DR. MIRIAM ADAHAN’S TIPS ON FIGHTING CORONA

VERY SUSPICIOUS – WHY IS THE MEDIA NOT TELLING PEOPLE HOW TO STRENGTHEN THEIR IMMUNE SYSTEM????????

Strengthen your immune system by doing the following:

1. Avoid sugar (including white flour). Sugar weakens the immune system.
2. TAKE 5000 VITAMIN D3 with K2 (for better absorption) (give kids 1-2000 depending on age)
3. Take curcum/turmeric pills and put curcum in everything you cook
4. Take at least 1000 mg. buffered vitamin C daily. If, chas v’shalom, you get sick, 30-100,000 mg. of vitamin C given intravenously will kill the virus.
5. Take a multi vitamin – but only if it contains methylated Vitamin B9 and methylated B12.  NEVER TAKE FOLIC ACID
6. Take 400 mg. magnesium glycinate in the evening to calm the nerves and sleep.
7. Get 7-9 hours of sleep. EXERCISE IN NATURE. BREATHE AND RELAX.
8. PROBIOTICS
9. DRINK TONS OF WARM WATER/TEA ALL DAY – the virus hates warmth and is killed by heat.
10. **STRENGTHEN EMUNA**:  IMMUNE SOUNDS LIKE EMUNAH!!!!  Dance, sing, smile to everyone!

Write to me for my free healthy pamphlet - [miriamadahan13@gmail.com](mailto:miriamadahan13@gmail.com)

PLEASE FORWARD THIS IMPORTANT INFORMATION.

[Shanghai gov't says Vit C good vs corona](https://www.naturalhealth365.com/iv-vitamin-c-coronavirus-3314.html)

[Dr reports on case etc Vit vs corona](https://www.naturalhealth365.com/wuhan-family-coronavirus-story-3318.html)