



Boost the Defense of Your Mucous Membranes during the Pandemic for Protection against any Mutated Airborne Viruses

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Viruses mutate - we already have a few new mutated Corona-viruses and more mutated viruses could be expected. If so, the right approach to protect ourselves is to boost the defense of our mucous membranes against any mutated airborne viruses. All airborne viruses pass through the mucous membranes of the nose and throat to go to the lungs. How to boost the defense of these mucous membranes? I offer a combination of oil vitamins - Vitamin A, Vitamin E, Vitamin F, and vitamin D3. They are all oil vitamins and need to be taken in liquid form to be assimilated. They are not assimilated when taken as tablets [1].

Vitamin A is the vitamin of the skin and the mucous membranes. However, to be protected against viruses you need to take gel caps Vitamin A of 50,000 units, but not more than 20 days because vitamin A can be overdosed. Vitamin E increases the flexibility and health of the mucous membranes and by keeping the muscles and tendons flexible helps preserve the ability of elderly to move. The combination of Vitamin A and Vitamin E is sold in some countries in Europe as Geritamin, which means Vitamins of Longevity. Everybody after the age of 40 is well advised to take Geritamins at least once a year for 20 days to keep his mucous membranes healthy and his muscles and joints flexible [1].

Why do we need to take vitamins A and E every year after the age of 40? The liver produces both vitamins and since the liver is our detoxifying laboratory, by the age of 40 the liver is already congested and exhausted of dealing with the toxins in our food and environment (like pesticides and other poisons) and cannot produce enough Vitamin A and Vitamin E. The intake of these two vitamins also substantially reduces the chances to develop cancer [1]. In the Pandemic situation we are now, everyone is well advised to take also the oil Vitamin D3 to boost his immune system and prevents

glaucoma and the oil Vitamin F, which lubricates all mucous membranes in the body making them flexible and healthy.

The name Vitamin F comes from flax seeds because this is the oil of the flax seeds. Thus, during the Pandemic the combined intake of the oil vitamins A, E, F, and D3 will strengthen our immune system and the defense ability of our mucous membranes, which will protect us from any air-born viruses, which need to pass through the mucous membranes of our nose and throat to reach the lungs.

If the death rate among the sick of Coronavirus is higher among the elderly, it is because of their congested and exhausted liver after the age of 40. Another reason for higher death rate among the elderly is the fact that many of them are on medications for chronic ailments, and these medications lower the immune ability - it is called Secondary Immune Deficiency [2]. The reason why so many elderly have chronic diseases is on the first place the stress of our life - the body needs to stop what it was doing at the moment and mobilize for response to the stressor. This causes delays, which destroy the harmony of the organ's functioning.

Another major reason for so many chronic diseases among the elderly is the overuse of antibiotics. It was found [3] that for some antibiotics after the patients stop taking them, their biorhythms start drifting. After a few years, the person will develop a chronic disease and he will never figure it out that the antibiotic he took a few years ago caused it. On the other hand, the overuse of antibiotics is the reason why we are now stuck with viruses like Coronavirus, which do not respond to antibiotics. The viruses multiply very fast and they mutate very fast to adapt. Since the antibiotics kill (disable) the virus by stripping out its outer layer (its coat), we have now viruses that don't have outer layer (coat) and the antibiotics cannot do them any harm.

Bibliography

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