

Surviving Pandemic Fatality

STRENGTHEN OURSELVES FROM THE INSIDE OUT



IN AN HONOR OF A GENUINE LEADER

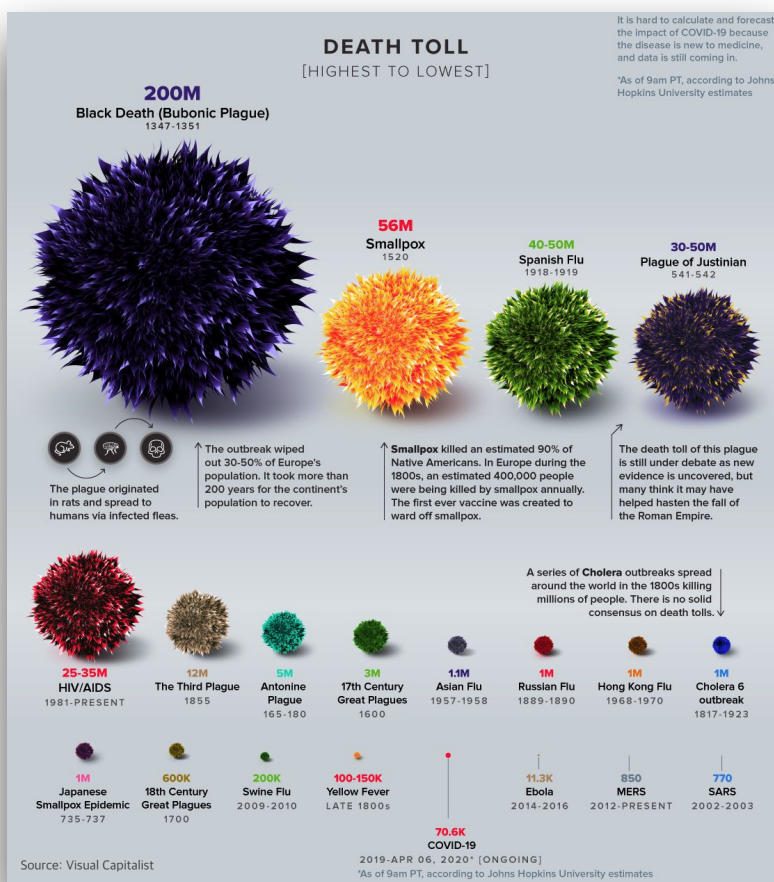
'Functional Immunotherapy'



Dr. Yod-Ying Dhebataranon

Bacteria & Virus Research Center
Founded in 1993

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Humanity has been facing depressive episodes of uncontrollably deadly diseases for centuries. From infectious epidemics to self-destructive auto-immunity and fast-growing cancers. Spreading everywhere during these past few months is the debilitating stress and devastating fear brought about by the global outbreak of covid-19, a strain of long-known virus fatally destroying human respiratory system in the already weak, vulnerable population.

That said. Weak individuals are at risk of losing life, and not so much of the other more healthy people. Isn't this familiar already? The weaker the person, the more chance of losing over any illnesses at all to begin with. So, whichever medical advancements the world seems to wait for over this covid-19 would not be more rocket-science than to keep the human body healthy and strong in the first place, would it? And would it

be even more encouraging to be able to strengthen such vulnerable people to begin with?

So what is it that keeps the body healthy and strong against pervasive turmoils after all these times? The new-age medicine now knows it all comes down to sophisticated, yet well-integrated physiological functions called the 'immune system'. This intelligent mechanism, when functioning properly, protects a human body from excruciating auto-immune episodes, fatally developing cancers, and even all the more terrifying infectious pandemics we so craze ourselves into these present days.

Yet, a healthy body does not work from the outside. Haven't we humanity undertaken time after time, implementing one vaccine over the others and all the more stronger targeted anti-microbial drugs, which in turn have made the infectious microbes even much more 'resistant' time and time again? This hard lesson, not yet learned, becomes the cause of drug-resistance deaths, numbering nearly one million around the globe annually. Isn't now the time to value the significance of our *strength from within*?

In fact, 'medicine' has focused so much on symptomatic-relief drugs that it automatically and subsequently overlook the powerful strength from within...

...the sole mechanism that guards us all to survive any threatening epidemics, after all.

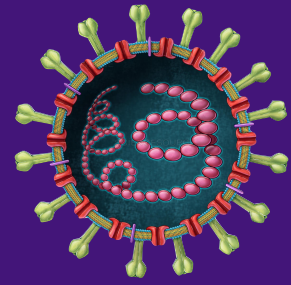
Strengthen Ourselves From “The Inside Out”

A devoted *Master* in Advanced Human Immunology, once stated “There is no way the body could fight off lethal invaders without a properly functioning intact immune system, along with healthy vital organs.” A proprietary approach invented, now so called the *Yod-Ying Protocols*, to honor the master’s name, has saved and improved thousands of lives, for nearly 3 decades. Sophisticated, yet the approach simply achieves success on a basis of ‘*strength from the inside out*’. Although direct attacks to invaders are crucial, yet, only along these considerations. This innovative approach is validated by both medical sciences and ancient wisdoms, some known to man for thousands of years. Such as that of traditional Chinese medicine, with theories and practices of always expelling pathogens along with raising vital ‘Qi’, the latter of which simply translates scientifically into vital organs and immune functions.

Along the professionally-guided protocols, ones could do so much to help facilitate. And it is exclusively essential to *feed* the right types of ‘foods’ not only to the body, but also to the mind & soul, and *exercise* them to achieve and sustain positive outcomes. With covid-19 daunting news of dreadful numbers and intimidating criticisms, beware that these potentially lower the immune functions. While we should not be ignorant, being too fearful could actually worsen everything. Rather, employ positive critical thinking, be mindful, yet act sensibly. Here are some tips to help us carry on with flying colors.

1. **PREVENT** the germs from using our body as its ‘host’ to grow in numbers and cause troubles, to begin with. Without a host body, virus cannot replicate or survive long outside, and will eventually die down. Keep vigorous routines of “*Home~Heat~Hygiene*”. Stay *Home* to reduce contacts—stop spreading more available hosts that virus could utilize. Use *Heat*, in foods and around households, to help de-stabilize and breakdown viral structures which are made up of simple proteins & fats. Practice good *Hygiene* with regular cleaning to solubilize viral particles, making them no longer replicable. *Hygiene* also helps prevent other germs from overwhelming immune system in the first place.
2. **PROTECT** ourselves from harms if the germs have already entered the body, unknowingly. Virus can linger for a while before overly replicating. Attempt to help destabilize them while supporting immune functions for the battles early on in the course. Practice “*Gargles~Greens~Gut*”. Do throat *Gargles* with warm water mixed with *anti-viral essential oils or even **salt. Take more *Greens* as foods & medicinals to help fight germs and strengthen the immune functions. Anticipate from reliable sources or consult professionals for these medicinals’ lists. Address *Gut* functions as its enzymes breakdown proteins & fats, obviously the viral particle structures, as being swallowed. Also healthy *Gut*’s microbiome and integrity play vital roles in bodily defense mechanism: the immune functions.
3. **PRESERVE** our immune system to function its best capacity at all times with “*Sun~Sleep~Silence*”. Optimal sunlight not only helps produce vitamin D, with its further immune-support cascades. *Sun* activates immune cells to circulate within the blood more effectively, thus safeguarding against invaders. Then, always have a good *Sleep*, as night is the best time for Adaptive Immune Response, which specifically memorizes and attacks the wandering invaders. Finally, seek *Silence*, as a meditative state shifts gene expression involving immunity, especially viral-infection fighting capacity, including higher immune cell counts and more antibody responses. All these help us shield and fight against infections after all.

Friendly Facts



- Virus is a germ, not a giant. It is too tiny to compare with our Almighty. Tame it down to its size, first by eradicating irrational fears.
- Virus is a particle, only made up of simple biomolecules: mostly proteins and fats. Similar to our foods, it can be fragile and cannot survive for long outside our body.
- Virus use a host body (i.e. human, animal, bacteria) to replicate and cause problems. Our own ignorant behaviors can open opportunities for the germs to destroy ourselves.
- Virus can kill its host, usually when it becomes overwhelming: overly numerous in a weakened body, with critically lowered / compromised immune functions. We are not victims, so do not let ourselves get ‘ill fast’. Stay away from elements that can speed its ILL replication: *Ignorant Lousy Living*. And take out any contributors in lowering our own strength FAST: *Fear, Anxiety, Stress, Tension*.
- Virus has less chance to win over within an evermore strong being. Strengthen the body, mind & soul to help shift our biochemistry for optimal immune and vital bodily functions. Above all, when all has been considered wholeheartedly, simply “*Let Go & Let God*”.

We will be impressed by how powerful
the **Peace** being given
simply washes away such pondering distress.

*They exist! **While salt gargle is labeled ‘false claim’ due to no medical ‘evidence’ per se, it actually is scientifically sensible. High sodium concentration disrupts biomolecules integrity, so do to viral particles.
Remarks: The indispensable needs to support each other right now is not to find faults against other systems of medicines. But to build ‘bridge’ for one another: access sensible recommendations, strengthen our populations and help contribute to lessen the number of weakened dying people. While the claimed scientific medicine is excellent at symptom relief and cutting-edge pathogenic destruction, the alternative medicines are exceptional in strengthening & tonification of a human body, whether scientifically recorded yet or not. In this crucial time, we are not looking for a published ‘piece of paper’ for it cannot help in time, of our suffering people at large. Let’s do our parts; unlatch a space to help all together, for all can.