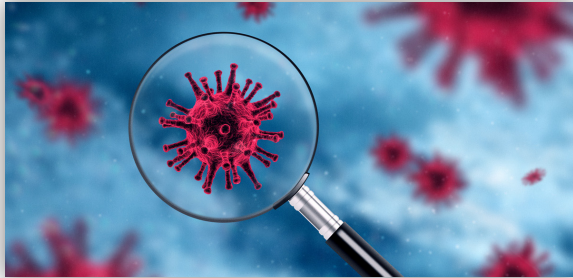


## #1 Risk for Mortality:

The data from COVID-19 shows the highest risk of death and hospitalization are in people with metabolic syndrome, not obesity.



Obesity probably doubles your risk of death, but with metabolic syndrome, it's around a 3.5 times increased risk of death—more than three fold – and about five times the risk of hospitalization if you get COVID-19. “The 21 Day Immunity Plan.” Aseem Malhotra M.D.

## Steps To Take Now:

Begin by having your doctor assess your level of blood sugar, A1c, insulin resistance, and your insulin production levels.



- Transition to a plant-based (Eden) diet.
- Commit to 60 minutes of brisk walking daily.
- Eliminate the sweet drinks that drive diabetes and heart disease, and drink pure water – 2 glasses before each meal.
- Begin to establish a trusting relationship with your Creator – it takes away fear.

## The Bartlett COVID-19 Protocol – So Far 100% Success!

In March 2020, a successful empirical treatment plan was put in place by Dr. Richard Bartlett M.D.

<https://www.youtube.com/watch?v=205Unk4TQXI>

- Budesonide 0.5mg nebulizer, twice daily
- Clarithromycin (Biaxin) 500mg tab, twice daily for ten days
- Zinc 50mg tab, twice daily
- Aspirin 81mg tab, daily

Dr. Bartlett recommends that patients be handled in a case-by-case manner.

Some patients may require an increase in the budesonide dose due to chest tightness or shortness of breath.

Nebulized budesonide 1mg every two-hours has been effective for patients in those cases.

Budesonide is a steroid that has been prescribed for over 25 years, and is inexpensive. **Share this protocol with your primary care physician.** Encourage him or her to watch the Youtube interview via the link above. If he or she refuses to use this successful protocol against Covid-19, **find an enlightened physician!**

**Also remember that you should not take prescription drugs unless you are under a physician's care!**

**For more information go to [IDOWELL.ORG](http://IDOWELL.ORG) and download this brochure. You can also sign up for the Reversing Diabetes Program for diabetics and pre-diabetics.**

# Improve Your Immune Response

## How To Thrive in the Presence of Biowarfare and the Metabolic Syndrome Pandemic



## Biowarfare in 2020:

Several credible scientists have suggested that the Covid virus has been engineered to bind to the human Ace-2 receptor in the lungs.  
<https://youtu.be/uZUJhKUbdOk>  
Dr. Chris Martenson Ph.D.

- The evidence suggests the virus was probably released from a BSL-4 biowarfare research lab in Wuhan, China.  
GM Watch 5/04/20 Medium 4/22/20
- This lab has received funding from the NIH (NIAID-Fauci) and technical help from UNC, John Hopkins and from Dr. Charles Lieber's nanotechnology expertise at Harvard.  
University Newsweek 4/28/20
- The virus exhibits "gain of function" qualities. (Dr. Francis Boyle)  
<https://www.youtube.com/watch?v=mMzL227rbiE&feature=youtu.be>



## COVID Facts – CDC & Research:

The fact is that only 6% of COVID-19-related deaths are directly caused by CoV-2 SARS-CoV-2 and the rise of medical technocracy, Lee Merritt, M.D.

- Six percent of 169,044 (the CDC "total death toll" as of September 2) is 10,143
- The list also includes 5,424 intentional and unintentional injury and poisoning deaths
- All of the data suggests that if you are under age 60, your chance of dying from the flu is greater than your chance of dying from COVID-19. CDC Sept. 2, 2020

## Who is at Risk?

People over 60 who have vitamin D levels of <40 and who are over weight by 30 or more pounds, are diabetic, hypertensive, or insulin resistant.

- Most Americans are not in any more danger from Covid-19 than they are from theseasonal flu.
- **The real pandemic** – the underlying cause that make people susceptible to complications from the infection in the first place – **is poor metabolic health.** "[The 21 Day Immunity Plan.](#)" Aseem Malhotra M.D.



## How Can I Stay Healthy?

About 90% of us are vitamin D deficient. 40% of the population has severe Vit D deficiency (< 20 ng/ml). Only 5% of children and 13% of adults have ideal levels of Vit D (>40 ng/ml). Stop Covid-19 cold - Dr. Mercola

- One study showed there is a radical reduction in the Covid death rates as Vit D levels increase over 30 ng/ml
- Vit D boosts the immune response and is anti-inflammatory, which works to suppress the cytokine storm in the lungs

## How much Vitamin D?



A significant portion of people are either deficient or severely deficient in vitamin D, and it has a very important role in immune function. Most cells in your body have vitamin D receptors, and it is involved in enhancing both innate and adaptive immunity.

- You need an optimal blood level of vitamin D, which researchers say should be between 40 ng/ml and 60 ng/ml. Stop Covid-19 cold - Dr. Mercola

## The Critical Risk Factors:

1. **A large waist circumference – Visceral fat produces significant amounts of inflammatory cytokines**
2. **Prediabetes or Type 2 diabetes – high blood sugar increases viral replication**
3. **Prehypertension or hypertension (high blood pressure) – data shows higher mortality**
4. **High blood triglycerides – driven by refined carbohydrates – they facilitate viral replication**
5. **Low HDL cholesterol – down-regulates arterial repair and endothelial health**