

The Best Defense Against Viruses, And Other Pathogens, Is To Boost Your Immune System

CHOOSE TO  
BOOST!

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# Pure Health Shift eBook



## Choose To Boost!

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*“And whatever of good you send forth for yourselves before you, you shall find it with Allah. Certainly, Allah is All-Seer of what you do.”*

Quran, sūrat l-baqarah:110

*We do not heal the body nor do we cure it. If the body is given what it needs it has the ability to heal itself. Its an amazing piece of work, and all praise and credit goes to the One Who created it, Allaah, the All-Mighty!*

*“... And I am at awe of the One Who Created us in such perfection, and has blessed us with everything around us!”*

*Labiba Weaver*

## Preface

On November 13, 2019, I set out to write my book called '*Flu Season Is Here! Now What?*' I wanted to compile the information that I have learned, and the experience I had acquired over time working with my children, friends, clients and myself. I wanted to share this information with others.

I did all my brain-storming and outlining for the book earlier that month. Part-way through, I became distracted with preparation for my board exam, my mother's illness, my son's foot injury, and life's happenings. The book got put on the back burner. Then in December 2019, the Wuhan corona virus crisis began.

I decided to take some parts of the book and compile it in the form of an ebook for now, in hopes that it will be helpful for people around the world in combating the virus. We know that great efforts are being expanded towards a vaccine, but this process takes time and can be long and tedious. Even when it comes to fruition, this ebook will still be of help to millions to stay healthy in a safe and natural way.

My heart goes out to those who are suffering, and I pray that the One Who created us protects us all from this crisis.

This booklet is not just good for the situation in hand, but is something that could be put in use whenever we need our immune system to be strong and able to fight any onslaught. You may be surprised just how much our body is under attack each day. It just seems right to make sure our defense system is up and running at an optimal level.



*“There is no disease that Allaah (God) has created except that He also has created its cure.”*

Prophet Muhammed, may peace and blessing be on him, al-Bukhari

The advice we are getting from experts is to 'up' our hygiene habits; wash hands, don't touch your face, avoid crowds, don't touch certain surfaces, etc. These are all well and good, and *we do need* to take these preventive precautionary measures, but it's analogous to building a wall around a fort, without actually strengthening the army. If the enemy strikes, help should come..... from outside!

Instead of relying just on external preventative measures, we need to take care of our internal defense system too, by giving it a boost.

Our Immune system has an amazing ability to fight off invaders that infiltrate our bodies. It's been created and fashioned in a perfect manner and is able to withstand all kinds of assault against it. But it needs to be provided with the right fuel and environment.

In most infectious diseases, and even for most cancers, enhancing the immune systems should be focused on, since it is THE defense system for our bodies. It needs all natural and pure things created for it.

It's true that with an infection it takes a while for the immune system to develop antibodies to fight it off. But there is also a first line of defense that comes into play when pathogens enter the body. The innate immune system is the first line of defense, and its cells are the first responders. When any foreign bodies enters us they are the first one to tackle the enemies.

But why is it that with the Wuhan virus, *children seem less severely affected compared to adults?* Let's look at this more closely.

Krys Johnson, an epidemiologist at the Temple University College of Public Health, states, 'If the innate immune response is stronger in children exposed to 2019 nCoV, they may fight off infection more readily than adults, suffering only mild symptoms. Other coronaviruses, including SARS and MERS, also show this pattern.' Johnson continues, "But because their immune systems are so robust, it doesn't lay them out the way it would as an adult. Adults are 25 times more likely to die from chickenpox than children are. And though influenza can be devastating for infants, older children usually make it through with more ease than adults." Also, it should be noted that seasonal flu death rates in adults are 10 times that of death rates in children.<sup>(1)</sup>

In this ebook, we are going to focus on the immune system and the ways to strengthen it, naturally.

## 2 What does the immune system needs to function better?

Just like everything else within our bodies, our immune systems also need nutrients to function. And where do these nutrients come from? They're all in nature. What we eat and drink supplies us with these nutrients, provided we are eating nutritious and clean food.

Macronutrients and micronutrients are required for the development, maintenance and expression of the immune response. Micronutrient deficiencies are a global health issue now-a-days due to nutrient depletion from the soil, and the types of food we are choosing to eat. And it is being observed that diet alone is not sufficient and tailored micronutrient supplementation based on specific age-related is needed and necessary<sup>(2)</sup>

Poor nutrition can compromise immune function and increase the risk of infections. Quite often we get told that you don't need to supplement, just eating good and healthy food would be enough. Yes, it would be fine if you were eating nutritious, fully nutrient loaded healthy food! But, most of the time it doesn't happen that way. Foods today are lacking nutrient. When you are sick or trying to be preventive, it's not feasible enough just to depend on food alone. Supplementing becomes priority.

Here is a scenario: You are a delivery person and your truck is filled with fuel every morning. At the end of your shift everyday the tank is almost empty. One day your boss tells you to go to the next town which is about 100 miles away to make a delivery, *after your shift!* And then he tells you that you don't need to fill up the tank, *You will be fine!* Eventually your truck will stop! That's exactly how we are treating our immune system, and our body. No need to supplement when it's in need? This is precisely when you want to load it up with optimal doses, not with some insignificant recommendations!

Let's look at some of these nutrients. There are several macro and micro nutrients that are needed for immunocompetence, such as vitamins A, C, D, E, B2, B6, and B12, folic acid, iron, selenium, and zinc. Some are needed more than the others. They are all involved in several different functions of the immune system.

All of these functions mentioned below are for the first defense system (innate immune function). They also play a role on the delayed (adaptive) immune system. But we are focusing on the innate immune function for the time being<sup>(2)</sup>.

**Vitamin C:** Vitamin C is one of the main vitamin/antioxidant needed by the immune system for protecting the body. It not only stimulates production, function and movement of antibodies and boosts the immune function, but also is involved in apoptosis and cleaning up the sites of infection.<sup>(2)</sup>

**Selenium:** Selenium is a trace mineral that is needed by the body for different functions. It is an antioxidant that protects our cells from damage and intruder. Meaning it doesn't allow foreign substances to enter the cells! How essential is that at this time and age!

Studies have shown that low Selenium is associated with an increased rate of cancer and heart diseases. New research is also showing that Selenium is related to the survival rate among COVID-19 patients<sup>(9)</sup>. Selenium positively affects the survival rate among patients with COVID-19 compared with non-survivors. Sodium selenite (a form of Selenium) inhibits viruses' entrance into the healthy cells and abolish their infectivity<sup>(10)</sup>. This type of Selenium is more effective than the other kinds. Selenium can be used for people already affected by the virus or for preventive measures.

**Vitamin A:** This vitamin/antioxidant is crucial for normal function of innate immune cells (e.g., Natural Killer cells, macrophages, neutrophils). As stated in the study published in PubMed:

Helps maintain structural and functional integrity of mucosal cells in innate barriers (e.g., skin, respiratory tract, etc.)  
Important for normal functioning of innate immune cells (e.g., NK cells, macrophages, neutrophils) (2)

As you can see it is also important for the respiratory system.

**ZINC:** Apart from being needed in 300+ enzymatic processes in the body, zinc plays an important role in the immune system's functions. It works with the immune system in fighting off bacteria and viruses that are invading the body. Zinc has been shown to help speed up recovery from the common cold and reduce its symptoms<sup>(3)</sup>. Not only that, it is also involved in activating Vitamin A which is critical for the immune system.

**Vitamin D:** Our body produces vitamin D but these days everyone seems to be deficient in vitamin D. Why is that? Well, for one thing, you need the sunlight to react with cholesterol in your skin in order to produce vitamin D. What we are seeing is that people are hardly getting enough sun. Most of us work indoors, stay indoors and tend to use sunscreen when we do get out. This is not helping our vitamin D production! The active form of vitamin D regulates the antimicrobial proteins which can directly kill bacterial, viral and other pathogens<sup>(2)</sup>.

### **Other Honorable mentions:**

**Quercetin** is an antioxidant and most abundant flavonoid. It has been shown to have anti-carcinogenic, anti-inflammatory and antiviral properties. Some of the foods that contain quercetin includes apples, berries, Brassica vegetables (such as cabbage, broccoli, cauliflower, kale, Brussels sprouts, collard), capers, grapes, onions, shallots, tea, and tomatoes, as well as many seeds, nuts, and flowers. The best sources are apples and red onions. In red onions, the highest concentration is on the outer most layer<sup>(5)</sup>.

**Prebiotics and probiotics** are for your gut health. The immune system in our bodies is mostly located in the gut. The gut immune system is influenced by many factors, including dietary components, and an individual's microbiome. What affects the gut immunity and restore a healthy microbiome are mostly pre and probiotics.

**Prebiotics** are fibers and natural sugars that the good bacteria in the gut needs to thrive. Foods like asparagus, sugar beet, garlic, chicory, onion, Jerusalem artichoke, wheat, honey, banana, barley, tomatoes, rye, soybean, grass-fed cow's milk, peas, beans, etc. Anything that is high in fiber will work.

Probiotics are present in fermented foods, such as sauerkraut, kimchi, kefir, yogurt, etc. Obtaining these nutrients from foods is preferred, so be sure to speak with your health care provider or nutritionist.



### 3 General Guidelines:

The following doses are my personal preferences used for any kind of infection, cold or flu, as a preventive measure.

Keep in mind that this is not a treatment for any disease, nor a cure. This is simply giving the body what it needs to boost its immune system, and the body is quite capable of taking care of itself.

Apart from vitamin C, one does not need to follow this protocol everyday unless you are sick.

#### Supplements:

##### **Vitamin C, Selenium, Zinc, and Beta-Carotene (Vitamin A)**

All these supplements should be taken with the food except selenium, which can be taken without food. Selenium is best absorbed when taken with vitamin E.

#### **For non-infected person:** (Preventative)

Morning: Vitamin C - 1000 mg  
Zinc - 20 - 25 mg (every other day)  
Selenium - 75 to 100 mcg (every other day)  
Beta-Carotene - 1 capsule (5000 IU every other day)

Evening: Vitamin C - 1000 mg

#### **Showing Signs of Infection:**

This is a four day process. If the symptoms continue then I would repeat the last 3 days again\*.

##### **1st Day:**

Morning: 40 - 50 mg Zinc  
1 capsules of Beta-Carotene (5000 IU)  
Vitamin C - 2000 mg

Afternoon: 1 capsules of Beta-Carotene  
1 Selenium tablet (100 mcg)  
Vitamin C 1000 mg

Evening: 1 capsules of Beta-Carotene  
1 Selenium tablet (100 mcg)  
Vitamin C 1000 - 2000 mg

##### **\*Next 3 Days:**

Morning: 20 - 25 mg Zinc  
1 capsules of Beta-Carotene  
Vitamin C 1000 mg

Afternoon: 1 Capsules of Beta-Carotene  
1 Selenium tablet (100 mcg)  
Vitamin C 1000 mg

Evening: Vitamin C 1000 mg

#### **Children: Half of the adult dose (8 - 14 yrs)\***

You might ask, why such high doses? Please read the conclusion for the explanation. Quercetin in a supplement form can also be used; about 500 mg per day.

**Sunshine:** I can't emphasize enough the importance of getting some sun. It is crucial for us all to be exposed to the sun. Sit in the sun, be in the sun, let your skin soak up the sun! Even have the sick person sit in the sun! Anywhere from 15 to 30 mins is good. Don't be afraid of being in the sun. If you cannot go out in the sun then supplement with vitamin D. Some people might still need to supplement with vitamin D if they have any form of chronic disease.

This recommendation has worked very well with ear infections, fever from infections, cold and flu, allergies, etc, for adults and children.

**Please Note:** If the infection seems to be bad, vitamin C can be increased. A person can easily take vitamin C to a point of bowel's tolerance; that is, until their bowel is gurgling or gets upset. In severe cases, IV Vitamin C works best. Discuss it with your healthcare providers. Some hospitals might be able to administer IV Vitamin C.

\* Children younger than 8 years old, you need to consider their weight and status.

**Word of caution:** Pregnant women and smokers should always consult their physician/healthcare provider before trying any recommendations. It is best for pregnant women to take fresh apple and carrot juice several times a day, to get their nutrients.

You may contact us with any further questions, @ [info@PureHealthShift.Com](mailto:info@PureHealthShift.Com), or [PHSacc2019@gmail.com](mailto:PHSacc2019@gmail.com)

## 4 Gut Health

Gut health is crucial if you want to strengthen your immune system. Why? Because 70% of your immune system is within your Gut. Taking care of our immune system starts by taking care of your Gut. If you think about it, that's where most of the elements from the outside world come in. You need your best defense right there. In this day and age, the gut is being bombarded with things that are constantly throwing off our gut-balance. Not just the environmental pollutants, but what we ourselves choose to put *in* and *on* our body! The imbalance in our guts has a devastating effect on our immune system.

Even in a perfect world, our guts have to work hard to keep things in balanced. But in reality, the world we live in now, the gut has to work in overdrive.

Lets look at *some* of the things that can throw our digestive system off balance:

- **Junk diet.** Is basically nutrient-poor meaning there is nothing valuable in it for your body! It tends to make all the wrong bacteria and yeast grow in the gut, helping in damaging the whole ecosystem.
- **Digestive enzymes.** Stress, acid-blockers and zinc deficiencies can all contribute to lack of adequate digestive enzyme function. When our food is not digested properly we cannot absorb the nutrients from them and the undigested food can cause other problems in the gut.
- **Medication:** Medications have a devastating impact on our gut, especially the ones that are overused, such as, antibiotics, acid blocking drugs, steroids, etc.
- **Stress.** Chronic stress plays a role in creating leaky gut and causing havoc in the gut microbiome.

When all these things are going on in our gut, the immune system is deprived of nutrients and cannot function well. When the immune system is weak our whole body suffers.

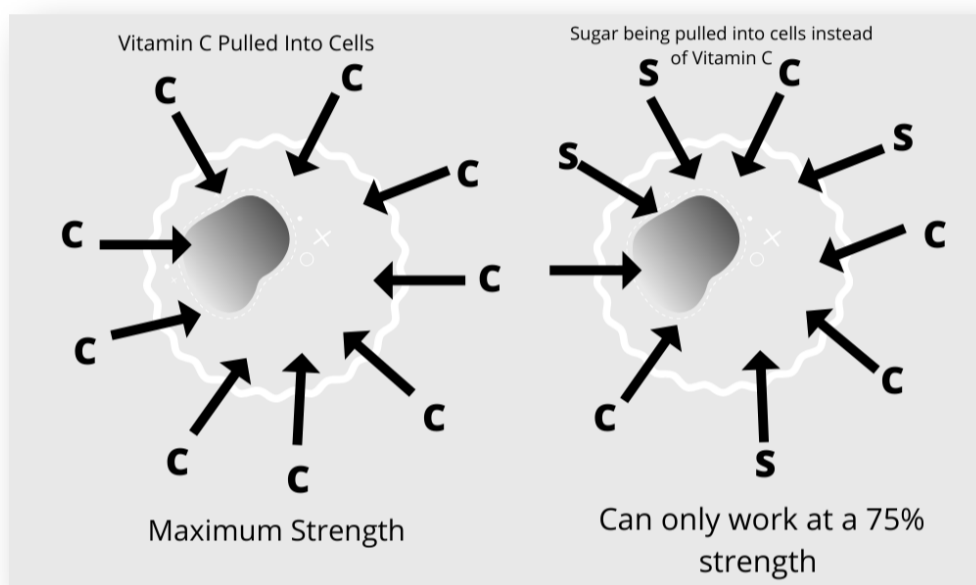
## 5 What slows down the Immune System?

There are few factors that can influence the effectiveness of the immune system, but we will look into two of them for now, sugar and salt.

**SUGAR:** Our body does need sugar, glucose, as a main source of fuel, but there is a limit to how much we can use. We have been created in a perfectly balanced way. It's not that, more or less is better, but what the body needs it needs. Excess intake of sugar can cause havoc in our system, and it effects several functions leading to some serious chronic diseases<sup>(8)</sup>. But for the time being we are going to look at the immune system. Excess sugar has an adverse effect on the white blood cells. It literally slows them down. White blood cells are one of the main soldiers that are there defending our bodies. It is part of our innate immune system (the first line of defense), going after the bacteria and viruses. If you drink a can of soda or eat about 100 g of sugar (in any form), your will be reducing your WBC's reaction time by 30 to 40%. This will deteriorate your immune system response for 3 to 5 hours. And this is, if you are a healthy individual! If you have any kind of chronic disease, or your diet is not healthy and organic, your immune system is already compromised.

Vitamin C is crucial for our immune system. It helps the WBCs to function at an optimal level. Sugar uses the same receptors on the WBC

as does vitamin C. When level of sugar is high in the blood plasma, it attaches to the WBC and takes over the vitamin C receptors, thus decreasing the function of the WBC.<sup>(4)</sup>



### Your White Blood Cell On Sugar

**SALT:**

Salt also plays an important role in keeping the homeostatic balance in the body. The normal amount of sodium internally should be around 135 - 145 mmol/L. Both, lower than the normal value or higher than the normal value can cause problem in the body. If it's higher than normal it can cause a rise in blood pressure. But it also has an effect on the WBC, it decreases the immune response of these cells.<sup>(4)</sup>

From our discussion of gut health, you will notice junk food is on the top of the list of inhibitors of gut health. Junk food is either loaded with sugar or salt, and in many case, both!

This is the time that we should be completely avoiding things that slows down our immune system. And specially avoid giving these to our children.

People who seem to be more prone to CoVID-19 and it can be fatal for them, are those who have underlining health conditions, like high blood pressure, diabetes, Coronary Heart Disease, lungs disease, etc <sup>(7)</sup>.

Lets connect all the dots and reiterate - *Avoid Sugar, access Salt, and Junk Food!*

## 6. Safety Of Vitamins - Conclusion

It is commonly understood that vitamins supplement are basically useless and just creates expensive urine.

Our bodies require natural substances to function optimally. Plants and clean animals (free ranged, grass-fed, etc.) contains these natural ingredients that we need in terms of vitamins and minerals. It is rare to have such food sources in many locations today. Poor nutrition/diet is the cause of many of our health problems, the symptoms of which are masked by synthetic, unnatural drugs commonly advocated by our modern-day health care systems. Long-term use of these drugs are often the cause of detrimental side-effects which are not present with proper vitamin/mineral supplementation. More of this to be explained in my up-coming book .

Look at the dosing amount mentioned in Section 3. Compared to the RDA standards these are very high. But our bodies don't need the same amount of nutrients at all the time. Look at your heart rate. When you are exercising or running your heart rate goes up. Would it be right to say that the heart doesn't need any more energy/nutrients than when it was at rest?

So how did RDA come up with this flat-line requirements for vitamins and mineral? The RDA requirements were developed and set during World War II . The allowances were meant to provide measured amount of nutrients based on food availability during that time. It was mainly a standard set for the military personnel, and later on included civilians. Keeping the food shortage in mind and food rationing during the war, the nutritional guideline was created by government agencies<sup>(6)</sup>. These guidelines kept people from falling into major diseases caused by vitamin deficiencies such as beriberi, scurvy, goiter, etc. The RDA standards were not made with keeping your optimal health in mind. Being in optimal health means you have more energy, feeling of wellbeing, a strong immune system and less susceptibility to diseases. Many of the chronic diseases that we are facing now could be linked to vitamin and mineral deficiencies.

Everything will be detailed in the actual book with more information regarding how to boost and keep our immune system strong.

I hope this ebook will be of benefit to everyone who reads it.

## Resources

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