

An Ounce of Prevention is Worth a Pound of Cure

More and more stories like "A Life in the Balance While Wisconsin Court Mulls Ivermectin"¹ are appearing online. This particular gentleman has been on a ventilator for over two months!

As stated in the article, "In court filings, Aurora lawyers said the hospital's doctors felt ivermectin falls below the hospital's standard of care, and argued a circuit court does not have the authority to compel a hospital to provide what it considers substandard." Will the court battle end before death comes?

Why are doctors so unwilling to administer alternative treatments when the currently accepted protocols are clearly not working? Is it really better for a person to linger unto death than to be allowed the use of a proven safe and effective treatment like Ivermectin² just because it is not approved for that particular condition? In recent years, drug repurposing/repositioning accounts for about one-third of new drug approvals. Ivermectin is just one example of this effective strategy, which reduces the failure rate of ~45% associated with novel drugs (due to safety or toxicity issues).³

But before it even gets to this point, why are we not hearing about alternative preventive and treatment options? Many of the hospitalizations and deaths could potentially be avoided if there was more emphasis put on healthy lifestyle, immune support, preventive measures, and the importance of early treatment⁴.

The greatest underlying cause that makes people susceptible to complications from this virus or really any infection is metabolic inflexibility or insulin resistance.⁵ Up to 40% of people with a so-called normal BMI, who may be told they've got a healthy weight, actually are metabolically unhealthy with likely greater than 90% of the population today having poor metabolic health. There are five primary parameters: waist circumference, insulin sensitivity, blood pressure, and triglyceride and HDL levels. Having three or more abnormal parameters is indicative of metabolic syndrome. This results in conditions like Type 2 diabetes, high blood pressure, heart disease and, of course, obesity.

¹<https://clarion.causeaction.com/2021/12/09/a-life-in-the-balance-while-wisconsin-court-mulls-ivermectin/>

²<https://ivmmeta.com/>

³ <https://www.intechopen.com/chapters/72744>



Aside from old age, obesity has been identified as one of the primary risk factors for being hospitalized with COVID-19 which doubles the risk of hospitalization in patients under the age of 60 in one study. Obesity causes chronic inflammation that results in increased risk of cytokine storm which is the main reason people die from any type of infection. Obesity also lowers your immune function.

In actuality, the highest risks of death and hospitalization are in people with metabolic syndrome, not obesity. But there is good news! Lifestyle factors can be modified or alleviated with simple changes. Start by limiting or eliminating foods that promote insulin resistance. Topping this list are processed foods high in industrial seed oils (canola, corn and soy oil), added sugars, and refined carbohydrates (e.g., bread, pasta and white rice). Implementing a time-restricted eating schedule or intermittent fasting where you limit your eating to a window of six to eight hours a day can also be beneficial.

Being more physically active can also reduce metabolic disease risk markers. However, be aware that excessive exercise will actually lower your immune function and put you at increased risk of respiratory infections. It is also beneficial to optimize your sleep and reduce your stress. As always, it is recommended to consult your physician regarding any of these lifestyle changes.

⁴<https://stuartbramhall.wordpress.com/2021/07/11/early-at-home-treatments-could-save-85-of-covid-deaths/>

⁵https://docs.google.com/document/d/1A0CR_pwclEmP2rDAjDLVgQpkAkN5tpu6c1u8UYwyKcw/edit?usp=sharing

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A recent study⁶ from Germany backs up what has been stated since the beginning of the pandemic: optimal levels of vitamin D3 result in much better outcomes for those infected with Covid. It has been known for years that vitamin D3 is extremely beneficial in immune support.⁷ Sunshine is the best source of vitamin D, but due to poor diet and indoor lifestyles, supplementation is likely necessary, especially for those in colder climates.

There are several other over-the-counter supplements that are recommended for immune support and Covid treatment⁸ including zinc, vitamin C, and quercetin among others. Consult your provider for your specific needs and amounts or go to one of the websites listed below for physician-recommended protocols and products.

- The article "Outpatient Treatments for COVID-19 Reviewed" by Dr. Joseph Mercola discusses in depth current protocols, how and when to use them, and how they have evolved since the beginning of the pandemic.⁹
- Dr. Vladimir Zelenko¹⁰ has had excellent success in treating his Covid patients, especially with Ivermectin, and offers a variety of suggestions, depending on your particular risk status and whether you are looking for prophylactic or treatment protocol.
- Both Ivermectin and hydroxychloroquine can be obtained by mail through Dr. Stella Immanuel¹¹ by clicking on Menu and then Telehealth Services. It takes time, so if you think you may want to go this route, plan ahead! These can be used prophylactically¹² and/or kept on hand for possible future treatment.
- Other good medical sources include America's Frontline Doctors¹³, Synergy Health¹⁴, MyFreeDoctor.com¹⁵, and FLCCC Alliance.¹⁶
- If you wish to insure control over your healthcare, you can complete a Medical Directive to Physician and a

⁶<https://www.theblaze.com/op-ed/horowitz-studies-show-an-aggressive-vitamin-d-campaign-could-have-prevented-nearly-all-covid-deaths#toggle-gdpr>

⁷ <https://1md.org/health-guide/immunity/ingredients/vitamin-d3>

⁸ <https://www.fox26houston.com/news/studies-suggest-4-vitamins-to-prevent-severe-cases-of-covid-19>

⁹ <https://drive.google.com/file/d/1GobstbiC5MoGeH6gyiiZ4EbHNOtWbkAB/view?usp=drivesdk>

¹⁰ <https://vladimirzelenkomd.com/>

Medical Power of Attorney, which you can find at thedrardisshow.com.¹⁷

It's time to take back the reins of our healthcare by becoming more proactive with making healthy choices, boosting the immune system, and staying well informed!

MARK YOUR CALENDAR!

THE NEXT SCHOOL BOARD MEETING IS MONDAY, DEC 20TH AT THE RHINELANDER HIGH SCHOOL (JOHN & DORI BROWN PERFORMING ARTS CENTER). CHECK THE [SDR WEBSITE](#) FOR A COPY OF THE AGENDA AND MEETING TIME/LOCATION SPECIFICS.

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www.takebackteam.com

¹¹ <https://drstellamd.com>

¹² <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8354804/>

¹³ <https://www.americasfrontlinedoctors1.com/>

¹⁴ <https://www.synergyhealthdpc.com/faqs/>

¹⁵ <https://myfreedoctor.com/>

¹⁶ <https://covid19criticalcare.com/ivermectin-in-covid-19/how-to-get-ivermectin/>

¹⁷ <https://thedrardisshow.com/forms>