

PRIMED AND READY

Drug-Free Ways to Boost Your Immune System
and Beat Viruses, *Naturally and Effectively*



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Introduction

When it comes to immunity, there's a lot that you can do to make sure it's strong enough to fight off viruses and bacteria. And this goes beyond just taking vitamin C - although it is one component. Having a robust immune system also means that you're more likely to fight off illnesses without conventional medicine like antibiotics.

There are also so many natural medicine alternatives that have proven to be extremely effective at beating COVID and many other illnesses. Unlike western medicine, naturopathic medicine offers a holistic approach to healing your body. And when it comes to doing so, experts consider how various systems in your body work together to create a robust immune system.

One of the major role players in your overall health and immunity is your gut. Research shows that 80% of our immune system is in our gut. The reality is the majority of us do not have a healthy, well-functioning gut.

Another major influence is our nutrition. The majority of the population consumes the Standard American diet which wreaks havoc on your gut and overall health and certainly brings your

immunity down. One of our experts and world-renowned naturopaths, Dr. Daniel Nuzum explains this in detail next.

This eBook will also share practical advice from top experts on what you can do to strengthen your immune system and the natural medicines you can use to beat illnesses naturally.

Boosting Natural Immunity: Addressing Things that Compromise Your Health

Dr. Daniel Nuzum

So how do we boost natural immunity? Well, first off, let's talk about how the immune system works real quick. So in your bone marrow, these long bones, like your arm, your legs, those really long bones, they're hollow. They got marrow inside them. So do your ribs, your ribs have marrow inside them. Even your vertebrae have marrow inside them. That marrow is where your blood cells are born. So marrow produces these blood cells, and in this case, produces the white blood cells. We're going to talk about the white blood cells. The white blood cells mature to a certain point in the bone marrow, then they are put into circulation. At which time, they get circulated down to the gut. And it's in the gut, is where they get trained. And there's a thing called the Peyer's patches in the gut. It's lymphatic tissue in the gut.

Dr. Daniel Nuzum: ([47:48](#))

And it's in that area, in those Peyer's patches, that's where your white blood cells go to school. They learn what the internal environment of the body is like by going down to the gut, to their school. And when they're down there, they get trained per the condition of your gut.

Dr. Daniel Nuzum: ([48:15](#))

So if your gut's an absolute disaster, guess what? They don't come out of school acting very good. They will misbehave, just like children going to some unruly, terrible school. They come out of there, not only do they not know everything they need to know, number 1. Number 2, they're unruly. They're not with the program. And that's exactly what happens if you have a really dysfunctional gut, your immune system starts to become dysfunctional in relation to how bad your gut is. That's direct. That's actually your white blood cells. I'm talking about your white blood cells here. Those are neutrophils, basophils, your lymphocytes that produce your antibodies, your eosinophils, all those types of things, even your dendritic cells. They all go to "school" in your digestive tract.

And I'm trying to be as untechnical here as possible. I'm trying to use more word pictures to make this understandable, but in essence, this is what goes on. There's way more to all of this. I'm being very, very simple. So I don't want you to think I'm just not using technical terms or anything like that. I'm trying to give you analogies to help you really understand how this works.

So we go back to the microbiome of your gut. That microbiome is your central microbiome. So you have a microbiome in your upper respiratory system, your ear, nose, and throat. You have a microbiome in your skin. You got a microbiome in your reproductive and urinary tract. And each one of them's different, but each one of them is fed by your gut microbiome. And if your gut microbiome is off, your skin becomes wide open to all kinds of illnesses. Your urinary tract and reproductive system become open to all kinds of illnesses. Your respiratory system, ears, nose, and throat becomes open to all kinds of illnesses.

And people go to the medical doctor. The medical doctor views each of those as isolated incidences. Whereas in natural medicine, we don't view those as isolated incidences. Those are signs.

So skin illnesses; acne, eczema, rashes, those are all signs that something's wrong in the gut. And if you don't fix the gut, it doesn't matter what you do with the skin. It's going to keep happening because it's a response. The body's responding. This is like if somebody pokes you with a pin, and you respond and you go, "Ow. Ow. Ow." Well, they quit poking you with a pin, you quit saying "Ow." But as long as they keep poking you, you're going to go, "Oh. Ouch."

Well, that's what's happening with your skin. If you have acne, if you have eczema, if you have rashes, or these types of things, it goes back to your gut. If your gut's a mess, of course your skin's going to have problems because your skin has a microbiome. And that microbiome is supplied or fed by the microbiome in your gut. When the microbiome in your gut is bad, your skin microbiome's going to be bad.

What else? Well, how about allergies? How about chronic sinus infections? Chronic ear infections, chronic bronchitis, or chronic sore throats, all of those are signs that the gut microbiome is not good. Because it's not good, those ear, nose, and throat, upper respiratory areas aren't being fed, or sent, or supplied with the proper microorganisms to support that microbiome there. Therefore, that microbiome is unhealthy. It's as unhealthy as the gut is.

Now, instead of those microbes working for you, they become a source of inflammation. Your body has constant inflammatory responses to that imbalance in that area's microbiome. Whether that comes out as eczema in your skin, or chronic allergies, or chronic urinary tract infections, or vaginosis in women, or prostatitis in men. All of those things, you cannot fix them permanently if you don't fix the gut first.

So the gut plays a huge role in our immune system, not just from a microbial standpoint, but also by way of the gut being where our white blood cells go to school and learn how to do their job properly. Those Peyer's patches, remember? We talked about them.

So now, there's something else that the gut does. The gut is where we receive our nutrition or don't. If you don't put nutrition in your gut, you don't receive nutrition from your gut. If you eat garbage, you will have a trashy... Your body can't sustain itself on garbage.

Let me put it to you this way, the body is a living organism. And as we speak, pieces are wearing out in your system, and they have to be replaced. If you don't give the body the raw material to replace those pieces that are wearing out, it can't repair them properly. Therefore, the machinery starts to deteriorate, and its functionality deteriorates. So our gut also supplies nutrition. That's how we get the nutrients in our body. We consume them. Our gut extracts the nutrition, puts that into our bloodstream. Our bloodstream then delivers the nutrition where it needs to go. It's that simple. And if we're missing nuts and bolts, the machinery can't operate properly.

Something I explain to my patients, a standard American diet; cup of coffee, maybe we'll call it a frappe, latte, chino, whatever they want to call it. Sugar with a little bit of coffee in it, some cream, all that kind of stuff. A bunch of chemicals and flavoring in a donut as a breakfast. We go onto lunch, and it's a fast food something or other. You got chicken-like product, beef-like product, or pizza, those types of things. And then for dinner, you got spaghetti meatballs, maybe some bread, and maybe if you're real lucky, you might get a salad, something like that.

That standard American diet supplies 20% of the recommended daily allowance of vitamins and minerals that your body needs per the FDA. These are the FDA guidelines. So the FDA says that you need X amount of vitamins and minerals on a daily basis, or you develop nutritional deficiency diseases, and that standard American diet only supplies 20% of the quantity of vitamins and minerals that you need to prevent a nutritional deficiency disease. It doesn't even come close to providing what you need to be healthy.

That's a total other scale. Now, I'll give you an analogy here. Let's say I got a classic car, it's 20 years old, we go out, and we randomly remove 80% of the nuts and bolts from your car, and we hand you the keys and say, well, take her for a spin around the block. What's the chances of that car breaking down? What's the chances of it even starting? This is how people are operating on a daily basis, and things are breaking down, and we get a engineered virus introduced into our populace, and it causes so many people to have severe health problems and even die, my question is, if they were missing 80% of their nuts and bolts in their machinery, it wouldn't have taken much to knock them over. You know what I'm saying?

So since our nutrition is so terrible, our immune system isn't functioning. This is a general population. There's estimates right now that say that right around 92% of the US population is clinically deficient in 10 to 20 nutrients, meaning up to 92% of the population could actually be suffering from a nutritional deficiency disease. That leaves only 8%. Only 8% of the population is getting enough nutrition to prevent these nutritional deficiency diseases. And I don't know if you've been to the store lately, but the US population ain't made of little people. There's a lot of big folks. And you know why they're big? Because their body's in a constant inflammatory response, and they're swollen. They're swollen. Their body's screaming, it's trying, doing everything possible to keep functioning. It doesn't have all the nuts and bolts to repair itself, therefore it just keeps swelling up and swelling up and swelling up and swelling up. And we want a pill for that too, by the way.

Natural Remedies for Monkeypox, COVID & Post Vaxx Illnesses

Dr. Jana Schmidt

About three years ago I was watching, someone sent me a news clip and it was Gates saying, wouldn't it be terrible if smallpox got out, it would desecrate 40% of the population and the smirk on his face, I mean, it gave me chills. I was just, this is horrible. Why is he joking about smallpox? As I understood, smallpox is eradicated. It's not active anywhere.

I had a few caution flags go up and I started to deep dive research. Let's really look at the pox, I know it's in the Variola family, which so is chickenpox, which isn't deadly. Monkeypox. There's a lot of pox shingles. It's even the adult version of chickenpox, it's in the Variola family.

I started to do some deep-dive research. About the time I'm researching, I found this lab in Philadelphia. One of the texts tells me that some open vials of smallpox were found.

Now there's only two places they kept smallpox, one place in Russia and one place in the US, lock and key away for gain function research. They were just going to do research on it. Now it's found in an open lab.

I really said, okay, now I've really got to get busy. I did lots of research and I found that my, and I remembered this too, but my native American Indian grandmother would tell us stories, great-grandmother, of the Trail of Tears. Are you familiar with the Trail of Tears?

In the 19th century, Indians had their land and the US government was moving and developing and they wanted the land that the Indians were on. They literally moved them off the Trail of Tears at gunpoint and made them go to the land that the government thought they should be living on instead. Forced marched them and it was long and arduous and they did several of these trails and they were done in the winter usually when it was cold and they didn't have enough food or blankets and many, many, many Indians died.

There's a doctor, Amy Sturgis, wrote the people knew at the time it was wrong to do this to the Indians. They knew at the time it was illegal. They knew at the time it was unconstitutional, but it happened anyway. It happened anyway. I remembered that it resonated with me even as a child and she said that she gave, at the wintertime, she gave these wonderful herbs to the whole tribe to keep them well and healthy, but she didn't realize that one of them was the remedy that kept them from getting smallpox. I say it kept them from getting smallpox because it was later found out that the US government was giving blankets to the Indians laced with smallpox.

I mean, I heard this and I guess it was never really confirmed, but people were getting it and dying on the trail. If they don't make it to the reservation land, they don't have to give them anything. Needless to say, my great grandmother and the tribe jumped the Trail of Tears. They left in the middle of the night and hid in the mountains of Virginia and West Virginia and started their own family and community there. They weren't moved to reservation, but I remembered so many of the things that she told me to keep them well just resonated.

I started to research and I found that dozens of native American Indian tribes were using the same herbs that she was using and one of them was called the Purple Pitcherplant, *Sarracenia purpurea*. It's just remarkable, but here's the biggest part. I found an NIH article that literally says native American Indian healing remedies, 100% effective against all pox viruses. Then it shows the study. I mean, it literally lays it out exactly the same herbs that she was giving to her tribe and all these other native

American Indians that didn't get smallpox. None of the tribe members got smallpox in her tribe and it was all over.

I was really excited because here's this article and research and trial studies that show that against every one of the Variola viruses, chickenpox, shingles, monkeypox, smallpox, it works a hundred percent of the time, in all of their trials.

I was super excited and this was about three years ago. I secured all of these organic sources. One of them is very hard to find, and that's the Purple Pitcherplant. I started a greenhouse full of Purple Pitcherplants and growing them organically and processing them in order to get this combination. I put it together and it's truly an immune booster, but I call it pox defense. Then Dr. Stella Immanuel was like, this is brilliant, I want to do this with you, so we teamed up together too and I've blended some for her as well. It's been amazing.

Jonathan Otto:

Jana, what is this herb that you've found or multiple herbs?

Dr. Jana Schmidt:

Right, the Purple Pitcherplant, *sarracenia purpurea*. It's a Purple Pitcherplant. It's a carnivorous plant, eats different bugs and grows in peat moss area.

Jonathan Otto:

For smallpox?

Dr. Jana Schmidt:

Right, it was for smallpox. The Purple Pitcherplant is what she used.

Jonathan Otto:

She told you about that?

Dr. Jana Schmidt:

Yes. I was probably 10. I remembered it and she didn't write very much, but she did have some writings and that was in some of her writings, along with a few others as well, some Turkey Tail mushroom, Astragalus, and Echinacea were the others that she liked to use during the winter to try to help keep everyone healthy. I remember talking to Dr. Zelenko about that. We were like, Hey, Purple Pitcherplant. This is great, he was on it too.

Jonathan Otto:

Okay. It's a carnivorous plant. Where do they grow these plants? Can people grow them themselves if they want?

Dr. Jana Schmidt:

You can grow them if you can recreate their environment. They like Peat Moss. Very wet, moist ground and lots of sunshine. They like extra sunshine so the ones I have are getting extra sunshine even after the sun goes down in my greenhouse and we are keeping them wet and using only filtered water. I know that they're really, really organic.

You can grow them yourself. I hesitate for people if they find them to pick them because you don't know what environment they've been in and you also, it could be a protected area. There's two reasons you probably shouldn't just pick them, but seeds are available and there are companies that are selling the plants.

Jonathan Otto:

Then Jana, so then what else do you feel like you can discuss with us today about this? I mean, to me, I'd still like to stay here for a moment on smallpox. You're not just talking about smallpox, you're talking about monkeypox. You're saying the whole pox family.

Dr. Jana Schmidt:

Chickenpox, shingles, all of it. There has been an increased spike in shingles in adults who've received the COVID shot. We have been able to help people with that because it's also helpful in reducing that. I've had people say, what if my kid gets chickenpox? Well, I think that's good because it's going to give them full immunity. But to help them get over it quicker, then this can help too.

Jonathan Otto:

Amazing. And so it's a carnivorous plant... And they eat alive things. And so they've adapted in some unusual way. They're a little bit odd to me, but at the same time, you look at adaptogenic herbs. They adapt to environments. For example, they grow in rocks and they grow-

Dr. Jana Schmidt:

That's true. And then they help us adapt to all kinds of situations. Stress in different extremes of our lives.

Jonathan Otto:

Exactly. So it makes me think there's something about that environment and about the constitution of what that plant needs, that somehow it corresponds with what we need.

Do you know anything about why this plant may be effective? I mean, what is it about the properties?

Dr. Jana Schmidt:

It stops replication, is what it does. For this one, for the pox viruses. It's specific for those viruses. I think it helps all viruses like flu and all types of different things to stop the replication, but it works very effectively against the pox viruses.

Dr. Ardis and I spoke a lot over this last year. And everything that worked before for, what we were like, "Okay, this is helping COVID. This is helping with the virus." Everything that worked for that in the natural world, because I'm steeped in the natural, worked for venom. It corresponded exactly. So it doesn't really change much in my life, it still works. It's just wonderful to get some... I don't know, some light shined on this topic so we can really help people.

Jonathan Otto:

True. Because there are a few things that are a little bit like, for example... If nicotine works, for example, would that make sense if its viruses? Maybe. And I tried nicotine. I found myself getting nauseous.

Dr. Jana Schmidt:

I have a solution. So I know that the nicotinic receptors respond to nicotine, but also choline fills that slot. Right. CDP-choline is actually my favorite. That one fills the same slot as nicotine. And there are those elements in bee pollen. So I know we've probably talked about bee pollen before, so bee pollen also satisfies that. There are other natural things that have really great qualities and that satisfy that as well.

Jonathan Otto:

Very interesting. And obviously, if people can get access to the nicotine and not the other thing, then they've got a solution, so it's great to know about it. But I got nauseated, another friend that I'd shared with, she did, my wife did. And so is there a way around the nausea or is it just-

Dr. Jana Schmidt:

I would choose a different substance. That's obviously not resonating in your body well, so it's not something that maybe your body responds well to. So pick something else that also fills that slot as nicotinic receptors.

The choline. I really like choline for that especially... I work with a doctor, Dr. Deb Vigilione, and she was testing everyone that came to her for their choline levels because

she felt there was something going on there. And almost everybody was deficient, but especially those who've had COVID. And they were craving mushrooms, they were craving eggs, they were craving meat. They were craving things that have choline in them naturally where before they didn't. So as soon as she started giving them choline, she found the brain fog lifted and they started to become themselves again. They were not as sluggish. So I looked into it and then it does react the same way as nicotine would in the receptors in the brain. So pretty cool, huh.

Jonathan Otto:

That is super cool. And I know that Dr. Ardis is recommending CDP-choline, which is awesome. Which is awesome because People are listening to him on that subject and people have nicotine as an option. It's helping people. Dr. Tabron has talked about using BioPerine, which is the black pepper extract. But I don't know exactly what the mechanism there, whether it's helping with the choline or whether it's somehow...

Dr. Jana Schmidt:

I'm not sure. Just from first thought, I would think it would help transport it into the cells well. Because it does that for other things, like CoQ10. And so I have seen that paired with other things, and it helps to transport it into the cells.

Jonathan Otto:

Exactly. Like with turmeric, right?

Dr. Jana Schmidt:

Right.

Jonathan Otto:

Or curcumin.

Dr. Jana Schmidt:

Yes.

Jonathan Otto:

I love what you're doing there with the pitcher plants. The name for it again, the Latin name?

Dr. Jana Schmidt:

Sarracenia purpurea.

Jonathan Otto:

Cool. And people can use this plant for all the pox family, shingles. Yes. Now what if somebody doesn't have any of those symptoms? Does it have any benefit for them if they were to take it?

Dr. Jana Schmidt:

Yes. It helps build the immune system to keep it preventative for other viruses. And the combination that we've put it with, with the turkey tail mushroom, straggles and echinacea are all things known for boosting your immune system too. And that NIH article also tells you exactly how that all works.

Dr. Daniel Nuzum

I'm not here to convert medical doctors, I'm here to help those who don't know about this. I want to teach you so you can take care of yourself so you're not dependent on us doctors. That's what this is all about. That's why I show up on these things. I want to teach as many people how to help themselves so they don't have to depend on the doctors because, unfortunately, most of the doctors don't know how to fix these types of problems. So what are the remedies? That's the next question. What do we do, Doc? What's the remedy? Well, this is going to come in multiple layers, so I want you to take notes. Number 1, if you're putting toxins in your mouth, it almost doesn't matter how many pills you take.

So first off, let's talk about how to remedy all this. What are our remedies? What can we do about this? Well, first off, if you're taking and putting toxins in your mouth and you're swallowing them on a daily basis, you may be able to take enough supplements to neutralize what you're doing to yourself with eating garbage, but what is going to be real hard is for you to get ahead. Actually, minimizing the impact of our environment takes a unified military-diligent approach. You have to eat good, clean food, and you have to supplement. If you're going to have all of the nuts and bolts for your body to repair itself, you're going to have to do both of those 2 things at the same time.

You can't do one or the other, and the food- Now, let me just take a step back. The supplements that I stand for, the ones that I believe in are concentrated food, food concentrates, herbal concentrates. Why? Because we can't grow things like we could 100 years ago. The soil doesn't have the nutrients to get into the food. Therefore, we have to do concentrates of the food in order to get the same amount of nutrition. Therefore, you can't eat a healthy diet and be healthy, you have to supplement. You have to. If you're going to get all the vitamins and minerals, to get all the nuts and bolts your body needs, you're going to have to supplement, but you need to do those 2 things side by side. Doing one or the other isn't enough.

Next is water. Municipal water. You know what happened in Michigan, in Detroit area? You know what happened there? You know everybody got the lead poisoning? They still had lead pipes in their municipal water system. What they did is, they raised the amount of fluoride that they were circulating in the water system, the municipal water supply, by just a minute of, I think it was a 100th of a percent, but it was just enough to start eroding all of those lead pipes, and all that lead started leeching into their water system. So the problem there is, not only did they have the fluoride, they had the lead. And the thing about fluoride is it likes those heavy metals. They bond together and make something even more toxic. So it was really nasty. Toxicology is a rough area of study, because, my gosh, 1 thing's toxic, 2 things are 10 times that toxic, 3 things are 100 times that toxic. That's the math when it comes to toxicity. It's not $1 + 1 = 2$, it's 1 amplified by 1 = 10, and then you add another to that, that amplifies it by another 10 to 20. It's crazy. Toxicology, it can be scary.

Now, when it comes to water, we have to drink clean water. Water is the medium that everything moves around in our body, and if we put dirty water into our system, just all the more that our filters have to clean out. You're going to stress your filters even more by putting dirty water in. So we need clean water. So we got nutrition, which is a good diet and supplementation. That's number 1. Number 2 is good water. How are we going to move these nutrients around the system if we don't have good water? Number 3, specific supplementation. Those are things like herbal remedies, medicinal mushrooms, higher dose individual nutrients, or even higher dose groups of nutrients like your water soluble vitamins or periodically taking large doses of Vitamin D. Vitamin D has over 3,000 known functions.

Vitamin C. There's a component in our bodies, a tissue called fascia or connective tissue. So that's the protein matrix that holds everything together. It connects everything. You know what Vitamin C does? Vitamin C protects and anti-oxidizes or preserves that protein, keeping it from breaking down too fast. So if you're Vitamin C deficient, guess what? All your proteins break down too fast, and your face sags, your rear end sags, everything sags. Now, taking Vitamin C isn't going to put your cheeks back where they're supposed to be, but your cheeks can't go back to where they're supposed to be without Vitamin C. And on that point, remember I talked about zinc earlier and how zinc makes up the component of those zinc-dependent enzymes that repair our protein. So the zinc enzymes are going around repairing protein, but if the Vitamin C's not there to anti-oxidize and slow down the deterioration of those proteins, the zinc enzymes can't keep up.

So there's a huge symphony that has to happen when it comes to nutrition in your immune system. We had nutrition, water, now we have, I call them co-factors. Herbal remedies, medicinal mushrooms, things like adaptogens, those types of things. You got

Chaga mushrooms, Reishi mushrooms, turkey tail mushroom, Cordyceps mushroom. Those are some of my favorites. They work so well in so many different areas. And what's nice about those things is, they supply food for your microbiome, they supply information and fuel to your immune system. There's a lot of things that those do. Then we have things like adaptogens, like Rhodiola, or Eleuthero, Ginseng, and even you have calming adaptogens like holy basil, Ashwaganda. These are all different things that help with enabling your body to adapt. Anything that stresses your body is stressful because it's causing you to adapt.

If you get on adaptogens and stay on them for extended amounts of time, they train your body, your immune system and your whole system actually to handle stress better. So you become more resistant, more resistant to stress. And that's not just emotional stress, I'm talking chemical stress like from the environment, I'm talking infectious stress, microorganisms and viruses, things like that. These things raise your resistance so you can ward off these things much easier. Then we have activity. If you're not up moving around, things aren't circulating. My very first appointment with people, I always explain that there are 4 things that we have to establish or re-establish before you can even start getting better, and there are 4 areas of circulation that have to be circulating in order for your body to even start to heal.

These are your blood circulation. Your cardiovascular system has to be pumping and moving blood around. If that ain't happening, nutrition doesn't happen, detox doesn't happen. There's all kinds of things that are involved there. Number 2, your lymphatic system. It has to be flowing. Your lymphatic system works just like the sewer system in a city. The sewer system's plugged up, all the cells, or the houses, get toxic. So if that sewer system isn't moving, is not circulating, all that nasty stuff, that all backs up into the houses. It's exactly what happens in your body when your lymphatic system's not draining. If your lymphatic system's all plugged up, and it isn't draining, and it's not circulating, all those toxins that your cells are throwing off are then coming right back onto the cell and eroding your cells. It's a really nasty process. The lymphatic system has to be draining. That's number 2.

Number 3, your digestive system has to be circulating. From top to bottom, it has to be circulating. Things have to be moving in your digestive tract. If they are not, you cannot heal. I had an argument with the largest patient I ever treated, weighed over 680 some pounds, and we had an argument about what was regular, and he told me twice a week, that was regular. He'd been twice a week his whole life. And I said, "Well, that's fine. How often do you eat?" He said, "3 times a day." I said, "Okay. So you're telling me you're having 21 meals a week, and you're only getting rid of 2? You think that doesn't affect your weight?" Digestive system has to be circulating. Things have to be moving. Number 4, your nervous system. The impulses from your nervous system have to be

circulating. If those things aren't circulating, healing is going to be very, very difficult. So how do we do that? Well, the primary mechanism is movement. We have to be moving or we have to be active.

Your digestive tract has to have enough water and enough fiber in it in order for it to exercise and keep moving. If it doesn't have enough fiber and it doesn't have enough water, it's not going to move very well. Your blood, your cardiovascular system, isn't going to pump around really well if you don't get the pump active. If all you're doing is sitting down, the pump's going to be really low on the activity level. You start getting up, moving around, the pump's going to pump more. And as it pushes, it's going to move that blood and circulate that blood. It's super, super important. As you're up moving around and you got those muscles moving, those joints moving, everything's active, that's what pumps the fluid around in your lymphatic system. That's how you circulate everything around in your lymphatic system. That also helps get those nerve impulses going from your brain through your spine out to your hands and feet and liver and kidneys and heart and everywhere else, and back.

So where do we start? Nutrition. And good nutrition is a healthy diet with supplementation. Number 2, water. You have to have water, and you have to have good clean water. It's ridiculously important. Your body's 70% water by weight. If you don't change that water, I mean, come on, how many times- If you want to keep your car healthy, you have to change the oil every once in a while. You don't put good clean water in your system, you're not changing your oil very often. Then we've got movement and circulation. We have 4 levels of circulation. We have cardiovascular circulation, lymphatic circulation, digestive circulation, nerve impulse circulation. Those things have to happen. They have to happen. And if those are happening, and they're happening well, then we can think about detoxing. But until those 4 things are happening, detoxing shouldn't even be on the map. There's preparation before detox, and that's in any way. You've got to get things moving in your system before you try to move the toxins out of your system. If there's a traffic jam, you're just going to make things worse.

So specific remedies would be anti-oxidant remedies like Astaxanthin, NAC, even L-carnitine would be helpful, although those help also with mitochondrial function, and mitochondrial dysfunction is one of the things that we're seeing with people that have had the vaccine. So those would be things to look at. Also things like medicinal mushrooms. That's another fantastic thing. Medicinal mushrooms are one of the ways we can help repair our DNA is through medicinal mushrooms. It's one of the effects that they have, and that's one of the things that these vaccines are harming is our DNA. Adaptogens. Adaptogens increase your ability to adapt. And if you can't adapt to very well walking up the stairs, you go from the bottom of the steps to the top of the steps

and you're huffing and puffing because you can't adapt to that kind of movement, it's something adaptogens could help with.

If you can't adapt to other types of stress or you are in a crowded place and someone coughs and you get sick, you just don't have much resistance, adaptogens enhance resistance. At drnuzum.com, I have all those types of things, by the way. Another thing to look into would be CBD. That's another thing to be considering both as something you could use to minimize the inflammatory response from these vaccines, and then also something you could use as a remedy for viruses and things like that. There's all kinds of research out there right now, especially on more recent viruses and how CBD can deactivate those types of things. So something else to look at.

I've been working with fulvic acid for a long time. I've been working with it clinically since 1997. The scientists that I work with have been working with fulvic since the early 1980s. So a lot about fulvic. Now, fulvic itself is a- There's nothing like fulvic. There's no antioxidant that even can be categorized similar to fulvic. Fulvic is in its own category as an antioxidant. And it is not just one level of antioxidant, it's an antioxidant on so many different levels that it's actually difficult to measure. Fulvic is also an excellent source of all those minerals that we were talking about earlier, all those nuts and bolts that our diet's completely devoid of. You can find those in fulvic. They're all present. They're there.

Fulvic acid was something that was originally- It's been removed from our food chain. Originally, it was in our food chain back 120 years or so ago when we had about 3 feet of top soil. Top soil used to produce fulvic, and fulvic would be in the fruits and vegetables people would eat. By the way we've farmed over the last 120 years, we've taken that 3 feet of top soil and whittled it down to about 6 to 8 inches. There's not a biomass in the top soil anymore to produce any fulvic. There's just not enough there, therefore, we have to mine it, and we find it in humic deposits all around the world, and we then have to extract it and everything. And what's interesting about fulvic is it's supposed to be there to enable us to absorb the nutrients in the food that we eat.

So we talked about earlier how the food is so massively deficient in nutrients, but it's also deficient in the co-factors, fulvic acid being the co-factor, that enable us to absorb the nutrients that were in the food to begin with. So it's really, really bad. The food that's available, really, really bad. This is really bad. And so supplementing with fulvic acid replaces that, puts that back into your food chain so that you can actually pull the nutrients out of the food that you eat.

Now, it has all kinds of other benefits. It has antiinflammatory effects. It's a growth factor for probiotics. So, if you're taking probiotics, and you take probiotics with fulvic acid, the fulvic acid massively increases how well your probiotics survive your gut. It's a really,

really important piece. Fulvic acid, like I said earlier, provides all those vitamins and minerals, particularly the minerals. It has all your water soluble vitamins, but it's the minerals that it can really supply. One minute, excuse me.

So, how fulvic fits in in the scheme of things is it is in and of itself an adaptogen. So, it enables the body to adapt to things better. So, it increases your ability to adapt. That's one thing. The next thing is it's a super dense source of nutrients, and not only is it a source of nutrients, it's a delivery system that can enhance your body's absorption of nutrients from other sources. So, let's say you take a vitamin, a mineral supplement, or a herbal supplement, and you take it with fulvic. Fulvic maximizes how much of that that your body absorbs. If you take the fulvic with your food, it's fulvic acid with food, it maximizes how much your body absorbs. Remember what we were talking about earlier, and how our body has to have nutrients in order to rebuild itself as things break down. As cells break down, your body has to have raw materials to rebuild those.

And that's one of the things that fulvic really- that it supplies. And not only does it supply them itself, it enables the rest of what you're consuming to be absorbed properly. The fulvic also has a property to it where it's really interesting. It can basically recycle nutrients. So, as your body uses a particular nutrient, it goes in the cell. The cell metabolizes it, uses those nuts and bolts, those parts, and then it has waste. You got used parts afterwards, right? Well, fulvic has the ability to take those used parts, and repair them, and make them usable parts again. So, even if you're not getting optimal nutrition, and you start putting fulvic into your system, it helps you recycle the nutrients that you do have. So, it's just a fantastic miracle molecule. What was our next?

So, vaccine injury used to be something that we could map out. We pretty much knew the course through which someone would take, after they've been vaccine injured – how we would have to purge the system, cleanse it, detox it from the vaccine ingredients, how to deactivate the retro viruses that were activated, how to fix the gut issues that Andy Wakefield brought to everyone's- what he was observing, what he brought out to everybody, all those gut issues. We knew how to fix all those types of things, and how it takes time, and you just have to be consistent with it.

What we have with these new vaccines is they're so new, there's some things that are working, but everything's experimental still. Remember, you're talking to somebody who's spent his whole career preserving ancient methods, the old ways, in how people have healed themselves for thousands of years. So, when we have something new like this, yeah, there are a lot of remedies that can be used short-term to help stabilize people. There's MMS that's worked for stabilizing people, even MSM, the sulfur, is something that's been really good. And NAC, glutathione IVs, Vitamin C IVs, all of those things have been very, very helpful.

There's even some people are doing some pretty amazing stuff with biofeedback and electromagnetics and things like that where people are getting better. They are getting some improvement. They're stabilizing. Meaning they were on this really slippery slope, and they were sliding down into the depths of oblivion, and they slowed the decline, all right? That doesn't mean we've remedied it. Just because they're not slipping down as fast doesn't mean we've gotten them out of the situation, and that's where I am with remedying COVID vaccine injured people. I don't see that we have anything that's concrete that really fixes it yet. That's my clinical observation, as of- here we are, August of '22.

There might be something here in the very near future where we do have a specific- we know X, Y, Z works. We know why it works, and so on and so forth, but we're not quite there. There's a lot of things that are helping. I'm not saying that we have nothing that we can fight this with. What I'm saying is there's not an exact protocol on how to resolve this yet. It's new. And Dr. Malone has been saying for 3 years now, 4 years now, and even back when he was still doing his research, he has been saying for years now, years, years, that this should never ever be applied to human beings, ever. And 4 billion people have had this vaccine so far, and we don't know exactly how to remedy it. I'm not saying there's no remedies. I'm saying we don't know how to permanently reverse this.

So, if you take a person, take a man, take a woman that's had 10 rounds of an antibiotic in their lifetime, and they have eaten the standard American diet for 30 years. So, in 30 years, let's say a 30-year-old man, 30-year-old woman. They've been on the standard American diet for 30 years, predominantly processed foods, high in preservatives, standard grown "meats" with all the antibiotics. There's research that's shown that if you ate conventionally grown chicken twice a day, you'd get about the same amount of antibiotics as if we were taking a Z-pack. That's how packed full of antibiotics regularly grown chicken are. So anyways, you take somebody that's been on this kind of diet for 30 years. They've had 10 rounds of antibiotics. Their microbiome is shot.

What happens when you take an antibiotic is there's an environment that produced an infection. And you take an antibiotic to neutralize all the microorganisms that are present in that environment. If you do that without changing the environment, what stops it from going right back to where it started? Nothing. So, when that happens over and over and over again, the body doesn't grow back all of those microbes that were collateral damage of the antibiotic. In some cases, it never grows them back. In other cases, it doesn't grow them back fast enough, and the microorganisms that grew well in that environment that produced the infection to begin with, they're the ones that grow back first because they're in the right environment. This is their environment. They love it. So they grow back in this environment real quick, and they just take over. So, 10

rounds of antibiotics later, all kinds of antibiotics and antimicrobials in the food, preservatives and whatnot, the microbiome is a disaster.

And taking probiotics, and dumping them into that environment is cruel to those probiotics. It's an act of cruelty to those poor probiotics, all right? Because you're sticking them in an environment they can't possibly survive in. So that environment of the gut needs to be changed. It needs to be prepared for probiotics. I use fulvic acids. I use digestive enzymes. I use those things initially to start preparing the gut environment for probiotics. And then, I apply probiotics after a couple months on those initial things, the fulvic acid and the digestive enzymes. I apply the probiotics after that, and we spend some time with other prebiotic substances. I love humic acid as a prebiotic substance, and then fulvic acid as a growth medium. It stimulates microbe growth so very well. It's fantastic. But it's that humic acid that gives the microbes the shell of a house to move into, something to hold onto in the gut and start building their colony.

And so, I do the fulvic acid with digestive enzymes, large amounts of digestive enzymes up front to prepare the gut for the probiotics and the other prebiotics. And I add those in after a couple months on the first stuff. And at that point, we are able then to take back the gut and start rebuilding that microbiome. And this process takes 6 months to a year. This doesn't happen overnight. These are seeds. These probiotics are seeds that you're putting into the field of your gut. And it takes some time to grow. They got to cultivate. You got to keep seeding, and you got to keep cultivating, all right?

]So after that, that's when it's really good to start introducing good amounts of things like medicinal mushrooms. Medicinal mushrooms then become that postbiotic. It starts training and teaching the microbiome how to act, and how it should operate. I mean, they actually provide education, if you will, via the polysaccharides that the mushrooms have. It helps to train the microbiome to operate properly. But that's a whole process. It takes 6 months, a year, sometimes 2 years, in some cases, to really get that done.

Basically, I like to look at classes of probiotics. So, you have your lactobacillus class of probiotics. You have your Bifidobacterium. Those are your primary workers. There's some like Akkermansia, which can help you with metabolic issues. That's a specific probiotic that's really good for metabolic issues. You have Saccharomyces Boulardii that eats things like C. diff, which is one of the leading causes of death in rest homes, C. diff infections, which is caused by antibiotic overuse. And Saccharomyces Boulardii eats C. diff. That's pretty simple. You just use the use that. Using one capsule a day won't do it. You have to use very large doses, and it resolves C. diff very, very well. It's amazing. Fantastic remedy. And it does it by ecology. You're introducing one predator to take care of another.

And so, what's nice about *Saccharomyces Boulardii* is after it does its job, it doesn't survive real long in the gut, and becomes a prebiotic to your lactobacillus and your bifidus microbes. I also like soil-based soil microorganisms, like bacillus subtilis. Bacillus, those are really nice. There's a few different ones like that. I like kombucha as a remedy, kefir as a remedy. I like tepache from Mexico. That's a great one. And there's quite a few different probiotic remedies out there that are really good, and you can cultivate them yourself.

Kickstarting Your Natural Immunity

Dr. Mark Sherwood

Jonathan Otto: ([05:58](#))

That's awesome. And so then, what are some of the things that people can practically do? You mentioned even peptides, do you think that when people do the injectable peptides,

Dr. Mark Sherwood: ([06:08](#))

Mm-hmm.

Jonathan Otto: ([06:08](#))

Do you think there's benefits in that or not so much?

Dr. Mark Sherwood: ([06:10](#))

I do. I like injectable peptides. We've- You look at peptides like a Thymosin alpha-1 for example.

Jonathan Otto: ([06:16](#))

Mm-hmm.

Dr. Mark Sherwood: ([06:16](#))

That's gonna reboot your immune system. Now that would be a good thing. Wouldn't it? Because youthful immune systems work well. Aging immune systems don't work so well. Think about your thymus gland, glands actually many times decrease in size, volume, production of whatever, hormones. So, if that happens, what if you could go back and reinstruct those glands to work more youthful? Well, you can, that's the way peptides work. They sort of reintroduce the youthfulness or working function of those different processes in our body. And they work well like that, but it goes back to the same principle.

Dr. Mark Sherwood: ([06:56](#))

When you give the body what the body needs, it will do what it's supposed to do. When you withhold from the body, what it needs, the body will not do what it's supposed to do. And that's the biggest problem today in our world, people are withholding and I think it's partly out of ignorance and partly out of rebellion. They're withholding what the body needs and therefore the body's not performing very well as a whole, even across the country and across the world.

Jonathan Otto: ([07:22](#))

Yeah, it makes sense. And so, Thymosin Alpha-1, and there's Thymosin Beta-

Dr. Mark Sherwood: ([07:29](#))

Beta-4. Mm-hmm.

Jonathan Otto: ([07:30](#))

Is that one beneficial, too?

Dr. Mark Sherwood: ([07:33](#))

Thymosin Alpha-1, think about that as a re-orchestration of the immune system in general, like a conductor, let me get you back, hold this one down, pick this one up a little bit. You've seen a conductor, do their little bonds out there.

Jonathan Otto: ([07:44](#))

Mm-hmm.

Dr. Mark Sherwood: ([07:45](#))

Thymosin Beta deals more with the tissues, the injuries. Right? We know the immune system in general, when it gets triggered, whether it's by a vaccine, whether it's by a virus, whether it's by tissue injury or whether it's by toxic load, poison food coming from our standard American diet, once the immune system gets triggered, it's gonna say, "We've got an emergency, we've got a problem." That would be synonymous with inflammation. So, based upon that Thymosin Beta deals with more of the tissue repairs. If we have someone that's had a surgery or something like that, we would certainly recommend things like a BPC 157, maybe with a Thymosin Beta-4 combo.

Jonathan Otto: ([08:29](#))

Wow, BPC 157.

Dr. Mark Sherwood: ([08:33](#))

Correct.

Jonathan Otto: ([08:34](#))

That is like a go to gut repair type protocol, right?

Dr. Mark Sherwood: ([08:38](#))

Yeah. Think tissue repair. Think muscle repair. Think injury repair, think healing. BPC -- Body Protection Compound. That makes sense. If we produce a lot of that as a young child, why do we heal up so fast? Well, that's why, but as we produce less and less, as we age, the body doesn't heal as quick. We've used BPC a lot for that. Not just gut repair, because you can take that orally. You can also take it subcutaneous.

Jonathan Otto: ([09:06](#))

Got it. Now, if somebody's sitting there injecting themselves every day, it's kind of like a little bit of an adjustment to make I've done it before. What do you think about that? To me, I don't know, people doing this for the rest of their lives, injecting themselves every day. I don't know. What do you think? I have a hard time with it.

Dr. Mark Sherwood: ([09:25](#))

It's different. I mean, you think about this, if we could get what we needed in the ways that we're supposed to get it, that changes the game. But we live in a world where things are just, whatever's upside down, everything's wrong. It's like, why do you have so much trouble getting food and nutrients from food? It's because the food's been manipulated. Why do we take supplements? It's because the food doesn't supply what it should supply and why do we take peptides? Because the amino acid that are supposed to be the food in the first place, to form the peptides inside the body, are not there in their quality form and the amount and volume anymore. It's a little bit weird to put needles in your body every day, I get that.

Dr. Mark Sherwood: ([10:07](#))

I don't look at it like it's something that I have to do. I honestly look at it as something I get to do. I look at it as a gift and a blessing that I know what I know and my wife knows what she knows and God gets all the credit of course. I want to make sure that's clear, but when you give the body what it needs and God supplies what it needs through various things like peptides, I mean even the idea of hormone replacement therapy, that takes a bad rap. Doesn't it? Because people say, "Well, why would you have to replace something in the first place? Isn't God good enough?" Well, the answer is yes, he is. However, our environment has changed a lot, right? Our environment is not what it was. We are now having chemicals right now that are destroying our system. And even with

hormones and peptides, we're seeing the aging processes of human beings go faster and faster over time, which increases something called sick span in our lives.

Dr. Mark Sherwood: ([11:00](#))

The world just happy with that, because it's like more drugs for more time, more dependence upon the drugs and more dependence upon the government and the pharmaceutical to make those drugs. Well, I don't want that. My body's capable, your body's capable and the people are listening, their bodies are capable too. So, that's why you need to link up with people that actually have a vision that's different from the world. And when you do that, you're gonna get information and you can use the information correctly, which is wisdom. Right? That's why we use these things. I get it, peptides and injecting things and even eating a bunch of pills every day, I mean that can be a pain in the literally a pain, if you get the pun on words, that can be a pain.

Jonathan Otto: ([11:41](#))

In the butt, especially if you're injecting it.

Dr. Mark Sherwood: ([11:42](#))

Yeah, pain in the butt or pain in the stomach or wherever you're injecting it, but -

Jonathan Otto: ([11:46](#))

And in the thigh.

Dr. Mark Sherwood: ([11:47](#))

The thigh, could be, but it's still, it works though. Right?

Jonathan Otto: ([11:49](#))

Yeah.

Dr. Mark Sherwood: ([11:50](#))

I wanna do what I can do to - And my purpose in life is more than just teaching people how to not be sick.

Jonathan Otto: ([11:59](#))

Yeah.

Dr. Mark Sherwood: ([11:59](#))

My purpose in life is to share the light of the gospel of Jesus Christ. I don't make any bones about that. If I can be alive and vital and aware of that to share the light of hope to people, that's good. And people can't- If they're sick or distracted from sickness, the

greatest things that distract us are sickness, disease, death, and lack. If we're focused on those man, I mean, we are completely putting gas on that fire over here. We don't need to do that. We need to put more gas on the fire, the light of the gospel of hope for people. That's what I want to see. Right? You can't do that while you're dead. That's why, I mean, that's why we're here and that's why we do, what we do.

Homeopathic Remedies to Beat Illness

Cindy Griffin

Jonathan Otto:

Cindy, some of these formulas that people can go to... The stuff that people can get over the counter... Mercurium?

Cindy Griffin:

Mercurius. Yeah.

Jonathan Otto:

Mercurius. Because we've all been exposed.

Cindy Griffin:

Don't do it unless you've got something on board to help keep it leaving, which would be something like the Nux vomica.

Jonathan Otto:

Nux vomica. So use those together. At the same time. You take them the same time. Great.

Cindy Griffin:

I would.

Jonathan Otto:

It's a drop or a spray?

Cindy Griffin:

You can get them in lots of different forms. Most of the time you go into a health food store, they have these little lipstick-sized tubes. That'll have the little sugar pellets and that's usually what you're going to get there over the counter. And you can put a few

pellets in a water bottle and sip on it. And it'll actually, that's one of the things we do when our kids are having a problem is we'll say, "Okay, pick this remedy, put a few pellets in a water bottle and have him sip on it frequently until he feels better." Kind of thing.

Jonathan Otto:

What do you think about the fact that- So some people look at that and say, "That's just a little silly sugar pill."

Cindy Griffin:

Yep.

Jonathan Otto:

How do you know that has anything in it?

Cindy Griffin:

It technically does not. If you were to go and do a technical chemical analysis on anything, like I said, above a 6C or a 12X potency, you're not going to find that chemical in there. So it gets a lot of the bad press with homeopathy placebo effect. The problem is with that accusation is that if there is a placebo effect, you have to assume that the person would have an expectation of something. But when you use it with a cat or a dog, or you use it with a newborn, and you get the desired result, they have no such expectation. Your dog and your cat assume that you're not poisoning them and your baby, but there are no assumptions there.

So homeopathy's had a bad rap for a couple of hundred years as being nothing. And yet we've got cases and cases where parents call and go, "Whoa, you said that he might have such and such response. He did in spades." And the child is autistic. And as far as you can tell, not really fully comprehending.

Jonathan Otto:

So how could that be placebo?

Cindy Griffin:

And they still are having the expected effect.

Jonathan Otto:

And so basically it's a message, so people can understand, it's a signature. And so someone that is trying to understand the body from a perspective where they don't understand communication, it's signatures, a message. And when you look at a lot of

things in nature, you can see that there's all these different types of messages and signals that go on, even through frequency and vibration that are not as linear as what we would understand, but they work in that same fashion that they are cause and effect. It is a communication. One message is going here. It's communicating something. I've seen fulvic acid to do this myself in terms of, to me, when I look at the fact that it actually has quite a high amount of plant aluminum, which is very, really interesting to me and see fluoride. And so I've actually seen people get really amazing results with this. And I do believe it that it does very effectively bind and help to take out these toxins out of the blood. Have you heard of things like this?

Cindy Griffin ([31:53](#)):

We know of them. I stay in my little homeopathic.

Jonathan Otto ([31:56](#)):

That's great.

Cindy Griffin ([31:57](#)):

My little box.

Jonathan Otto ([31:57](#)):

So basically all the results that you got with these patients have all been purely through homeopathy then? You don't do-

Cindy Griffin ([32:03](#)):

Pretty much.

Jonathan Otto ([32:03](#)):

You don't do supplements as well? No?

Cindy Griffin ([32:07](#)):

About the only supplements we really work with the kids, maybe some vitamin D3 and some probiotics. We're picky about our probiotics because some of the kids can't handle certain strains. So we've had some formulated so that we're not going to raise some cane.

Jonathan Otto ([32:27](#)):

So all your detoxes through the homeopathy?

Cindy Griffin ([32:29](#)):

Yes.

Jonathan Otto ([32:30](#)):

Yeah. So what about for aluminum? What would someone use for that?

Cindy Griffin ([32:33](#)):

Well, I mean, it would be the same idea as the Mercurius for the mercury. It would be Allumina or there are various salts of aluminum that are out there as homeopathics.

Jonathan Otto ([32:48](#)):

Okay. Cadmium?

Cindy Griffin ([32:50](#)):

Yeah. I mean, homeopathic remedies are available in- You can get them online.

Jonathan Otto ([32:57](#)):

Say the most common. Antimony, Cadmium.

Cindy Griffin ([32:59](#)):

Antimonium Tartaricum is huge because they use Antimony in crib mattresses as part of the fire- The flame- Well, and baby clothing, as part of the flame retardant that is required now in the US. And that's where a lot of asthma, I think, is starting. And so homeopathically, you look at Antimonium Tartaricum, it's an asthma remedy among other things. It's for any kind of cough with a wheeze, that kind of thing. But it also is going to act as a detoxifier if you have antimony. And a lot of the kids do have high levels of that. A lot of our parents, their insurance will cover testing and things like that. So it's been fun when they go ahead and do the testing, and we know that things are coming out because there it is on the urine test or on the hair test. So we know they detox with specific things with the homeopathics after we work with them, while we're working with them.

Jonathan Otto ([34:09](#)):

What was that one for antimony again? What's that called?

Cindy Griffin ([34:12](#)):

Antimonium Tartaricum.

Jonathan Otto ([34:15](#)):

Tartaricum. Great. People can look these up. They can get them. Awesome.

Cindy Griffin ([34:18](#)):

And they can always call a homeopath and take a class. I actually toyed with putting our self-care class online because anybody can use homeopathic remedies. Right now, it's a little hard to find homeopathic kits because of supply chain problems. But we used to have our own remedy kit that we had put together with particular remedies because we worked with so much autism. We did a lot of picking and choosing. So it had a lot of things to help soothe the gut, things for anxiety, things like that. Aconite, there's one. Aconite is one of my favorite remedies for anxiety, whether it's an adult who's- It's actually for test phobia among other things, but it also can be very calming for the kids. So that's a really great remedy for some of these kids. Ignatia. It is a grief remedy, and these kids are grieving, and it'll often help with some of those unexpressed-

Cindy Griffin ([35:24](#)):

They can't verbalize. And so they're expressing it with some of their behaviors, and kids that just suddenly cry out of nowhere, kind of thing. Now that can be also part of the PANDAS picture. So there can also be a biomedical piece, but we also use a lot of remedies. We specifically work with the emotional side of it because these kids are bottled up emotions that can't be discussed. And if you don't get emotional healing, you can't get physical healing. One will hold up the other. So you've got to get them both at the same time.

Jonathan Otto ([36:00](#)):

Makes sense. And then for all the adults watching, even with people with COVID-19 vaccine injuries, I'm telling people in this interview. I'm saying that these are the types of things that anyone can try. Get and see if they can get benefit from it. All the things you talked about are things that not just children with autism or adults with autism, but all people are experiencing various levels-

Cindy Griffin ([36:23](#)):

Absolutely.

Jonathan Otto ([36:24](#)):

-of what you're talking about.

Cindy Griffin ([36:25](#)):

Yeah. I know a lot of people who have had COVID disease, and they have lingering symptoms from it, and there's probably going to be a homeopathic remedy out there that can help. Yeah.

Jonathan Otto ([36:38](#)):

Great. That's-

Cindy Griffin ([36:40](#)):

Lots of them.

Jonathan Otto ([36:41](#)):

True. Yeah. Do you know any- Off by? No.

Cindy Griffin ([36:44](#)):

Oh gosh. Can't think off the top of my head. I'm trying to think of a real common one.

Jonathan Otto ([36:51](#)):

And I do believe that snake venom peptides are being used in the vaccines. I do. And I believe COVID is of that and cone snail venom just from all my research. I'm doing a lot of work with Dr. Bryan Ardis. But based on that, he does actually make me look at homeopathics for envenomation and-

Cindy Griffin ([37:10](#)):

Which they've been used for actual snake bites for a couple of hundred years.

Jonathan Otto ([37:14](#)):

Tell me about that.

Cindy Griffin ([37:16](#)):

Well, one of the oldest homeopathic remedies, one of the first ones, it was discovered by Constantine Herring in the late 1800's in South America. And it's called Lachesis. And the snake from which it was derived, that venom was derived, is actually now extinct. And because homeopathic remedies are created through serial dilution, a little dab goes a long way, and we still have the homeopathic remedies, Lachesis. It's very common as a sore throat remedy. It can help with guilt, emotionally. And it's made from the venom of a snake.

Jonathan Otto ([38:06](#)):

That we don't have anymore.

Cindy Griffin ([38:07](#)):

That no longer exists.

Jonathan Otto ([38:09](#)):

Extinct.

Cindy Griffin ([38:09](#)):

Exactly. The closest we can come is supposedly his original snake that he got his venom from. And then the natives that he was with killed it. It's actually in a jar of formaldehyde in the Hanuman Museum in Philadelphia somewhere. I think my business partner has a picture of me with my arm around the Lachesis snake. So it's gone though, but it's been preserved. So I wouldn't want to use it for a remedy now. It would mostly be formaldehyde.

Jonathan Otto ([38:43](#)):

There you go. There you go. Which might be good for formaldehyde poisoning.

Cindy Griffin ([38:49](#)):

Oh yes. Absolutely.

Jonathan Otto ([38:49](#)):

Okay. I'm getting it. I'm catching-

Cindy Griffin ([38:51](#)):

Homeopathic remedies can be used to detox specific things from which they were derived. The toxins, the toxicity came out of it, and you can use them isopathically, is what it's called.

Jonathan Otto ([39:06](#)):

And this is to me why urine therapy makes sense.

Cindy Griffin ([39:11](#)):

It does. It makes a lot of sense. And if you've ever been bitten by a centipede, one of the big remedies I am told is to have somebody pee on the bite because the uric acid in there supposedly breaks down the venom, I guess it is.

Jonathan Otto ([39:28](#)):

And my research is telling me that if you're the one that's been envenomated by the centipede, your body is producing the antidote and so that you yourself-

Cindy Griffin ([39:36](#)):

Ideally.

Jonathan Otto ([39:37](#)):

Exactly. But if you can't-

Cindy Griffin ([39:38](#)):

It's hard for girls.

Jonathan Otto ([39:42](#)):

Oh yeah. Yeah. Well, I mean you can cup it, and see what I mean?

Cindy Griffin ([39:45](#)):

Right. Exactly.

Jonathan Otto:

But I'm talking about even people drinking the urine as well.

Cindy Griffin:

I can't bring myself to that one. I'll just make it into a homeopathic remedy and call it good.

Jonathan Otto:

Robert Scott Bell was telling me how one of the therapies that was developed in the war was they would put the urine in a bucket, tip it out, put water in it, tip that out, put it in a bucket.

Cindy Griffin:

Which is how you, basically, how you make a homeopathic remedy. Exactly.

Jonathan Otto:

And so then you'd have the signature. Because the issue is knowing what you've been envenomated with. And if I'm saying that COVID is from venom because I'm quoting an Italy study, for example. 36 different types of venoms found in somebody with COVID or in- Yeah. 20 different people. Why is it that the 20 people COVID positive—peer-reviewed study, find it on PubMed—why do they have one or more of 36 different types of venoms? The COVID-negative group, zero of any of the venoms. And so I'm saying that if they had, in this case, the Malayan crate or the [inaudible 00:40:43] snake, or the California cones now the marble cone, these are all the ones that showed up. So then their own urine would have that signature. So if they didn't want to drink their urine, they could dilute by simply emptying out. So there would be no taste, zero taste. But you would have a signature. It's worth a consideration. I would easily do it.

Cindy Griffin:

It's actually in homeopathy, there was a man named Korsakov and it's called a Korsakovian dilution where you don't really measure how many drops are in there. Like you would like with these strict 60, 30C sort of dilutions where it's a one to 10, or it's a

one to a hundred dilution with Korsakovian, whatever is left in your bottle or your bucket, that's what you use and you add your water and then you keep doing it. And it's a legitimate way of making a homeopathic remedy. So it actually is. The trick is the succussion, hard to do with a bucket. You have to smack it. But you can do the same thing just swirling it.

Lindyl Lanham

One of the things we recommend for fevers is what we call the sock trick. You take a pair of their socks. It depends on what part of the country you live in. In Houston, when you turn on tap water in the summer, it's hot, but you want room temperature tap water. You take their socks under that room temperature tap water, get them wet, wring them out. Put them on their feet, and then wrap a towel around, and it will very slowly pull that fever down away from the brain, and so it's a real safe, safe way to deal with it.

Jonathan Otto:
What temperature?

Lindyl Lanham:
Just room temperature tap water. Not hot, not cold.

Jonathan Otto:
Wet socks.

Lindyl Lanham:
A pair of socks. We recommend a towel. For one thing, it keeps whatever their feet are on dry but also keeps them from getting chilled if the room is cool.

Jonathan Otto:
Right, to keep that same temperature. Amazing. So, what are some of these tinctures that people can use?

Lindyl Lanham:
So, the belladonna for fever. Baptisia is a flu remedy that's easily over the counter.

Jonathan Otto:
That might be good for COVID then.

Lindyl Lanham:
One of them, yes. It was certainly one of them, we recommended.

Jonathan Otto:
What else?

Lindyl Lanham:
Gelsemium is one for almost any kind of virus, so that's another one we recommended. The kits include Arsenicum. That's a great one for food poisoning. Most of the kits pretty much have the same remedies. Each lab will change just a few of the remedies that are in the kits, but Arsenicum's always in there, and it's such a good one for food poisoning because it's something you need help with right away, and it's right there in the kit. It really does settle it down very quickly so that's ... Phosphorus is a major remedy for any kind of lung congestion or bleeding. I was outside walking with my son one night. He scratched a mosquito bite, and it started bleeding. Because it's energetic medicine and I had not a Kleenex, not anything, I said, "Just think phosphorus 30C." He stopped bleeding, so it's a great remedy for a cut. Sometimes, you'll cut your finger, and it just won't stop bleeding. Phosphorus is a great remedy for that.

Jonathan Otto:
Okay. Amazing. Anything else that comes to mind?

Lindyl Lanham:
Well, for colds and flus, we talked about Gelsemium, Baptisia. Eupatorium is another one. Most of these are all over the counter at any of your health food stores. Eupatorium's another one. Eupatorium's specific to headaches where there's pain behind the eyes. I'm trying to think what else. There are a lot of China. China is a great one for gut complaints. Certainly, our children on spectrum have lots and lots of gut complaints, so Cinchona or China, which was the original remedy that Hahnemann improved is very helpful. Colchicum is travel sickness, and colocynthis. Both of those are travel sickness remedies, and that beats taking the over-the-counter meds there because they have side effects.

Lindyl Lanham:
I'm trying to think what else is in a kit right off ... When you have a stabbing headache, Staphysagria is a great remedy. Belladonna that we talked about for fever is also for a throbbing headache. Anything that's throbbing, belladonna helps with that. All this kind of information, just these short little snippets will be included in any kit they purchase. I hate-

Jonathan Otto:
What are these kits?

Lindyl Lanham:
The emergency kits.

Jonathan Otto:
So, look up homeopathic emergency kit?

Lindyl Lanham:
Yes. Yes. 50 remedies usually, and people seem to be scared of homeopathy, and they don't have to be. It's not nearly as difficult to use as it's been made out to be mysterious. It isn't. We recommend you take the little pellets and put them in a little water and sip on the water, but you can take the pellets directly, but we like to encourage our parents not to be afraid to use them because they come in ... Once you get comfortable using it, it's so handy to have at home.

Jonathan Otto:
What about detoxing from parasites and heavy metals? What are some of the goes-to's? What are some of the go-to's?

Lindyl Lanham:
Well, we'll use depends on heavy metal, but for aluminum, you can use homeopathic Alumina. For mercury, there's Mercurius sol there. It's also known as Mercurius vivus. There are all kinds of different forms of mercury, but those are the most common in homeopathy is Mercurius sol. Cadmium, that's a very common remedy that you can use to detox.

Jonathan Otto:
It's the same metal. So, cadmium is called ... It's called cadmium.

Lindyl Lanham:
It is, and I'm blanking on the Latin name. Fluoride is a major one that we need to detoxify from today in every direction, and we use Floridium Acidicum. So, we use these in higher potencies when we're trying to get the body to eliminate it, but we also can take homeopathy and use it in low potencies when we're trying to promote the body to do more of something.

So, the potencies do make a difference, but when people are using them at home, most of the time, over the counter, they're at 12x, a 15x, a 30x. We always say the right potency is the one you can get or the one you've got. People don't have to be worried about potencies for general at-home, over-the-counter healthcare.

Jonathan Otto:

If someone's having trouble responding and they have the option to get a high potency, then perhaps the high potency makes sense, right?

Lindyl Lanham:

They could go higher. Yes. Yes.

Jonathan Otto:

Yeah. It's not like it's going to be aggressive like taking a medication, so I don't think it's worth being scared of a high potency.

Lindyl Lanham:

Exactly. Just the potency you have is what you need right then.

Conclusion

So many people want a silver bullet to boost their immunity without having to change their lifestyle habits. But there is no quick fix when it comes to your health. Investing time into nurturing your body is the most important thing you can do to optimize your health. This means doing gut repair work, eating highly nutritious meals, detoxing, and taking supplements for essential vitamins and minerals that most diets don't give us enough of.

Creating a robust immune system takes work and dedication. But it's something that is 100% achievable for everyone. It may not be easy but when you experience all the benefits that come with exceptional health, like increased energy levels, mental clarity and more, it'll all be well worth the extra effort.

Another key factor in optimizing your health is avoiding conventional medicines as much as possible. So many of these medicines come with side effects that have a huge impact on your health, and many of them destroy your gut microbiome.

Optimizing your health can help you to fight off illnesses naturally, adding to increased immunity. And while there are times that medicine is necessary, natural or homeopathic remedies have proven to be extremely effective in overcoming illnesses. So as you can see, there are many factors involved when it comes to priming your immune system to beat diseases naturally. But it is entirely possible when you put your mind to it.