

Master Phil's Health and Immunity Boost Tips:

General Advice:

- 1) **Healthy Weight:** The US has an obesity rate of over 40% for adults over the age of 20. The overweight number tips the scales at a weighty number north of 70%. Attain and maintain a healthy weight. Fad diets do not work.
- 2) **Workout:** The American Heart Association (AHA) recommends a *minimum* of 150 minutes of moderate or 75 minutes of intense training per week. ***These are the minimum numbers that 80% of American fail to meet.*** Find something that you like and do it on a regular basis.
- 3) **Sugar:** Processed sugar is one of the worst substances that you can put into your body. It is more addictive than any other substance on earth. Obviously the ramifications for eating a Hershey bar pale in comparison to taking an 8-ball, but the additive properties and how the chemicals are triggered in the human brain are more additive. Sodas, candy, etc...Eliminate or significantly reduce the amount of intake. Additionally, Corona Viruses feed on sugars and carbs.
<https://www.theguardian.com/society/2017/aug/25/is-sugar-really-as-addictive-as-cocaine-scientists-row-over-effect-on-body-and-brain> & <https://www.youtube.com/watch?v=RvYDvhqCll8&t=95s> (I filmed this in February).
- 4) **Sinus Health:** The following is what I've done for around two decades. This regiment has kept me off of antibiotics for most of the aforementioned time. Use a Neti Pot. When I feel stuffy and lethargic, I use a Neti Pot with saline solution twice a day. Once in the morning and once at night. Boroleum Cream, a little in each nostril prior to bed and in the morning, if necessary. Throughout the day, I first use [Oblas Inhalers](#) to clear my sinuses and then spray two squirts in each nostril of [X-Clear Sinus Spray \(non addictive\)](#) each day during the heavy allergy and/or cold seasons.
- 5) **Overall Health:** For daily maintenance and health, I take the following supplements: [Maximum Living Liquid Minerals](#), Vitamins D, C (powder is the best), Men's Multivitamin (Vitamin Shop Brand), [Tumeric Curcumin \(Anti-inflammatory\)](#), Fish Oil (* Omega 3 for lung health - read below), Probiotics, live cultures (refrigerated) [More information on Probiotics](#) and when the cold and flu season hits, I use echinacea with goldenseal for periods of 6 weeks at a time.
- 6) Intermittent Fasting: This practice has been proven to provide great benefits to health. Personally, I do not do it every day, but I use the method several times a week. [Intermittent Fasting](#).

* **Omega 3** Fatty Acids May Reduce Bacterial **Lung** Infections Associated with COPD. Compounds derived from **omega-3** fatty acids – like those found in salmon – might be the key to helping the body combat **lung** infections, according to researchers at the University of Rochester School of Medicine and Dentistry.