

The logo for 'vitalityproject' features the word 'vitality' in a red, lowercase, sans-serif font, followed by 'project' in a teal, lowercase, sans-serif font. Three small red dots are positioned above the 'i' in 'vitality' and the 'j' in 'project'.

vitalityproject

# Holistic Pandemic Survival Guide

A guide to support optimal lifestyle changes for improved health and stronger resistance to chronic diseases and coronavirus.

**DEBRA MACINTYRE, ND**

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## DEBRA MACINTYRE, ND

Debra MacIntyre is a Traditional Naturopath and founder of the clinic Vitality Project in metro-Atlanta. She has been in wellness since 1976, first as a health club manager, next as a nutritionist and finally as a Traditional Naturopath. She holds a nutrition certification from American Health Science University and a Traditional Naturopathy degree from Trinity School of Natural Medicine.

She's received advanced training in Biological Medicine with Dr Thomas Rau (medical director of Switzerland's Paracelsus Clinic), NAET allergy elimination with Dr Devi Nambudripad, Neural Therapy with Dr Deitrich Klinghardt, and homeopathic hormone rejuvenation with the California College of Natural Medicine.

Debra has a passion and gift for helping clients turn "hot mess" into healthy, so they can fully enjoy life!

# INTRODUCTION

I wrote this practical guide at the beginning of the outbreak of the COVID-19 Coronavirus pandemic in 2020. As I updated it in June of 2021, the materials I presented in this program are still relevant.

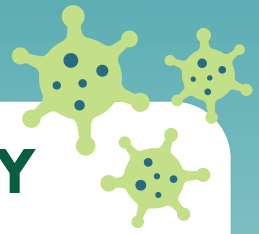
We've learned a lot this past year! We've seen some people move through the virus with minimal symptoms while others succumbed and passed away. What are the differences? In hindsight, people who were in better general condition (not overweight, no comorbidities and optimal nutrient levels) fared the best and for the most part were able to survive.

From a naturopath's perspective, there are 3 "Big Whys" that make you vulnerable to ANY illness or poor health condition. This booklet will explain easy corrections along with tougher actions you can take that will make you even stronger. This is not our first pandemic, and it will not be the last. Start now to improve your resistance and you will be in much better condition to withstand future flu seasons and even pandemics.

Naturopaths are not medical doctors, so don't take this as medical advice. But it is good advice!

**My goal is to help you to avoid becoming ill. If you do contract this or any other virus, I want to be sure that you are strong enough to have a milder case and a quicker recovery.**

## WHAT WE ALREADY KNOW MEDICALLY



COVID-19 is one of 3 strains of coronavirus which have proven to be particularly deadly. The others were MERS (Middle Eastern Respiratory Syndrome) and SARS (Severe Acute Respiratory Syndrome). Other coronavirus strains produce common cold symptoms.

COVID-19 is spread by droplets coming from a cough or sneeze, coming into contact with a vulnerable individual. People who have fever or symptoms should always stay home and not run the risk of exposing others.

Vitamin D Insufficiency May Account for Almost Nine of Ten COVID-19 Deaths according to PubMed.gov

Medical treatment in non-life-threatening cases is the same as with a normal flu—bedrest and plenty of liquids. Anti-inflammatory medications like Ibuprofen are not recommended, as they can increase vulnerability. When people develop more severe respiratory symptoms, they are assisted in the hospital as much as possible. Now let me bring in some Naturopathic principles to add to this.

### NOTE:

Wash your hands thoroughly several times a day during any flu season. Get sun exposure and supplement with Vitamin D until your blood test level is between 60 and 80.



# CHAPTER 1

## CORRECT ANY VULNERABILITY FACTORS- THE BIG WHYS

There are 3 important vulnerability factors... what I call:



### The Big Whys



These make you either resistant or vulnerable not only to this coronavirus but to ANY severe or chronic health condition. I will give you easy and more advanced, tougher lifestyle steps you can take to correct problems in the Big Whys. Remember, ANYthing you do will help!

Pick those you feel you can do, get used to them for a couple of weeks, then look through this guide again and see what new steps you can add.



When you use the best of what Western Medicine has to offer and combine it with the best of what Naturopaths like myself offer, you get the best outcomes in any health challenge.

# BIG WHY #1

## A POOR GUT ECOLOGY

The strength of your immune system is greatly influenced by the balance of friendly and unfriendly microbes in your gut. A healthy gut ecology helps you in other ways, too, but today we're focusing on the immune system.

Many people are surprised to learn that your gut health is influenced by years of dietary, toxic and Rx medicine influences. If you need a Rx medicine, you need it. But don't assume that your gut just recovers when you're done with the medicine. Just taking a probiotic doesn't cut it, because once the balance is off, the "good guys" in a probiotic have a difficult time getting established. Here are the easy and tougher things you can do to restore your gut.



# EASY CORRECTIVE STEPS:

- Add fiber to your diet. The friendly bacteria in your gut are most effectively established by fermentation, which is facilitated by dietary fiber. A Tbsp or two of ground flaxseed mixed in your food or a smoothie is a simple way to do this. Pay attention to the fiber in the foods you eat and realize that the more processed they are, the less fiber they will have.



- Go organic with the foods you eat. Pesticide residues on your foods work against your friendly microbes in the gut. Direct contact with Mother Earth is very helpful. Dig in the dirt or go barefoot a bit, but only if you do not use chemicals in your yard. The soil microbes are helpful for our gut ecology too!



- Switch from commercial hand sanitizers to Dr. Bronner's Lavender Hand Sanitizer, available online or at many natural markets. Your skin absorbs the chemicals in commercial sanitizers, and they are particularly harmful to your gut ecology. Dr. Bronner's works great without compromising your gut flora.



# TOUGHER CORRECTIVE STEPS:



- Eliminate gluten. There are lots of great online resources to adapt to a gluten free diet. Eliminate sugar, which feeds all the “bad guy” microbes in your gut. Moderate fruit consumption is fine. Eliminate dairy, because it creates mucous, which is a great growing environment for the “bad guys”. FYI, eggs are depicted on food pyramids with dairy, but eggs are not dairy.



- Start a little chemical-free backyard garden. The soil microbes that occur and are passed on to you when you eat your fresh-grown foods are very helpful! Hydroponic gardens do not supply these soil microbes, but if a hydroponic garden gets you eating more veggies, I’m in favor. :)



- The toughest step of all for some people is to eliminate all yard chemicals. Roundup and other weed killers are gut destroyers. Look at the research of Dr Stephanie Seneff online for detailed info.



# BIG WHY #2

## AN ACIDIC BODY PH

An acidic pH is irritating to your nervous system and will also make you vulnerable to a host of illnesses, including cancer. What makes you acidic? Too much sugar, too many grains, not enough alkalizing veggies and ongoing stress are the major factors. Here's how to help alkalize yourself.

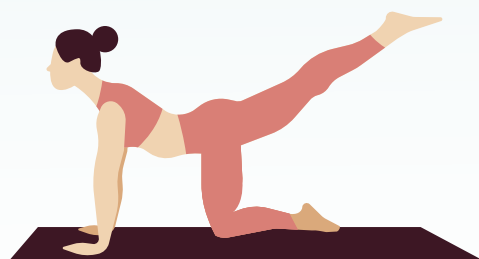
## EASY CORRECTIVE STEPS:

Eat more veggies - 5 servings a day is the current recommendation.

Work toward that as a goal.



Work on stress relief by exercising regularly, listening to good music, using essential oils, and having a good laugh.



Add Chlorophyll to your vitamin program, which I also recommend specifically for COVID-19 recovery, because it helps your blood cells deliver oxygen more efficiently.



# BIG WHY #3

## TOXIC BODY BURDENS

Stored toxic loads make you vulnerable to any illness. Some people have genetic mutations that additionally compromise their ability to detox. Your body has the capacity to hold toxicity like a bucket. The open top of the bucket is where we take in air pollution, water pollution, and chemical exposures. The drain hole is how we eliminate these toxins through sweat, urination, and bowel movements for the most part. We get SO many more toxins in each day than we can drain out! These steps will help you pick up the pace of eliminating toxins.

**AIR POLLUTION, WATER POLLUTION  
AND CHEMICAL EXPOSURES**



**TOXIN  
ELIMINATION**

## EASY CORRECTIVE STEPS:

Drink adequate, good quality water. Divide your weight by 2, and that is roughly how many ounces you need each day.

Keep your bowels moving, which should happen at least once a day and preferably twice. Following the gut ecology recommendations will help, and if you need additional help, you can add some Natural Calm magnesium drink. Most folks do well on 1-2 tsp per day.

If you have access to a sauna (and your doctor approves), sweat 3 times a week for 20-30 minutes per session. Work into the length of your sessions and pay attention to how you feel. You should feel energized rather than wiped out.

Again, with your doctor's approval, you can soak in a hot bath with a cup of Epsom salt added for 15-20 minutes once or twice a week. Rinse off when you're done.

## TOUGHER CORRECTIVE STEPS:

Intermittent Fasting increases autophagy, which literally means "self-eating." Sounds extreme, but this is one of your body's tools to get rid of cellular debris or damaged cells. If you are new to intermittent fasting, start with an 8-10 hour eating window where your food consumption is within this window. If you want to go with a smaller than an 8-hour eating window, check with your doctor to be sure it's ok for you.

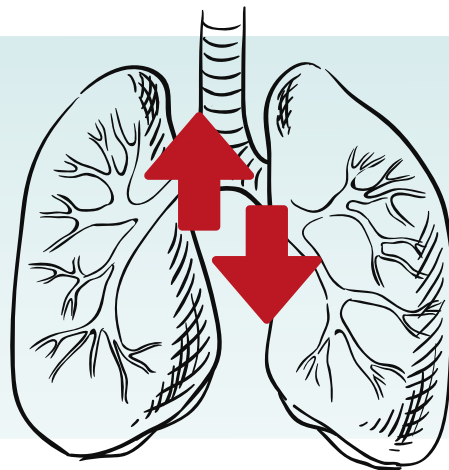


## CHAPTER 2

# TAKE EXTRA CARE OF YOUR LUNGS

Most deaths from seasonal flu or pandemic flu occur because of lung complications. Therefore, it's imperative to pull as many lung stresses out of your life as possible.

A huge stress to your lungs is toxins being inhaled into them. These include cigarette smoke, smog, aerosol chemicals from personal care products, fumes from cleaning products, and even the chemicals released when an airbag deploys in an auto accident. Artificial scents are a major lung irritant and come from laundry products, personal care products, cleaning products, scented candles, and plug-in or spray air fresheners.



Switch to scent-free versions of personal care and laundry/cleaning products right away. If you love scents, it's ok to use essential oils. They have a lovely smell and do not stress your lungs.

The Environmental Working Group's website, [www.ewg.org](http://www.ewg.org), is a great source of information about clean and toxic products.

# CHAPTER 3

## VITAMIN PROTOCOL FROM ORTHOMOLECULAR INSTITUTE

### DISCLAIMER

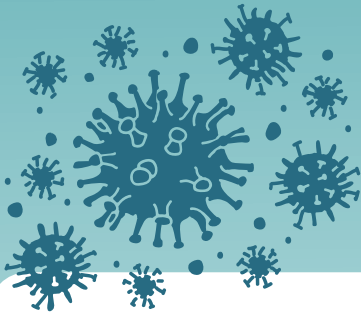
The tips in Chapter 3 come from The Orthomolecular Medicine News Service. There are lots of references for those of you who like to see scientific proof behind claims, which appear at the end of this guide. (This article may be reprinted free of charge provided 1) that there is clear attribution to the Orthomolecular Medicine News Service 2) that both the OMNS free subscription link [here](#) are included) “FOR IMMEDIATE RELEASE Orthomolecular Medicine News Service, Jan 26, 2020 Vitamin C Protects Against Coronavirus, by Andrew W. Saul, Editor

The coronavirus pandemic can be dramatically slowed, or stopped, with the immediate widespread use of high doses of vitamin C.

Physicians have demonstrated the powerful antiviral action of vitamin C for decades. There has been a lack of media coverage of this effective and successful approach against viruses in general, and coronavirus in particular.



# VITAMIN C



The basis for using high doses of vitamin C to prevent and combat virus-caused illness may be traced back to vitamin C's early success against polio, first reported in the late 1940s. Many people are unaware, even surprised, to learn this. Further clinical evidence built up over the decades, leading to an anti-virus protocol published in 1980.

It is important to remember that preventing and treating respiratory infections with large amounts of vitamin C is well established. Those who believe that vitamin C generally has merit, but massive doses are ineffective or somehow harmful, will do well to read the original papers for themselves.

To dismiss the work of these doctors simply because they had success so long ago sidesteps a more important question: Why has the benefit of their clinical experience not been presented to the public by responsible governmental authorities, especially in the face of a viral pandemic?



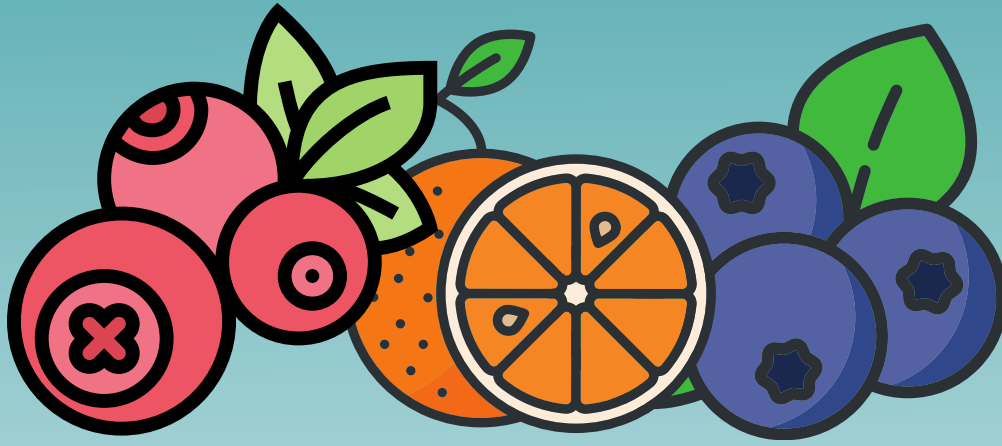
## ORTHOMOLECULAR INSTITUTE PROTOCOL

**Vitamin C:** 3,000 milligrams (or more) daily, in divided doses.

**Vitamin D3:** 2,000 International Units daily.  
(Start with 5,000 IU/day for two weeks, then reduce to 2,000)

**Magnesium:** 400 mg daily  
(citrate, malate, chelate, or chloride form)

**Zinc:** 20 mg daily



## DISCLAIMER

It is very important to maximize the body's anti-oxidative capacity and natural immunity to prevent and minimize symptoms when a virus attacks the human body. The host environment is crucial. Preventing is obviously easier than treating severe illness. But treat serious illness seriously. Do not hesitate to seek medical attention. It is not an either-or choice. Vitamin C can be used right along with medicines when they are indicated.

The physicians of the Orthomolecular Medicine News Service and the International Society for Orthomolecular Medicine urge a nutrient-based method to prevent or minimize symptoms for future viral infection. The above inexpensive supplemental levels are recommended for adults; for children reduce these in proportion to body weight:



## CHAPTER 4

# ADDITIONAL VITAMIN SUPPORT

Quercetin was not on the Orthomolecular Institute's list in Chapter 3, but does have a proven track record as an anti-viral and anti-bacterial agent. It will help you deal with pollen season too! Take 500 mg twice a day.

N-Acetyl-Cysteine is a fabulous lung protector and also helps your liver. In fact, this is what emergency rooms use to save the lives of people who have taken too much Tylenol! Take 500-650 mg twice a day.

One reason people succumb and die from this virus is that the lungs cannot oxygenate the body well.

Adding liquid Chlorophyll to your routine will help develop your blood cell's capacity to carry oxygen. Follow bottle directions for dosing because concentrations vary.

## NOTE:

These are all recommended adult doses. For children, please check with their health care provider.



# CHAPTER 5

## TIPS TO STAY CALM AND DEAL WITH STRESS

When a pandemic illness is spreading, it's common to be fearful.

Stress like this takes a toll on your immune system, so it's important to discipline yourself to take the steps that work for you to calm your anxieties.

Remember, your ability to remain calm comes from within. Try these 6 tips and adopt the ones that work best for you.

1

GO ON A  
NEWS DIET

2

FIND A  
CREATIVE  
OUTLET

3

GIVING  
BACK

4

THE  
RELAXATION  
RESPONSE

5

LOOK INTO  
THE FUTURE

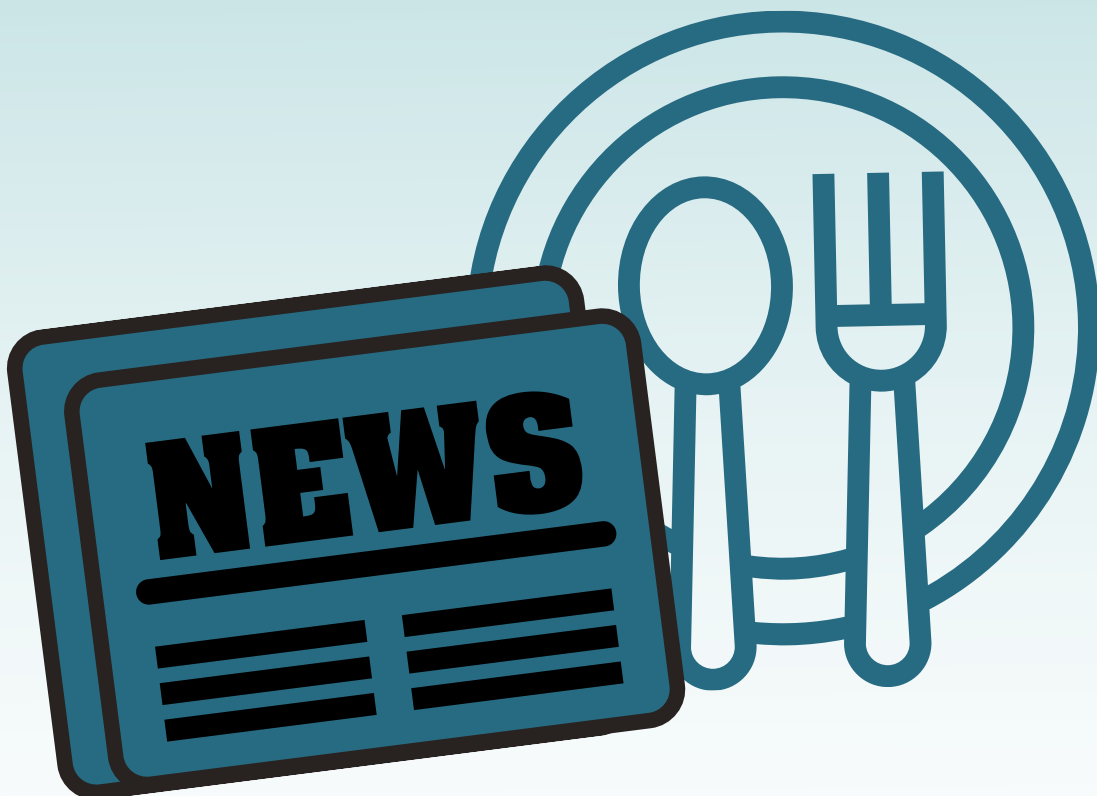
6

LAUGHTER  
AS  
MEDICINE

# TIP #1

## GO ON A NEWS DIET

It's important to strike a balance between staying informed and becoming fixated on the situation. Try to limit how much news you watch, especially some of the overhyped reporting that only propagates fear and anxiety.



# TIP #2

## FIND A CREATIVE OUTLET

This is a great time to try out some new (or old) creative hobbies. When you're focused on building or creating something new, you're reducing the amount of focus on the negativity surrounding you. Creativity is an excellent way to help you to relieve stress! Basically, the goal here is to find an activity or task that requires focus and makes you happy. There are MANY online classes and resources to help you develop various creative skills. Be sure to place self-time in a high priority.

**A creative outlet can be almost anything. Here are a few things you might want to try out:**

- Singing or playing musical instruments.
- Painting, coloring or drawing.
- Taking photos or videos of things you enjoy.
- Building something with things lying around the house.
- Writing.
- Puzzles.
- Reading.
- Planting herbs, flowers, vegetables or fruiting plants.
- Sorting photos into physical or digital books.
- Learning to dance or speak a new language.

# TIP #3

## GIVING BACK AND HELPING OTHERS

There are few joys greater than helping another! Drop a little gift basket off to a family member or neighbor. Flowers brighten anyone's day and can even be cut from your own yard.

The easiest thing to give is a sincere compliment. If you think an admiring thought about another person you see, let them know and bring a smile to their face.



**"The best way to find yourself is to lose yourself in the service of others."**

- Mahatma Gandhi

# TIP #4

## THE RELAXATION RESPONSE

When stress is present, your body can get stuck in “go, go, go” mode. This makes it difficult to relax your muscles or go to sleep at night. It’s also not good for your immune system.



### Try these proven relaxation techniques:

**Yoga** - Yoga breathing techniques and gentle yoga (called Yin yoga or Restorative yoga) videos are easy to find online and provide great relaxation to your body.

**Muscle relaxing exercise** - Lie on the floor and focus on your feet, purposefully relaxing them. Work your way slowly up your body doing the same thing with each section. Some people find that tensing the area first, then relaxing it works better. Try each way to find your best method.

# TIP #4

## THE RELAXATION RESPONSE

### Relaxation tips continued...

**Take a walk** - This is not for exercise, so just stroll and look at different things in your environment. When your attention is fixated on something stressful, looking at things one by one can help to “pull you out of your head” and into the present moment.



**Tai Chi or Qi Gong** - These both incorporate deep breathing with gentle body movements. There are plenty of free videos online to take you through some of these exercises to see if you like them.



**Gentle music** - It's amazing how certain types of relaxing music can affect your whole body! Some like to gently sway or dance to the music; others just get comfy, close their eyes and listen. We're all different, so experiment to see what works best for you.

# TIP #5

## LOOK TO THE FUTURE

Taking some time to reflect on your goals and desires and imagining yourself doing those things is extremely helpful in stressful times. You can write your goals and affirmations down, but “daydreaming” or imagining them as done/achieved is a great exercise.

Many people find that journaling is helpful. Writing your reflections on the day and life can be very cathartic.

Try making a vision board of things you'd like to see in your future. Taking a trip, perhaps, or plants you'd like to see in your garden or activities you'd like to try. It's amazing how a vision board seems to assist these things to become reality in your life.





# TIP #6

## LAUGHTER AS MEDICINE

Laughter really IS good medicine! It releases stress-relieving hormones in your body, relaxes your nervous system, and is good for your immune system. Take a break from the serious aspects of the pandemic and find things to laugh about. Enjoy a meal with family or friends, watch a funny show or movie, look up your favorite comedian on YouTube and enjoy a break.

**FACT:** Laughter increases the activity of antibodies by 20%, helping the body destroy viruses and tumor cells.

"Laughter is the best medicine in the world."

– Milton Berle



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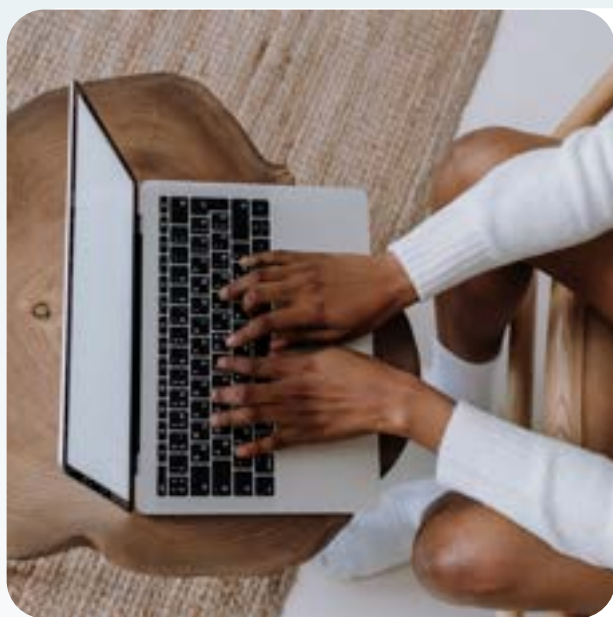


## Would you like to know what it's like to work with a naturopath to improve your health?

We offer an initial consultation at no charge to review your goals and introduce you to available programs. We can work with you in person or remotely, so distance isn't a factor. I hope you found this guide helpful!

Click the link below or call us directly at 770-817-8028.

Warm regards, Debra MacIntyre and the Vitality Project Team



[CLICK HERE TO BOOK NOW](#)



# THANK YOU



*From the Vitality Project Team*