



**Public Service Announcement:** Safe, Effective, Research Study Referenced Nutrition-based Medicine and Natural Healthcare Immune System Support Research Summary, September, 2021.

Dear Neighbors,

I've spent most of the last 18 months preparing a **detailed nutrition-based medicine and natural healthcare research summary on immune system support**, with over 1,000 supporting research studies referenced: <https://naturalhealthcare.org/#enews>. (The research summary is also available online at: <https://johnlutz.com/#enews>. I'm currently merging the content from both websites onto naturalhealthcare.org.) The below information provides a very brief introduction to the information provided 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 the currently known mechanisms of action against covid-19, along with additional information on vitamin A's many essential, positive effects on immune system function and overall health. For example, vitamin A has been shown to promote healthy mucous membranes (which help prevent pathogens from entering the body), and it has been shown to be effective against the common cold, malaria, measles and tuberculosis (see the list of books on nutrition-based medicine and natural healthcare included below and online for the supporting research studies for this information). Additionally, these sources provide information on the many positive health effects of 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. Among the many functions of zinc related to immune system function, our bodies utilize zinc to transport and help update vitamin A, which is one example of how nutrients work in combination to promote improved health (vitamin E is also known to enhance vitamin A absorption). 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. 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. Studies have shown that those with the highest levels of vitamin D have greatly increased overall immunity, and greatly increased immunity against covid-19 (much lower rates of infection, and much lower risks of severe cases). Numerous actions of vitamin D against covid-19 are currently known, and studies, including randomized controlled trials, have indicated that vitamin D can be a very effective treatment. Additionally, a prior Surgeon General has stated that, 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 [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 in this article, 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 an effective dose.** Quite a bit of information on vitamin C is included in the above online links, including how to inexpensively test your level at home (for less than \$1/day), 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 vit. C.

**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, verses non-naturally occurring substances.

**Books citing up to 16,800 research studies per book, from the 100,000+ 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, bioactive, biocompatible substances -- as in “first, do no harm”) vs. other types of healthcare interventions.

For most healthcare concerns, and especially for general health optimization and chronic healthcare concerns, 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 (including naturopathic medicine). Additional links to healthcare practitioners specializing in this type of research, and links to training for healthcare practitioners to obtain expertise in this type of research: [https://johnlutz.com/#immune\\_support\\_healing\\_systems](https://johnlutz.com/#immune_support_healing_systems).

**Effectively evaluating the use of Vitamin C, other nutrients, and other naturally occurring substances for immune system support and other healthcare concerns:** The research indicating that vitamin C, vitamin A, vitamin D, zinc, magnesium, NAC, lysine, selenium, B vitamins, a high potassium diet, beta glucans, omega 3 fats, herbs and other natural substances are effective for immune system support and other healthcare concerns is based upon an effective dose being utilized -- as is the case for any type of healthcare intervention. And, an effective dose, in regards to the use of nutrients and other natural substances, is based upon an individual’s unique needs -- digestion factors, nutrient cofactor levels, drug-induced depletion of vitamin C (or other nutrients being evaluated or utilized for immune system support), condition related needs, genetic factor related needs, etc. -- not across-the-board, one-size-fits-all study amounts given to population groups. And, in particular for vitamin C (but for many other nutrients, as well), our bodily needs are *greatly increased* while under stress, and when the immune system is in need of support. In such cases, and in other cases where digestion and absorption of nutrients are concerns, vitamin C (and/or other nutrients) are used very safely in intravenous format with excellent results. Additional related information is included in the online version of this letter.

**Printable charts and articles on the many functions of essential nutrients** and top food sources of the nutrients: [https://johnlutz.com/#essential\\_functions\\_of\\_nutrients](https://johnlutz.com/#essential_functions_of_nutrients).

**Drug-induced nutrient depletion:** Many of the 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 and interactions between drugs and nutrients on the above e-newsletter links.

**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). Additionally, 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).

**Immune system supporting Bible verses and faith:** See Psalm 91, and 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, 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, on the following links: <https://www.youtube.com/c/TonySpell/videos> and [www.ltcb.com](http://www.ltcb.com).

**"Iaomai" - the Greek word used in the Bible to describe healing:** "Draws the attention to the Lord, the supernatural Healer, i.e. beyond the physical healing itself and its benefits": <https://biblehub.com/greek/2390.htm>.

### **Summary:**

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 immune system support, links to interesting articles and case studies (such as those mentioned above), and links to nutrition-based medicine and natural healthcare information and resources for other healthcare concerns.

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

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## **“We The People...”**

**Inscribed on the Liberty Bell is: “Proclaim liberty throughout all the land unto all the inhabitants thereof.” Lev. 25:10.**

If you’ve found this information and the online information to be helpful and of interest, please consider providing a donation to support ongoing nutrition-based medicine and natural healthcare research, and the sharing of safe, effective, research-study referenced nutrition-based medicine and natural healthcare information with others. Sharing top research on nutrition-based medicine and natural healthcare is a nonprofit type of mission. A 501c3 has not yet been registered (donations are not currently tax deductible), but that is currently being considered.

Very simply: There are safe, effective, research study referenced, clinically proven natural solutions for improving and/or curing most healthcare concerns -- information that is not being effectively shared with the public in other communication formats.

**Donations:** Support can be sent through Zelle, a free money transfer service (no fees charged to senders or recipients), which 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 and 302-793-9330). Or, alternatively, donations can be sent by check to the below address.

For those would like to help with related projects, and/or for those who have any questions on this information or other health topics, see below for my contact information.

I hope you’ve found this flyer and the related online content to be helpful and of interest! And, thank you to those who are able to support ongoing natural healthcare research for healthcare concerns and the sharing of the information with others!

Sincerely,

John H. Lutz, III

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## Disclaimer

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### Public Service Announcement Purpose

This public service announcement and related online content have been produced with the goal of sharing information with others about health promotion through the safest, most effective means possible. The focus of the Announcement is on sharing natural approaches towards prevention and healing illness through the use of nutrition-based medicine, natural healthcare and related fields, and helping the public exercise their inalienable right to making optimally informed choices related to their health and their healthcare decisions.

The author works as an independent natural healthcare researcher and writer preparing research study referenced summaries for health-related topics of interest for consumers and healthcare professionals, providing informational and educational consulting on innovative treatment options available for consideration by consumers and their healthcare practitioners, and providing increased, cost-effective access to nutrition-based medicine and natural healthcare research, products and services.

The author's educational training ([https://johnlutz.com/about#quick\\_bio](https://johnlutz.com/about#quick_bio)) combines traditional and non-traditional educational paths, primarily many years of one-on-one training with top experts in the above fields (apprenticeship), and extensive research on top books, textbooks, research studies, clinic handouts, websites, e-newsletters, and other educational materials shared by some of the most well-respected experts in these fields, along with speaking with thousands of consumers one-on-one about nutrition, healthcare topics, current research, alternative treatment methods and therapies, alternative and integrative medicine clinic visits, innovative lab testing methods, and related topics (real-world results obtained by consumers), and extensive first-hand testing of many of the above listed items shared with others. Quite simply: to obtain different or innovative information about any topic (no matter the topic), it is often necessary and essential to pursue a different path of research and studies on the topic.

The author is not a physician and does not “diagnose or prescribe.”

**All material in this article and online is provided for information purposes only and may not be construed as medical advice or instruction.** No action should be taken solely based upon the contents. Rather, readers should consult with appropriate health professionals on any matter relating to their health and well-being. Some examples of healthcare practitioners with advanced educational training in nutrition-based medicine and natural healthcare can be found here:

[https://johnlutz.com/#immune\\_support\\_healing\\_systems](https://johnlutz.com/#immune_support_healing_systems) (also shared for informational and educational purposes only). The information and opinions of this Announcement and related online content are believed to be accurate and based upon extensive supporting research, based upon the best judgment of the author, but readers who choose not to consult with appropriate health authorities assume all related risks. The author and publisher are not responsible for errors or omissions.