The Vulnerability Factors that Increase Susceptibility to COVID and Complications to the COVID Vaccination Transcript

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Introduction and guest bio

Welcome back to the Auto Immune Detox Summit, everybody. This is, of course, the fourth in the series of the reverse Autoimmune Disease Summit series.

And, my next guest, of course, I'm sure there's no need for an introduction. Doctor Tom O'Brian is considered the Sherlock Holmes for chronic disease and metabolic disorders.

He's a clinician par excellence in treating chronic disease and metabolic disorders from a functional medicine perspective. Is 2016 critically acclaimed, groundbreaking book The Autoimmune Fix outlines the step by step development of degenerative diseases and gives us the tools to identify a disease process.

Years before the symptoms are obvious. Winner of the National Book Award and ranked number one in several categories on Amazon.com, the Autoimmune Fix offers a cutting edge protocol on how to turn one's life and health around, one based head at a time.

His newest book, You Can Fix Your Brain Just one hour a week to the best memory, productivity, and sleep you've ever had is the handbook for anyone worried about any type of brain ailment from chronic conditions like dementia or brain disorders like M. S.

to simple brain fog and fatigue, this essential guide covers the full spectrum and prevention to treatment. So, doctor O'Brien, you have a much longer bio than this. And, sorry.

No, I love it. And what I wanted to do is maybe unfold some of that as we were talking. One of the things that I was telling you before we turned on the recording was that the most frequently asked question that I'm getting these days, these days is, what about the Covid vaccination when I have autoimmune disease?

And I thought, you know what, let's talk about that with doctor O'Brien and see what emerges from this conversation. So somebody has autoimmune disease and they ask you this question, should I get the Covid vaccination.

That's really an interesting question. You know, and I'm I'm not quite sure the most accurate way to phrase this. So I'm just going to copycat on what our friend and fellow faculty doctor Denise Cardassian said in the introduction to one of his books.

He said, if you are unwilling to give up wheat to prevent auto immune diseases, close this book. Don't read it. Don't waste your time. Right. You know, it's like if you're unwilling to listen and apply what is rational, don't even waste your time listening to this that I love this as an intro.

COVID vaccination and autoimmune risk

We all, you know, we all continually look for what's the magic pill? What's the magic bullet? How do I keep living my life the way that I do, and yet prevent something from happening to me that, I'm at risk for?

What do I take? What's the magic pill? Before we started here, we were talking about ivermectin for a minute, which is an extremely safe medication. Maybe we'll get into it a little bit.

But if you have an auto immune disease, should I get the vaccination? If there there are a number of components to keep in mind by which to make that decision.

You know, it's not just it's not as simple as a yes or no. It's not because we know, the study was published. Six weeks ago that tells us that the vaccination has, the potential of triggering more auto immune mechanisms in genetically vulnerable people.

And the percentages are quite high. Over 50% of those that were checked develop antibodies to their brain or nerve tissue from the vaccination. And then I don't remember the percentage for thyroid or for your joints, but there were many different conditions depending on your genetic vulnerability as to where you may encourage the development of more auto immune mechanisms.

And that's because of molecular mimicry. The the signature of the this virus that the vaccination is going after. And to make antibodies to that, that injection, what you're injected with those antibodies can attack your own tissue because the signature of that virus, that we're injected with looks a lot like the signature of the collagen in your joints or the myelin in your nerves or the proteins, in the cerebellum, in your brain.

They look really similar. So the antibodies are going after virus, going after virus, going after. Oh, look over there. That kind of looks like virus.

And they attack your cell cerebellum or they attack myelin. So we know that happens as a result of this, vaccination. And there's no way to know it'll take five years or more after people have had the vaccination before.

You'll see what percentage of people now have more auto immune mechanisms going on as a result of this. So as a result of this gigantic medical experiment in which we are the lab rats, that's exactly right, that, there's never been human trials for this.

Yeah. And, and it'll take a number of years before you see how much damage, what kind of a mechanism is going on in your body. Killing off cells, killing off cells, killing off cells, which we know that's what auto immune mechanisms are.

So how many new mechanisms do you have? And no one is doing the screening tests now, how many different antibodies do I have to my own body to my own tissue?

No one's doing that. And then get the vaccine and then wait six months and do that same check again. Oh, look, I've got four more autoimmune mechanisms going on now.

No one's doing that. And so I don't know how will conclusively be able to say five years from now other than more people have auto immune mechanisms going on that never before in history.

You know, I think that's the only way will be and it likely was because of the vaccine they got five years ago. But there's no way to prove that. And we'll have the scientists from the pharmaceutical companies trashing that discussion any way they can.

No, that's not possible. Sure as possible. Look, look at the science we're telling you now, here's a scientist publish. It happens. But we don't know what the numbers will be.

So with all of that background to answer the question, I have autoimmune mechanisms going on now. Should I get the vaccine? The next component of the answer is what's your vulnerability?

How are you in the process of, arresting the autoimmune mechanism? Have you done a follow up test to see that your thyroid antibodies are much lower than they were?

I mean, they're still too high, but everything you're doing to address your autoimmune thyroid disease, once you learned about it and you apply the principles from Doctor Keisha's books from my books, from her webinars, from my webinars, you've been applying these principles, and now you've rechecked six months or a year later and the number of thyroid antibodies are way down, not normal yet, but they're heading in the right direction.

Or the myelin word. They're they're normal or they're normal or they're normal. Yeah. Yeah. So what you're doing is working, meaning you're getting healthier.

Your immune system's getting stronger, more selective. You aren't suppressing the immune system. You're reducing the need of the immune system to protect you by eliminating the triggers that set this whole thing off.

So if that's the stage that you're at, your immune system stronger right now and you have a better chance of not having a severe reaction to a vaccine, you have a better chance.

No one knows for sure. But as far as I know, but you have a better chance. But if you've just been diagnosed with lupus or scleroderma or a psoriasis or alopecia, losing your hair and you really say, I know I should give up wheat or dairy, or I know there's mold in my bathroom, you know, I'll get around to fix.

I mean, if you're at that stage right now, you're a mess and you're you're you're vulnerability to having a stronger reaction is higher. So there's no simple in the world of psychology.

We we call these vulnerability factors and vulnerability factors that go along with I haven't stopped eating gluten. I'm still eating sugar. I drink a glass of whiskey every night to get myself to sleep.

And then I have a bunch of coffee the next morning to wake myself up. You know, like the the vulnerability factors in the psychological world, which are also very, very relevant right now are, you know, I, I'm not sleeping.

I, am not exercising at all. I am in a middle of a divorce. I just got in a fight or lost my job. I, you know, so, like, all of those components are called vulnerability factors.

So I love what you just said about vulnerabilities. Yeah. These are important to weigh, right. When we're trying to answer this question. And you're absolutely.

And could I say to the guy out there who's having a shot of whiskey every night, or the woman who says, well, I've cut my gluten down a bit more, you know?

Assessing vulnerability and immune status

Yeah, I'm giving up cigarets. I'm down to a half a pack a day instead of two packs a day. You know, changing the lifestyle that you recognize likely is causing the problems that you currently have.

And you're working on that lifestyle. You're heading in the right direction. High five to you. You're heading in the right direction, but you aren't there yet, right?

The antibodies are still high to your thyroid or to to your cerebellum or whatever autoimmune mechanism you currently have going on. You're working in the direction of reducing the triggers, the vulnerability factors you're working in that direction, but you don't have the lifestyle down yet.

You know that so that your body is less inflamed. Right? So you're you're heading in that leaky gut that's very active. Yeah. Yeah, yeah. We we like we've been trained to think about health as black or white and forget about it.

You know, we've we've been trained by watching the ads on television of the Baywatch babes and the bimbo guys, you know, playing volleyball and doing their thing, looking as healthy as can be.

While in the background, the voiceover is saying, warning this drug will kill you, right? And all of that, and we don't listen to the warning because we're looking at what we want is that happy, vibrant, healthy outlook.

So we think as soon as we start taking that pill, whatever that pill is, we're going to be spiking. Volleyballs right. And we're, you know, we're going to be walking around in a bikini or, you know, whatever it is, because that's the training that we have received subconsciously for years from the pharmaceutical industry and the billion dollar

advertising they do every single year, to make us think that way.

And there's nothing wrong with medications. My God, if you if you have high blood pressure, you take the medication. Don't be stupid. You also look to see why do I have high blood pressure and you start working on changing the lifestyle causing the problem.

But you need the medication. You take it. But we need to recognize that our thinking, the way we think, has been programed. Just give me the pill and forget about it so I can keep beating my ding dong so I can keep having a shot every night, a whiskey or whatever it should be.

We've got the bad diabetic. I have this insulin here and therefore I can measure my blood sugar after I eat the Snickers bar and give myself the prescribed amount of insulin to match that right.

And that is just ridiculous because that's still causing damage to your body no matter that you're chasing it with insulin. And yeah, but what people don't realize so many people don't realize is that they've been trained to think that way.

It's okay to eat the Snickers bar as long as you have the device to measure your current glucose and you take that amount of insulin to get the glucose down, you're okay.

No, you're not, you're not. And there are too many other side effects of that kind of yoyo going on. And we're not going into blood sugar regulation and insulin resistance and insulin sensitivity and all of that right now.

But but it is a vulnerability factor. Yes. That we were just talking about about whether or not you're going to have a potential for a higher potential for serious complications to having a Covid vaccination. Yes.

So if if you're concerned, if you have a history of a compromised immune system, you get the flu every year. You're down for a week or two weeks, you get three colds a year, you've had three, 2 or 3 sinus infections or bladder infections in the last year or two years taking antibiotics for it.

You know, if you have a history of your immune system being compromised one way or another, you're a higher risk candidate to have a problem with the virus you are.

And in that case, the vaccine may be appropriate. It may be it's an experiment. We don't know if it's going to work and what the long term consequences are.

But you may be a candidate. But if you're going to be a candidate and if you're thinking about the vaccine, you really want to be squeaky clean and your lifestyle right now and it's not okay to have, well, I've cut down my gluten to half.

It's not okay. And you know, I can do the science for you. And I can tell you all the reasons why you can't be a little pregnant and you can't have a little gluten because of the months of complications from one exposure.

I know all the science, you know, and you. But you don't need to hear that right now. But you can't have a little if your immune system is fighting wheat right now, you can't have a little.

If your immune system is fighting dairy right now, you can't have a little whiskey, maybe a glass of wine, because it's not as potent. You know, there's lots of benefits to red wine, but a shot of whiskey.

I don't know of any health benefits to that other than calming down a a highly ramped up over anxious person. And you can accomplish that. Maybe with a glass of red wine or some other methods, but a shot of whiskey, as far as I know.

And in that example, or a shot of vodka or anything like that doesn't have any redeeming value aside from just numbing you down from the anxiety that you've got.

So that means finding a healthier alternative to a shot of whiskey, right? So if you're thinking about this vaccine and if you're at risk because of the history of your immune system function, you want to be eating a rainbow diet every day.

I mean, many of you have heard, one cup of blueberries a day for three years, and you're thinking as well as you were 13 years ago, and that's because of the colors.

The call still beans in blueberries and in raspberries. There are other, polyphenols that are very beneficial. And you learn things. Well, I've heard that zinc is important, so take some zinc.

Right. Yeah, I've heard vitamin C is important. So take some vitamin C, I mean, for a couple of months, if you're not normally taking vitamins, you want, you might want to take the vitamins that Doctor Keisha's talked about in.

There are many talks out there as to what nutrients really help protect you from this virus, and it's worth doing the extra effort to take a little more protection as you're changing the lifestyle of the things that you're working on.

Maybe not as aggressively as you could be, but you're working on them. So while you're working on those lifestyle changes, take the nutrients like zinc and vitamin A and vitamin C and quercetin and, well, I'm, I'm a fan also of tonic water.

I think. If I told you that story about tonic water where it came from and. No, let's do that one in just a second. What I wanted to point to before we left to the nutrients was, we're what we're talking about right now is bolstering your innate immune system.

And, you know, every time your eyes gloss over when somebody stands in front of you and says, and you should be getting enough sleep eight hours at least a night, you know, like I can I can tell people to just kind of go, you know, these are the pillars.

These are the things that are helping you boost your innate immunity. And this is what is so important right now. And our globe's innate immunity is down, which is why Covid is even a thing, you know, because of this toxic environment.

And so what we are wanting to do is to be able to have an innate immunity that can be in harmony with the viruses that we have around us, because they outnumber the stars.

We have a virus. It's actually our friend that we don't want to be going in and mass killing the viruses, right, right, right. So.

Supporting innate immunity with nutrition

And when yeah. When when Doctor Keyshia talks about innate immunity, she's talking about the automatic immune response. The first defenders, first first responders, when a bug or a virus gets into our body, this automatically happens.

And it happens for every animal. And I think most, if not every spring bug, they have an innate immune system. Now, humans, we also have an adaptive immune system that when the innate can't get the job done, the we adapt and we make antibodies to help.

They're like the big kahuna. They're they're special forces, right? But the innate immune system is the one that's there all the time, working 24 seven, protecting us from all the crud that we're exposed to.

Well, I don't have any crud. I'm exposed. No. You ever see the sun come through the window and in in your bedroom, you and you see a little dust in the air.

Yeah. You're breathing that all day long. And that's toxic stuff that you're breathing. You can't smell it, you can't

taste it. But it's full of chemicals and compounds from the varnish on the nightstand next to your bed, from the flame retardants on the comforter, on your bed, from the plastic blinds on your windows, outgassing phthalates into the air.

That's what the dust is you see in the air. And you're breathing that all day, every day. And your innate immune system is working constantly to fight that stuff and protect you.

And you don't feel it. You don't know it's happening. It's just doing its job the way it's supposed to. If we didn't have that innate immune system working, we wouldn't be here right now.

So most people don't know that your immune system is nonstop. It's like your heart. Your heart never stops working. And the break never, never gets a break.

Never gets a break. Yeah, and your immune system doesn't get a break. Right. And which is perfect. You know, that's why last March, a year ago, when, this, this virus was really starting to be a little scary.

And we heard of real problems, of course, in China. But then the next place was Italy and it was northern Italy. Now, my wife and I live in northern Italy, and the epicenter of this, problem, Lombardy, was less than 100 miles from us.

And that's when we left, you know, and we're not there now. But I was what? Why would Italy, especially northern Italy, be the epicenter for this virus in Europe?

How come it showed up there first and so powerfully? And there were three factors that caused that one, that area of Lombardy has the worst air pollution in all of Europe because of inversions from the mountain ranges.

And the air sits down like in Denver, the same way. So the wintertime. Yeah, Missoula, Montana is the same way in the winter. The air pollution in the city is really bad because it's an inversion.

All the air just sits down in there in the valley. So that was the first reason. The second was that a huge construction company from Wuhan, China, had gotten a contract and was building some structures in northern Italy, for about eight months already.

And there were thousands of workers, contractors, engineers coming from Wuhan, China, directly to Lombardy. And number three, there were three factors.

Number three is called the Scandinavian paradox that the Italian government had has been unsuccessful. The lobbyists have been so strong for the food industry.

Food is not enriched with vitamin D in Italy, whereas in Scandinavia, which is much further north, so less sun. The food is enriched with vitamin D in the Scandinavian countries.

So when they've done these big studies of tens of thousands of people in countries, they find that Italy has the lowest vitamin D level in all of Europe.

So the people in northern Italy had really low vitamin D levels. They're breathing toxic air all the time. And their innate immune system is fighting that toxin er all the time.

And, but they've got low vitamin D levels. And then Wuhan, China brought the engineers from Wuhan. China brought the virus directly to that area first.

So it's a Scandinavian paradox. Now why do I tell you this? Because you want the exact opposite for your body. You want abundant levels of vitamin D so that you've got the ammunition to fight this virus that you're exposed to.

And it's easy to get a blood level checked and see where you're at. Keep it between 75 and 90, you know, really I

mean, it's easy to do this. It's just a supplement.

It's a simple finger prick test. You don't need to have to go to the doctor to get a blood draw. And it's okay that your insurance doesn't pay for it, because this is really important that you do this anyway.

And it's not that expensive, right? Usually it's somewhere between 50 and 70 bucks. Yeah. And it's something like that. So important. Yeah. Yeah. You know, so you want your innate immune system.

So if you're thinking about getting the, the shot, the vaccine, you want your innate immune system as strong as it can be. So you want to check your vitamin D, C you want to change the paradigm so that you're thinking differently about this so that you're thinking, okay, how do I support my immune system?

And I'm sure you've had, some discussions on that already. And, and, you know, there are so many different handouts and things about vitamin A, vitamin C, vitamin D, and how critical, of course, are ten, how critically important they are and how to get the melatonin.

And most of these things you you can take a little bit of supplement and you take the foods that are high in those products and that we we call that the rainbow diet.

Right. And so every meal you don't eat, you just don't eat a bowl of cereal in the morning. I mean, if that's your thing or if your kids are just going to eat cereal and they're they're refusing anything else, you're going to put some blueberries and red raspberries in it or black raspberries in it, and you're going to put some strawberries.

Strawberries aren't that great nutritionally there okay. But always get organic because of all the crud that's on strawberries. They're usually in the top five of the dirty dozen, meaning lots of chemicals.

And those if they're not organic, you know. But and even if you buy frozen blueberries and frozen raspberries organic and then for your kids, I just saw some frozen blueberries.

So you don't have to thaw the milk or form. You know, maybe you're using coconut milk, hopefully or whatever, but, you know, you you have to work with where your kids are at and what they'll eat, and you have to work with where you're at and what you'll eat.

But as an adult, you've got more, control. You've got more opportunities. It's hard to logically debate with the child, you know, it's really hard. So just throw some frozen blueberries in there and you'll know that you're giving them this much protection this much.

Or throw some colorful vegetables into your salad and you're giving yourself this much better. Like purple cabbage, red tomatoes, green lettuce, maybe a little chopped up broccoli.

What I like in my salads are capers. They're so high. In the antioxidant status, they're it's called their Orac value. It's a geek term, but they're very high Orac value, so make sure they haven't been put through.

You know, they're not coated in gluten when you get them at a restaurant. Because papers are a very famous one for being coated with gluten when they're put on your food. Yeah.

It's all these little baby steps that will make such a difference. Can I tell you about the tonic water? Yeah. Tell me about the time and water now. Sorry.

I just had to make sure we brought in that innate immune system piece that you bit. That's really important. That's really. And that people understand you really want to support the first responders, right.

And your innate immune system is the first responders. So it was in, India in the 1800s when, the British were there and, they were getting malaria. And, so to prevent that, there is, the bark of a tree called the fever tree.

That, for hundreds and hundreds of years, the locals had been boiling the bark of the tea and drinking that, and it turns out that the bark has, what's been identified as quinine in it.

And quinine helps prevent and treat malaria. So, the British learned about this, and so they wanted to give their soldiers a little bit of quinine on a regular basis.

But it is the most bitter tasting stuff. I mean, it just hits your bitter taste buds like a cannon. It's like pow! So they mix the quinine with a little bit of fruit juice, water and a little bit of sugar.

That's where the song came from. Just a little bit of sugar helps the medicine go down. Oh, from Mary Poppins. That's right.

Vitamin D, testing, and optimal levels

That's where it came from. Okay. And so. And then the soldiers got permission to put a little gin in with this tonic that they had made, this tonic water.

And that was born the gin and tonic. Yeah. So you'll see if you Google, SARS CoV two virus and tonic water, you'll see some articles and some people claim, oh, it'll prevent you know, it won't, but it helps this much.

And there's no side effects if you get good tonic water. There's cheap chemical copies now that are made by lots of companies that can tonic water that has no quinine.

It you have to look on the label and make sure it says quinine on it. And it's about one fifth of a medical dose of quinine. In a bottle of there's a company called Fever-tree that makes tonic water and many other things.

And, the problem with tonic water is that they put a lot of sugar in it, to offset the bitterness of it. But there is one tonic water from Fever-tree the company Fever-tree.

They have one called India, and they have five different flavors. One of them is Indian tonic water. And then they have an Indian light, and an Indian light has half the sugar of the regular tonic water.

So my wife and I everyday and they're little bottles, they're only about this big. And we have I take a nice big thick slice of lemon or lime. I'm sorry, not lemon, orange or lime.

Put it in a glass. Lots of ice. Pour half a bottle of the tonic water in there and then fill it up with water. And we sip it every day. And it's not going to prevent or cure anything, but it's going to help this much.

And we now know how it works. The science is really clear. This is a geek term. It's a zinc ion A4, which means that it helps to carry zinc inside the cell.

Zinc is really important here when talking about viral protection. There are many, many studies on that. And but the virus it reproduces when it gets inside your cell.

And a number of studies have shown if you have a healthy amount of zinc inside the cell, the virus isn't going to end. It really doesn't reproduce, it sheds, but it's not going to do that or it's reduced dramatically in its ability to grow in your body.

If there's enough zinc inside yourself. So zinc in the bloodstream, it's okay, but it's not going to have a lot of benefit. It's the bloodstream is just a highway, you know, lots of stuff on the highway.

But you have to get it into the store, right? You have to get it into the cell. And to get zinc inside your cell, it needs an escort that's called an iron ore for.

And quinine is a zinc iron ore for. That's why it works. To prevent malaria is because when you've got lots of zinc

inside your cell, then if you're exposed to the virus, it can't reproduce, it can't shed as easily.

And so you're more likely just to not even notice that you were exposed to something good tip. So tonic water is like this. Much of a help, right? Blueberries.

This much of a help. Raspberries this much of a help. The colors of the rainbow every day on on your plate. This much of a help. So if you're if you want the vaccine, if you think you need to take the vaccine and you have an autoimmune condition right now, you really want to be heading in the direction of a rainbow diet and supporting your innate immune system.

Yeah, I tell everybody, if you're going to do it, make sure you get your inflammatory markers checked. Look at, you know, look at some of these levels that we've been talking about like vitamin D, you know, you want to just get everything as stable as you possibly can, right?

Yeah. Yeah. And get your body ready for it. Like you would anything else. Yeah. My dad died from the second dose of vaccine, so a couple of weeks ago.

Oh, I didn't know that he had one of the. Those fatal complications of, thrombocytopenia. And it took off, and he had a brain bleed, and he was gone within 24 hours.

So, you know, it's, it's that doesn't mean that every single person is, you know, it's like, this is one of those things where what was already present in the body that this thing just triggers right now.

Here's a question. Here's here's a question for you, doctor Keesha, your dad's health before getting the vaccine. Yeah, he had chronic lymphocytic leukemia.

He'd had it for 18 years, you know, and, had for three years been off of anything and had been on a really good protocol. I had him on and was doing fantastically well.

But yeah, I mean, you know, he had he was not perfect health. Yeah. So, this is this is, I know I'm, I'm not standing on the mountain tops and saying the vaccine caused this.

I'm saying this was probably a straw that kind of tipped everything, which is always what autoimmunity in there. And it's flare is. Right. We have a bunch of things.

When you say this much good, we also have this much that's kind of caused this thing to capsize. Finally there's the one straw, right, right. So yeah.

So we we just really want to make sure that everybody that's listening is realizing that. And you're trying to take as many things off that scale as possible.

Right? Yes. Yeah. Absolutely. Right. That's and that's the only way I know to look at this. Yeah. Current situation. Yeah. And the reality is is we don't have like you said, you know, we do not have the data that says here's what can happen with your autoimmune disease in five years because we haven't had five years yet.

Yeah. So I know when we talk about vaccinations that are mandatory throughout the world today, we're all in the United States, you know, and have done some good there.

Were we only good ten years to develop these vaccinations, right? These immunizations that we're seeing have taken away some of the things that were really, really problematic in this world, like smallpox and polio.

You know, I'm not anti-vax. I just think I'm pretty pro data. That's a bumper sticker. Yeah, I'm not anti-vax. I'm pro data. That's right. Makes sense. That's rational.

We don't have data. Well yeah. Yeah. So, doctor Tom, is there any thing that we haven't talked about regarding this

subject matter that you wish we would have that you want to mention before we we sign off?

There's so much so. Oh, thank you. And, you know, we've done lip service here, to this, but there is so much information, and it's, anyone who would argue with this, I would say has their head in dark places, and that is that you want your vitamin D level to be exceptional, not just okay.

And if you haven't checked your vitamin D level, shame on you. There's no excuse unless you just can't afford it. I mean, if that's true, I understand.

But if that's not true for you and you, I haven't gotten around to it. All right, man, we'll put that on your tombstone. He didn't get around to it. Right.

So just get that checked.

Closing thoughts on data and prevention

That's one easy, simple thing to do. That may be the motivation and the impetus for you to do the next little thing, whatever it should be. So that's one there's no excuse for not knowing what your vitamin D level is right now.

I mean, if you go through drive through coffee stands, stop doing that. Save up the money that you're spending on that coffee and get your vitamin D check.

Yeah. You know, I mean, there's there are several things that you can do in your, in your budget that it's worth it. It's worth it. It's right. Yeah. Okay.

So 35 as a level it might say okay. You know with a normal limits on the lab, the, you know, the column that says reference range on your lab report, it's not 35 is not okay.

So there's a there's optimal ranges here. There's a study that came out of, Indonesia. They looked at 790 patients admitted to the hospital with Covid.

And if their vitamin D level was below 19, every one of them died. Yeah, yeah, their vitamin D level was above 31.5. None of them died. That doesn't mean they weren't really sick, but none of them died.

And so 35 is okay by the lab standard. It's not okay for vibrant innate immune system and vibrant health. You want to be somewhere around 50, 70 to 50 to 70, 50 to 90, somewhere in that range.

And you're much, much safer. And it's so easy to do. It's one thing that you can feel, empowered that you're taking care of your family when you check their vitamin D and then get their vitamin D up to an adequate level, and you take you take enough to get you there, and then you recheck to make sure that that's where you're you're hanging out.

You have to re check or else you again, you never know if you've got. Well, I, well I've been taken vitamin D. Yeah. But is your body absorbing. It is working and there are a lot of genetic snips that make it so that you're not a good store or a vitamin D.

So this one right there. Again so simple. So right. Doctor Ryan, thank you so much for spending time with us once again and sharing even a fraction of your wisdom.

Absolutely. Thank you for doing what you're doing here and for all of you out there. Godspeed in your health journey. Until next time, everyone be well.