

Hello Patients and Friends,

This letter will provide information and suggestions about how to decrease your chances of getting a viral infection (a cold, the flu and the coronavirus all are viral infections) and what to do to heal faster when you have a viral infection (when you have a cold, the flu or the coronavirus).

This second part of the letter can seem very basic and simple because it is very basic and simple. The information that I'm providing about how to live healthier is both from my personal experience and also from my work with people for 40 years. This information is very basic and simple, and yet it's powerful.

The coronavirus crisis is the catalyst for me to write this letter. It's a sign that it's time for many people to improve their way of eating and it's time to get more rest. Pretty good ways to live healthy are only pretty good. This particular time of the coronavirus being here is asking us to be at the "top of our game" in living a more healthy life.

Here is a brief outline of the topics with the page numbers included:

**How To Lessen Our Chances Of Becoming Sick, And How To Recover From Viruses (Cold, Flu and Corona)**

1. Introduction. (p. 2)
2. Five Important Points To Prevent Becoming Sick, And How To Recover From A Cold, The Flu, The Coronavirus and Sore Throats. (p. 3)
  - a. Minimize Viral Exposure, Be In Warm Temperatures and Don't Let Your Sinuses Become Dry. (p. 3)
  - b. Genetics. (p. 4)
  - c. Rest. (p. 4)
  - d. Supplements. (p. 4)
  - e. Diet. (p. 4)
    - i. Once Viruses And Bacteria Are In Our Body, They Have Two Sources Of Food To Live From. (p. 4)
    - ii. Three Types Of Food: Fruits, Vegetables, and Everything That's Not A Fruit Or A Vegetable. (p. 5-6)

- iii. Processed Foods Vs. Whole Foods. (p. 7)
- iv. Our Diet When You Have No Symptoms. (p. 7)
- v. Our Diet When We Want To Prevent Sickness Or When We're Sick. (p. 7)
- vi. The Best Foods To Eat To Prevent Sickness Or When We're Sick. (p. 8)
- vii. Good Foods To Eat To Prevent Sickness Or When We're Sick. (p. 9)
- viii. Borderline Foods To Eat To Prevent Sickness Or When We're Sick. (p.10)
- ix. Bad Foods To Eat To Prevent Sickness Or When We're Sick. (p. 10)
- x. Very Bad Foods To Prevent Sickness Or When We're Sick. (p. 11)
- xi. Concluding Thoughts. (p. 11)

## **How To Lessen Our Chances Of Becoming Sick, And How To Recover From Viruses (Cold, Flu and Corona)**

### **Introduction**

Being healthy and staying healthy is my expertise. The caveat-warning is that what I'm writing is an opinion of one person; not the truth, the whole truth and nothing but the truth. With that said, let's begin.

Antibiotics and other drugs are an option in recovering from a cold, the flu, CV or a sore throat. *This part of the letter focuses on what you can do without medical help. Of course, seek medical help if your symptoms are severe or if you want a medical opinion or medical test.*

*I treat a cold, the flu, the CV and sore throats all in the same way. To me, when a person gets a cold, the flu, the CV or a sore throat their body is overwhelmed by viruses and bacteria. The solution for each one of these different illnesses is the same solution. The solution, most simply put, is in the next five sections of this letter – minimize viral exposure, genetics, rest, supplements and diet.*

Half of this letter is about the foods we eat. Every cell of our body is made from the foods that we eat. Eat healthier foods and we'll build healthier bodies. This seems obvious. What is not as obvious is: What are the healthiest and worst foods for a person to eat if they want to prevent becoming sick? What are the healthiest and worst foods to eat when a person has cold and flu symptoms?

One of the most false statements I've heard is: "Feed a cold and starve a fever." *Feeding a cold is one of the best ways to prolong a cold.* I agree with eating less when we have a fever (starve is too strong of a word for me). When we have a fever, we don't feel like eating much. When we eat, we usually want only soup.

## **Five Important Points To Prevent Becoming Sick, And How To Recover From A Cold, The Flu, The Coronavirus and Sore Throats**

The five important points in continuing to be healthy or what we can do when we're getting sick are:

1. Minimize Viral Exposure, Be In Warm Temperatures and Don't Let Your Sinuses Become Dry.
2. Genetics.
3. Rest.
4. Supplements.
5. Diet.

I consider rest and food to be the largest determinates in whether we'll stay well or be sick. Yes, minimizing viral exposure and being in a warm temperature without dry air are very valuable. (More on this soon). Yes, genetics plays a key role, but we cannot change our set genetic structure. Yes, supplementation is valuable, though if we're tired and eat poorly, supplementation will not play as big of a role in helping us. With this introduction concluded, now let's begin investigating these five points.

### **1. Minimize Viral Exposure, Be In Warm Temperatures and Don't Let Your Sinuses Become Dry**

We can minimize our exposure to viruses by being in contact with less people, by washing our hands more often and by touching our face less often.

Viruses die sooner when the air is warm. This is why "the cold and flu season" is from October through April in the U.S. (Bacteria multiple slower in cold temperatures. This is why hospitals are so cold.) [Click here](#) to read an article from the New York Times on March 22<sup>nd</sup> stating that both warmer temperatures can slow the transmission of the coronavirus.

There is a natural mucus in our nose and sinuses that helps move viruses and bacteria into our stomach. If this natural mucus is not there (if our nose and sinuses are dry), then the viruses can stay longer in the nasal passages and have more chance to multiple and go into our lungs.

I use a moisturizing lotion two or more times a day. I put some lotion on my finger and then lubricate inside my nose. This keeps my nasal passages moist, and makes my nose a bad host for viruses. Also make sure that you drink enough water so that your mouth doesn't feel dry (a sign of dehydration). By keeping your nasal passages and body moist, the viruses will move more quickly through your body.

## 2. Genetics

We cannot change the genetics we were born with. Some people genetically have a stronger or weaker immune system. (The immune system fights off disease.) The immune system gets stronger as we go from infancy to adulthood. The immune system gets stronger because, over the years, it battles viruses and bacteria many times. This is similar to muscles becoming stronger through repeated exercise.

## 3. Rest

There's no getting around this point. If we're tired, worn out or fatigued, we're much more likely to become sick. The more rested we are, the stronger our body and our immune system are. *Many people get sick primarily because they do not get enough rest.*

## 4. Supplements

There are many nutritional supplements that can help our immune system fight off bacteria and viruses. My favorite immune support supplement is Wellness Formula by Source Naturals. Take Wellness Formula with food (very important because it can upset an empty stomach). Vitamin C is used by many people. Raw (not cooked) garlic is a very good anti-viral food. (If raw garlic is too strong for you, you'll still gain benefit from cooked garlic.) Ginger and licorice also are helpful for the immune system.

There are many herbs that can be taken. At the top of the list are golden seal and echinacea. Most people have their "favorite go-to supplements" to help support their immune system to work better. Each person's body is very individual in what vitamins and herbs will help that person the most.

I do not take these types of supplements daily. Many people do. I do take Wellness Formula and Vitamin C when I feel run down, on the edge of symptoms beginning or when I'm sick. We'll now go into the long section of diet.

## 5. Diet

### **Once Viruses And Bacteria Are In Our Body, They Have Two Sources Of Food To Live From**

Once viruses and bacteria are in our body, they have two sources of food to live from. One source of food is that they will feed on the unhealthy (weaker) cells in our body. We have only so many unhealthy cells. This source of food is limited.

One of the most important sentences in this letter is the next sentence. **The viruses in our body can have an unlimited source of food to live from because they also live from**

**the food that we're eating.** The same foods that build our body are also the foods that build and sustain viruses and bacteria. Viruses and bacteria cannot live if there is no food. Again, there are two sources of food – the cells of our body and the food that we eat.

If we're eating a lot from the “everything that's not a fruit or a vegetable” category (this category is explained soon), then we're giving a rich and continual food source for the viruses and bacteria. Viruses and bacteria are all over our body. When we eat, this food becomes available to the viruses and bacteria. As we continue to eat every day, we're giving the viruses and bacteria an unending source of new food every day. This is why one of the most false statements I know of is: Feed a cold.

I've known many people who're having a prolonged cold and they think it's best to eat an egg or two a day “because they want to keep their strength up.” Eggs are almost the perfect food for viruses and bacteria to live on. (This is why raw eggs “go bad” so quickly if they're left at room temperature for hours.) Once these people stop eating eggs, they most often begin to feel better. Just by doing this one change.

*Viruses have a much harder time “throwing a party” when our cells are healthy and when we're rested. Viruses “party hard” when a person is fatigued and when the person has been eating too many heavy foods (from the “everything that's not a fruit or a vegetable”). To help have a cleaner body inside, follow what your mother probably told you: “Eat your vegetables.”*

### **Three Types Of Food: Fruits, Vegetables, and Everything That's Not A Fruit Or A Vegetable**

In this letter, I'm going to divide food into three groups. These groups are fruits, vegetables, and everything that's not a fruit or a vegetable.

#### **Fruits**

Fruits are nature's cleaning foods. Fruits primarily clean our body. We don't eat fruit to build stamina and muscle. Fruits clean our body and do very little to build our body. Fruits are very easy to digest and they're very watery. This is why they're good foods to clean our body.

Fruits are controversial to eat in the natural health field when we have a cold or the flu. It's been proven that cancer cells feed from sugar and that sugar can feed bacteria. There's a study that indicates that sugar can be beneficial when we have a viral infection. ([Click here](#) to read that study.)

I personally have found citrus (grapefruits and oranges) to be helpful when I'm sick. Apples, berries and papaya are also beneficial for me when I'm sick. For myself, I will definitely be having citrus when I'm sick. I'll also be eating citrus to help clean my body when I'm not sick. I don't recommend grapes or dates (too rich in sugar). Bananas and avocados are not cleaning fruits (they are thick and heavy).

### Vegetables

Vegetables are the "dual purpose food" because they both clean and build our body.

**Vegetables are the safest foods to eat when we're sick.** When a person is sick, they're usually much more attracted to having soup rather than having raw vegetables.

*Vegetable-based soup is my primary food when I'm sick.* The cleaner the soup, the better. To have a clean soup, we cannot add a lot to the soup from the next category; which is the "everything that's not a fruit or a vegetable" category.

Two examples of soups that are not beneficial would be minestrone soup and a soup with a lot of noodles in it. When we eat these soups, we're primarily eating foods from the next category, and not eating a soup that is mostly vegetable-based.

If I'm *really* sick, the soup that I eat is miso soup. I heat up the water and then add miso into the bowl of hot water. (To get the most nutrients from miso, have it be in hot water for as little time as possible.) You can buy vegetable broth soup, though I haven't found a brand that I like. If you eat chicken, then you may choose to have chicken broth soup. I suggest adding vegetables and not noodles, if you're going to put something in your broth soup.

### Everything That's Not A Fruit Or A Vegetable

This category is all of the foods that are not a fruit or a vegetable. This includes beef, pork, poultry, fish, dairy (milk, cheese, yogurt), eggs, potatoes, nuts, seeds, legumes (beans, lentils, peanuts and peas), tofu, cereals, grains (rice, wheat, corn, oats, barley, quinoa, and millet) and refined grains in the form of noodles and pasta.

The job of the foods in the "everything that's not a fruit or a vegetable" category is to build our body. Please understand about the function of these foods. They build our body. They do not clean our body. They do the opposite of cleaning our body. They're heavy foods that are harder to digest, and they create more waste in our body than fruits and vegetables.

## **Processed Food Vs. Whole Food**

I'm going to focus on two types of processed foods – flour and fruit juice.

### **Flour Vs. Whole Grains**

Flour is ground up grains. Flour is completely different from whole grain. When whole grains are broken down into flour, it becomes much more like a sugar for our body. Also, processed grains lose have less nutrients than whole grains. When we're sick, flour, in all of its forms (bread, muffins, cookies, chips, cereals, noodles and pasta), is a bad food to eat.

### **Fruit Juices Vs. Whole Fruits**

With whole fruits, we're getting a lot of fiber and fullness. With juices, we're being less filled up and we can drink much more of the fruit in juice form than we'd eat in solid form.

Fruit juice gives us only a part of the whole fruit. If you're going to have fruit juice, I suggest diluting it with an equal amount of water. Watered-down juice is more filling and has less sugar. I very much recommend eating whole fruits compared to drinking fruit juice; unless you're really sick and all you can do is have a little something to drink.

## **Our Diet When We Have No Symptoms**

It's healthy to eat from the "everything that's not a fruit or a vegetable" category when we're well. The everything that's not a fruit or a vegetable category builds our body. Of course, there are healthier and less healthy foods in the "everything that's not a fruit or a vegetable" category.

I recommend eating a lot of vegetables and fruits as we also eat the body building foods. If we have too many body building foods and not enough vegetables and fruits, we'll build up more waste in our body.

## **Our Diet When We Want To Prevent Sickness Or When We're Sick**

*Each person is a unique chemical factory and these recommendations are a beginning guide for you. You have to experiment and find out what foods are best, and are worst, for you.*

I'm going to list the different groups of foods to eat when we're sick or if we want to prevent becoming sick. This list will start with the best foods and end with the worst foods to eat.

## The Best Foods To Eat To Prevent Sickness Or When We're Sick

- ☺ Vegetable Based Soups
- ☺ Vegetables
- ☺ Vegetable Juices
- ☺ Garlic
- ☺ Hot tea or lemon water

### Vegetable Based Soups

We can add in some grain (I prefer quinoa), beans or other foods from the “everything that’s not a fruit or a vegetable” category in a vegetable based soup. I’ll address the worst foods to add to vegetable soup in the section below of very bad foods.

*Vegetable based soups are high in water and low in solid. A high water to low solid food ratio helps to clean our body.*

### Vegetables

Vegetables can be cooked or raw.

When we’re sick, we usually have no appetite for raw vegetables or a salad.

When we’re sick, we’ll most likely want to eat vegetables in a soup.

Steamed vegetables (without a lot of rice or noodles) are very healthy to eat when we’re sick, though we’ll probably prefer the warmth and liquid of a soup.

### Vegetable Juices

This information is exactly opposite of what I wrote about fruit juices. Fruit juices are very high in sugar and we’ll drink a lot more juice than we’d eat if the fruit was in a whole form.

*Freshly made vegetable juices are the best food to have when we want to prevent sickness or to have when we’re sick. Freshly made vegetable juices allow us to get the nutrients of the vegetables in a much higher amount than if we had to eat the vegetables in a whole form.*

Freshly made vegetable juice has the most nutrients. Vegetable juice can lose nutrients even in a half hour. Vegetable juice will still have a lot of nutrients, but not as much as if we drink it as soon as it’s made.

The juice places in town have their own combination of vegetables (and often add in ginger) designed especially for colds and the flu. These can be very healthy combinations; and often not the most pleasant tasting.



When I'm sick I buy enough fresh vegetable juice for two days. (I compromise in having day-old vegetable juice rather than getting it every day.) I drink some of the fresh juice immediately. The rest I put in the freezer for about an hour and a half. This "super cools" the juice. This "super cooling" of the juice helps keep the nutrients more alive. Of course, don't let the juice freeze.

I also will drink Suja vegetable juice from CostCo. (Jimbo's has the same juice at a much more expensive price.) Suja does a good job of keeping nutrient quality (but not as good as fresh juice) by adding in lemon and grapefruit juice as natural preservatives and also not having any extra air space in the bottle.

A friend of mine who made his living for decades by selling the best juicer (Norwalk) told me that Suja juice keeps a surprisingly good nutrient quality.

### Garlic

Garlic deserves its own little section. Garlic is well known as an a food that kills viruses. I'll be eating garlic regularly as a way to help my body kill viruses.

### Hot Tea Or Lemon Water

Sipping hot liquids is very good when we're sick. The extra heat soothes us. There are special teas made specifically for when we have a sore throat. These can be extra soothing to our throat.

### Good Foods To Eat To Prevent Sickness Or When We're Sick

- ☺ Oranges and grapefruit.
- ☺ Apples.
- ☺ Berries.
- ☺ Papaya.

This section has some controversy because it's about fruits. Fruits have sugar and sugar can be bad for our body. There's very little controversy that fruits clean most people's body and that fruits are a healthy food for most people. (If people have blood-sugar problems or candida or fungus problems, then fruit can be bad for them to eat. A lot of sugar is not good if you have cancer.) The controversy comes in about whether it's good to eat fruit once a person is sick.

Citrus (grapefruit and oranges) are my "go-to" fruits when I'm sick. There's only so much lemon and lime I like to have, so they're not a go-to fruit for me when I'm sick.

When I'm sick I eat very little fruits that are not citrus. As I begin to feel better, I do

include more of the following fruits:

Berries, apples, cantaloupe and papaya can be good to eat when we're sick.

Pitted fruits (peaches, nectarines and plums) are next on the list of fruits that I'll choose to eat when I'm sick.

Watermelons are usually out of season from October - April, so they're not a fruit that is available. I do like the cleaning effects of watermelon a lot (and they're high in sugar).

Bananas are not a cleaning fruit, so they're down on my list of fruits that I eat when I'm sick. Grapes and dates are too high in sugar for me to eat when I'm sick.

*Some people say to not eat fruit when we're sick. You'll need to decide if fruit is a food for you to eat when you're sick.*

### **Borderline Foods To Eat To Prevent Sickness Or When We're Sick**

Borderline foods are not necessarily bad or good, *though if eaten a lot, they will become bad.*

There's a certain amount of body building foods that are okay to eat when we're sick. It's better to eat less of these foods when we're more sick. As we get better, we can eat more of these foods.

- ☺ Bananas and avocados.
- ☺ Whole grains. I prefer quinoa, millet or buckwheat. In small amounts only.
- ☺ Beans. In small amounts only.
- ☺ Fish. Fish is a much more simple meat protein to digest than poultry or beef.
- ☺ Small amounts of chicken.
- ☺ Sweet potatoes or yams. Peas.
- ☺ A small amount of quinoa noodles or rice noodles (not regular noodles or pasta); preferably in soup or eat them as a small side dish. If we eat too much pasta or too many noodles, they can turn into a bad food to eat when we're sick.
- ☺ A small amount of tofu.

### **Bad Foods To Eat To Prevent Sickness Or If We're Sick**

- ☹ A lot of chicken.
- ☹ White potatoes.
- ☹ More than a little amount of grains (rice, wheat, corn, oats, barley, quinoa, and millet). I recommend not eating wheat and couscous.
- ☹ More than a little amount of beans.
- ☹ More than a few nuts or seeds at a time.
- ☹ Tofu.
- ☹ Pork.

## Very Bad Foods To Prevent Sickness Or If We're Sick

- ⊗ Eggs
- ⊗ All dairy products (milk, cheese, yogurt).
- ⊗ Beef.
- ⊗ Wheat and couscous.
- ⊗ All processed grains – breads, cereals, pasta, noodles, muffins, cakes and cookies. (Rice or quinoa pasta or noodles are not so bad. Semolina noodles and semolina pasta are very bad.) A lot of nuts and seeds.

## Concluding Thoughts

The main purpose of this letter is to help you understand that the choices you make, especially in the amount of rest that you get and in your choices of foods, have a tremendous positive or negative effect on your health; especially over many years.

Health is like a bank account. Every bit that we add in by making more healthy choices increases our potential health. Many, and maybe most, people reading this letter are older people. As we get older, we cannot rely on the vitality of youth to keep us healthy. As we get older, it's greatly beneficial for us to be wiser in how we care for ourselves.

I hope that my goal of providing information to help you to live healthier has been accomplished by writing this letter.

May you live in health and happiness,  
Phil