



7/7/21

Dear Neighbors,

I hope everyone had a very nice Independence Day weekend! As we celebrate our FREEDOM and the principles up which our nation was founded (everyday, not just on July 4<sup>th</sup>!), it is my hope that you will find the below newsletter of great interest!

I've spent most of the last year preparing a **very detailed nutrition-based medicine and natural healthcare research summary on immune system support**, with over 1,000 supporting research studies referenced: <https://johnlutz.com/#enews>. The research summary is also online at: <https://naturalhealthcare.org/#enews>. (I'm currently merging the content from both websites and adding an online store featuring top nutrition-based medicine and natural healthcare supporting products at wholesale, or close to wholesale pricing.) The below information provides a brief introduction to the information included in the online versions of the research summary:

**Vitamin A was originally called the “anti-infective nutrient,”** and it has been shown to be effective against coronavirus/covid-19 in at least ten different ways. On the above links you'll find a research study explaining its currently known mechanisms of action against covid-19, along with additional information on vitamin A's positive effects on immune system support and information on plant-based precursors to vitamin A called carotenoids.

**There are currently over 2,000 known functions of zinc, and it is an essential nutrient for virtually every aspect of immune system function** -- and a common deficiency, especially for seniors, a group of primary concern for covid-19. The drug hydroxychloroquine helps cells uptake zinc more effectively, but a natural substance, quercetin, found in many common foods (and nutritional supplements in higher potency), provides similar effects, without the adverse side effects of the drug (which are somewhat minor for short-term use, as is commonly the case for covid-19, according to two sources listed in the online version of this newsletter). There's additional, very detailed information on zinc, hydroxychloroquine and quercetin on the above links.

**There are currently over 2,700 known functions of Vitamin D, including over 300 known immune system functions** -- and again, this nutrient is a common deficiency. Be sure to get outside for a walk and some sunshine this July 4<sup>th</sup>! Also, studies have

shown that those with the highest levels of vitamin D are virtually 100% immune to covid-19, or have the least amount of symptoms, and a prior Surgeon General has stated, in regards to the overwhelming research in support of the use of vitamin D for prevention and treatment of covid-19, “We are often enamored by high tech treatments but the history of medicine is replete with [filled with] examples of commonly overlooked basic nutritional physiology.” Also, “Encouragement to consider widespread vitamin D supplementation has little chance of harm but a tremendous potential for good.” The supporting research studies for all of the information on this flyer, and the source of the quote by the prior Surgeon General are also included on the above online links.

**Vitamin C has been proven to be effective against every virus that it has ever been tested against, including polio, HIV and covid-19, as long as it is given at a high enough/effective dose.** Quite a bit of information on vitamin C is included in the above online links, including how to very inexpensively test your level at home, information on an excellent book on vitamin C with 1,200 supporting research studies, and a link to a free e-book by a medical doctor (a cardiologist) who is also a lawyer, with over 600 supporting research studies, called *Rapid Virus Recovery -- No Need to Live in Fear!* Additionally, magnesium (alone, as is the case for vitamin C, even though nutrients are commonly used in combination) has also been shown to be highly effective against the polio virus and other viruses. Doctors focused on the use of nutrition-based medicine and natural healthcare utilize magnesium, along with vitamin C and other nutrients, as part of their protocols for immune system support for covid-19. Numerous such protocols, and their supporting research study results are included online, along with an article from 1949 on the treatment of polio and other viral diseases with vitamin C.

**An indirect quote about the use of vitamin C in healthcare from one of the researchers:** “Saying vitamin C (and vitamin A, vitamin D, zinc, magnesium, NAC, lysine, selenium, B vitamins, potassium, omega 3 fats, herbs and other nutrients) don’t work for immune system support is like saying money does not work! Meaning, if you go into the Corvette dealership with \$500 dollars, you will not likely be leaving with a new Corvette! And, in particular for vitamin C (also the case for a number of other nutrients), our bodily needs are greatly increased while under stress, and when the immune system is in need of support (there’s also information on the above links on intervenous use of vitamin C, when necessary). So, in summary, the research indicating that vitamin C is effective for many healthcare concerns is based upon an effective dose being utilized, as is the case for any type of healthcare intervention. And, an effective dose is based upon an individual’s unique needs (digestion factors, nutrient cofactor levels, drug-induced depletion of vitamin C and nutrient cofactors, condition related needs, genetic factor related needs, etc.), not across the board study amounts on

population groups.”

**The field of “orthomolecular medicine,”** which means correct, or right molecule medicine in Greek, and is a term coined by two-time Nobel Prize winner and vitamin C advocate Linus Pauling, PhD, **focuses on the use of naturally occurring, bioactive, biocompatible substances** (the use of optimal amounts of substances that are natural to the body, such as vitamins, minerals and other healthful components of foods and related healing factors) vs. non-naturally occurring substances, such as pharmaceutical drugs, which are primarily synthetic molecules that are foreign to human anatomy. See natural healthcare healing philosophy: <https://johnlutz.com/health/quotes/>.

Books citing up to 16,800 research studies per book, from the 100,000+ research studies in support of the field of nutrition-based medicine and natural healthcare for immune system support and other healthcare concerns: <https://johnlutz.com/books/#health>. The online version of this newsletter provides information on the extreme level of safety for the use of nutrients (naturally occurring, biocompatible substances -- “first, do no harm”) vs. other types of healthcare interventions.

**Drug-induced nutrient depletion:** most common drugs deplete 2-15 essential nutrients for health per drug, and each essential nutrient has hundreds to thousands of currently known essential functions in human health! There are numerous links to downloadable charts on drug-induced nutrient depletion on the above e-newsletter links. Or, they can be found here: [https://johnlutz.com/#drug\\_induced\\_nutrient\\_depletion](https://johnlutz.com/#drug_induced_nutrient_depletion). Of course, drugs have their place in emergency medicine, such as when surgery is unquestionably needed, but for most healthcare concerns, and especially for chronic healthcare concerns and general health optimization, nutrition-based medicine and natural healthcare provide excellent primary treatment options. In fact, in about 1/3 of the states in our nation, doctors who specialize in the use of nutrition-based medicine and natural healthcare, called naturopathic doctors, <https://johnlutz.com/health/naturopathic-medicine/>, are licensed on an equal level, or on a similar level, as medical doctors -- as primary care physicians. The above book link highlights top books from some of the most respected authors in the fields of nutrition-based medicine and natural healthcare.

**Immune system supporting Bible verses and faith:** See Psalm 91, and see the online version of this newsletter to read about and watch videos of a pastor leading a church in Baton Rouge, Louisiana, with 1,100 weekly attendees, who never closed his church (3 services per week for all of 2020 and 2021 to date). The church uses 33 school buses to pick up 500+ people per week, bring them to church, and feed everyone breakfast every week -- and nobody from the church has died from covid-19 (without masks, and without social distancing, for the most part)! All of the 2020 and 2021 services have

been filmed and they are available online, along with Bible studies and related news and information on the pastor's YouTube channel:

<https://www.youtube.com/c/TonySpell/videos>.

**Additional immune system supporting articles of interest:** In addition to the above information, inexpensive hydrogen peroxide, lysine, and many other safe, natural substances are showing significant success against covid-19 (including a patented herbal formula that has been shown to kill covid-19). Also, there's an article with 383 supporting research studies (for one article!) on natural approaches for prevention and treatment of covid-19. The section of the online research summary that provides the links to this information: [https://johnlutz.com/#immune\\_support\\_articles\\_of\\_interest](https://johnlutz.com/#immune_support_articles_of_interest).

The online version of this immune system support research summary, and this shortened print version, provide safe, effective, research study referenced information on nutrition-based medicine and natural healthcare methods for supporting immune system function, and links to interesting articles and related case studies (such as those mentioned above).

**Whether you choose a 100% natural approach to healthcare, or a combination of natural healthcare and other healthcare interventions, natural healthcare can provide help for improving your healthcare concerns.**

\*\*\*\*\*

**Products, services and fundraising** to support ongoing nutrition-based medicine and natural healthcare research, the sharing of the information with others, and efforts to share top natural healthcare products, services, health tests and related items at wholesale, or close to wholesale pricing are included below. For each of the below items, additional information and pricing are available online:

[https://johnlutz.com/about#products\\_and\\_services](https://johnlutz.com/about#products_and_services).

## **1. Natural Healthcare Health Optimization VIP Membership Program**

Membership program for wholesale/close to wholesale price purchasing of natural healthcare items online in the following product categories, with a focus on organic items, and the best-of-the-best health optimization items available in each product category: grocery, nutritional supplements, natural bodycare, bulk foods, nutrition-based medicine and natural books and textbooks, kitchen equipment (juicers, blenders, etc.), and innovative, highly advanced home health tests. Additional products and product categories will be added on an ongoing basis.

## **2. Health Coaching for Increased Nutrient Intake and Health Optimization**

2.1 Health coaching for maximizing nutrient intake and obtaining over 100% RDA/RDI (over 200% RDA/RDI in many cases) for each of the 41 nutrients currently classified as being essential nutrients for health, from food sources. Each of these nutrients have hundreds to thousands of currently known essential functions in human health!

2.2 Guidance for utilizing an industry leading, highly advanced, artificial intelligence database/health optimization system which references over 40,000 studies related to health optimization, information on 350 genes, 300 lab biomarkers, 4,000 prescription drugs, numerous articles and studies on nutrition, supplements, herbs and lifestyle factors, as well as EPA environmental studies ... and generates health optimization protocols based upon the information entered into the system and the data referenced by the system. One example of the system's effectiveness: It was utilized to discover the cause of seizures in an individual, and the individual was fully cured -- meaning the cause of the condition was fully identified, and the cause was addressed with nutrition-based medicine and natural healthcare methods, resulting in no more more seizures and no more drugs for seizures. And, equally important, a greatly improved overall level of health and wellness was also achieved!

## **3. Health Consulting for Healthcare Concerns**

Sharing innovative, highly advanced natural healthcare research, and helping consumers make their own highly informed healthcare decisions (together with their trusted healthcare providers, families and spiritual advisors, if they choose to do so). I do not "diagnose or prescribe." I share highly advanced, research study referenced, natural healthcare research, which is not commonly known by many healthcare practitioners or consumers. And, when requested, I share the contact info of practitioners who excel in providing related healthcare consultations and services, or remote phone consultations.

## **4. Health Condition Natural Healthcare Research Summaries**

Health condition natural healthcare research summaries prepared for individuals and healthcare practitioners (price varies depending upon how deep of a research summary is desired). See the above link for examples of previously prepared research summaries.

## **5. Consulting and Research Support for Healthcare Practitioners**

Training and research support for healthcare practitioners seeking to expand the scope of their knowledge, their practice, and their success helping their patients.

## **6. Income Opportunity for Others**

Earn weekly income by sharing the Natural Healthcare Health Optimization VIP Program with others!

## **7. E-newsletter Subscription**

Signup for my natural healthcare e-newsletter sent monthly, which includes articles, videos, product information, healthcare condition research summaries, and related news and information as it become available. Newsletters feature information, products and services of interest to many people, from many different sources, along with my current natural healthcare research. To signup, send your name and your e-mail address to [jl@johnlutz.com](mailto:jl@johnlutz.com).

## **8. Donations**

A primary goal for this print newsletter, the online research summary, and my work is to provide helpful natural healthcare information and related products and services at wholesale, or close to wholesale prices, and help as many people as possible access the top research, products and services available to support nutrition-based medicine and natural healthcare health optimization methods. Helping many people access highly effective natural healthcare research, products and services at as reasonable of a price as possible is essentially a nonprofit mission. I have not yet registered a 501c3 (donations are not currently tax deductible), but that is currently being considered. For those who would like to send financial support for ongoing natural healthcare research and the sharing of the information with others, your support is greatly appreciated!

## **How to Purchase Products and Services**

Online credit card processing is currently being added to the above website(s). For now, support can be sent through Zelle, a free to send/free to receive money transfer service that is offered by most banks, and available through the [www.zellepay.com](http://www.zellepay.com) website, if it is not offered by your bank. E-mail addresses and phone numbers are utilized for doing so ([jl@johnlutz.com](mailto:jl@johnlutz.com) and 302-793-9330). Or, alternatively, payment can be sent by check to JohnLutz.com LLC, PO Box 734, Claymont, DE 19703.

Thank you for reading, and I hope you've found the above print newsletter and the online version to be very helpful and of interest!

Sincerely,

John H. Lutz, III

302-793-9330

[jl@johnlutz.com](mailto:jl@johnlutz.com)

PO Box 734, Claymont, DE 19703

<https://johnlutz.com>, <https://naturalhealthcare.org>, <https://johnlutz.com/freedom/>