

Preventing Measles and other infectious diseases

Like all prevention strategies (including vaccination), this one won't prevent illness 100% of the time because everyone is different, but it will definitely help to strengthen and protect one's immune system. While I prefer a customized approach tailored to each individual, these are my primary go-tos.

- **Zeolite**, a mineral that can pull toxins out of cells and stimulate the body's immune response;
- **Whole food sources of vitamins A, C, D, & K** such as cod liver oil, butter oil, sauerkraut, and Standard Process' Congaplex and Cataplex A-C (available only through licensed and certified health care providers). Docs used to consider measles a disease of vitamin A deficiency because cases are so much more severe when someone is low on vitamin A. This is why cod liver oil was so successful as a measles remedy back in the 20s and 30s;
- **Bone broth**, high in calcium and magnesium, two minerals which work synergistically with vitamins A, C, D & K to promote a hardy immune system;
- **Garlic** — nature's most potent anti-viral plant;
- **Medi-herb's Echinacea Premium**, made from nature's most potent anti-viral sisters, Echinacea angustifolia and Echinacea purpurea (and also available only through licensed and certified health care providers like me);
- **Organic mushrooms**, such as turkey tail, which contain beta-glucans to stimulate the immune system as well as whole-food vitamin D; my favorite source is **Supergreens +D**, which also contains probiotics and digestive enzymes (since 80% of our immune system is in our gut);
- **Cut down on or cut out sugar**. We've all heard enough by now to know that sugar, in its multiple forms, hurts our bodies. If you eat a high-carbohydrate, high sugar diet of bread, pizza, pasta, soda, and sweets, you are going to make yourself more susceptible to illness, because digesting sugar distracts our body from its work staying healthy. It taxes our immune system. You cannot feed your kids sweetened cereals, sodas, candies, and other junk foods and then expect them to stay healthy, with or without a vaccine. It's just not possible for the body to keep up.
- **Don't pick your nose**. Picking your nose is a great way to introduce into your body viruses transmitted by the respiratory system, such as measles and influenza. If you absolutely must get that booger out, use a tissue.

Have more questions? Want a more customized approach to your own health? Ready to heal for good? [Email me](#), and let's talk. And then get excited, because life is about to get really good.