing infection risks if you are exposed — making you more “inhospitable” and resistant.

Much recent attention has focused on how co-morbidities, underlying issues and known risk factors have complicated matters in [at least 94% of all severely affected people](#).



Those at risk are diabetics with hemoglobin A1c >5% (people who keep their blood sugar in healthy ranges are not at risk), people with prior lung pathology from air pollution and/or smoking tobacco/vaping, and people taking certain medicines for heart disease.

While medical conditions abound in older people, birth age is not important; *functional* age 'rules.' The elderly are *only* more at risk to the extent they have co-morbidities. The same risk factors affect many younger individuals as well. (For those concerned about co-infections and lung surfaces that are more hospitable to viral 'docking,' the same comorbidities are found. The comments here are the best defense enhancement we know to successfully adapt to this global health challenge.)

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

## Ascorbate as Maternal, Protective Antioxidant

Acute depletion of antioxidants especially ascorbate is increasingly recognized as a hallmark of COVID-19 serious infection; in afflicted cases the ascorbate and mineral deficits are profoundly lethal.

The devastating consequences of COVID-19 infection can all be explained as multiple expressions of acute vitamin C depletion. Acute scurvy includes all the lung, heart and blood clotting abnormalities reported. This includes red cell destruction to iron oxidation; from tiny blood vessel damage to lung and heart cell dysfunctions. Multiple reports suggest benefit in people at risk when [adequate ascorbate is taken in based on their oxidative \(anti-nutrient\) burden](#). Nature's fully buffered, fully reduced l-ascorbate is needed and [recommended](#).

## Vitamin D is a Neurohormone

This essential neurohormone helps regulate cell division and is important in many systems designed to renew the body, particularly when combined with vitamin K2. Drops under the tongue provide easy and predictable uptake. Going to brain before body is also helpful. Best health for those with vitamin D of 50-80 ng/ml.

## Zinc and Magnesium Prevent Acid Harm and Activate Cell Functions

From taste and smell to immune and neurohormone balance, zinc and magnesium are essential yet too often deficient. People at greater risk show signs of cell metabolic acidosis. Urine pH after rest can monitor if enough buffering minerals are present to neutralize the day's excess cell metabolic acids.

Several of the recommendations here, especially [quercetin dihydrate](#), function as zinc ionophores: nature's way to facilitate necessary cellular uptake of zinc and other helpful minerals. See items 2, 4 and 5 in the supplement suggestions below.

We are what we...

# EAT *drink* *think* DO!

At the core, sustained optimal health is about what people **EAT, DRINK, THINK** and **DO**. You can take action today to boost your immune defense and repair system, improve tolerance and reduce excess immune activity while reducing infection intensity if exposed.

There are benefits from each and synergy of benefits from all of the following:

## EAT

- Eat a diet that is easier to digest, assimilate and eliminate without immune burden. This means eating organic or biodynamic ripe fruits, vegetables, grasses (while avoiding grains), nuts, seeds, sprouts, sea vegetables, herbs, edible flowers, and spices. Metabolic and nutritional balance is reflected in a urine pH between 6.5-7.5 after six or more hours of rest. Resources at the end of this article provide additional information.
- Enhance healthier methylation by making dietary staples from garlic, ginger, onions, brassica sprouts and eggs (the sulfur rich foods sometimes referred to as [GGOBE](#)). Methylation is important for proper translation of genetic code, cell detoxification, and for proper cell protein synthesis. A healthy methionine to homocysteine ratio is suggested.



- Avoid processed foods, at least because they have too many chemicals and too much processed fat, salt, and empty calorie sugar.
- Current best guidance suggests avoiding NSAIDs, particularly [ibuprofen](#). Fever can sometimes be a helpful change in temperature to allow the body to fend off infection or invaders.

## DRINK

- 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 and repeat.
- Start each meal with something warm, wet and savory, like broth.



## THINK

- Anxiety and fear reduce and repress immune defense and repair ability. Knowledge and experience improve immune defense and repair ability, neurohormonal balance and quality of life.
- Use art, music or [relaxation response](#) practices to help calm and restore your mental equilibrium. For example, [Joan Kellogg’s Mandala technique](#) or [Helen Bonny’s Music suggestions](#) allow us to be in the moment as the mandala is created; in the moment as the music carries us to deeper self-awareness.
  - Relaxation response training has been scientifically confirmed to promote well-being and reduce distress, anxiety and fear.
- Consider Ira Progoff’s intensive journal ([Intensive Journal, Dialogue House](#)) or do Quaker peer co-counseling or read inspirational writings ([Ariel Press, Books of Light](#)) and watch uplifting videos.

## DO

- **Consider LRA by ELISA/ACT® testing to identify your personal immune system burdens.** The **LRA** (lymphocyte response assay) by **ELISA/ACT®** tests your personal immune response to up to 500+ common foods, colors, preservatives, environmental toxins and medications. When you identify and substitute for dietary immune burdens, you make your immune system better able to fully function.
- Keep your 1st morning [Urine pH](#) between 6.5 and 7.5. Excess acid in cells prevents healthy cell activity. While known as metabolic acidosis in clinical pathology it is really magnesium cell deficit in physiology. **See item 2 in the essential supplements section below.**

Urine >6° rest		
<p>Excess acid wears you out</p>  <p>Too Acidic (&lt;6.5)</p>	<p>Healthy Repair / Restore Zone</p>  <p>Healthy pH (6.5-7.5)</p>	<p>Catabolic illness tears you down</p>  <p>Too Alkaline (&gt;7.5)</p>
<p>Predictive Goal Value = pH 6.5 – 7.5</p>		

- Get enough quality, **restorative sleep** and improve mood 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 abdominal breathing and a relaxation response or active meditation such as you would find at [www.activemeditation.org](http://www.activemeditation.org).

- **Stretch regularly.** For me this includes stretching in bed before sleep, before getting out of bed on waking and in the shower. Stretching helps renew body infrastructure and helps reverse gravity's tendency to contract while improving sleep quality.

For many, enhanced uptake of [Tryptophan](#), nature's safer source of serotonin and melatonin, is helpful to enhance restorative sleep.



- **Hygiene: Frequent hand washing** and **social distancing** are recommended to decrease exposure. **Skin nourishment** is essential since frequent hand washing can dry out the skin, making skin hospitable to infection. We suggest applying organic sesame oil or your favorite skin 'butter' such as [Weleda's biodynamic 'skin food'](#) to support healthy skin integrity.
- **Consider improving the air quality in your home or office with a room ionizer** e.g., [molekule.com](http://molekule.com) or [bionaire.com](http://bionaire.com). In the 21<sup>st</sup> century, a healthy diet and lifestyle is no longer sufficient to optimize your immune and neurohormone functioning. Being proactive about the air in your home, school or office is timely to reduce lung irritation.
- **Self-assessment** personal tests are good places to start on a journey to healthier life. **Predictive biomarkers** that cover epigenetics are available and are especially helpful when interpreted to best outcome goal values.
- Upon returning home, change from "outside" clothes and shoes to "indoor" clothes.
- **Dietary supplements** are essential today to maintain repair and immune response. Essential nutrients protect people from harmful anti-nutrients that increasingly abound in the environment. Nutrients are not pharmaceuticals and usually fail when used as drugs rather than as members of a full complement of essential nutrients required for healthier survival, particularly in these intoxicated times.





# Targeted PERQUE® supplements

My team has developed the **PERQUE®** brand of professional, scientifically researched and validated quality formulations to meet today's needs through the most advanced, full disclosure, all active formulations of nature's nutrients.

**Suggestions below provide meaningful amounts of safer essential nutrients.**



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 daily to maintain first AM urine within the pH 6.5 - 7.5 range. Add an extra dose for each half pH unit below 6.5. Metabolic acidosis means too much acid inside cells. Functionally, it means a lack of cell magnesium to buffer and reduce cell acids.



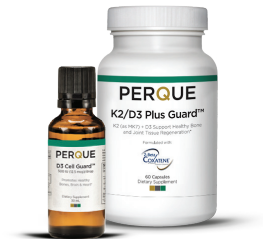
3. **PERQUE Life Guard™ Mini** tabsules, 2-4/day sufficient to keep your well hydrated urine sunshine yellow. This super-multi-vitamin/mineral provides a solid foundation of nutrients necessary for resilient health.



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. Decrease in tastes and smell are often indications of zinc deficiency. [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 soluble 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 drops under the tongue to keep your D3 levels within 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. *Do take into consideration your total vitamin D intake if taking other Vitamin D supplements*



## Questions Answered

Finally, I wanted to address a few questions that I have been asked over the past few months.

### What about post-COVID syndrome?

Recovery from acute scurvy and metabolic acidosis includes redressing a variety of repair deficits and neurohormonal dysregulations. Over months, healthier rhythms and responses can be restored when oxidative anti-nutrients are reduced and essential vitamins, minerals and co-factors are provided in more bioavailable forms and in sufficient amounts to allow rehabilitation and recovery from the systemic depletion exemplified in the symptoms of COVID-19 illness.



## What about hydroxychloroquine?

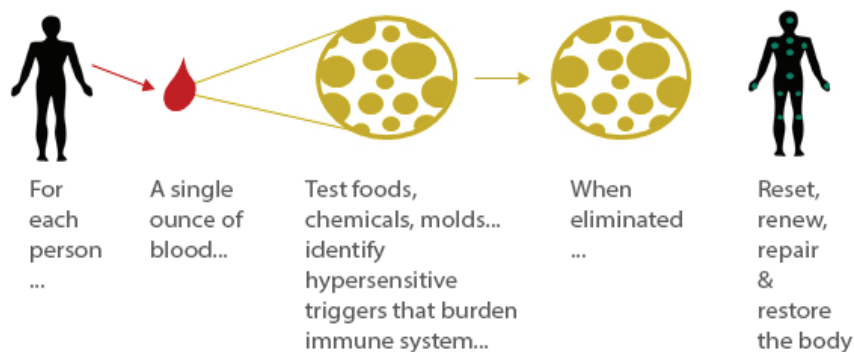
Short answer: don't use this drug. Hydroxychloroquine works by increasing cell zinc and magnesium that, in turn, reduce viral replication. Experienced clinicians have long reported [multiple adverse effects](#) from this medication especially in the higher dosages that are being indicated.

In a recent Brazilian study, the low dose was ineffective, and the high dose caused too many heart problems to continue the study.

Hydroxychloroquine is immune suppressive, interferes with the communication of immune cells and is used when the immune system is attacking the body for unknown reasons. While we do not recommend this medication, it combines badly with many other medications (as well).

We do recommend enhancing magnesium and zinc uptake in the above protocol. Nature's ionophores and enhanced uptake mechanisms are safer and effective. Quercetin dihydrate and low molecular weight OPC are zinc ionophores. Choline citrate enhances uptake and cell retention of magnesium.

**LRA tests** allow personalized assessments of immune tolerance and intolerance. This includes helpful recommendations to restore healthy internal balance in both the digestive microbiome and the metabolic metabolome.



## What about cytokine storm?

People at risk from repair deficits (inflammation) and/or self-attacking chronic illness (autoimmune conditions) are particularly in need of this tolerance and resilience enhancing guidance. More Omega 3 (EPA and DHA) and less Omega 6 (Arachidonate and Alpha-Linoleate) reduces risk of cytokine storm. Processed foods, meats, and chips or crisped foods are Omega 6 rich and often contain anti-nutrients that further deplete essential nutrients and increase risk of infection and harm.

When your immune system is burdened, further foreign invasion can cause over-stimulation of pro-inflammatory, Omega 6 fat-derived amplification molecules known as cytokines. A well supported immune system never causes such self-attack. This protocol avoids the risk of [cytokine storm syndrome](#).

When your immune system is supported with sufficient essential nutrients in light of the oxidative anti-nutrient burden, tolerance can be restored. This means homeostasis, the self regulation and self-rebalancing a healthy immune defense and repair, neurohormonal, digestive, and metabolic system *a/ways* expresses.

People who follow these recommendations are inhospitable to cytokine storm, even in those with the known co-morbidity risk factors.

## What about glyphosate?

Glyphosate is an herbicide with neurotoxic and [endocrine disrupting properties](#) just like the many persisting organic pollutants (POPs) in use today. POPs deplete essential minerals like magnesium and zinc as well as antioxidants such as ascorbate. The toxicity of glyphosate has been grossly underestimated by many and it qualifies as an anti-nutrient. This, among other reasons, is why we recommend non-GMO, non-glyphosate foods.

## What about co-infection?

When people become hospitable to viruses, they are also often susceptible to other infections. Increasing evidence confirms that enough healthy prebiotic fiber, probiotic digestive organisms, and symbiotic recycled glutamine crowd out pathogens and promote host resistance to infections.

This means their elective protective surface mucosal and innate immune system responses are exhausted. The person has shifted into survival mode; this means susceptible and hospitable if exposed to an infectious agent.

Antibiotics are available but we suggest [prebiotics, probiotics, and symbiotics](#) before antibiotics. When antibiotics are given, it typically takes months to restore healthy digestion and metabolism.

## What about Mycobacterium avium and trans-species zoonoses?

COVID-19 seems to have a symptom and immune susceptibility profile similar to pulmonary infections caused by [Mycobacterium Avium Complex \( MAC\)](#), known to be common in commercial pig and beef herds. Strengthening the immune system is key. Adding nutritionally dense foods, hydration, and essential supplements along with environmental management are effective to reverse this host hospitality.

## What about typtophan, serotonin, and melatonin?

Melatonin is a powerful antioxidant and plays an [anti-inflammatory role in respiratory conditions](#). Healthy physiology restricts it's production and its local use for short times as needed. Our experience is that physiologic consumption of enhanced uptake tryptophan can be easily converted into serotonin and melatonin when and where needed in the gut and central nervous system.





# About PERQUE Integrative Health

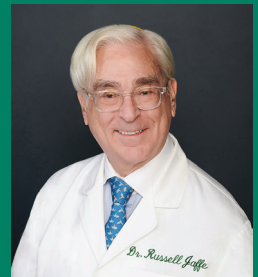
**PERQUE Integrative Health** (PIH) is dedicated to speeding the transition from sickness care to healthful caring. Combining the innovations of **PERQUE** and **ELISA/ACT Biotechnologies**, two leading companies with 30 years' experience in delivering novel, personalized health solutions, PIH gives you and your patients the tools to achieve sustained optimal wellness.

**PERQUE** offers a complete line of 100% bioavailable, active, novel supplements featuring full disclosure labels so you know EXACTLY what is in each product. You can feel the **PERQUE** difference.

**ELISA/ACT Biotechnologies** is the exclusive provider of the high sensitivity lymphocyte response assay (hsLRA), the gold standard in delayed hypersensitivity testing. By looking directly at lymphocytes, the hsLRA detects all 3 types of delayed food and chemical hypersensitivities to over 500 items.

Combining the best in functional, evidence-based testing with premium professional supplements and healthful lifestyle guides, PIH solutions have delivered successful outcomes in even the most challenging situations.

*Dr. Russell M. Jaffe, CEO and Chairman of PIH, is one of the pioneers of integrative and regenerative medicine. Since inventing the world's first single step amplified (ELISA) procedure in 1984, a process for measuring and monitoring all delayed allergies, Dr. Jaffe has continually sought new ways to help speed the transition from our current healthcare system's symptom-reactive model to a more functionally integrated, effective and compassionate system. PIH is the outcome of years of Dr. Jaffe's scientific research. It brings to market three decades of rethinking safer more effective, novel and proprietary dietary supplements, supplement delivery systems, diagnostic testing, and validation studies.*



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