

Coffee w/ Dr. Hennie – 4/16/2020

Synopsis/Notes

**These notes are NOT intended to be an exact transcription. They are summary notes compiled by a Marion Institute team member. If you have any questions, please reach out to us or cross reference with the [BioMed Center New England Resources Page](#).*

(1) Infrared Sauna for the Immune System?

- Used in Hospitals to clean OR's and PE
- A great way to get rid of viruses
- It detoxes under layers of the skin at a deeper level than a typical (sweat sauna)
- Set between 130-135 degrees
- Go in and meditate, sing, relax for about 15 to 20 minutes
- UVB blood treatment is recommended
 - o Similar to exposing your body to the wavelengths of the sun

*BioMed Center has saunas

(2) What is the relationship between internal and external Microbiome and susceptibility to COVID-19?

- The concept of an internal ecosystem has been lost.
- Influences the Brain-Gut connection
- Start by repairing the useful bacteria, and removing the bad
 - o Happens because of the external environment (avoid toxic chemicals)
 - Eating organic and well farmed food
- The health of your gut is the root of your immune system
- The internal to external microbiome are separated to a degree

*Healing of the gut information to be put on the website

- New research connecting microbiome to COVID-19 susceptibility
 - o Infectious and allergic disease are connected
 - o What you eat, how you sleep, etc. is no longer a 'soft science'
- The Virome is important to us to, and inform our health
 - o Important to eat clean foods (rainbow diet, including fermented foods)
 - Eating 4-5 different foods / week by color
 - Different colors have different benefits for your body
- Good or bad bacteria can change in 3 weeks depending on what you eat!
- Make sure to have a good source of fiber (*Hennie has a list to share) 35 grams per day (Apple Pectin)
- Zinc and Magnesium (important to eat and have in the soil that vegetables are grown in)

- Avoid inflammatory foods

(2a) Eating (not so fresh food) i.e. a chicken that smells OK/questionable

- If it smells bad then it's no good
- If it smells fine after cooking, it's probably good to eat
- The quality and source of your food matters

(2b) "Clean Eating"

- 80/20 rule for clean eating is not bad
- Stress can be worse than not eating a 100% clean diet
- Enjoy it and don't feel guilt!

(3) How can I discern the quality of supplements?

- There is an information overload! Try to avoid, the Nutraceutical industry can be harmful because it is not regulated.
- Know your source, read the label and look at the inactive ingredients (look for only natural ingredients).
 - o You can use the Environmental Working Group (EWG) page to confirm ingredients (www.ewg.org)
- The most expensive does not mean the higher quality
- Stores like Whole Foods have a degree of quality control
 - o * Hennie can individually suggest certain types

(4) Recommended Vitamin D for up to two weeks...what's after the two weeks?

- During winter you can stay on 10,000 International units (iu's) per day according to alternative understandings
 - o If you are trying to prevent a virus, you take 20,000 IU's for 4-5 days, it may/can suppress sickness.
- If you check your blood level the normal range goes from 30-100, and should be about 50, ideally between 70-90.
- During viral season stay on 10,000 iu a day as long as you can. At LEAST 5,000 a day
- Allopathic world is frightened of a Vitamin D overdose

- Turmeric: Divide your dosages, i.e. 1/2 teaspoon twice a day for turmeric
 - o Spices all have medicinal value

(5) Can you explain how the different supplements work in the body?

- When scientists study COVID19 its important to know how it enters, spreads and infects body
- Focus on understanding and supporting your immune system in gentle ways
 - o The less inflammation you'll have in your body
 - o The less the virus will be successful

- Herbal recommendations sheet
 - o Some overall enhance immune system
 - o Some reduce viral growth
 - o These herbs have *medicinal value*
 - If you can tell the specific uses of herbs (blocking cytokine, etc.)
 - They are as good of antivirals as we have
 - o Before we had high level pharmaceuticals, the earth gave us all our medicines, and they are just as important

- Some people can be sensitive to turmeric
 - o If you heal your leaky gut, you will no longer have these issues.
 - o that's a matter of the turmeric not being processed by the stomach acid, the pancreatic enzymes, and then all the good biota bacteria in your gut. So all of those are important to take the turmeric and get the essence of turmeric out of it. Let it pass into your bloodstream. But if the digestive system and those and those bacteria are disordered and the turmeric leaks across and presents itself as an allergen, so you don't use turmeric, if you are allergic to it, heal your gut and then try it again

(6) Could you address homeopathic to put in Neti Pot?

- You have to be careful that they are not in alcohol (Tincture)
 - o Echinacea, and pulmonary herbs
 - GUNA company has great homeopathic remedies
 - o You can use pellets that will easily dissolve and are not harmful
 - o You can brew a tea with herbs and use in Neti pot (as long as it doesn't burn and irritate)

(7) What do you recommend about allergies?

- An allergy is an immune system dysregulation
 - o An overreaction to the things in the environment
- It is not protective from COVID19
- Usually with an allergy, it is *not an isolated* cough
 - o Usually with runny nose, itchy eyes
 - o A sign of COVID19 would be losing smell and taste
 - o They are a nuisance, but
- Quercetin and Zinc are good to reduce allergies
- Neti Pot and steam
- Claritin can help subside
- Can be connected to leaky gut, and needs long term work to improve

(8) Breathing Exercise recommendations?

- Playing with your breathing and learning different breaths is wonderful
 - o Deep, belly, panting, etc. breathing

- When we are scared, we breathe shallow
- If you have a cough, and can lie on a slanted surface to put your lungs below you, they will drain naturally
- Use a Neti pot and then breathe deeply

(9) Post infection immunity?

- If you get a virus and get well from it, you are immune.
 - o But we don't have the right test for this yet.
 - o Many people have the virus and are asymptomatic (polio was less than 1% who had effects)
- Part of the pathology of this virus is a call to health to the poor health of Americans
 - o Our medical system is farther away from anything natural than many other Western countries
 - o As a country we don't have access/importance to clean, fresh foods
 - o This should be a turning point in our healthcare society

(10) What is our best hope getting through the pandemic (mass vaccine)?

- This isn't a conspiracy, viruses are everywhere!
 - o People question mass viruses for disease that are no longer around
- The idea of all of us being carriers (herd immunity) is true and necessary
 - o The actual ability to test for this is not ready
- Vaccination is too early for her to say
 - o Will it be mandated – that's not up to us
 - o If this turns out to be an illness that kills a lot of people
 - Compare to Zika virus, killing babies where mothers who were not sick
 - We must weigh the risk and benefits, with information
 - Vaccines have toxins in them
 - o In terms of mandatory vaccine, let's do everything we can to keep our health freedom

(11) Asymptomatic carriers of the virus...should I be afraid that I might infect elderly people?

- This is why we are quarantining!
- The asymptomatic person has either had (is a carrier) or had not had the virus.
 - o You are not an asymptomatic carrier unless you are negative with the virus
- You are a carrier of the illness only when you have the virus and are not sick.

(12) How does health inequity connect to this virus?

- Many diseases cause a lower quality of life, but you will not die from them
- Since 2000 the rise of chronic illness has been high
 - o We have met a tipping point by stress, dirty food, lack of sleep, environmental toxins etc.
 - o Many of these diseases we should not have, including illnesses of the spirit – depression, etc.

- This whole movement of biological integrative medicine is to shift focus towards a new model, does not depend on the symptom and the sickness
 - o It depends on the understanding of the systems of the body (which are interconnected), and understand the root causes of illness
 - What's going on in your gut neurotransmitters
 - o Destress each of your system one at a time!
 - o Let's talk about the things we can do

- We all need to talk about and understand health inequity
 - o Many people who are 'not sick' in the allopathic lens are not healthy
 - Stress often based on inequities cause this sickness that allopathic does not consider
 - o We need to get this information out!
 - These diseases do not have to be lived with, your body can heal
 - It's important to see the race and the zip code of those who are dying
 - o Coming together as a community is an important way to address this.

*Recommended looking into Zach Bush's research on health and food quality
-will post podcast