

Coffee with Dr. Hennie – April 9, 2020 – Notes

Key takeaways

- **Boost Immune system**
 - **4 supplements that prevent the spread of the virus:**
 1. Quercetin
 2. Curcumin (same as Turmeric), make a tea of fresh turmeric root,
 3. Resveratrol (grapes and wine)
 4. ECGC mostly what's in green tea (marketed as green tea extract)**Good to take most of these things twice a day for absorption.
 - **Food is medicine.**
 - **Stay Hydrated.**
 - **Activate the parasympathetic system of “being” to help with sleep.** (Hennie will provide list)
 - **Exercise. Gentle exercise to help promote sleep.**
 - **Get outside.**
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Please note: this is not an EXACT TRANSCRIPTION. You can find that online at The BioMed Center New England's website: www.biomedne.com

Liz Wiley, Executive Director, Marion Institute

- Our goal to support all of you at home we hope to do this every Thursday.
- We are recording and will share.
- Liz talked about Biomed, root causes and what led us to be sick...we thought it was important to bring Hennie on during this time to help answer our questions during this time of fear, etc.

Dr. Hennie Fitzpatrick, The BioMed Center New England

talk about integrative medicine all the time. This whole notion of regulation. Our bodies are always in flux and changing to environment. Allopathic has sort of gone down this one path and not paying attention to our bodies...we don't really feel like stewards of our own system. Everything that happens in your lifetime, impacts your health. Many of us feel fine or you think, it's really important to know that all of those things have root causes i.e. feeling sluggish, a little tired. Biological medicine addresses the root causes.

What is a virus? COVID-19 - comforting to know that virus is not alive outside a human cell...the number of different viruses on the planet is more than any other bacteria/species...one of their jobs is to educate the immune system. It's a bag of DNA with codings, lipids or proteins, it goes into your cells and has a tendency to light certain cells. It changes the DNA in the cell so that it can reproduce. The reason that your little kids always have a cough/cold they are being exposed to new viral illnesses...now we have this novel coronavirus. This is a virus that mutated in a way and jumped into human beings and causing massive infection. As with many viruses, many don't even know they get it. Some do, some die. The number of deaths seem enormous and in one way they are. If you have a sense of how to take care of your body and immune system, you can rely on the fact that your body can respond. The focus on the

death rates is forgetting that people die every day. People come and go all the time. We get the idea this is deadly but for many people it's not and some don't even know they have it.

Q1. Is there a risk to the liver with taking all of these supplements?

A: It depends on what you are taking. We are using mild, botanical vitamin sort of supplements that are familiar with your body...if you take a lot of supplements it can be hard on your stomach and digestive but not concerned about liver.

Q2. What is the best way to take supplements so that you get the most out of them?

A. Hennie: we will post a list of supplements into different categories. There are biomed experts who look back at literature to bridge gap. It's really important to understand this is not alternative it's a way to be healthy in the world. Separate from this is important that you absorb supplements. Supplements will improve your ability to fight virus. Liz talked about vitamin c, selenium, vitamin a...etc. Hennie talks about Selenium. Liz asked about daily dosage. 100-130 is recommended. It's not going to be poisonous in any way. There's also lots of ways to test to see your levels. 1-2 Brazil nuts a day dipped in chocolate. Selenium and magnesium in those nuts.

Q3. Specific to one of the participants: cancer/dosage/boosting immune system...

A. There are a lot of us that have immune insult and needs to be amped up. Regardless of what oncologist says, what Hennie recommends is nothing that will interfere with drugs/treatments of chemo, etc. we are just supporting the natural good effects of your body. I can't say to higher or lower a dose until I know the cancer you have b/c everyone's an individual. There are supplements on this list of that stop COVID and some that boost immune system.

Q4. Hennie: whenever you are under stress, fear, worry, we need to talk about avoiding stress in the body. Masterminds have actually gone back and looked at medical literature, natural approaches so that when you have COVID itself depending on all the individual pieces of a complex immune system. The respiratory system are the target cells and then your immune system responds to fight it; and sometimes for those that have immune stress it severe. From looking at literature, reducing the colonizing of the illness. 4 supplements. those are the 4 that are proven so far. These are things that make the virus less effective. Quercetin, Curcumin (same as Turmeric), make a tea of fresh turmeric root, Resveratrol, grapes and wine, ECGC mostly what's in green tea (marketed as green tea extract) good to take most of these things twice a day for absorption – these will prevent the spread of the virus.

Q5. many are on medications...many that pursue biomed when we do have to go to our allopathic doctor there's some conflict there when we say we are doing this and that. Hennie; having gone to medical school...we are not alternative and to take that into allopathic is really hard to do. If you have it in you to go in and educate your physician, there are studies. If you eat whole foods, try to sleep and manage your stress, those people are not going to get clinically ill. If the practitioners say not to take something, that's up to you to decide. Do you trust your practitioner or me as an expert? You almost never find a physician that knows these...the reason people are dying is b/c so many of us have compromised immune systems...

Q6. Many are messing up their THS 3 levels or dopamine pathways?

A. Hennie: that's a very specific question to what messing up means.

Q7. Lupus and fibromyalgia?

A. Hennie: if you are on prednisone or something suppressing your immune system if you look for inflammatory in your body it will be elevated. Work long and hard on supporting your immune system. There's lots of ways of protecting your immune system. vitamin a, c, d, melatonin. Elderberry. If you understand that your body can heal itself, you can be sure that this list will help you.

Q8. Do I need a diet w/ these supplements? Do I need to take supplements if getting in food?

A. Hennie: great question. Food is medicine. If you can find food sources, go online and look for foods that have quercetin for example. I think food is the ultimate.

Q9. Hennie: you can prevent infection by doing this and using these supplements. The 4 that I mentioned if you get virus and take the right amount it will prevent you from getting symptoms.

Q10. If you get the virus what to take?

A. Hennie: if you get very sick, hydrated, that you don't get frightened, our way of life has changed, if you get sick pay attention to fluids, some studies if you breath steam in respiratory passage ways, high heat sometimes stops the virus, vitamin a, d, c...and then fever – the reason your body makes a high fever to kill the virus but depending on how high it can weaken you. It's okay as long as it's not preventing you from drinking, resting or creating delirium. Please don't take Tylenol. It depletes your glutathione. Aspirin or ibuprofen?? Natural fever reducers. There are also fever reducers. Get on those 4 supplements and be distant from everyone. But not feel totally isolated. That is one the tragedies those that get sick/isolate.

Q11: Pulmonary edema, pins and needles... won't be given any more antibiotics, etc what can id do to help this problem?

A. Hennie: have you been tested for the virus? If it's negative at first go again. The antibiotics won't help b/c it's not a bacterial illness. What you are finding from your physician is that he doesn't know why you have all these issues. It doesn't mean there's not a reason. You are taking your doctor to the edge of his knowledge.

Q12. What can you tell us about structured silver?

A. Hennie: you will see that many of these lists that don't include silver. There's a lot of silver out there. Silver is a heavy metal. The variety of silver available with best evidence that it's carefully made it's just not reliable. But we won't make that recommendation yet. It's important what kind of silver and how it's been processed. This is one that has a toxicity level.

Q13. Liz talked about sleeping and how challenging it is to get good sleep right now. Some of us have so much to do right now and others feel they don't have enough to do.

A. Hennie: will provide list. Human beings the difference b/w be and do. But b/c we are encouraged to do, do, do...the main thing during this time the ones that don't have much to do, is to start being, your parasympathetic (is the being) balance. Need to unwind at night. Establish how to calm that monkey

voice. By good practices. You need to practice sleep hygiene. Sometimes the unwind time is longer than you think. This is a perfect time. Cycles are determined by light. As light comes earlier, tend to get up a little earlier. There's 3 phases of sleep. The restorative sleep is different than REM. You have to be parasympathetic in order to sleep. Try not to push that urge when you are sleepy. You need to give yourself time to sleep. Sound. Could be useful. It helps you program. You really need to exercise. The best thing for parasympathetic is gentle exercise. Walking. Run. Dance. Throw a ball. You need to have activity. Being outside is good. All the trees are blossoming.
Hennie: your body is on your side even with covid.
Boost your immune systems and get some sleep and exercise.

Chat Log Notes

The BioMed Center is staffed to take calls: 1-833-824-6633. There are 2 people answering phones, but and if you leave a message, your call will be responded to ASAP.

Dorne Jacavone: offering a zoom workout to all of my clients @7:30-8 am Monday-Friday. I can offer it to all of you if you wish to join. It is free; email me @ dmjac9@gmail.com and I will send the zoom link

Donna Criscuolo: I am offering free meditation workshops. Email me for more info

donnacriscuolo@yahoo.com

Catherine Crocket: Marion Yoga Loft & Catherine Crocket Yoga & Health has some yoga videos on you can do.