

Rufus Greenbaum

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Sent: 19 April 2020 21:10
To: peter.horby@ndm.ox.ac.uk
Cc: nervtag@phe.gov.uk; 'Rufus Greenbaum'
Subject: Natural Immunity against infection
Attachments: Boost Your Immunity.pdf; How to end the lockdown.pdf; UK doctors cannot cope with Diet & Lifestyle.pdf

Dear Professor Horby,

This is a formal request for NERVTAG to make a quick review of non-drug ways to boost our natural immunity against infection

In order to return to normal life, I think that we will all have to find ways to boost our ***natural immunity against infection.***

COVID-19 is a more virulent, and a very much more infectious, version of the influenza that occurs world-wide ***every year*** towards the end of the winter
- previous examples of which are SARS and MERS.

A vaccine is ***never*** going to prevent the next strain of Influenza, since vaccines take many months to develop

- ***and we are always chasing ways to stop the last pandemic - not the next one***

Since most modern doctors do not understand anything which is not a licensed drug, I challenge you to review this information below and summarise the findings in a quick and simple formal report

Dr Andrew Saul maintains that we should take much larger amounts of Vitamin C - ***when we are stressed or ill***

He also reports how the Chinese and many USA hospitals are now using IV Vitamin C as first-line treatment for COVID-19.

- <http://doctoryourself.com/>
- <http://orthomolecular.org/resources/omns/index.shtml>

Dr Cicero Coimbra, Dr William Grant and Henry Lahore show strong evidence that high levels of Vitamin D boost our natural immunity against the annual Influenza - and COVID-19 - and help to fight the cytokine storm

- <https://vitamindwiki.com/tiki-searchresults.php?highlight=COVID-19&search=Go>
- <https://www.grassrootshealth.net/vitamin-d-supplements-reduce-risk-influenza-covid-19-infection-death/>

Dr Sarah Myhill suggests that we should inhale iodine vapour, since that coats our nasal passages and upper airways with an antiseptic that kills the virus when we breathe it in

- <https://www.youtube.com/watch?v=mSt8GZ6cOI0>
- <https://www.drmyhill.co.uk/>

Dr Paul Marik has a protocol involving Vitamin C, Vitamin B1 and steroids that have a synergistic effect in treating Sepsis, that also helps to treat Influenza and Pneumonia.

- https://www.evms.edu/about_evms/administrative_offices/marketing_communications/publications/issue_9_4/s_eosis.php

Dr Joseph Mercola has published "10-Tips to Beat Coronavirus" that add several foods, traditional herbal remedies and supplements, such as Elderberry, Spirulina, Beta Glucans, Glucosamine, Selenium, Alpha Lipoic Acid and Sulphoraphane, plus Zinc and the traditional herbal remedy Echinacia

- <https://www.mercola.com/>

We are not going to hear much about these non-drug ways to build immunity, because most of the doctors in NICE in the UK do not understand them and the FDA in USA has banned anyone making claims for treatment or prevention using anything but licensed drugs.

Also Google and Facebook altered their search algorithms in June 2019 to block any claims that do not use licensed drugs, mostly as part of their war against Fake News but possibly to keep the advertising revenue from the drug companies.

Many of the general public **do** understand some of these natural methods of boosting our immunity, including how sunlight is the best disinfectant
- except that the dermatologists have taken over the lunatic asylum and told us to stay out of the sun !

It might save money and lives if the UK government gave everyone Vitamin C, Vitamin D and Zinc

Regards

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