You realize you're about 10 seconds early. Well come true Tuesday. And the truth will set you free. Truth is variable though. OK so right now we're going to talk about the corona virus and I bet you worry for 2020. This is the latest information you can get and you're going to see the different sites to look it up how how it's changing rapidly. Let's go back to 18 the Harvin virus mania is a social disease. Does anyone agree that this is incredibly insane. Some people are saying that's the end of the world. Some people are saying it's not and some people are saying let let's just go over the facts. OK. No the facts that we have now not set position to error is human but to preserve it as diabolic. Gotta love that. OK so this out of the journal Lancet. OK. Just came out a few days ago the Wu had China atypical at the moment. And it's interesting too because it doesn't have a lot of nasal symptoms. It goes right for the lungs but there's varying stages of this. When you look at the case studies some people here are incredibly sick. Some people are sick and all. There's a couple of other corona viruses. I mean there's about seven types of corona viruses. Some of them cause 25 percent of the common cold. OK. Others with sores back in 2002. Now that had eight thousand cases eight hundred deaths. That's huge. When you look at two thousand Middle East Respiratory Syndrome and this is a zoonotic virus it began in camels. Camel milk and meat caused was in 27 countries two thousand four hundred ninety four cases with eight hundred and fifty eight deaths. So so what are the controversies out there. I got to tell you. There's everything you're looking at. Wild back at bat and snake mutated it just kind of happened and then some people say there's a SaaS protein on it that can't be created. Some people call it a genetically bioweapon. Some people think it's an experiment to create a vaccine for the common cold. OK so this way you can create a panic so that you have a solution. Some people say it was started by the CIA and this goes on conquering Hong Kong theories virus to decrease the world population so you can see World War Z if you want you know cool Brad Pitt movie. I think it will work. He was. Yeah. OK cool. Or I've heard one. It's a pandemic created by the CIA to take focus off the impeachment it's insane. OK we're not going to go into crazy theories. OK. Some may be accurate some are not. But there's not a lot of data for it. Stephen King is right. Panic is highly contagious especially when nothing is known and everything is in flux. When you go to Washington state. What did they say about the corona virus. Okay. Most people with mild corona virus illness recover on their own by drinking plenty of fluids resting taking pain and fever reducing medications. I don't recommend the pain of fever reducing medications we're going to talk about that. That's pretty stupid but they're saying you know hey just you know take care of yourself and you're going to be OK. Since corona viruses really do cause the common cold. Experts are still learning about the range of illness reported cases of brain some mild to severe pneumonia. People in a coast from two days to four days to 14 days. But here's the thing. Are they infectious. Well they don't have symptoms. And then when they recover are they infectious after that. A lot of people there's no hard data. So. So when they say look wash your hands if you're infectious don't go outside. But who's to say that you could still be infectious but be asymptomatic. Washing your hands is a good idea. Avoid touching your nose my mouth. Avoid contact with sick people and I mean this is all common sense stuff. Cover your mouth. They say I chew like that isn't good. Get Oh that's gross OK. But you're supposed to cough here but you know even that you're just spread in droplets. OK. So so just common sense you're going to wash your hands. Now when we look at the causes of colds and flus that red area is the corona virus. Now caught in the New England Journal of Medicine you're going to see New England Journal of Medicine The Lancet. We're right on there they're trying to crank out some papers. They say it's between 1 5 or 14 days. So again the data's not accurate. Of Exposure to development of symptoms but also you can get exposure develop mount an immune system response and have no symptoms. OK. Like every other virus it's based on your immune system length of illness could be seven to 10 days maybe three weeks. And how long you contagious. Nobody knows. So let's go to Johns Hopkins now. This was Sunday. OK. Sitting around anyway like hanging out with me on Sunday doing research on coronavirus. Yeah that's why I was single for 20 years. OK. You know I thought this was fun. OK so so you go to Johns Hopkins Web site and here here's the link then. So if you want to see it it's it's kind of interesting. And they're saying 14000 people have it confirmed. Now was it really confirmed viruses. You got to assume that maybe it is OK. Whether it is or is not because I mean the American hospitals are notorious for not testing viral illnesses. You know you got two or three people that test positive in a couple of people with a cough or a cold. They typically stopped testing then possibly because they want to create a panic or they're just ignorant. Now has of Sunday there were 14000 people and still 98 percent survival 2 percent death rate yeah. That's right. If you got it OK according to Sunday. OK. And this may change 98 percent survival rate. Now you'll see 14000 on Sunday. Three hundred five people died which is huge. I mean that's a lot of people dying when you look at the whole SaaS epidemic you're talking 800 and that went on for months. This is only gone on for about a month and a half in 443 people lived Monday. Here's the numbers so we go from 14000 20000 cases. The death toll went up to four hundred twenty six in the survivable rate went crazy. And this was yesterday. This is today. Twenty four thousand people have got it OK. You're seeing the death rate really isn't changing exponentially but the survivable rate is so and when you're looking at this twenty four thousand confirmed cases. Twenty three thousand nine hundred eighty four are located in China now. China supposedly right now is doing an amazing job quarantining their people. And that's that's the only way to prevent really the spread of it. And the key and this was kind of interesting. It's called the Arrow number. How how infectious it is. Like if you look at measles that is an oral number. Some I've seen eight to 10 some 12 to 18 which means if one person gets it they can spread it to 18 people. Okay. That's a lot. OK. This the ARO number of of the corona virus the novel Corona virus is around 2 2.5 two point six. It really is based on the data. So that means if you get it. And again this is the Lancet article came out I think it was January 30 first. Epidemic doubling time is every six point four days. They infer that epidemics are already growing in multiple major cities in China lag time about one or two weeks at this time in January 25th even though when we're looking at this it shows twenty four thousand cases. They they thought that would be about seventy five thousand people that have it. It just they weren't confirmed or sick because remember 98 percent of the people are getting over it. They're not everyone's going to have oh I got a cough I'm going to go to the hospital. You're only going to go if you have some type of respiratory or some type of complications. Now this is this is interesting reading this article they talk about herd immunity that means and you hear a lot in vaccine circles that that we have to vaccinate everyone. So so that weighed you know you'll stop the spread of it. Well vaccines can't induce herd immunity. OK. It doesn't work that way because vaccines aren't 100 percent effective or a hundred percent safe. They literally are going to have light and just like all medications if I gave everybody here one drug you might have a good response you might have a crappy response you might have no response. And that's how medications and vaccines work. Some people are going to have a great antibody response some not. So you can't use something like that but a wild virus a wild infection creates the T H to T.H. want a huge moral and cellular response. I mean it's brilliant so the more people that get this the more people have herd immunity where it can't spread. That's how viruses work or infections work. And so this is a really cool plot. It's hard to see at the bottom but the peak area of that plot is around April of this year. So they figure it's going to rise consistently. And remember if it stays consistent 2 percent die and the 2 percent that dies we're going to go over what what conditions they have. But it spikes up and that means that 98 percent of the people are going to get it don't have it. So then it's going to drop off fairly rapidly. So it should peak around April according to the Lancet. OK. Now this is out of the New York Times and that pink area down there in the corner is a rough guesstimate of the death rate. OK. It's one point five to three point five maybe. OK right now they're looking at around 2 percent. So. So that's why if you look at the actual viruses they have a little thing but there's so much unknown about this virus. OK. What's the death rate what it is right now. It looks like it's around 2 so just to cut it short sweet clear. This is what you do to protect yourself. Does anyone remember the Ebola crisis. OK. But I mean like like you know two three years ago when you know they had all these people in super headgear coming in to take this patient you know out of the airplane you know to bring the first Ebola case to America and then some people aren't even wearing protective gear and it's just like do you know do you have no protocols for handling infectious disease. But that we actually had an orange county housewife a couple of them coming in and say what do we do to protect my my kids from Ebola. And I said Well next time you're paddling down the Congo you know because I mean it's it's doesn't infect that many people it's really rare. You got to have a weakened immune system. There's a lot of parameters you've got to you've got to fulfill to get Ebola. OK. Now this is what you do to keep your health. You're here health maintain. This is everybody deal effective with physical chemical or emotional stress. Why. Because if you have physical chemical or emotional stress your body goes into the fight or flight state in this. The immune system is weakened. Vitamin D 3 it's based on your body size and type. OK. D 3 between 5000 and 50000 units a day. Dr. McCullough recommends one hundred thousand a day for a week. So inundate your body with vitamin D 3 it's sub lingual is great vitality C with ribosomes one of my favorites but that's pretty much just two scoops of that and a quart of water and you drink it throughout the day. That's what I recommend for my staff and you know I provided form. Does anybody know how to tell if you've had too much vitamin C diarrhea. OK. Yeah. It's called bowel tolerance. You know how when you were like 4 5 years old and you thought diarrhea did snicker again I'm still the same way. Magnesium fantastic mineral about 500 milligrams a day and you can get the spray magnesium transdermal deep sleep fantastically important so check out our sleep restriction videos. We're using the night shades the journaling all of them sauna. Now if you have an inference on a fantastic if not make a poor man sign it get wrap yourself up in towels so that you can sweat at night because remember at nighttime there's when you're parasympathetic nervous system your rest digestive repair kicks in. And so if you can for every 1 degree increase in temperature the speed of the immune system doubles. It's fantastic. You're going to sweat off toxins and let me tell you it's a heck of a lot easier to change the towels than it is to change the sheets. I know hot soups. Now this. How many people in here have a grandma or a mom that made hot soup that would kill a cold am I the only one. OK. Good. Thank you. I know moms were not that deficient. OK. Mine would make South African Curry potato soup. I mean it was amazing. But what what all make for my kids and those you know since they were a little garlic onions ginger. So you got heat generating anti-microbial herbs to work cayenne pepper so you get to Faisal dilating you've got the minerals from the Celtic Sea Salt. You got root vegetables that have antimicrobial effect. I mean let food be your medicine and medicine be your food. This is brilliant brilliant hot liquids. OK. I was yelling a lot this weekend so I am drinking hot water. Why. Because heat is Russian blood to my vocal cords. It's Russian blood. Down down and my lungs and viruses fungus is a bacteria die at a higher temperature. I mean it just it just smart mild exercise because that elevates your temperature and allows you to deep breathe. And that's where conscious breathing comes in. Imagine deep breath and. EXHALE ALL THE WAY UP AND YOU DO THAT YOU'RE GOING TO GET THIS oxygen carbon dioxide transfer the Wim Hof method is is amazing and your fingers are going to tangle and it's okay but hyper oxygenate your tissue is fantastically good. Essential oils if you're familiar with the blend called Thebes I think young living has it I think there's a couple and this is from back when they had the 13 hundreds the plague of thieves we'd go in and rob the graves of ALL THESE PEOPLE THAT DIED OF THE PLAGUE AND THEY'D PUT CINNAMON and clove oil and stuff in it they felt it had protecting colloidal still silver in a nebulizer that's brilliant because you can take a little silver spray it and breathe it in and it knocks out bacteria because one of the thing was with viruses is they weaken your immune system so predisposes you to bacterial pneumonia so this helps with that now going back to the Lancet they took ninety 99 cases OK so ninety nine people that have this inside of woo woo Han China in a hospital so they're going to find out OK what their ages like what their what their lifestyles are like who it's affecting most and who recovers and this is January 1st of the 20th and they went through and looked at everything. So these guys actually had it confirmed they did nasal swab oral swab sputum something but they found out that it actually was that virus and this is what they found. The average age of the patient was around fifty five years sixty seven men thirty two women Yep. Women are always healthier now it's just if you look at it it's in China. So the men are getting beat up more you know. Now we look at this 50 percent had chronic diseases so that means that the people in the hospital half of them had an underlying chronic disease. We're going to go over the chronic diseases and then we got the standard fever cough shortness of breath muscle ache confusions really unusual because that would have to be a blood infection or sepsis headache. Makes sense because you're going to have inflammatory responses or mucous membranes are going to swell up sore throat leaky nose chest pain diarrhea nausea now the ones that got really sick they had massive complications before the illness. The bilateral pneumonia so really does. This virus affects the lower lungs. So what can you do to help your lung function exercise breathe nutrients supplements sleep. So all of those things on that sheet to get better. Now what kind of diseases did these people have that predisposed them to illnesses. Here it is cardiovascular cerebral vascular disease so that means the blood was healthy or unhealthy so you unhealthy unhealthy. Yeah. That's right. Endocrine disease. Do we have a lot of endocrine disruptors in our environment. Absolutely. Absolutely. Digestive Disease. Do we have a lot of inflammatory bowel disorders in our country. Absolutely. OK. Respiratory diseases asthma allergies. Do we have a lot of that in our country. OK. Malignant tumors. Nervous system disorders. And so when you look at this you think well that's why China is isolating it and walling it off because if it hits really sick populations it's attacking the really sick. It does. Does that make sense. Well so when we see 98 percent survive what's the 2 percent what do they have. And this is also like when you look at polio. Ninety nine percent survived. What was that 2 percent. What would cause them to get that illness. And that's really the questions that have to be asked now. So if you're messing around me aside and decide to go on the World Health Organization Web site for emergency preparedness response it's this is kind of a fun link because you can go through and look at 2002. Now this is just the part of it because it is you know an arm and a half long. I mean it's a huge list of diseases that they're monitoring by day of month ok from report from country and you'll see yellow fever West Nile virus. Remember that one was that a panic as well it was. It was. So you're gonna see through here and again I'm just trying to bring common sense. We're not going to delve into the CIA you know all that other stuff unless it comes out. But just right now to stop the friggin panic OK. You'll see West Nile virus you'll see acute respiratory syndrome in the Congo then on two thousand three stars. So that's when identified. And this was spreading throughout countries. And again that was a panic. I did a whole thing on H1N1 does it. Does anyone remember the bird flu that of 2009. A countries invested so much money into it and then it turned out it didn't really happen. Well if you look at the data now that that some of it has been what do you call fudging the data. Like if you have facts and you go back and change them fraud fraud would be a good one. OK. So. So there are a bunch of countries that were pissed because that that the H1N1 didn't come over and take over the world. OK so but now when you look back at the data they're adding up every case that was suspected of H1N1 and said Oh my God it was a terrible pandemic. And I never would've found that out unless I was doing research on the corona virus and it's just like oh my god these guys are crazy now. The genetic similarity and this is interesting when you look at bio are X Ivy dot org full genomic evolutionary analysis of the novel coronavirus rejects the hypothesis that it's emergence of a recent recumbent event. So so could it be from bats. Could it be from snakes. Could it be you know somebody is you know like if you remember HIV someone was supposed to be eating a monkey or had sex with a monkey and then that's where we get HIV. I mean it's you know so. So we're at that stage of of complete confusion. James Lyons Weiler brilliant guy. And he goes through and looks at some of the narratives of the possible sources of this natural coronavirus related to bad corona viruses not a recumbent virus a failed hypothesis and he has reasons and there why he thinks that's not true recumbent virus that naturally picked up a sorry Spike protein at the end of a viral genome speculative hypothesis unlikely because there is a SaaS like protein when you look at the Corona it's like a round you know viral structure viral pattern there's supposed to be a protein in there that's similar to SaaS that would be very unusual. This is why a lot of people wish it. Thank you Mary. And and so that is how did that protein get on there was it manufactured and then was it combined for a bio weapon. He goes through that you know and there are some evidence that there are some Chinese scientists kicked out of Canada for transmitting certain data but bioweapon why would it be like that. OK. Why would you unleash a bioweapon on your own people or or was it just inadvertent. You know is it really a bio weapon when you got 90 percent of the people survive and is 98 percent of the people survive it. OK. So then we go back and this is looking at the stars because one of the things that you look at when you're looking at the data is they tried to make a SaaS vaccine. OK. Why. Because it was still in the news. Now if you can make a vaccine that utilizes a corona virus member twenty five percent of all common colds are from this. So you've got a world market the that the profit margin on this is crazy. I mean ridiculous you're talking massive so in 2015 the U.S. called for an end to research creating new viruses in the lab that have increased threat higher transmissibility higher pathogenic city and higher lethality. And they they tried to build a vaccine with this and then their animal models studies they found out the animals. They had some protection from the virus but they all ended up dying of secondary lung infections. OK. I mean we're talking everybody died from from the vaccine. So if there is a vaccine that comes out in the next ensuing weeks because remember you saw that spike in the Lancet we're down here and it goes up here. So and that's April. So we have a couple of months here to to listen to the hype. Listen to everything to see which way society is really going. What's unusual is the CDC which is usually chicken little. They're running around screaming The flu is coming. The flu is company. They're saying you know let's wait. And that's very unusual. Very very unusual Oh and I like this lab made coronavirus triggers debate that was in 2015. SA's vaccine adenovirus vector preparation method application of the Corona s gene. This is actually the pattern for the vaccine for SA's vaccine and I love what they say here. Presenting present in invention compared with conventional vaccine inactivated virus particles it is safe and easy to use certain other conditions are not restricted by intramuscular injection. That was that the the writing on the pattern OK. The real happenings were holy moly if we injected in animals that get sick as a dog and die. But this is safe and easy to use any volunteers. Just checking. OK so so let's go back. Because even if they make a weaponized virus OK they're the viruses work in a certain fashion. OK. So I watch it and not be afraid of this. Now we've gone past your emotion. We're now finding out that past year was wrong. OK. That it's not the virus or pathogen that causes the disease. It's the terrain. And so what do we know so far about the corona virus half the people have some type of underlying condition. OK. And those are the people that are in the hospital. You're not seeing 100 percent of people with a cough or cold going to the hospital. So there is an underlying condition. So what is a virus. It's a well organized molecular parasite. That's it. OK. It cannot use and there's an RNA virus. It can't use that it's its own method to reproduce it has to use a host RNA to reproduce. So if I cough or sneeze or you know I sneeze on your burger and give it to you I know it's gross it's gross but you're gonna be a chiropractor so I think you'll deal with it. OK. So. So if I do and you develop it it has to utilize your RNA or your substance your cell materials in order to replicate in order for you to pass it on. Now that our vector how spreadable This is the corona virus will infect about two to three people. So that means that if I infect three people. That's about it. I'm not going to infect 10 or 15 because that's how strong the virus is. It's not highly contagious like measles which will affect anywhere between eight and 18. So it's not a living organism it's a well organized molecular parasite. And this is Fabio Romero the Institute of Human Virology up to 45 percent your genetic information is viral. We have no reason to be afraid of this even if it's genetically modified destroyed. You know let's find out how your body works. OK to knock out some of the panic now. Could there be dark forces creating something like anthrax weaponized or something like that. Absolutely there could be but we don't have any evidence of it directly right now now viruses are vital for our ecosystem. They able to move genetic information. So. So let's look at how the body works. Like how how does your body respond to a viral bacterial fungal some kind of assault. First you increase mucus production. OK. What does that do. That was it off lead releases histamine. So your body can take time to mount a cellular and moral response. Brilliant histamine is are released a driving immune system cells up to the site of injury. Fever is amazing for every 1 degree increase in fever the speed of the immune system doubles the Broncos start to inflame because that Russia's blood to the area and the blood. If your blood is healthy like not the predisposed injury that we saw like with with toxic blood with the predisposing the endocrine disrupter the inflammatory bowel diseases all of those that people are getting this virus and going to the hospital with bronchitis may inflame because that's how the body is literally healing itself coughing and sneezing used to eliminate the mucus diarrhea that's to alkaline as the system and then you recover now this is weird because just in the last few years I'm starting to see information from the children's hospitals that are trying to calm down parents and say let the fever run its course. So. So what advice can you give to every human being on the planet OK about fever. Well first your body is self-regulating fevers herself limiting to about one hundred and five hundred and six degrees in order to damage tissue it has to go up to 108 and you have to artificially elevate that. But let's use common sense OK let's say and this is totally different if you have diarrhea if you have vomiting you could be electrolyte deficient. So you're not going to be able to sweat or cool yourself off. So let's say that you have 104 fever and you're shivering what's the shivering guys trying to do. Yeah. Because you're spasm yet your muscles it's close it's close. OK. OK. What's a sweating guy trying to do say cooler. Cool off. Oh good. Good good. So same fever 104 one guy's trying to heat up the other guy's trying to cool off and you never want to give a toxic chemical to lower the fever. I mean that's just insane. What would grandma do. She would get a room temperature bath and cool off the abdomen. That's how the body would cool down one of my sisters had scarlet fever. I remember packing her in ice in the bathtub and that's what you did if the fever was up too high and they were uncomfortable or if they had diarrhea or vomiting and then couldn't sweat. So when we look at this fevers are brilliant. Here's the Journal of Allergy and Clinical Immunology. Fever children and ran fevers in the first year of life where they were less likely in later life to develop allergies. So when I'll tell parents use your common sense throw away the thermometer. If a kid has glassy eyes or your partner has glassy eyes and the end they're starting to lose it they're going to be too hot. You know put your hand on the back. They had an fevers don't go like this and then go like this. They're going to go up and down up and down up and down. And that's why is anyone in here ever had a cold. OK. What happens. You feel crappy and then you feel a little better than you feel crappy again then you feel a little better than you feel crappy. And then eventually you feel really good because you're you're heating up and relaxing your immune system response. I mean it's a brilliant system. Body temperature must get above one hundred and eight to cause damage. Temperatures rise this early caused by exceptional circumstances such as central nervous system disorders or heat stroke acetaminophen. This is one thing that if you have it in your house you get it away from you. You don't want bad karma. You don't want to give it to someone you don't like OK. This stuff is deadly. OK. Deadly damage is the brain. You're talking it increases autism rates exponentially damages the blood brain barrier weeks as the immune system and then according to this you're looking at asthma COPD. And again we're looking at an infection here that tends to affect the bottom portion of the lungs. So do you want to give a fever reducing medication that causes chronic obstructive pulmonary disease say no I know it's like it's like dude you know if you're if you're going to have a sick person be smart enough to not give them this but doctors look at nutrients because when you look at all the CDC site and everything else they're talking about handwashing. There's not one mentioned Vitamin D three not one mentioned Vitamin C not one mention of deep sleep. Not one mention of high healthy fluids hot soup spicy foods essential oils all the stuff that that the most basic common sense mom would tell you. And it's like dude you know get water antibiotics are good for some bacterial infections except 80 percent your immune systems in your gut. And if you take a wide mean antibiotic you're damaging the normal flora in the gut. The only time in there is a really cool article about the first patient in the United Kingdom and they followed him from when he had it checking him watched him he got pneumonia and then watched his sequelae. So after he had totally recovered and they tried a little bit of an antibiotic you know why bad to prevent a secondary bacterial infection and they stopped that after a good day and a half. So it wasn't really effective but know that if you're working with antibiotics you're working with. With gasoline and fires all around you. OK. This is extremely dangerous European system and should only be used as a last resort. Now viruses fungus and bacteria die at a higher temperature. So there's a lot of other ways that you can do to get this. I mean how about in a sauna or Vitamin D 3. All of this stuff a nebulizer with with colloidal silver on that stuff works fantastic mucus. And I saw this advertised meant to reduce mucus. It's like Are you serious. You're taking out the number one line of defense that protects your your mucous membranes. And you want to decrease it. That's that's like the things to clear your nose and shrink that that the antihistamines histamine are the most vital part of your immune system. You got it. It's just crazy vomiting. If you start to develop vomiting replace the electrolytes get healthy amounts of sea salt healthy sugars sodium calcium potassium magnesium again coconut water. Best. If you have diarrhea and it's not induced by high doses of Vitamin C. Look at charcoal selenium seeds peppermint. All of these things are fantastic but OK we had a couple. He was the band band director of the USC marching band and they all went to New Orleans. This was like 15 years ago and the entire band got diarrhea. He calls me up in him and his wife were there and said What can we do. I said allow it to get rid of your body diarrhea has an alkaline izing effect. You took something in that's not good. Your body is trying to get rid of it. OK. Is this like ridiculous common sense. It's like you know come on and and allow your body to go through this get some coconut water she can replace the electrolytes and you're going to be fine. OK. That makes sense. Everybody in the band they had to cancel their event because they took things to stop diarrhea. You know ammonium something or whatever but you left the poison inside of the body instead of the body alkaline ice and get rid of it. It's insane. Now masks mask are mainly to stop the droplets it's not going to stop viruses getting in or going out. It's interesting when you look at this the number one best thing about masks it is it causes you to not touch your face or your nose. So if you touch something that may have a virus on it and then you touch your face it's getting close to the mucous membranes and then that'll mount an immune system response and exercise. This is the weirdest thing. This goes on a whim half method conscious breathing everything. What does exercise do you're going to start to area your lungs you're going to start in this is just mild exercise but it literally elevates your temperature so it's fantastically good for you. Not extreme exercise if you're tired or dizzy don't do it. But we're talking just really really mild exercise. Get out there get in the direct sun and work your body you're going to help with the limp flu everything or limp flow. I just threw this in there for a little bit and day care so putting your kid in a group of children because right now is their panic or panic and I'll make it a really simple. There's friggin panic out there. So you got people that that are God knows what they're listening to but they're hoarding their kids. No you can't go out. You can't run. Well let's just look at normal environmental exposure with other kids and leukemia. The overall estimate reduction at risk me is be as high as 30 in better studies show 40 percent propose that earlier the child is exposed to a variety of infectious agents the better the immune system is primed. And this was 12 years ago back. And this is going to be tough because it's hard to remember back 12 years ago that was before forced vaccinations way back when I know you didn't. Didn't think that was possible that life was still around without the government forcing you to get a medical procedure. But this is way back when in 2008 when vaccines weren't forced. So what do you need to keep your body healthy. Proper nutrition. And this is why the antibiotics in the bread is weakening the immune system. Why 60 percent of American adults have a chronic illness or inflammation and they have a weakened immune system. So whether it's getting scared by the corona virus or waking up to say wow your body's not healthy. We had a gal today two rounds of breast cancer cut off one breast and they cut off the other. You know uterine tumors you know I mean it's we're looking multiple rounds of cancer and she says but I feel fine I don't hurt OK. Should I have been shocked by that. Because she doesn't know that that is an immune system response that she's having an edge he's looking for pain or symptom hay. Cancer is a symptom inflammatory bowel is a symptom poor sleep patterns is a symptom. One bowel movement a day is a symptom. It means that your immune system is not healthy you've got to have vitamin D and this means more than just sunlight exposure particularly in the winter. Vitamin K to vitamin D 3 and omega 3s is this is hugely important for brain function and immune system. Bottom line take care of yourself no matter what. OK. Don't panic OK. His information comes in. Let's let's look at it with with a thought and preparedness as the old saying is pray to God but type the camels you know the best defense that we have against anything is a healthy immune system in your bill by God. So that's that's a good start. Now at the Bergman code for Cal Jim is Bergman 20. That's coming up in a week and a half. OK. When you're speaking a lot because I speak that a lot of events. The most frustrating thing is to you have to build your PowerPoint and send it off to these guys a week before. OK. I study all the time. I get a bunch more crap. I want to put into that PowerPoint and I can't have it but it's still going to be a good talk. I mean just think of it. Yeah I'm going to meet Robert Kennedy. That's that's like Oh my God. That's totally cool for me that I'm looking forward. And then we have extreme health Academy. We're gonna have tons of doctors and updates on the corona virus. You get it for two weeks for free Bergman 14. But get on there. Look at the standard web sites and if somebody says it's a weaponized virus look at the data. Look at the data points see where the data's coming from. OK. Don't panic because panic doesn't really help at facts do and I think there's only three cabins left on on the cruise and that's coming up in a couple of months but it's kind of fun because we're talking to one patient and he was asking he says well you know what should we. You know what's going to happen on the cruise so well you know when we're sailing to different destinations we're hanging on on the back deck talking about philosophy and this one couple wrote me a letter about aluminum aluminum and tissues and GCF and and I said buddy this is a great conversation for the back of the boat. OK. Can you imagine it on the Mediterranean. Cuban cigar looking out over the water. OK. Yes I know the tobacco smoke would not be that good. But you don't inhale and do the 80 20 rule where 80 percent of your stuff is good. You know even though I went to Catholic school ain't no saint. OK. So this is the key. This is why I put this up. You need a healthy nervous system because you're in a stress state you're not going to be able to mount a healthy immune system response. You need regular exercise to move the limp to elevate your heart rate and strengthen your immune system. Proper nutrition of man makes it you don't eat it. Sufficient rest and prayer meditation. That's the solution. That's the solution for the common cold. Yeah. And also allow your body to go through the processes allow your body to get the raspy throat cough sneeze develop a fever inundate your body with water fluid liquids vitamin C and know that all of the processes that your body goes through is building a human moral and cellular response to that virus and any similar viruses. So you're bulletproof. That's why when you see a little kid they're always running around with snotty nose. I'm talking back when kids were healthy you know. You know we used to call him snot nosed kids. Now they're just you know tortured with with chemicals. But back then that's because their body is recognizing different pathogens and they're always mounting an immune system response. Now God knows what I'm there. You know given an antihistamine the first sign of a cough which destroys your immune system huh. Don't panic. I'm going to have updates on this next week we're going to talk about rehabbing shoulders. Unless there's something crazy on this. Thank you very much.