



Vital Health e-Book #1



“Top 7 Supplements against Covid-19”

by Dr. Angelica Salazar, MD

& Shawn Mixan (ADAPT certified functional health coach)





Top 7 Supplements against Covid-19

“May this message be a light for you in challenging times. May it help bring forth the immune support, peace of mind, and resources to elevate yourself (and loved ones) to the greatest good.”

I (Dr. Angelica Salazar, MD), imagine that upon reading this you may feel somewhat uncertain and anxious. Collective stress levels have been high during this unprecedented global crisis. Health and financial concerns generally top the charts. However, this added stress tends to amplify existing stressors in relationships and our experience of life.

My heart goes out to you and those you love. There is much pain and suffering in the world. With care, affection, and warm-heartedness – my mission is to help alleviate the suffering of others and to promote their well-being. An essential intent of this e-book is to help you feel more secure, by fortifying your immune system. This has the bonus of helping us feel better and improving our overall health outcomes.



There is much we can do to fortify our immune system. With so much uncertainty around us, it is helpful to focus on the things we can control – like caring for our health & well-being.

As a traditionally trained physician (MD) – via Stanford (Pre-Med) and Boston University (Medical School), I am adept at Western Medicine’s effective treatments and protocols. My experience also includes medical board certification in integrative medicine, and IFM certification as a Functional Medicine doctor (IFM: Institute of Functional Medicine). I was raised in California’s central coast and live in the Santa Cruz, California area.

Integrative and functional medicine focus on root-cause disease prevention (and natural medicine treatment protocols) via diet, lifestyle, and supplementation. I can also prescribe medication (if needed) and facilitate COVID-19 testing. If you would like to schedule an online teleconference session for personalized recommendations (or any other health condition) please schedule an appointment via my website: www.scfm.health

I offer the following guidance to help protect you from COVID-19. The supplements listed below have proven biological activity to fortify immune function. Thus, the potential to prevent or shorten colds and flu’s (in general). [Please read the disclaimer](#) at the end of this e-book.

This supplement guidance is a part of a comprehensive diet and lifestyle protocol for immune support. The other portions of this protocol include nutrition, sleep, exercise, stress management, and cultivating pleasure/connection – all essential to immune health. Look for this comprehensive immune protocol in a forthcoming e-mail.

Each of the Top 7 Supplements are presented below. I have studied and searched far-and-wide for the most effective, highest quality supplements. Myself, my patients, and my family have greatly benefited from using these products.

1. Astragalus Root Extract

Astragalus is an herb, and its root is used in traditional Chinese medicines and as a supplement in the US. Typically used to strengthen the immune system and treat the



common cold, upper respiratory infections, seasonal allergies, and swine flu - astragalus is also used to fight bacteria and viruses. Astragalus root extract can be an effective way to prevent cold and flu viruses. If you have an autoimmune condition, please speak with a medical professional before considering this supplement.

2. Anti-Viral Tea

Fresh Lemon-Ginger-Honey-Cayenne tea. Ginger is a potent anti-viral substance that prevents the adhesion of viruses to the upper respiratory mucosa. Place 2 to 4 ounces of freshly pressed ginger juice in a cup with juice of half lemon, a large tablespoon of honey (honey is also antiviral), 1/8 teaspoon cayenne pepper, and 6 ounces of hot water. Drink 2 to 6 cups per day. If you have any existing blood sugar (diabetes, prediabetes) or metabolic issues, discuss with me before using honey.

(* some additional antiviral food-based herbs include oregano, sage, basil, garlic, ginger, rosemary, and licorice root. Eat liberal amounts fresh or dried. Consider growing an herb garden)

3. Medicinal Mushrooms (Anti-Viral)

Certain medicinal mushrooms help the immune system properly respond to viruses. Glucan, a polysaccharide found in medicinal mushrooms, enhances the immune response against the influenza virus ([reference](#)). Glucans are found in chaga, Cordyceps, reishi, and shiitake mushrooms. [Click for Metagenics Immucore](#)

4. Probiotic / Prebiotic

A healthy gut microbiota is crucial for initiating an appropriate immune response to the influenza virus. Fermented foods and probiotics that introduce beneficial bacteria to the gut are potent tools for preventing and fighting cold and flu viruses. Probiotics can be found in fermented foods, such as sauerkraut, kimchi, kefir, and kombucha. Prebiotics are a type of fiber that feeds beneficial probiotics. Prebiotic food sources include asparagus, raw dandelion greens, raw garlic, onions, green bananas/plantains, raw jicama, Jerusalem artichokes (aka sunchokes), and cooked/cooled potatoes. [Probiotic supplements](#) are a great compliment to the foods



mentioned above. A general recommendation is around 30 to 50 billion units per day. [Seed](#) offers an outstanding probiotic/prebiotic combination called a “symbiotic”. The capsules have a special coating that delays probiotic/prebiotic release to the ideal place within your digestive track. [UltraFlora Synergy](#) is another excellent “symbiotic”.

5. Cod Liver Oil

Cod liver oil contains natural forms of vitamin A and vitamin D, which are essential to immune health. Cod liver oil is anti-inflammatory, it can help calm inflammation in the body during a viral infection. The DHA and EPA compounds in Cod Liver Oil support brain and cardiovascular health. [Click for Metagenics Alaskan Cod Liver Oil](#)

6. Vitamins & Minerals (Vitamin A, C, D and Zinc)

Vitamin A: Cod liver oil and beef liver are great natural sources of the active form of Vitamin A (retinol). A general suggestion is 1 to 2 teaspoons of cod liver oil daily.

Vitamin C: While Vitamin C is a powerful antioxidant, it is also important for making white blood cells—the ones that fight infection. Eat plenty of citrus (orange, lemons, mandarins, grapefruit). A general Vitamin C supplement recommendation is 1,000 mg twice per day. [Click here for Metagenics Ultra Potent-C](#)

Vitamin D: Cod liver oil is a great source of vitamin D. To receive more natural Vitamin D, simply spend enough time outdoors in the sunshine. Vitamin D supplements are also good sources. A supplement general recommendation is 2,000 to 5,000 IU Vitamin D3 (minimum) per day, depending on your current Vitamin D levels. [Metagenics Vitamin D3](#)

Zinc: Dietary sources of Zinc are best absorbed from animal sources, where it is not bound to phytates as in plant sources. Organs such as kidney and liver, red meat such as beef and lamb, and seafood such as oysters, scallops, and other shellfish are the highest animal sources of zinc. You can also supplement with 20-25 mg of [Zinc A.G.](#) per day.



7. Chinese Herbal Formulations

There are specific herbal medicine formulations that have shown efficacy to prevent and treat COVID-19 in China. Due to high demand, these medicines are scarce and difficult to find. I have targeted herbal blends for prevention, early stage, and recovery phase of viral illness affecting respiratory systems. In order to prescribe you the most effective formulation (based on your health history and symptoms), a short consultation is needed. You can schedule an appointment at: www.scfm.health

A summary of specific supplement products:

1. **Astragalus Root Extract:** contact shawn@scfm.health / (831) 332-6264
2. **Antiviral Tea:** get ingredients at grocery store
3. **Medicinal Mushrooms:** [Metagenics Immucore \(+ Zinc, Vitamins C & D\)](#)
4. **Probiotic / Prebiotic:** [Seed.com](#) or [UltraFlora Synergy](#)
5. **Cod Liver Oil:** [Metagenics Alaskan Cod Liver Oil](#)
6. **Vitamins and Minerals:** [Metagenics Immucore](#) [Ultra Potent C](#) [Vitamin D3](#) [Zinc A.G](#)
7. **Targeted Herbal Formulas:** schedule an appointment at: www.scfm.health

Due to the great demand for these immune support products, some online supplements may be backordered or out of stock. If you live in the greater Santa Cruz, California area – I can offer same day delivery for the supplements listed above (and many more). If you live further away, I can ship you supplements. We have a good supply in house. Contact my lead health coach for details: shawn@scfm.health / (831) 332-6264.



Again, this supplement guidance is a part of a comprehensive diet and lifestyle protocol for immune support. The other portions of this protocol include nutrition, sleep, exercise, stress management, and cultivating pleasure/connection – all essential to immune health. Look for this comprehensive immune protocol in a forthcoming e-mail, its title is “Vital Health e-Book #2 ..: 7 Ways to Fortify Your Immune System”.

In Vital Health,

Dr. Angelica Salazar, MD

& Shawn Mixan, FHC (ADAPT-certified functional health coach)





Disclaimer

Due to the novelty of COVID-19, little peer-reviewed research has been published regarding the effectiveness of dietary or lifestyle interventions for its prevention or treatment. Thus, the immune fortifying tips in this e-Book are general in nature, yet have proven biological activity to improve immune function - and are proven effective with other viruses, colds, and flu's.

Note that the recommendations presented in this e-Book are not intended to personally diagnose, treat, or prevent any *specific* symptom, disease, syndrome or health condition. The recommendations are general in nature. For specific and personalized recommendations, schedule an appointment with Dr. Angelica Salazar MD at www.scfm.health

This disclaimer also applies to all the content language on our website, our blog articles, and email correspondence.