

From Susan:

Here are some of her other tips and websites/supplements mentioned:

- Website for weekly updates on Covid - flccc.net Founded by a group of leading critical care specialists in March 2020, the Front Line COVID-19 Critical Care Alliance (FLCCC) is dedicated to helping prevent and treat COVID, and to help patients take charge of other areas of their health.
- Website for Morley Robbins' Root Cause Protocol (her talk about copper, iron & cod liver oil) <https://therootcauseprotocol.com/about/morley-robbins/>
- Website she referenced by Dean & Ayesha Sherzai (The Brain Doctors), for information about alzheimer's - <https://thebraindocs.com/>
- Book for cancer information, by Paul Marik - <https://www.amazon.com/Cancer-Care-Repurposed-Metabolic-Interventions/dp/0960121706>

Tips: Please do your own research as she is not endorsing any of these. Make sure they don't conflict with any medications you might be on.

- Berries are good for cognition
- Berberine is good for the heart
- Dark chocolate 70% cacao or higher is best
- Advantages of omega 3's, such as Roseta cod liver oil
- Citrus Bergamot - helped her to lower bad cholesterol
- How much water should we drink? Drink 1/2 in ounces of what you weigh
- Research intermittent fasting
- Walnuts & chia seeds are good for us
- Exercise - 30 - 60 min per day X 5 days per week - Good for so many things
- Diet - Look at food labels; Reduce sugar
- Meditation and/or Stretching helps us