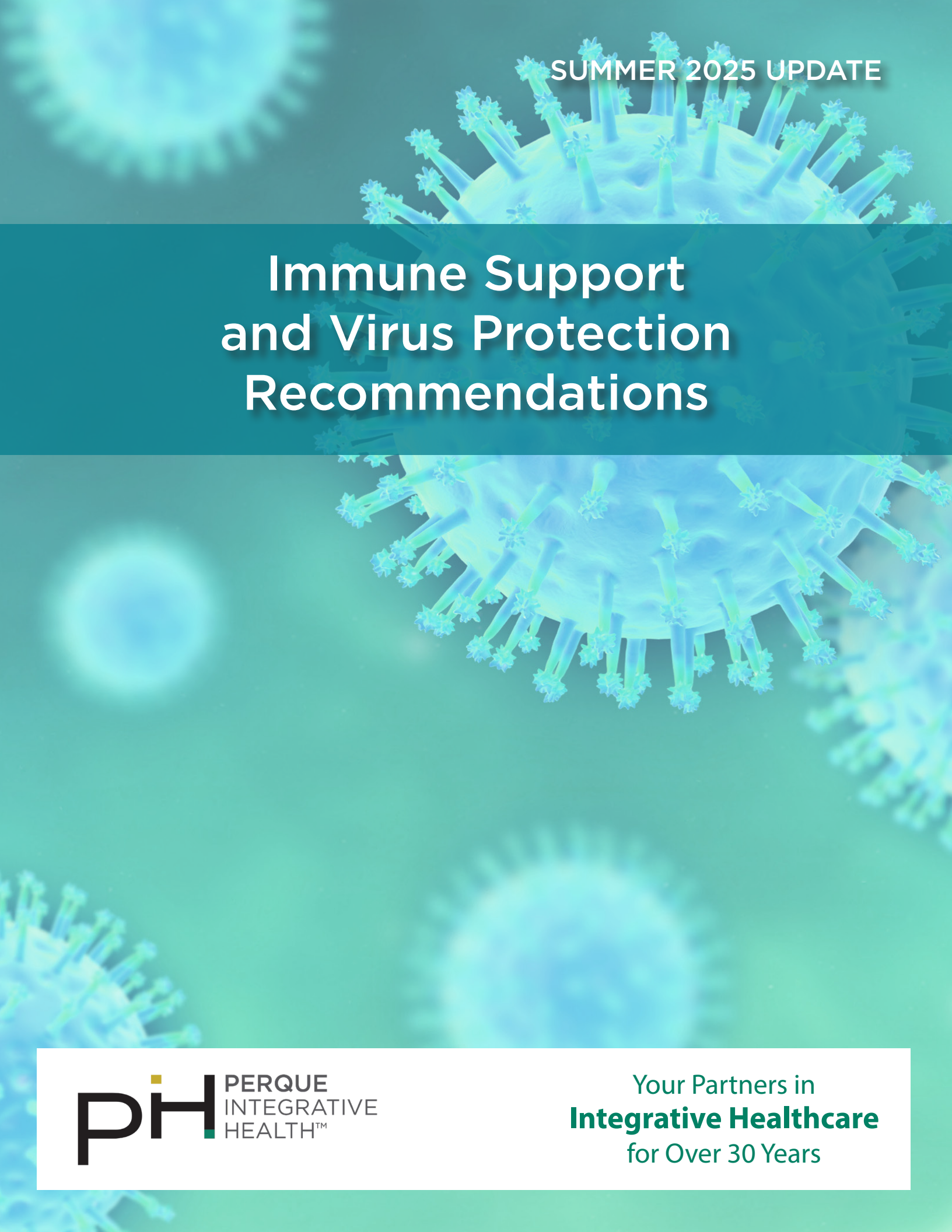
SUMMER 2025 UPDATE

Immune Support and Virus Protection Recommendations



PERQUE INTEGRATIVE HEALTH™

Your Partners in
Integrative Healthcare
for Over 30 Years

Reduce risks by strengthening immune defense and repair abilities. Whether it's COVID, the annual flu or any other infection, here's what you need to eat, drink, think, and do to stay protected even if or when exposed.

Even before the COVID pandemic began, PERQUE Integrative Health has been outlining recommendations and approaches to preserving immune health. These are outlined in this Immune Support and Virus Protection eBook and the guidance holds true today in a post COVID era.

Why Strenghten the Immune System?

Enhancing your immune system competence reduces risks associated with reduces risks associated with any pathogen whether viral, bacterial, parasitic, mycoplasmic, or prion in nature – including the RNA Coronavirus (COVID-19). There is much that nature offers to reduce risks and avoid infections. While exposure is widespread; illness need not be. For each symptomatic individual, there are 10+ people whose immune defense and repair systems recognize the virus and neutralize it effectively without symptoms.

Host hospitality is what makes some people greatly more or less at risk. A "hospitable host" is one in whom conditions are right for a pathogen to take up residence due to **essential deficits of required nutrients and excess of anti-nutrient toxins.**

Conversely, a **healthier "inhospitable host"** is one in whom a foreign pathogen is unable to infect because of protective surface (mucosal) immunity and innate immune responses designed to engulf and recycle anything foreign that gets past the mucosal surface.

We recommend using the self-tests, predictive biomarkers, functional lifestyle choices, and nutritional supplementation described here to evoke healing and protective responses.

We become what we...

EAT *drink* *think* DO!

At its core, sustained health is about what people **EAT, DRINK, THINK** and **DO**. This the underlying philosophy of Nature's pHarmacy®. In addition, **PERQUE®** supplements can provide additional nutritional support (See Page 6 for the targeted immune support supplementation protocol). Act today to boost your immune defense and repair system, improve tolerance and reduce excess immune activity while reducing infection intensity if exposed.

EAT

- Eat a diet that is easier to digest, assimilate and eliminate without immune burden. This means eating organic or biodynamic ripe fruits, vegetables, grasses (while avoiding grains), nuts, seeds, sprouts, sea vegetables, herbs, edible flowers, and spices. Metabolic and nutritional balance is reflected in a urine pH between 6.5-7.5 after six or more hours of rest. Resources at the end of this article provide additional information.

- Enhance healthier methylation to improve biological detoxification by making dietary staples from garlic, ginger, onions, brassica sprouts and eggs (the sulfur rich foods sometimes referred to as GGOBE).

- Avoid processed foods, because they have too much processed fat, salt, and sugar. Chemicals, fats, salt, and empty-calorie sugar or artificial sweeteners, when combined in snack foods such as chips, can be addictive and cause your tongue to crave more.

DRINK

- Stay well **hydrated** – Drink plenty of water and herbal beverages, at least 1 gallon per day. Keep a glass and a carafe of water on your desk. When the glass is full, drink it; when it is empty, fill the glass and repeat.
- The quality of your water matters as does your attitude.
- Start each meal with something warm, wet and savory, like any broth (except bone broth) or soup. We recommend against bone broth, as bone is where the body stores toxic minerals such as lead, mercury, arsenic, cadmium, and nickel, and bone broths thus can have high concentrations of these toxins. "Just as the dietary fat you swallow doesn't directly translate to body fat, swallowing collagen doesn't become collagen in or between your bones." Instead choose high quality vegetable, meat or fish broths, using organic or biodynamic ingredients.

THINK

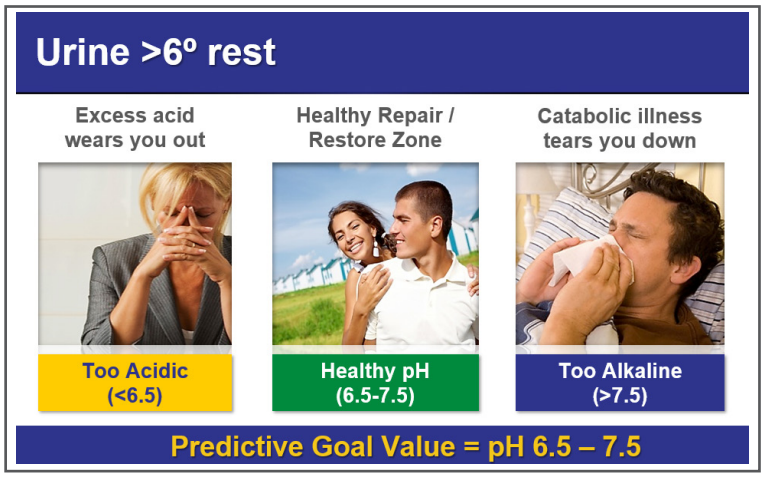
- Anxiety and fear reduce and repress immune defense and repair ability. Knowledge and experience improve immune defense and repair ability, neurohormonal balance and quality of life.
- Use art, music or relaxation response practices to help calm and restore your mental equilibrium. For example, Joan Kellogg's Mandala technique or Helen Bonny's Music suggestions allow us to be in the moment as the mandala is created; in the moment as the music carries us to deeper self-awareness. Relaxation response training has been scientifically confirmed to promote well-being and reduce distress, anxiety and fear.
- Consider Ira Progoff's intensive journal (Intensive Journal, Dialogue House) or do Quaker peer co-counseling or read inspirational writings (Ariel Press, Books of Light) and watch uplifting videos.
- Learned Optimism by Seligman has helped many improve their inner outlook.

DO

SELF ASSESSMENTS INCLUDING GUT HEALTH

- **Self-assessment,** four personal tests are good places to start on a journey to healthier life. Eight **Predictive biomarkers** cover epigenetics and are available and especially helpful when interpreted to best outcome goal values.
- The gut microbiome wields a profound influence over our immune system, immune resilience, and overall health. **Supporting gut health** through use of a series of tests, diet, and supplementation, is recommended.

pH



- Keep your 1st morning Urine pH after rest between 6.5 and 7.5. Excess acid in cells prevents healthy cell activity. While known as metabolic acidosis in clinical pathology, it is really magnesium cell deficit in physiology. See item 2 in the essential supplements section below.

SLEEP

- Get enough quality, **restorative sleep** and improve mood by following a sleep preparation plan. Prepare for sleep about 30 minutes before bed by taking a salt and soda bath (1 cup each of Epsom Salt & baking soda in a warm bathtub) while practicing abdominal breathing and a relaxation response or active meditation, for example, www.activemeditation.org.
- For many, enhanced uptake of Tryptophan, nature's safer source of serotonin and melatonin, is helpful to enhance restorative sleep.

MOVEMENT

- **Stretch regularly.** For me this includes stretching in bed before sleep, before getting out of bed on waking and in the shower. Stretching helps renew body infrastructure and helps reverse gravity's tendency to contract while improving sleep quality. Trager mentastics, hatha prana yoga and Tai chi chuan are examples.
- Amble while walking; consider forest bathing; walk barefoot when on healthy ground.

PERSONAL PRACTICES

- **Frequent hand washing** and **social distancing** are recommended to decrease exposure. **Skin nourishment** is essential since frequent hand washing can dry out the skin, making skin hospitable to infection. We suggest applying organic sesame oil or your favorite skin 'butter' such as Weleda's biodynamic 'skin food' to support healthy skin integrity.

INDOOR ENVIRONMENT

- **Consider improving the air quality in your home or office with a room ionizer** *e.g.*, Molekule.com or Bionaire.com. In the 21st century, a healthy diet and lifestyle is no longer sufficient to optimize your immune and neurohormone functioning. Being proactive about the air in your home, school or office is timely.
- Upon returning home, change from "outside" clothes and shoes to "indoor" clothes. This simple habit can greatly reduce the toxins you bring into your home.

NUTRITIONAL SUPPORT

- **Dietary supplementation** is essential today and in the 21st century to enhance repair and immune responses, neurohormonal balance, stress resilience and healthy digestion.

Targeted Supplementation with PERQUE®

PERQUE® is a professional brand offering innovative, science-based formulations designed to meet today's health needs. Every **PERQUE** product features fully disclosed, all-active ingredients in their most bioavailable and safe forms—delivering multiple synergistic benefits through nature's most effective nutrients.

Suggestions below provide meaningful amounts of safer essential nutrients:

1. Take sufficient L-ascorbate (based on your C cleanse/calibration results). L- ascorbate is an excellent antioxidant and a potent natural anti-viral, but only when it is 100% L-ascorbate, fully reduced and buffered as you find in **PERQUE Potent C Guard™** powder or tabsule.

2. **PERQUE Mg Plus Guard™** *and* **PERQUE Choline Citrate™** taken together are a proven system for improving the amount of magnesium your body can absorb and use. Take 2 capsules + 1 teaspoon twice or more daily to maintain first AM urine pH 6.5 – 7.5.

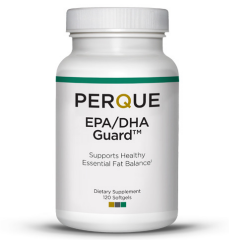
. **PERQUE Life Guard™ Mini** tabsules, 2-4/day (enough to keep your well hydrated urine sunshine yellow). This super-multi-vitamin/mineral provides a solid foundation of nutrients necessary for resilient health.

4. **PERQUE Zinc & Throat Guard™ Lozenges**, 1-3 lozenges/day or as needed. These fully soluble, synergistic nutrients help fight infection and provide maximum immune support.

5. **PERQUE Repair Guard™** 4-12 tabsules/day. This potent flavonoid/flavonol polyphenolic combination of quercetin dihydrate and soluble OPC works synergistically with L-ascorbate to activate first line cells responsible for protection and repair.

6. **PERQUE D3 Cell Guard™**, 5-10 drops/day or sufficient to keep your D3 levels within the best outcome goal range of 50-80 ng/ml. Maintaining an adequate level of D3 supports a healthy immune system with enhanced viral protection especially from respiratory and intestinal infections. Sunlight activates vitamin D, but *only* when the precursor (cholecalciferol) is already present in lymphatic blood and blood stream. Sunlight does enable memory T cells and other defense and repair systems.

7. **PERQUE Liva Guard Forté™**, 1-2 softgels daily provides much needed liver detox support with milk thistle and additional antioxidant nutrients. Additionally, it is a good source of vitamin D. Daily vitamin D intake should be enough to maintain healthy blood vitamin D (25-OH-D) levels of 50-80 ng/ml. *Do take into consideration your total vitamin D intake if taking other Vitamin D supplements.*



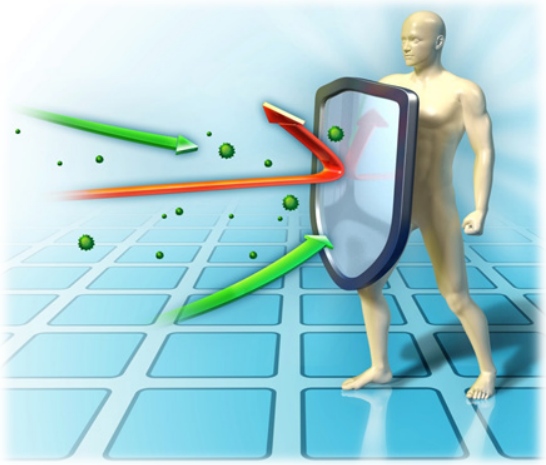
8. **PERQUE EPA/DHA Guard™**, 4 softgels/day provide safer Omega-3s to keep Omega 3 Index > 8%. This blend of pure marine lipids derived from deep sea fish yields a high level of brain- and body-building Omega-3 EFAs: EPA and DHA. **PERQUE EPA/DHA Guard** is nitrogen-purged and has one of the lowest Total Oxidation (TOTOX) levels in the industry ensuring maximum purity and protection.

Strengthen host defense and repair to live well and avoid viral afflictions.

As we have reviewed here, the best approach to staying healthy as respiratory viruses spread, is to be an inhospitable host for the virus. Sufficient antioxidant intake – especially 100% l-ascorbate can restore immune tolerance and balance neurohormones.

Follow a physiology before pharmacology lifestyle, guided by the four self-assessments and eight predictive epigenetic biomarker tests interpreted to best outcome goal values. Commit to eating what you can digest, assimilate, and eliminate without immune burden.

This brings us full circle for now. Strengthening host defenses and reducing risks are a choice. If not now, when is the time to invest in your health and well-being?



RESOURCES

To find an Authorized Distributor of **PERQUE**, **call 800.525.7372** or email **ClientServices2@PERQUE.com.**

More information is available from:

- PERQUE.com
- DrRussellJaffe.com
- Dr Russell Jaffe on YouTube
- HealthStudiesCollegium.org
- A Users Guide to Vitamin C
- Vitamin C for Immune Health
- The Joy of Living the Alkaline Way
- Thriving in the 21st Century

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About PERQUE Integrative Health™

PERQUE®

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NATURE'S pHarmacy®

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PERQUE INTEGRATIVE HEALTH

PERQUE (a PERQUE Integrative Health company) was founded in 1987 by Dr. Russell Jaffe. Using the latest scientific and medical knowledge available, Dr. Jaffe has developed a new generation of nutritional supplements available only through doctors and healthcare professionals.

Nature's pHarmacy® and Nature's Alkaline Way. Optimal health and happiness come down to our choices much more than to chance. Nature's pHarmacy is your personalized lifestyle guide to optimize your epigenetics – or simply put, the daily habits and rituals that directly impact your health.

PERQUE Integrative Health (PIH) is dedicated to speeding the transition from sickness care to healthful caring. Combining the best in functional, evidence-based testing with premium professional supplements and healthful lifestyle guides, PIH solutions deliver successful outcomes in even the toughest cases.

Dr. Russell M. Jaffe, CEO and Chairman of PIH, is one of the pioneers of integrative and regenerative medicine. Since inventing the world's first single step amplified (ELISA) procedure in 1984, a process for measuring and monitoring all delayed allergies, Dr. Jaffe has continually sought new ways to help speed the transition from our current healthcare system's symptom-reactive model to a more functionally integrated, effective and compassionate system. PIH is the outcome of years of Dr. Jaffe's scientific research. It brings to market three decades of rethinking safer more effective, novel and proprietary dietary supplements, supplement delivery systems, diagnostic testing, and validation studies.

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