

COVID-19 and your Immune System.

How to fight a virus like the COVID-19 or other infections and virus?

The BEST way to combat virus is with a Very Strong Immune System. So how do you reinforce your Immune System, you might ask?

There is many things that you can do to reinforce your Immune System, but before I tell you about those let's see what can cause your Immune System to become weak.

1- Each time that you get a small cold you jump immediately on pills and medications to get rid of the cold as soon as possible. Well know that each time that you take a pill to combat a simple cold virus that you put aside your Immune System because you are NOT using it so it will not develop antibodies against that type of virus so this actually weakens your Immune System every time that you don't use it. So each time that you take a bloody pill to combat a cold virus you weaken you Immune System.

2- The lack of exercise will also cause your Immune System to be weak.

3- A sedentary life and a bad nutrition won't help either. If you are obese and that you eat too much red meet and

fatty food this will also weaken your Immune System and you will be on the road to get diabetes.

4- Abusing alcohol and other addictive substances will also weaken your Immune System.

5- Stress and too much work combine with not enough sleep will be disastrous for your Immune System.

How can you expect your immune System to be strong to protect you if you don't use it and that you do everything to make it weak? In those conditions if you get a virus like the COVID-19, chances are that you won't survive it.

So, How can you re-enforce your Immune System?

1- You will need to FIRST let your Immune System battle simple cold virus by itself before relying on pills to fight it. So give your Immune System the go at it to fight any cold virus if you want it to build antibody's against it, this might take 1 or 2 more days to get rid of the cold but your Immune System will come out stronger from it and it will have build antibodies from this kind of virus and the next time you will get a cold it will be easier for your Immune System to fight it. If after 4 days your cold did not weaken it's because your Immune System is still too weak to fight it by itself, then and only then you can take one pill and stay in bed and drink lots of liquids, preferably water.

The next time you will catch a cold you probably won't need to take a pill and the next time the symptoms of a cold will be less and less and one day you won't even know that you have a cold, your Immune System will then be strong enough to fight it in the background without even you knowing about it.

I speak knowingly, I am 72 and I never ever take any pills and I am never sick, I never ever get any colds. I don't remember the last time that I was sick, it's has been over 50 years for sure.

Know that each time that you will let your Immune System fight cold virus by itself without the help of any medications your Immune System will every time become stronger and stronger adding more antibodies to it's arsenal against cold virus.

2- Do strength training and Aerobics regularly, this will also strengthen your Immune System and stretching and Yoga are particularly very good to strengthen your Immune System, and stretching also helps to get rid of Free Radicals that poison your cells and your organs.

3- Meditation and relaxation also helps a lot to reinforce your Immune System, believe it or not.

4- A good night sleeps is actually when your immune system gets a boots and is most active to fight any intruders in your body. So 8 to 10 hours of sleep is a must to help your Immune System to get stronger.

5- A good nutrition is also a must to keep a healthy and strong Immune System. Stay away from animal fat and red meat. It's OK to eat red meat occasionally but in small portions.

6- Vitamins, Minerals and Antioxidant foods can also help to BOOST your Immune System. It is preferable to get your Vitamins and your Minerals from food but depending on your Life Style some supplements are not a bad idea.

ANTIOXIDANTS also play a big role to BOOST your Immune System and here is the food with most Antioxidants:.....
(Lingonberry, Blueberry, Guava, Paw Paw Fruits, Red Whine, Green Tea, Kale, Leafy Greens, Tomatoes, Berries and Broccoli)

Here are the Vitamins and Minerals that can help to Boost your Immune System.

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Here are the VITAMINS that will boost your Immune System and Where to find them in your food)?

VITAMIN C = (Black current, Red Pepper, Kiwifruit, Guava, Green Bell Pepper, Orange, Strawberries, Papaya, Broccoli, Kale, parsley, Pineapple, Brussels Sprouts, Cauliflower, Mango, lemon, Grapefruit, Honeydew, Peas)

VITAMIN E = (Wheat Germ Oil, Sunflower Seeds, Almonds, Hazelnuts, Spinach, Avocado, Turnip Greens, Butternut Squash, Pine Nuts, Palm Oil, Peanuts, Olive Oil, Mango, Sweet Potato, Tomatoes)

VITAMIN D3 = (Sunlight 5 to 30 minutes twice a week, Cod Liver Oil, Wild caught Salmon, Mackerel, Sardines, Beef Liver, Eggs, Caviar, Mushrooms)

VITAMIN A = (Apricots, Romaine Lettuce, Cantaloupe, Mangoes, Carrots, Raw & juiced Nectarines, Collard Greens, peaches, Hot Chili Peppers, Leaf Lettuce, Pumpkins, Sweet Potatoes, Spinach, Cereals, Pork, Beef, Peanuts, Brazil Nuts)

VITAMIN B6 = (Bananas, Avocados, Chicken, Beef, Eggs, Brown Rice, Soybeans, Whole Wheat, Peanuts, Walnuts, Oats, Carrots, Sunflower Seeds, Potatoes, Turkey)

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**MINERALS that will Boost your Immune System and
Where to find them in your food?**

ZINC = (Lamb, Pumpkin Seeds, Hemp Seeds, Grass-Fed Beef, Chickpeas, Lentils, Cocoa Powder, Cashews, kefir or Yogurt, Ricotta Cheese, Mushrooms, Spinach, Avocado, Chicken, Almonds)

IRON = (Spirulina, Liver, Grass-Fed Beef, Lentils, Dark Chocolate, Spinach, Sardines, Black Beans, Pistachios, Raisins, Pumpkin Seeds, Eggs, Chickpeas, Kale, Chicken)

SELENIUM = (Brazil nuts, Salmon, Tuna, Turkey, Cottage cheese, Chicken, Mushrooms, Halibut, Eggs, Navy beans, Sardines, Sunflower seeds, Grass-fed Beef, Oats, Beef Liver)

For more information on this subject go to those links....

<https://draxe.com/nutrition/immune-boosting-vitamins-supplements/>

<https://draxe.com/health/how-to-boost-your-immune-system/>

Also read my PDF on Nutrition Facts that you can find at this link.....

<http://gbphotodidactical.ca/pdf/Nutrition-Facts-by-Ghislain-Bonneau-2006.pdf>

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The Doctors of the world don't know WHY there is people more fragile than others to combat the COVID-19 virus, like older people, and people suffering from other health problems and diabetes. The answer is very simple, it's because those people that die from it and that are most affected by this virus is because they have a weak Immune System so the reaction from the virus is directly proportional on how strong is your Immune System to fight it and that will determine the outcome if you get this virus. If you took pills all your life to fight against simple cold virus and that you would be old or not makes no difference, it all depends how long you relied on pills to fight cold virus, the longer you relied on pills the weaker your Immune System will be so chances are that if you never used your Immune System to fight cold virus that you will most certainly die if you get the COVID-19 virus because your immune System is too weak to fight it since that there is no medication to help it this time. This is what happens when you rely on pills instead of your own Immune System.

Young Children's have a strong Immune System to start with because they did not have many occasions to take pills to fight a cold virus. Please understand that Pills weakens your Immune System because you don't give it a chance to fight it by itself and it's not directly because pills

are bad or good for you. You must let your Immune System do the first fight if you want it to build and immunity against cold virus and other infections. There are exceptions when you will have to take pills and also some children might have a weak Immune System for some other reasons. So I am not saying NOT to take pills but to let your Immune System do the first battle by itself.

Most people that dies from the COVID-19 virus had a very weak Immune System for a reason or another, and on the other end of the spectrum people that don't show any symptoms from the COVID-19 virus is because they already had a very strong Immune System and they had no problem to fight it.

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Here is some Suggestions for a good Exercise Schedule.

The body needs 3 types of exercises to stay young and healthy and to keep a very strong Immune System.

1- RESISTANCE EXERCISES (weights and dumbbells)

2- AEROBIC EXERCISES (Aerobic dancing / cycling or others exercises that will pump the heart)

3- FLEXIBILITY EXERCISES and ENDURANCE. (Yoga and Stretching)

One day I do Resistance Training and the next day I stretch and do Yoga and the day after that either I take a day off or I do Resistance Training again and the next day could be Aerobic dancing with disco music.

I don't give myself a too rigid schedule and I can take a day off anytime when I feel like it and I do no exercises at all. It is better to go easy and to have a loose schedule then to have a strict schedule that you won't follow for very long. You don't want to give up after only a couple of weeks. This is a life time commitment and not a temporary one.

**Here is the sequence of MY exercise routine day by day
for a week.....**

1-MONDAY = Resistance training. (1h a 1 1/2 h)

2-TUESDAY = Aerobic dancing (20 a 30 minutes)

3-WEDNESDAY = Resistance training (1h a 1 1/2 h)

4-THURSDAY = Yoga and stretching (20 a 30 minutes)

5-FRIDAY = Resistance training . (1h a 1 1/2 h)

6-SATURDAY = Aerobic dancing (20 a 30 minutes)

7-SUNDAY = Rest day (No exercises but walking outside)

You can take a day off anytime when you feel like it during the week and this includes Saturday's and Sunday's, here is an example of another week.....

1-MONDAY = Aerobic Dancing.

2-TUESDAY = Resistance Training.

3-WEDNESDAY = Rest.

4-THURSDAY = Resistance Training

5-FRIDAY = Yoga and Stretching.

6-SATURDAY = Aerobic Dancing.

7-SUNDAY = Rest.

I vary those schedule week after week and I change them also according to my needs and how I feel. If you are too severe in your schedule, it won't last very long and you will give up.

Your Immune System is your best guaranty against any virus including the COVID-19 virus, so work at reinforcing your Immune System each day of your life. For myself I have been doing that for the last 50 years and I never get sick. Even if I get the COVID-19 virus I doubt very much that I would even know about it and I would not

have any Symptoms since that my Immune System is very strong and it won't have any problem fighting it.

This is the reason why some people don't have any symptoms and that the virus does not affect them at all, it is because their Immune System is very strong to start with and does not have any problem to fight the COVID-19 virus. For example look at the homeless people, they never take any pills for cold I am sure and their system is used to fight cold virus by itself so they have a very strong immune System. They will probably all get the virus but they won't show any Symptoms and very few will get sick from it.

Don't go search any where else, the bloody cold pills are the problem that weakens your Immune System. Use all the tips I gave you in this document to reinforce your Immune System and you will never get a cold virus and you won't be affected by any other virus like the COVID-19 virus. I don't pretend that a strong Immune System is a cure and that it will heal you from the COVID-19 virus but it will help you to fight it and you won't show any symptoms.

And remember that Vitamins & Minerals Supplements combined with a good nutrition just won't do it, Exercise, Stretch, Exercise, Relax, Exercise, and Exercise more, and

please stop to rely on bloody cold pills, let your Immune System do it's job if you want it to develop antibodies for the next cold or the next VIRUS like the COVID-19.

For more insight on who I am and what I do visit my website at <http://www.gbphotodidactical.ca>

Check out also my Download page where you will find all kind on interesting stuff to freely download and to learn from.

<http://gbphotodidactical.com/page-downloads.com.html>

GOOD LUCK to you all

PLEASE SHARE.....Ghislain Bonneau.