They took a look at vitamin D levels and how it affected COVID. So they broke the numbers down into quintiles. There were five different levels of vitamin d and this is stunning.

You've got to hear this a couple of times before it's even believable. The lowest quintile, the people with the lowest vitamin b levels died at a 14 times higher rate than the upper quintal.

Hi and welcome to The Balancing Point. I'm Dr. John Needers and I am here to make traditional Chinese medicine, functional medicine and integrative health simple, practical and fun so you can restore balance, boost vitality and enjoy a healthier life every single day.

Hi, this is Dr. John back with another episode of The Balancing Point. And I want to thank you for joining me and taking a deep dive into health and happiness.

Today, I'm going to do a very simple show. I am going look at supplements and a little bit of lifestyle. So that you can avoid cold and flu season, or at least avoid getting sick during cold in flu seasons.

And one of the reasons why this is so significant is the last time I saw data, and it's been a couple of weeks, COVID was running at five times the rate that it was run last year.

Now, it is generally a little bit milder. but still you don't want to get COVID and there are some very effective things that you can do to help prevent yourself from getting COVID as well as colds and flu and then I'll have some ideas for you in case you do develop cold or flu that can help you get help Get you through the winter.

All right, so let's take a quick look and this won't take very long at the products I recommend and literally we get dozens of emails during cold and flu season Asking us what to take so hopefully we can just send this to people But you know, the point is I'd like people to know in advance so they can have their medicine cabinet set up and So number one always is vitamin D.

Vitamin D is so critical. Going back to, in 1997, 25 hydroxy vitamin-D tests, which is the most commonly done vitamin d tests. There are others. became affordable in 1997. Within a year, there were hundreds and hundreds of studies done.

There have been years where over 2,000 studies have done looking at the benefits of vitamin D. It's ideal to get out in the sun and get some sunshine, particularly if you have a sunny day during the winter, but often that's not possible.

And so you want to do a product that has high quality vitamin D. So that is vitamin B3. Don't ever do vitamin b2. It is basically worthless. Its a radiated fungus.

But the vitamin d that in most good vitamin products is a direct analog of the Vitamin D that we produce in our body. Now, we've got studies showing vitamin D beneficial for almost anything you can imagine, but a couple of key elements for me.

In just before the pandemic, COVID-19 pandemic for some reason that I'm not aware of, Israel did a very, very large testing of their population, looking at several key markers, chemistry markers blood markers vitamin D markers etc.

So they could use some data mining and some predicting. Well, a few years into the pandemic, they took a look at vitamin d levels and how it affected COVID.

They broke the numbers down into quintiles. There were five different levels of vitamin And this is stunning. You've

got to hear this a couple of times before it's even believable.

The lowest quintile, the people with the lowest vitamin D levels died at a 14 times higher rate than the upper quintiles. So that's not 14%. That's 14x higher.

This is the number one thing that should have been suggested, and it was known how effective it, but this should've been preached to everybody at the beginning of the COVID epidemic.

Now, another study that was done about 20 years ago at Creighton University, They followed a group of menopausal women and post-menopause women for several years, and they found that vitamin D with a little calcium reduced cancers considerably, alone, it reduced by 77%. That's pretty astonishing.

There are no medications that will do that for you. The downside, though, is some more recent studies have shown that vitamin D and calcium alone can increase female cardiovascular disease and heart attacks.

And the reason for that is very simple. Vitamin D, there's this delicate dance with calcium in your system. So vitamin B activates calcium. but it doesn't direct it.

It doesn' tell it where to go, it just moves it and so if you're taking calcium and putting it in your soft tissues and your heart, It will increase heart attacks by 30 to 35%. So you should always take vitamin K with your vitamin D and if take calcium even more so.

because the vitamin K activates something called matrix GLA protein, which pulls, actually pulls the calcium out of your soft tissues. It then activates osteocalcin to put that vitamin D into your bones and teeth.

So it's one of the best things to prevent osteoporosis. cardiovascular disease, and dental problems. So this is an easy one. I typically dose this for an average person, the vitamin D at about 5,000 units.

That's generally enough to get people up into the 50 to 60 range for their vitamin B, which I'm okay with. There are a few people that you need to go 10,00 or more, but 5 thousand is a good starting point.

The Vitamin K, there was a brilliant book written by a Canadian naturopath. on vitamin K and calcium, and it's the most amazing book. It's just stunning in the amount of detail.

And there she's looking at the initial research that did 180 micrograms of vitamin k as their baseline, And that showed a lot of benefit. There have been other studies done since then that have shown that higher levels are even a little more powerful.

So for the average person, 5,000 of D3, 180 micrograms of vitamin K. If you have cardiovascular or bone problems, you might want to go up in the vitamin k.

But always check with your practitioner. Now, this is so critical for immune function. Here, and so I rarely give vitamin D alone. The exception is if you believe you've been exposed to COVID or the flu and or you already have COVID or the flu, then I recommend doing 50,000 units of D3 for three days.

Now, again, you have to check with your provider because some people over convert vitamin D and cannot do 50,000 units. I'm just telling you, this is what I do for my patients, but we would check their calcitriol levels first, which is another form of vitamin B.

But vitamin d at high doses is just absolutely essential for fighting off viruses. And while we're dealing with viruses, zinc is a substance that when it's in high levels inside the cell, the virus does not replicate well.

So we recommend 50 to 60 units of reacted zinc during cold and flu season. You could do lower levels at other times during the year. And you want to also take a little bit of copper with this.

It's a ratio of about 10 to 1. So if you were doing 50 milligrams of zinc, you'd want do about 4 or 5 milligrams copper. But this is amazing. If you get the zinc into the cell, it's amazing!

This product, natural dehist, we use as a histamine supplement, but also because it has high levels of quercetin in it. And quersetin is a zinc ionophore.

Now, what the heck does that mean? A zincionophor will pull zinc into the cells. So the combination of the querketin with the zinc is kind of magical.

That's really the core. Then there's our old friend, vitamin C. And in cold and flu season, I recommend 2 to 3,000 milligrams or 2-3 grams a day, many different forms.

This is the one that we find is easiest to assimilate. But even the inexpensive emergency packets can be helpful. It's better if you spread the dosages out because vitamin C has a very short half-life.

So it's out of your system very quickly. I like people to put the vitamin C in their water bottle, if they're a water-bottle sipper, and then just drink it during the course of the day.

Then, another thing that's absolutely valuable during cold and flu season is to clear your sinus cavity. Now, Katherine, who works with me, Both use little water pick devices with nasal irrigators, I'll call them, and they each use different substances to irrigate their sinuses at the end of every day.

My wife treats professional football players and athletes and she's all over the country, so she is constantly exposed. Catherine works with me here, she sees 20 people a day who could be infected.

so it's good to wash out the sinuses. Now, for me, I'm too lazy to do the water pick, so I use this Exleer. It's a xylitol nasal spray. And I, during times of high contact, would do this three times a day.

The xyletol is very beneficial for clearing things out. So I would this do three time a days, and I've seen other doctors who do it the same. Then here's propolis throat spray.

We also carry propolis nasal spray, and I recommend doing some of each. Propolis is an astonishing, I mean, truly astonishing natural product. For those of you that are unaware, propulis is often called bee spit.

It's what bees collect and use to protect their hives. Now just picture a beehive damp. dark, right? Every bug in the world wants to get in there. So you've got bacteria, viruses, fungi, all trying to take over the hive.

And the primary thing that keeps that from happening is propolis. The bees go out, collect the propolus, bring it back to the Now, in Brazil, there's a particular area where you can get green propolis.

There are many types of propolus, but the green is the most powerful, and we carry that in several different products. We have it here in this throat spray.

we have a nasal spray, we also have with a probiotic in case people have fungal or bacterial infection in their gut. Very, very effective propolis. Immunotone Plus.

And this is a very, so these, these are every day going from here. This one, you decide. It is a very wide cross-section of ingredients. There are several herbs that are very good for immunity, things like elderberry, astragalus, et cetera.

And then a mushroom blend that is also very, very helpful. If you've been tracking the mushroom research, it's mind-blowing. The enoki mushroom is Incredible at shrinking tumors.

Turkey tail is incredible at lowering cancer risk, and in some cases, possibly getting rid of cancers. So very powerful stuff. This depends on your immune system.

If you feel pretty good, you might just take it occasionally. This is another mushroom formula, and there's an overlap, but it has some slightly different mushrooms in it, shiitake, maitaki, et cetera.

And each of the mushrooms is very powerful as an immune stimulant, not an overstimulant. That's important, the beta-glucans. And this particular blend, I find very valuable at just generally supporting your immune system.

Natural vitamin E with mixed tocopherols. Now, vitamin has sometimes gotten a great rap and sometimes got into bad rap. When it gets a bad wrap, it's because they're only using one form of vitamin e and that can cause problems by blocking other natural forms in your body.

So we only used mixed tocopherols and tocotrienols. There are basically six different ingredients. This one has three of them, which we're happy with.

You want to do your vitamin E, one of the most powerful antioxidants for fat-soluble elements. Vitamin C is one the more powerful for water-based chemicals.

So here's Pure Defense with NAC. I love this particularly for people that are traveling or are under a lot of stress. The primary ingredient I like in here is something called EPICOR, E-P-I-C-O-R. I've been using EPiCOR for decades.

It's, I think, the best thing to increase levels of secretory IGA. Now, secretor I. G. A. Every few cells on the mucus membranes, that's from your nose to your anus and from you mouth to you anis and in your lungs, you've got all these mucous membrans.

And viruses are trying to attack constantly. We're constantly exposed to different viruses and bacteria. One of the things that is most protective is every few cell, there are cells that release secretory IgA.

IGA is an immunoglobulin basically in the mucus membranes. And what it does as foreign invaders come in, bacteria, viruses, et cetera, it grabs them and carries them out of your system before it can invade your mucous membrane linings.

So I love it for that. Then it's coupled with an acetylcysteine, which is another very powerful antioxidant. NAC is a precursor to glutathione, which the body has a very hard time getting glutithione through your digestive system so it can be utilized.

Now there's some newer forms of glutothione that people swear by, but I still prefer NIC because we get great results with it. It's also fabulous for your liver.

So we love this. If you are unfortunate enough, to catch the flu or COVID or any other viral problems, a common cold even. This is my new favorite. Dr.

Jake Fratkin, I consider one of my mentors. I took my first class with him about 30 years ago on leaky gut. He's one the most highly recognized herbalists in the United States.

he's written several herbal books and he came out with this GZQ formula. And what he did is he basically combined three antiviral formulas, one very old, and one kind of in between.

So we've had patients that were just stunned, stunned by how effective this was at clearing mucus and getting rid of their heat problems. So this is one of our favorites.

You should have this in stock. Have it in your medicine cabinet. When we get to cold and flu season, a lot of the things I'm gonna talk about today, they're on back order.

And we have a hard time getting ahold of them. So you might wanna stock a few of these just to keep you safe. Then one of the things that we find is that during the winter, people tend to stay indoors a lot more often.

They tend have their heaters on, they don't have good moisture systems in their built-in, and they get very dehydrated. And these statistics show that even a 2% difference in hydration can completely affect your ability to cognition, at memory, being able to work through problems.

So you want to make sure that you're staying really well hydrated in the winter. Catherine's been really excited about this study that was done in Russia where they had groups of kids that were getting sick constantly.

They checked the humidity and they found if they could get the humility, I believe it was between 40 and 60, the kids didn't get sick anymore. With that dry air, when the air is really dry, COVID, the flu, all viruses spread further and more easily.

So you want to keep the hydration in your house up, or the humidity in you house, and you definitely want keep your level of hydration up. Very, very important.

Now, if you happen to get a sore throat, one of the things I would do Because I say that because I have done it is I would take this formula which is a tonic and I Would drip it down my throat so it's still going to get where it needs to go for my immune system But often getting it directly on the area that's being affected can really really slow down a particularly a viral infection So this is one of our favorite Cough syrups, my patients love it.

We actually use this to flavors some of the tea we put out in the mornings because it's honey and loquat. Who doesn't love honey in loqat? But this is interesting because its not like a western cough syrup.

Western cough syropes are designed to suppress your cough only. with a couple minor exceptions. But this is actually healing your throat. It has a long list of herbs that are known to heal the throat and the lungs.

And so this you can use several times a day to soothe your throat and to hear your throw. This is a second one. this Is actually my favorite one, has little different flavor.

it's not quite as sweet as the first one so we use a lot more of the 1st one and a little bit of this one pipalo. Now, if you have lung issues, like you develop asthma, for example, or a lot of coughing, you might want to use a respitrol formula from evergreen herbs.

Now in China, where the medical system is quite different, so for cold-induced asthma. So you go outside, it's cold, and you start having an asthma attack.

They actually get all of the children with cold-induced asthma and they send out a notice of when they expect the warmest days of a year to be. The kids all come in and get a particular paste on the acupuncture points on their back.

amazingly effective. One of my buddies from my doctoral program actually did his research on this and watched them do it. Now, for heat-induced asthma, they do just the opposite.

They figure out when the coldest days of the year are going to be, and they bring those children in and put the magic liniment, herbal paste, on the acupuncture points.

This is respiratory CF, which means cold and flu. When you get a cold or a flu or viral infection, you get asthma or other breathing problems, this is something you should have on hand.

It's respiratory cold and flu. We also have respiratory heat and respiratory. Cold. These are the bomb. Let me tell you again, I was extolling the virtues of propolis.

They're now finding that honey is one of the most magical, I mean, it's been known for a while, but now the scientific evidence is in that, honey, is the best substances on the planet.

It's one the absolute best things to prevent dementia. Now, these are a little more expensive, about almost about a

dollar a piece, compared to the cheap lozenges, which don't do much.

And so these our propolis, Which, again, fights bacteria, bites viruses, and fights fungi. These are great to just suck on during the day to get that honey to soothe and the propolus to heal.

All right, that's it. I want to thank you for tuning in. I've enjoyed going through this. Keep it in mind. Make sure you're ready. You don't want to get on that slippery slope of illness.

Always treat things before you are sick. And if you a little late, then treat them at the beginning of your sickness. Don't wait days or weeks into the sickness." Okay, Dr.

John saying be happy, be healthy, and I'll be back soon. Thank you for joining me on The Balancing Point. If you enjoyed today's episode, please follow the show, share it with a friend, and leave a review.

Feeling out of balance? Most approaches just manage symptoms. Here we get to the root. So real healing, real clarity and balance can begin. Visit alamedaacupuncture.com.

That's alamedaacupuncture dot com to learn more, explore our supplements or book a call. We'd love to hear from you.