

Spirit-Filled Doctor: Supercharge Your Immune System to Avoid COVID-19

In 35 years of practicing medicine, Dr. Don Colbert says he's never seen anything like the current worldwide coronavirus pandemic.

But, he says, many people are putting themselves at risk due to what they are putting in their bodies, and the lack of information that can help them stay healthy and avoid COVID-19. It's just practical advice that many people choose to ignore.

"We must learn lessons from past pandemics, like the Black Death and the Spanish flu. Those people learned the value of quarantine," Dr. Colbert told Dr. Steve Greene on a recent episode of *Greenelines* on the Charisma Podcast Network. "We also have to first understand our immune system and how it works.

"Unfortunately, so many people are affecting their immune system adversely by choosing the wrong foods. Sugar weakens your immune system by approximately 40% for five hours when you eat at least 100 grams of sugar, which is about two sodas. So, again, there are certain foods that charge it, like cruciferous veggies. These are just amazing to charge the immune system.

"Sauerkraut, kimchi, coconut kefir, kombucha tea. These are powerful probiotic foods that supercharge your immune system. In my new book, *Pandemic Protection*, I go into the diet to boost the immune system. And one of the worst things for our immune system is stress. Stress lowers the immune function, fear lowers the immune function. Anxiety, depression—they raise cortisol and cortisol is a double-edged sword. It helps

us through famine, pestilence and disease, but it also weakens our immune system.”

For more on how to protect your body from the coronavirus, listen to the entire podcast with Dr. Don Colbert.