



Click on the video below to learn about the Corona Virus from

Dr. Shiva Ayyadurai MIT PhD in Biological Engineering

[CDC: Coronavirus Disease \(COVID-19\)](#)

Dear Functional Health Family,

I want you to know that we at Functional Health take your health very seriously. Above is an excellent video that I want you to watch. You can't solve a problem which you don't understand and you can't prevent or treat a disease that you don't know about. The best defense against fear and panic is a calm mind, and the right action.

FDR said that "the only thing we have to fear is fear itself". With that said, we tend to fear the unknown or "partially" known. So why not educate yourself and replace fear with a rational, deliberate process of thought and behavior.

We are so focused on the virus (the attacker) that we forget that we have a built-in immune system (the defender) available to us to protect us from harm. So, although exposure to this virus and many viruses and bacteria may be impossible to avoid, boosting your immune system is not.

**Here are the top 7 ways to naturally boost your immune function:**

1. **Sleep:** Make sure you are getting lots of rest.
2. **Exercise:** Get fresh air and clean your lungs by breathing deeply.
3. **Meditation and Laughter:** This stimulates the healing part of your nervous system.
4. **Immune Boosting Supplements and Foods:** Vitamin D3, Vitamin C, Vitamin A, Zinc, Elderberry, Mushrooms, Leafy greens, Berries and deeply colored fruits. Take a look at my COVID-19 Protocol available [here](#).
5. **Live your life and control what you can:** Don't be paralyzed, get mobilized!
6. **Get Adjusted:** Adjustments have been shown to stimulate your white blood cells and downregulate your sympathetic (fight-or-flight) nervous system which suppresses your immune function.
7. **Minimize Immune Suppressing Behaviors:** Smoking, excessive alcohol, immune suppressing drugs, steroids, and things that destroy the gut microbiome.

In closing, I'm going to quote Winston Churchill in his famous "We Shall Fight" speech when facing the collapse of the British Empire from the Nazi regime.

*To the question of invasion, I have full confidence that if all do their duty, if nothing is neglected, and the best arrangements are made, which they are being made, we will once more be able to defend our home. To ride out the storm of war and to ride out the menace of tyranny. If necessary for years, if necessary alone.*

*-Winston Churchill*

Yours in Health,

Dr. Chris & The Functional Health Team