

For those who question the efficacy and/or safety of vaccinations, you may consider the series of articles (verbal) produced by John Campbell, MD. This gentleman speaks in easily understood language to explain multiple conditions and the largely apolitical research and researchers in Great Britain.

These explanatory reports he presents cover research topics such as the increase in cardiovascular risks (endothelial inflammation, Acute Coronary Syndrome, inflammatory marker increase), Vitamins D and K2 and how Vitamin D prevents and treats COVID-19, immunology (with Professor Robert Clancy), Ivermectin or Molnupiravir, Omicron (symptom changes), boosters for all adults (conflicting advice, mouth wash (Colchicine and Vitamin D), zinc nutrition, long COVID, and ivermectin meta analysis.

A variety of origins and research sites, including Japan, Great Britain, Brazil, India, and others, so no one group of scientists (and the ensuing ivory-tower, same training program incestuous group bias) is offered as the only information source.

Vitamin D supplementation supports your own body's ability to develop and maintain resistance to invading pathogens. The anti-inflammatory action of this vitamin appears to be related to how well a person will do _mild symptoms vs severe disease_ when infected by the COVID-19 virus. For instance, darker-skinned people (with more melanin in their skin), are more shielded from the UV by the melanin, so they show a much-reduced level of Vitamin D and a related increase in susceptibility to COVID infection. Ever notice that during the summer, when most people are able to get the minimum of 15-30 minutes of unfettered sunlight, the number of people infected with COVID-19 was far less than it is today. The reason, then, for the increase in disease is not only due to a different variant.

Another approach is a judicious application of heat. Interested? You might check out hydroforcovid.com.

Only a moderate amount of people, when their immune systems are fully functional, will succumb to infectious organisms, so you are not obligated to be a victim. All of us would like to be as protected as possible from illness. An ounce of prevention is worth a pound of....

Another thought? When you fly, remember that the only time the plane's filters are operational are when the engines are operational. So, what's the point? Keep your mask tightly on your face _ergo, no removal for eating or drinking, adjustment of your mask until after the jet engines have been running for at least minutes, dependence upon a cloth or other designer mask_ particularly if you are diabetic or obese, but generally if you do not want to become infected.