

# **Battle COVID-19 With Vitamin C: A Special Interview With Dr. Andrew Saul**

**By Dr. Joseph Mercola**

**Dr. Mercola:**

Well, welcome everyone. This is Dr. Mercola helping you take control of your health. And we are joined today by a repeat guest Dr. Andrew Saul. Who is editor and chief of the Orthomolecular News Service and he's been doing a lot of work for the last seven weeks now about this coronavirus. And obviously this is a challenge now we're recording this on March 17th and that's an important day to know because this thing changes by the hour. So obviously this is probably going to be out in two weeks from now, towards the end of the month and hopefully we can get out sooner. But things are going to probably change pretty radically from some of our statements and comments, but this is true as of the afternoon of March 17th. So welcome and thank you for joining us today here Saul.

**Andrew Saul:**

Well, thank you very much Dr. Mercola. It's a pleasure to be with you because with you, I can be sure that we can talk about nutritional aspects of prevention and cure of coronavirus. Because as of today, if you try to do that on the media or Facebook or YouTube you get into trouble. Now, when I was a boy, I was raised that there was free speech in the United States and right now we're getting more information on treating coronavirus with vitamin C out of China than we are from the United States of America and that's a little weird.

**Dr. Mercola:**

Well it's weird but it's very carefully and sophisticatedly orchestrated. There is the first amendment right of course but that doesn't apply to private companies like Google who can essentially sensor and remove you from their search engines. And that becomes an issue because they're the largest monopoly in the history of the world. 92% of the search entries done in the world are done on Google, so it's essentially equivalent of searching the internet. Which is sad but anyway that's another topic we could talk for hours on but we want to focus on coronavirus because that's just the thing that is capturing the attention of the public. And before we dive deep into some of the strategies that you're going to discuss, I like to put my frame on it. So as we're recording this on March 17th there is something approaching mass hysteria in the United States at least. And you could justify it based on what the observational reactions are in other countries such as quarantining and forced social isolation and closing down borders.

**Dr. Mercola:**

But this is all for the most part preventive strategy. Are people infected? Yes. Are people dying? Yes, but it's thousands of people's that are dying, supposedly hundreds of thousands of people are infected. And this is the point I want to discuss because I've been spending hours and hours every day for the last few weeks reading articles, watching podcasts and what hardly is ever mentioned other than a tiny blurb that is a massive part of the equation is the testing. The testing is the central core of all this. Why? Because it will tell you how many people in the population are infected. So we're giving these mortality rates, the number of people, what percentage of people will die if you're infected with COVID-19.

Initially when I interviewed Francis Boyle, he was saying it's as high as 17% and now is probably some of the conventional estimates some are two and 3%. I'm telling you all of these are wrong, they're probably wrong by up to two or three orders of magnitude.

**Dr. Mercola:**

Why? Because the test for this infection did not exist more than a few weeks ago. It's a brand new test just until, this is March 17th again, last week they didn't even have the test essentially in the United States and they just produced a million. Now by the time you're watching this, I know how many tests are out there and it may be readily available, but they need hundreds of millions of tests. So they have not done a comprehensive screen, an audit, a survey to find out what percentage of the community is truly infected. They're only measuring and testing the sickest of the sick. And so the denominator is wrong in the equation of the mortality. They don't have the right number, it's skewed in the wrong direction and you're going to get a falsely elevated mortality rate. So you can stop right now, breathe deeply and say great because the projections are... I mean there is reason to get anxious and panic because they're projecting quarter million, half a million, million and a half Americans are going to die.

**Dr. Mercola:**

There is not even a micro doubt in my mind that that is the furthest thing from the truth, that the end result is that more people will die from a car accident than will die from COVID-19 in the U.S and you can mark my words on that, I'm pretty confident of that. But time will tell, now I'm making this projection before the numbers are in, but this is their common strategy they do it every 12 years. Why is it done? They're doing it to shift capital. They are creating panic in the markets and the FED is injecting, not billions, not hundreds of billions, trillions with a T. Last week they injected a trillion and a half dollars into the economy, into the stock market and they're probably going to inject up to three to four more trillion dollars that is just crazy. The entire student debt in this country is \$1.5 trillion. So it's just shocking how distorted and out of touch with reality the media is and the response to this infection is from my viewpoint. Now, I could be totally wrong and call me a knucklehead if you want, but that's my view.

**Andrew Saul:**

No not at all. In fact, I'm with you. I was there in the mid 1970s when the swine flu scare came through and I have in my possession an FDA circular saying there's nothing you can do except get your swine flu shot.

**Dr. Mercola:**

Which causes Guillain-Barre proven will actually get you reimbursement from the Vaccine Compensation Act.

**Andrew Saul:**

Right. Because this was before the 1980s when the drug companies were immune from prosecution. So in the 1970s when corporate America was still responsible to courts of law the swine flu vaccination programs stopped and so did the swine flu.

**Dr. Mercola:**

Imagine that.

**Andrew Saul:**

And I think it's going to happen again with COVID-19. Here's another example. I was in Toronto, right-

**Dr. Mercola:**

Well let's just stop there because I think that is a very valid point. Most likely what's going to happen, they're going to develop a virus, not a virus a vaccine and next year just like the flu vaccine is going to be recommended for every single human in the United States. And maybe and here's the scary part, mandated.

**Andrew Saul:**

And the problem here is that it'll confer possibly if it works well, a limited immunity to a virus that's going to mutate anyway. So this is an arms race and natural immunity is better.

**Dr. Mercola:**

Of course it's going to disturb your immune system because it becomes an imbalance between cellular and humoral immunity which can increase your risk of cancer. And Tom Cowan has discussed it very brilliantly and if you just look at a previous interview I did with him he goes into details with that.

**Andrew Saul:**

Right. Now going back to what you said earlier, we may have a very large number of people in the world and in the United States in particular that are carrying the COVID-19 virus and having no symptoms whatsoever.

**Dr. Mercola:**

I've got no doubt in my mind it could be a very significant percentage probably 25, 50% maybe more.

**Andrew Saul:**

And I would argue that if they eat right and take their vitamins, that that's going to stop it from spreading. So Joe you and I are making a prediction together.

**Dr. Mercola:**

And won't that infection for the rest of their life. Permanent cellular [inaudible 00:08:44]

**Andrew Saul:**

Because when you have a natural exposure, whether you get sick or whether you don't get sick you now have not only immunity to that, but you have an applicable broad immunity to more viruses in general. There's nothing like being sick to keep you from getting sick, which sounds a little bit weird but that's the way the human body works. When we were children we got measles, we got mumps, we got chicken pox, you name it we got it. We were home for two weeks, we watched daytime TV, we went back to school and we have lifetime immunity. Now I would not wish second the son anyone, but the fact of the matter is the natural immunity really does protect you very well and your own immune system is the only way you fight any virus. So the way to make that immune system strong is not unfortunately to vaccinate or drug it.

**Dr. Mercola:**

Yeah, because you need both sections. There's two sections to the immune system, the cellular or the T-cells and the humoral or the B-cells. And when you give a vaccine, you're only stimulating the humoral immunity or the B-cells, the T cells are not stimulated. So you get this abnormal development and ratio of that which disturbs your physiology. So it's not a good strategy. And it's just the best thing that you can do is to get these infections naturally and stay healthy because you won't even have symptoms. Because kids are intrinsically healthier because they haven't lived long enough typically to consume enough processed foods and engage in behaviors that destroys their health.

**Andrew Saul:**

Oh but they're working on it.

**Dr. Mercola:**

I know they're working on it, yeah. Pretty rapidly with these formulas and infant formulas and it's shocking. You know what shocks me the most Andrew, is how resilient the human body truly is. How much it can be abused before it starts to break down, I mean it shocks me.

**Andrew Saul:**

That's right and COVID-19 is a perfect example. This nasty virus, and it is a nasty virus this is a serious illness, but this nasty virus does not kill most people that get it. A lot of people will have it and not know they have it.

**Dr. Mercola:**

And it's not 98%, that number is not 98% that number is probably 99.98% it doesn't kill.

**Andrew Saul:**

I agree with that. And because we're automatically going to be exposed to it and a lot of people aren't going to show symptoms and some people will have a light case, in fact quite a few people who get it will have a very light case. And then there are those that don't have a severe case but once again the danger is the escalation to SARS and pneumonia and this is the biggest threat for immune compromised people and the elderly. This is where we have the fatalities, this is the biggest concern.

**Dr. Mercola:**

So well the biggest realistic infectious concern, I think a more pragmatic concern is that we are living in this literally dystopian reality that it's just hard to imagine it's being implemented but the reality is it is. Borders are being closed, schools are shut down, professional sports are shut down, restaurants are closed, bars are closed. Many communities at least at this point in time, they are in forced social isolation. At this point the CDC said that they are limiting gatherings to less than 50 people, which has the potential implication of maybe shutting down all domestic flights so this is a major change. I mean, entire countries Spain and Italy are closed so with all this happening around you, with the media blowing this out of proportion, it is very easy in fact, even rational to become afraid, anxious and fearful. So let me offer one simple technique because this a real thing.

**Dr. Mercola:**

You can't deny if you're afraid or anxious if you are, you are it's just what it is, it's part of the healing process. So there's a simple technique a neuro emotional technique called FAST which is an acronym for

something that I forgot what it stands for, but I can show you real easily. You take one hand and you wrap it around your wrist like this and then you put the other hand on your forehead and you just breathe in and out real deeply for five minutes and it will calm your nervous system. You do that for five minutes and then you repeat it on the other side like this. And just hold it there for five minutes and it will relax you, it will center you, it will help regulate your autonomic nervous system and activate your parasympathetic and help calm you down. So that's a simple strategy you can use. It doesn't cost you anything, you have to buy anything, no supplements, just relax. Because the authentic reality is something different that's being portrayed in the media from my perspective.

**Andrew Saul:**

And that's absolutely correct. Here's something else you can do that really will help you feel better and it's free and it's native American. And we learned this from a native American who gave a workshop on this topic. He said go out, sit on the ground and lean against a pine tree.

**Dr. Mercola:**

Yeah that's good.

**Andrew Saul:**

Now that sounds very hippie-ish and of course I kind of was one back in the day. Joe, you probably weren't, but-

**Dr. Mercola:**

No I was. I was actually I've got pictures to prove it.

**Andrew Saul:**

The fun thing here is that these things are enjoyable and they feel good and they don't cost any money and they don't involve technology and they don't involve business and that's why they're not being recommended. So Joe and I are going to go down just recommending all kinds of nutty things, but why not?

**Dr. Mercola:**

But when you and I were hippies in the sixties and seventies, essentially there weren't as many EMFs and now at least in North America, the ground is contaminated with dirty electricity. So the benefits of grounding are somewhat challenged because these high voltage transients, which can cause problems in many people get transferred along with the electrons. Because authentic rounding is great, I do it every day, I walk on the beach in the water, which even though it's in North America it circumvents this dirty electricity. So I get it daily and I have a pool that's really close to the intercoastal, which also has the same characteristics. So I'm in the water every day and getting authentic grounding, but hugging a tree in North America on the ground may not be optimal. Now if you're not in North America, it'll probably work. Anyway that's good. So let's go on to some other strategies that address this.

**Andrew Saul:**

With coronavirus 19 the only game in town is your immune system, that's all we've got. There isn't a vaccination and even if they were, I would question its effectiveness and safety. There isn't a medication or a drug and even if there were, I would question its effectiveness and its safety. All there is is your

immune system and that's how we got here and that's how we're going to get through it. Your immune system is infinitely adaptable, this is how nature made us. However, your immune system works better when it's fed right. And having noticed a lot of people don't eat particularly well and we might work on that, but it would be a lot quicker if we could address the problem first with vitamin C. Now vitamin C is going to strengthen your immune system. This is an every nutrition textbook ever written, so we start with that.

**Andrew Saul:**

The RDA in the United States is about 90 milligrams, in Korea and China it's 100, in the United Kingdom it's a miserable 40 milligrams a day and we are sometimes not even getting that. Studies have shown that even 200 milligrams of vitamin C a day will reduce the death rate in elderly people with severe pneumonia by 80%. Studies have shown that babies with pneumonia and there is a serious condition for you. Infants with pneumonia when they get 200 milligrams of vitamin C, the adult equivalent of about two or 3000 milligrams, they have an improvement in their oxygen levels in less than a day. The mortality goes down and the duration and severity of the illness is less. Now, it is not coronavirus per se that actually kills people, it is the pneumonia and the SARS, the severe acute respiratory syndrome that can follow it. Most people that get coronavirus will have a mild case, some will have the virus and not have any symptoms at all.

**Andrew Saul:**

We don't even know how many those people are because they have no symptoms. Those who get the coronavirus 19 that actually are sick are going to have the flu and it's going to be a nasty flu and it's going to be miserable. People will be sick for a week or two, most of us have had the flu or a really bad cold. The people at risk of dying tend to be the elderly and those that are immune compromised. The media sort of skirts around this but this is where we have to start because the fear is based on dying. And when we have even a small amount of vitamin C, our risk of dying even in the most severe cases goes down. It is pneumonia and SARS that kills people and vitamin C has been known to be effective against pneumonia, against viral pneumonia since the 1940s. When Dr. Frederick Robert Klenner published a series of papers and was able to reverse viral pneumonia in 72 hours. Now, Klenner was a board certified chest physician, he was a specialist and he published over 20 papers on this. The media has been silent on this therapy.

**Dr. Mercola:**

So I have a slightly different perspective and wouldn't disagree with the importance of getting the RDA, I mean that would be foolish to disagree with that but I think you're conflating the treatment and prevention. And I am 100% onboard with the vitamin C and we've discussed this privately before and actually an initiative to seek to educate physicians globally or at least in the U.S about more widely adopting this measure for sepsis. And of course, the deaths from COVID-19 or influenza typically are related to sepsis. So there vitamin C can be used as a treatment in high doses and of course Merrick is the physician who's done a lot of the work and published studies at a relatively low dose, a gram and half or so of intravenous vitamin C with thiamine, and hydrocortisone.

**Dr. Mercola:**

That seems to be radically effective, but I would recommend a much higher dose. And even easier and simpler would be oral liposomal C because if you take regular oral vitamin C you are going to reach bowel tolerance. And that could be a few grams for some to 20 grams in many, but certainly not much

more than 20 grams and you'll have loose stools. But you can go to 100 grams with liposomal C no problems and get really high blood levels equivalent or higher than intravenous vitamin C. But I would view that as a treatment and I discourage people from taking the large mega doses of vitamin C in a regular basis unless they're treating it because this is a drug. I view it as a drug it really is and it's a very effective, safe and inexpensive drug but it's a drug.

**Andrew Saul:**

What I suggest and have for a very long time now, some 44 years of professional life is you take enough C to be symptom free and when you're well, that isn't very much. I knew one lady who she would take 500 milligrams of C a day and she was just fine. Someone with multiple chemical sensitivity, she needed 35,000 milligrams a day any less and she wasn't fine, but you say these people are totally different.

**Dr. Mercola:**

Yeah, but that's the treatment.

**Andrew Saul:**

There is no actual number, you have to find out for yourself.

**Dr. Mercola:**

Yeah, she's treating a disease so there's a difference and I think that most people don't need it. But there are other supplements that are actually not even supplements I think are absolutely crucial to optimize before you get this and one of them is vitamin D and I'm sure you want to talk about that.

**Andrew Saul:**

I do. In fact, the International Society of Orthomolecular Medicine has issued recommendations for prevention of COVID-19 and in addition to vitamin C and this is in moderate amounts, a few thousand milligrams of vitamin C a day in divided doses for prevention. The International Society of Orthomolecular Medicine recommends vitamin D as in Doug, and recommends 5,000 units a day to start backing down to 2000 units a day. Of course this is subject to individual needs, this is just a ballpark figure and magnesium-

**Dr. Mercola:**

Wait, let's stop there because I would encourage you to modify those recommendations because this is a mistake that's made in the literature. And when they're seeking to approve the therapeutic benefits of vitamin D supplementation, they use the actual methods involve just as you suggested, a specific dose. And that it can be really, really misguided because there's such a wide range of and variability in what an individual's needs are. So what is the best way to do it is to measure your vitamin D level and to get it in the U.S 60 nanograms per milliliter. And then I believe you have to multiply times 2.5 to get nanomoles per liter. And that's what you're shooting for so for some people it's 2,000 some people might be 10,000 or more, it really depends.

**Andrew Saul:**

And I'm one of those people. Joe I started taking vitamin D back in the 1970s and I-

**Dr. Mercola:**

Wow you were three decades ahead of the curve.

**Andrew Saul:**

Well and I was, and I took our rip roaring three times the RDA back then.

**Dr. Mercola:**

Was that even a thousand units?

**Andrew Saul:**

Yeah, it was about that. And that was a lot and everybody was thinking gee that's really a lot.

**Dr. Mercola:**

Because they thought you died at 2,000, and that was a common thought. That you would die at 2,000 units.

**Andrew Saul:**

Although here I am. And as time went on, I started taking more vitamin D the more I read about it just like you did. And finally I thought I really better get tested because I might be taking too much. Okay, here we go. Now after 20 years of taking three to six times the RDA, I was tested my vitamin D level, you know what's coming? It was a low.

**Dr. Mercola:**

Yeah, below 20?

**Andrew Saul:**

Oh yeah, it was a laughably low figure. So I thought, wow, this is weird. So I increased my vitamin D substantial and I got myself up to about 3,000 units a day, and I took that for over a year and I got tested again, it was still low. So now I take 5,000 units a day, and that's what I personally need and I think you're absolutely right. A vitamin D test piece of cake, they're going to draw your blood anyway just having them do a vitamin D test. Have yourself tested.

**Dr. Mercola:**

Yeah. And you can say send away for it. Because look at me, what is my daily dose of vitamin D? What do I take every day?

**Andrew Saul:**

I don't know.

**Dr. Mercola:**

Take a guess.

**Andrew Saul:**

Well you live in Florida, so probably less than I do in Rochester.



**Dr. Mercola:**

That is correct. I have not swallowed oral vitamin D for over a decade and my levels are 70 nanograms per mil. So it depends, some people don't need any and some people need a lot like you.

**Andrew Saul:**

Exactly and-

**Dr. Mercola:**

Well, the better way is to get your butt outside or go South and take your shirt and wear shorts.

**Andrew Saul:**

That's right. My mother would say to us, turn off that television and get outside and play.

**Dr. Mercola:**

Smart mother, smart mother you know. We never realized how smart they are until we are adults ourselves.

**Andrew Saul:**

Well, she was something else. When she cooked up vegetables and in those days everything was canned of course, but all the canning water, all the cooking water, she would be out in the kitchen after dinner she would drink it all. And this is wisdom, this is the kind of thing that our grandparents and our parents knew and we need to go back to this. And I tell people, turn off the TV, get out and play, get some sun. My father used to say, go out and use your big muscles. All of this boosts your immune system. So vitamin D, vitamin C, exercise. Obviously if you exercise, you're going to sleep better, it's going to help your blood pressure, it's going to help your mind and it's going to take away a lot of the fear. The fear of course is what is killing us.

**Dr. Mercola:**

Activate your immune system as you said, that's really important. We don't have to go into the details, but it clearly works to radically improve or decrease inflammation, some of the inflammatory cytokines and all of that. So it's a wonderful tool and it improves your longevity.

**Andrew Saul:**

It does. Another thing people can do with magnesium in addition to taking oral magnesium or having lots of vegetables which contain it, is to have Epsom salts baths. This is a wonderful way to relax. At the end of the day have a nice hot Epsom salts bath, that's magnesium sulfate and you do get absorption through the skin. Plus it feels good, calms you down, it's inexpensive and no one can tell you that you're going to overdose on Epsom salts. There's no one that's going to say you have to be careful, you're taking more than the RDA of bathing. So an Epsom salts bath is a very nice way, a very pleasant way to get some magnesium.

**Dr. Mercola:**

I'll add another one to that that you might not be aware of and that's molecular hydrogen tablets. Because the tablets are metallic magnesium and when you put them in water they form molecular hydrogen gas, which you drink within as soon as the tablets are dissolved you don't swallow the tablet,

you drink it and let it dissolve. And it dissociates into ionic elemental magnesium 80 milligrams. 80 milligrams as you know that's a massive amount because most magnesium supplements if it's a 400 milligram pill, it might be 10% which is only 40 milligrams. So you take four of these tablets, which I typically do especially before I go in the hyperbaric or do my sauna, I'm getting 320 milligrams of elemental magnesium which is enormous.

**Andrew Saul:**

Right. Actually the U.S RDA for magnesium is about right, it's around 350, 400 milligrams. The problem is a lot of magnesium supplements are not well absorbed so this is a real issue. And with magnesium absorption is pretty important, it is in general but with vitamin D you can't miss but with magnesium you can. You have to avoid magnesium oxide, it won't hurt you it'll help you a little, but the absorption is probably 5% or so which is really pretty low.

**Dr. Mercola:**

Yeah. And the way you figure that out is you see how much is elemental and sometimes it's hard to find, you might have to call the company or look it up online. Don't use Google to look it up, but just look it up in another search engine.

**Andrew Saul:**

Well, my father used to say, Andrew when you want to know something ask the organ grinder not the monkey.

**Dr. Mercola:**

Yeah, there you go.

**Andrew Saul:**

When you have questions about supplements, you go right to the manufacturer and a good supplement manufacturer will give you lots of information. I once wrote to one company and they blew me off with a couple of sentences of platitudes and I never dealt with them again. But there was another one I wrote to them and they sent me an 18 page detailed disclosure of every single ingredient in every single supplement. This is the kind of honesty that makes America great.

**Dr. Mercola:**

Yeah. And not too common unfortunately, but there are the rare individuals and companies that follow that policy of discretion.

**Andrew Saul:**

You have to ask. Now with selenium, a little bit of selenium seems to be very, very helpful and you don't need a lot of this, one or 200 micrograms can be useful. There is evidence that some parts of the world where the selenium in the soils is lower, they have more susceptibility to viruses. Dr. Harold Foster, a colleague of Abraham Hoffer looked into this some years ago and he brought this forward and it's been developed since then. A lot of us know about zinc. Zinc is-

**Dr. Mercola:**

And selenium is also useful. It may not be the rate limiting nutrient but it definitely is useful in necessary performing glutathione.

**Andrew Saul:**

That's right. And if you want to recycle your vitamin E you've got selenium in there. Some viruses are actually selenium parasites, Harry Foster said the HIV virus is a perfect example of that. It sucks to selenium out of your body which is why you have to supplement it. An interesting idea that deserves further work. Now I was touching on zinc. Almost everybody's heard of that, zinc lozenges for colds. This is interesting just last night again, this is the 17th of March we're talking. CBS Evening News in Chicago, Illinois had a short segment on nutritional prevention of coronavirus recommending you take vitamin D, vitamin C and zinc. So we have finally after seven weeks gotten past the accusation of false information and fake news and now it is on CBS.

**Dr. Mercola:**

There were prominent physicians in the media were saying it's impossible to strengthen your immune system to beat this virus, to shore up your immune system for the infection. I mean, that's reprehensible ignorance, almost malpractice but they get away with saying it and they criticize people like you and me who may claims otherwise.

**Andrew Saul:**

And criticized as a gentle word, you're being quite courteous there. Well, here's an example our own NIH immune and infectious diseases czar who is on TV quite often and makes a lot of pronouncements, some of which are rather frightening. The Washingtonian Newspaper a few years ago, I think it was 2016, I have the link and the reference at my Facebook page. At Facebook I'm the MegaVitamin Man and I won't come to you on your newsfeed because Facebook's put me in jail, you have to come to me. But a search for Andrew W. Saul or the MegaVitamin Man will find my Facebook page and we have an actual link to the Washingtonian article where our NIH head of infectious diseases said I take 1000 milligrams of vitamin C a day it's good to build your immune system.

**Dr. Mercola:**

Nice.

**Andrew Saul:**

We need to get this message out. Dr Oz made a favorable comment about taking vitamin C twice a day he didn't specify a dose on The Today Show and that was another example of how we're moving along. In the UK we've had some coverage here and there, but the biggest single indicator right now is that as of today, it's very hard to find vitamin C anywhere in the United States of America. It's pretty much sold out in stores and other locations and I'm even getting reports from other countries where the same thing is happening. And what this means is people are smarter.

**Dr. Mercola:**

I'll tell you privately of a company that has just purchased a two year raw supply and has essentially indefinite is making 5 million capsules a week.

**Andrew Saul:**

Glad to hear it. And while we're at it, a nice little charitable uplifting note is that Dutch State Mines or DSM of the Netherlands has donated 50 tons of vitamin C and trucked it into Wuhan.

**Dr. Mercola:**

Wow. Are you serious?

**Andrew Saul:**

106 million tablets.

**Dr. Mercola:**

How many much? 156 billion?

**Andrew Saul:**

106 million vitamin C tablets.

**Dr. Mercola:**

Wow.

**Andrew Saul:**

50 tons of vitamin C trucked into Wuhan.

**Dr. Mercola:**

And now this was oral vitamin C, I mean non liposomal?

**Andrew Saul:**

It is. In addition that there are-

**Dr. Mercola:**

That's going to help a lot of people. That's going to save many, many lives no question.

**Andrew Saul:**

Sure is. And in Wuhan they are running three studies on using high dose vitamin C as therapy, focusing primarily on people in intensive care. And there's actually an 80 year old man who recovered and he walked out the front door, he had vitamin C therapy. I'm in contact with Dr. Richard Chang. Dr. Chang is a Chinese American physician and he's multiply board certified and he is in Shanghai. In fact, he was in Shanghai for Chinese New Year visiting his family when all of this exploded. So Dr. Chang has stayed in China and has been talking to hospitals and Chinese physicians who are showing tremendous interest in using vitamin C as prevention and cure. So effective has he been that the government of Shanghai has issued official recommendations that vitamin C should be used for treating COVID-19.

**Dr. Mercola:**

And what is the protocol for using intravenous vitamin C in those who are really sick, intensive care unit?

**Andrew Saul:**

They are testing up to 24,000 milligrams a day by IV. Some of us think that's a little on the low side for people that are in the ICU.

**Dr. Mercola:**

Yeah. Normally, I mean typical physician integrated medicine physician in the U.S will use 25 grams. It comes in a 25 gram bottle and you just use one bottle per bag. So it's usually 25, 50, 100 grams that people are using.

**Andrew Saul:**

Right. I would like to see 50 and there is a doctor, we just have information from him coming in right now. A doctor who has used 50 and he has treated quite a few people and we're getting more reports as we go. The updates will be at my Facebook page, the MegaVitamin Man as they come in I put them up there. We can't get this into the mainstream media quite yet, but it's probably going to break and possibly by the time this report airs it'll be all over the U.S media. I would like to see that, but real doctors are using vitamin C right now. They're also doing it in Korea. Right in the center of the outbreak in Korea we're in contact with a doctor who has a small hospital and he has given a single shot of vitamin D, a big shot about 100,000 units to each patient and every staff member and also about 20 24 grams, 24,000 milligrams of vitamin C by IV. And he's reporting that these people are getting well in a matter of days. All around the world we have interest here-

**Dr. Mercola:**

[inaudible 00:35:49] interrupting that, but I just want a little more details on that study you just quoted and the trial they're using in China. Are they just using vitamin C exclusively or are they adding other ingredients from Merrick protocol like the thiamine and hydrocortisone?

**Andrew Saul:**

They're doing a number of things in addition to vitamin C and Chinese medicines and various conventional things that you would expect to be done for anyone that's having breathing issues, lung issues, pneumonia, SARS. All of this is available at the Shanghai government's website. It's in Chinese but with a translator, even Google translate you'll be able to get the gist of that and we have the links available through the Orthomolecular Medicine News Service, which is what I've been editor of for the last 16 years. We have published 12 reports in six weeks.

**Andrew Saul:**

We're constantly updating and we have references to the literature and also the links to the studies in China and the names of the doctors doing this. If you go to my website, doctoryourself.com, you can click over and sign up for a free subscription to the peer reviewed, noncommercial Orthomolecular Medicine News Service or you can find that at my Facebook page. We even have the Orthomolecular Medicine News Service releases on this available now in French and also in Italian and we've just had them translated into German and some are now available in Korean and Chinese and Japanese. So this information is worldwide and it's been everywhere except on the United States television set.

**Dr. Mercola:**

Yes, indeed. So congratulations that's great. So you've been the editor for 16 years and how... I think I know the answer, but is this the most significant health story you've covered so far or do you have to rate one higher than this?

**Andrew Saul:**

It's certainly the most exhausting. I have people telling me you look tired lie down. And it's probably the biggest-

**Dr. Mercola:**

You need more vitamin C sir.

**Andrew Saul:**

Well, I can assure you Dr. Mercola that I have addressed that in fullness and with enthusiasm and I'm taking my vitamin D and I'm going out to play and I'm doing all the other things.

**Dr. Mercola:**

Probably just need more sleep, I was being factious.

**Andrew Saul:**

I need more sleep but I have a secret weapon in my health arsenal and I recommend this to everyone. Everyone knows we should eat less sugar, sugar is a negative nutrient if you think about it. But the other thing you can do that won't cost you anything and it will calm your mind and strengthen your body is turn off the television set.

**Dr. Mercola:**

Oh gosh. Yeah, there's no question. But do you know what's an even more pernicious food from my perspective? Sugar of course, I mean specially processed sugars. But some carbs are good I mean there's plenty of healthy sugars and certainly there's sugars in vegetables, but they're in a form that doesn't hurt you. But what I view is more pernicious is processed industrialized vegetable oils, especially ones that are heated and fried. I mean that is the worst thing that you put in your body because they become absorbed and integrated into your cell membranes. And it takes months for those cells to recycle where the sugar if you're lucky, it raises your blood sugar for a little bit. And if you do that chronically, of course that's an issue, but this comes and goes it doesn't stick around. These fats stick around for months and they are just devastating your health.

**Andrew Saul:**

Now that's a very good point. When I taught cell biology at the college level, the one thing that everyone had to appreciate and did is that cell membranes are weapons systems. So fats are really important and one of the things I liked so much about your books is that you emphasize the good fats such as fish oil and nuts. And I know you're a big sunflower seeds sprouter and boy they are good, aren't they?

**Dr. Mercola:**

They are. And I did sunflower seeds after visiting Hippocrates for many years, but cut back on them because what was the issue was oxalates I think they were oxalates in the seed so I cut back on them, I don't have them anymore. I mean there's less than the sprouts than the seeds but yeah that's something I've stopped for a while.

**Andrew Saul:**

One nice thing is that [Emmanuel Trasken 00:40:05] and a professor of medicine at the University of Alabama at Birmingham Medical School and his coauthor pointed it out in their book that vitamin C actually blocks the union of calcium and oxalate. And this is a nice feature because there are oxalates in many foods and vitamin C does increase oxalate production and some-

**Dr. Mercola:**

Yeah [crosstalk 00:40:28] It metabolizes the oxalate. So it actually could be a risk factor if you're have a genetic predisposition to hyperoxaluria it could increase your risk of stones in large doses.

**Andrew Saul:**

So the nice thing here is that vitamin C seems to block that actual formation of the stone. So you might still have the calcium you might still have the oxalate, but they're not going to get together and form this stone. And as you know very well if people have more water, they have more liquids, if they have the B-vitamins, especially pyridoxine B6 and if they have magnesium they're much less likely to ever form a stone.

**Dr. Mercola:**

And the other form of food that wasn't included with citrate. So citrates are fruits and citrates is a negative inhibitor for the oxalate binding to the calcium.

**Andrew Saul:**

Right. When my father came home from work at night, my mother ambushed him at the front door with a glass of orange juice and a vitamin pill.

**Dr. Mercola:**

Yeah, there you go.

**Andrew Saul:**

He didn't even get his coat off and [inaudible 00:41:30] there it was.

**Dr. Mercola:**

Yeah Orange is citrus, I don't know how much citrate it has in there, but I would think the whole fruit would be better because potentially juicing the fruit and we probably differ an opinion here, my view it just might have too much sugar.

**Andrew Saul:**

Right. Well, on our budget back then when times for a tough the A&P frozen orange juice concentrate was a whole lot cheaper than buying the oranges. But I tell everybody this, it's so important to remember that supplements are supplements and you have to eat a good diet and nobody wants to hear that even though everyone admits it's true. You have to be realistic here, you've got to eat good, unprocessed foods it's very important. And the supplements are for a special reason for things you don't get enough of otherwise.

**Dr. Mercola:**

No, there you go. I couldn't agree more. I mean that's it and then you do combine the other components with the exercise, the sleep, the sun exposure so you don't have to take oral vitamin D.

**Andrew Saul:**

Turning off the TV.

**Dr. Mercola:**

And turning off the lights at night too. Ideally because blue light exposure from almost any conventional light, hardly anyone has incandescent lights now, that exposure past sunset which of course changes after daylight savings time can impair your sleep and melatonin production. And speaking of melatonin, let's talk of some other things. Melatonin has been proven to decrease the risks of COVID-19 infection which is interesting.

**Andrew Saul:**

It stands to reason.

**Dr. Mercola:**

Yeah. So I mean, obviously your endogenous production, but you can take it as a supplement and as you get older the ability to your pineal gland, especially been drinking fluoridated water which calcifies your pineal becomes impaired. So taking them a melatonin supplement and I'd like your feedback on this because in my view some people are concerned that it's going to inhibit your body's own production, but I think it's pretty safe. Not massive doses, but a milligram, two milligrams somewhere in that range could be very useful and it's something I use on a regular basis. [crosstalk 00:43:36]

**Andrew Saul:**

Well I think that's very sensible. You don't need a lot, people get the idea that with melatonin maybe they have to take a mega dose, but you really don't you only need a little. Your body will make it makes more when it's dark, it makes the last when you get older. So as we age, our ability to manufacture melatonin goes down and the rationale for taking a little bit goes up. A common dose is three milligrams. Melatonin has been studied in to the hundreds of milligrams and aside from a sleepy hangover in the morning really not a lot of harm was done. But again, you don't take more than you need this is the key. You take enough to feel good. It's not a contest to see how much of a supplement you can hold. You want a healthy immune system and you know when you're well and you know when you're not Linus Pauling said at the first sneeze take some C.

**Dr. Mercola:**

Yeah, that's a good. And I would add to that another intervention that I'm sure you're in agreement with which is sauna. I mean we know from Finnish studies that the Finns who engage in sauna up to seven times a week have like an 80% reduction of all cause mortality. It's just insane and the ones who do it once or twice have a reduction but not as dramatic. So what we're finding now is that the sauna, when you increase your core body temperature just like you do when you have a fever, your body's innate wisdom raised of a core body temperature so you can kill these bugs. When you can do it with a sauna, you're going to preventively treat any lingering infection that's just starting to go around. So that is a very useful strategy and something I do pretty much every day I am home, I do a sauna. So maybe you can comment on that and I'll go in to some of the details of my recommendations.



**Andrew Saul:**

Oh yeah. Years ago, and we're talking in nearly 100 years ago, Jethro Kloss who wrote Back to Eden one of the early health nut books, recommended artificial fevers. And they would bundle people up and put them in a hot bath and they would actually create a fever because fever can be that beneficial. Or you can do what the native Americans did and do and I tried once, which is a sweat lodge, kind of the genuine American version of a sauna. And it's a wonderful experience because you get in there and you realize wow, this is really hot. It's a whole another world and it feels good.

**Dr. Mercola:**

It's EMF free and if you're doing it in North America before the 20th century, or in a continent that's not North America, you're also sitting on the ground and you're getting grounded it is an unbelievable sauna experience. I did it once in Mexico.

**Andrew Saul:**

Just one suggestion. When you pick the rocks that you're going to superheat, make sure they are all igneous rocks and not sedimentary rocks. Because if they have the layered sediment, they will explode and that is bad. So make sure you have volcanic rocks, igneous rocks, and you can keep those up and they glow a nice red. It takes a long time to get the glow going, but then it lasts a long time as well. And while they are heating, you can build the lodge.

**Dr. Mercola:**

Yeah, that's an ultimate safe sauna, it really is. And ideally you don't want to do it yourself just for safety.

**Andrew Saul:**

Oh no, this is a group activity.

**Dr. Mercola:**

Yeah, you want-

**Andrew Saul:**

You're going to need help to build the lodge.

**Dr. Mercola:**

Yeah right. I mean, they exist why reinvent the wheel? Just engage the services of a preexisting one and benefit but that is equal to or better than the Finnish sauna. because many Finnish saunas especially contemporary ones, I think the quote I remember is that the Finns have more saunas in their home than they do telephones or TVs.

**Andrew Saul:**

Oh, that's wonderful.

**Dr. Mercola:**

Yeah, it's crazy. So, but I think the contemporary saunas tends to be more electric saunas, which have their downsides, what I want to address. Because there's infrared saunas would be a common one, but an electric heater saunas and they can emanate magnetic fields, which is common and also common, but rarely addressed are the electric fields. And most of the EMF saunas that I've seen advertised as low EMF, have high electric fields and it just distresses me to see them doing that because they're deceiving people. They're leading them to believe that they're not getting EMF exposures when they are. And some of these exposures can be radically significant. I mean 10 to 100 times higher than the recommended exposure so.

**Andrew Saul:**

Right. I think it's the Roman philosopher Juvenal who said, "Never does nature say one thing and wisdom another." You can't go wrong, if you go back to nature, you can't go far wrong. It's very easy to go wrong with technology, it's very easy to go wrong if you watch TV. It's very easy to go wrong if you listen to commercial interests or if your information flow is controlled by corporate powers or even governmental powers. But when you go back to nature, it all makes sense. People say well, why would I want to take 5,000 milligrams of vitamin C or even 2,000 milligrams of vitamin C preventively for COVID-19? Well, that's because most animals make their own C and that's how much they make per human body weight equivalent.

**Dr. Mercola:**

Yeah, I'm not sure that I agree with that. As I said I'm a huge fan of taking massive doses, 100 grams a day if you need it, but five grams a day from my perspective I think my belief system I think it might be excessive unless you need it. You have some other things like MCSS you said earlier so that could be potentially problematic in my view. But-

**Andrew Saul:**

Well it's individual.

**Dr. Mercola:**

It's individual. But I mean, you got to get your RDA and if you're eating processed food you're not going to get a 100. I mean, you're safe probably at 100 milligrams, I think almost everyone is safe and maybe even up to two, 300 but potentially it may cause more harm than good. So let's go into the reasons why it works as a drug as I mentioned earlier, and I believe at those doses you quoted, it is a drug.

**Andrew Saul:**

You can say that yes.

**Dr. Mercola:**

I believe so. I know we probably have disagreement of opinion on that, but-

**Andrew Saul:**

No, I think that's a fair statement. When you're taking a vitamin in very high levels to cure a disease, you really have redefined it and we can start from there. So vitamin C at extremely high doses is an antiviral, it actually kills viruses. But to get that kind of level, it usually takes an IV.

**Dr. Mercola:**

Let's start there, how does that work? Because some people are confused with it. I've listened to podcast of some pretty literate integrative physicians who claim that because vitamin C is an antiinflammatory, that that's how it's worked because there's inflammation that contributes to this massive cytokine cascade that ultimately can kill you. So that's how the vitamin C works, but that's not how it works. It works like you just described and why don't you share your version then I can add on if needed.

**Andrew Saul:**

Well because Dr. Robert Fulton Cathcart, a physician in California is so much more knowledgeable about this than I ever will be I always go to him. And Bob wrote in his papers a number of which I have at doctoryourself.com so people can read them directly from Dr. Cathcart. He called vitamin C the non rate limited free radical scavenger and he emphasizes and Dr. Thomas E. Levy also emphasizes, Tom is a cardiologist, that vitamin C is donating electrons and reducing free radicals and this is primarily what's going on. Now there are exceptions to that. When vitamin C gets into a cancer cell, it actually acts as if it were a pro-oxidant and that's because of the Fenton reaction, At least that's my understanding. And vitamin C will kill a cancer cell because cancer cells are different, they absorbed vitamin C because it's very similar to glucose, it's almost the same size.

**Andrew Saul:**

It's  $C_6H_8O_6$  glucose being  $C_6H_{12}O_6$  so cancer cells will take in the vitamin C and yet inside they will actually work against it and kill off the cancer cell, They're selectively toxic to cancer cells. With viruses, It's the same idea. That the Cathcart view is that you simply push in vitamin C to provide the electrons to reduce the free radicals and this is the way Cathcart and Levy look at vitamin C's function at very high doses as an antiviral. Now at modest doses at very easy going doses, normal supplemental doses that most people would be comfortable with, Vitamin C strengthens the immune system because the white blood cells need it to work. White blood cells carry around in them a lot of vitamin C and if they don't have enough vitamin C well, it's like a policeman with a gun with only two bullets or maybe no gun at all. So vitamin C is very well known and has been for decades to directly beef up the immune system through the white blood cells.

**Dr. Mercola:**

Okay. So that is a excellent summary of Cathcart's and Levy's position. I've read Levy's books and I'm actually interviewing him next week and that will appear after this one of course, because this is going to take prominence. And I disagree with that. I think it's more as a pro-ox and I'll go into details in a bit and I'm going to have this conversation with Dr. Levy next week, but the speculation that it's an electron donor I don't think is on target. And I'll tell you why because it's a relatively weak electron donor. In my view, the top electron donor of the body is NADPH. That is the electron donors supremo, I mean that's the one you want to do so increasing your NAD levels and NADPH. Inhibiting Nox, Nox is NADH oxidase which is what the enzyme in your lysosomes inside the white blood cells use to generate these chemicals that actually destroy the viruses and bacteria.

**Dr. Mercola:**

So it uses that and it consumes the NADPH so inhibiting Nox can be useful but increasing NADPH is key. And in fact there is a disease, a clinical disease that's quite significant and it's mainly an African Americans, but there's many others. I mean less than one in a 100 people have it... So more than one in

a 100 people in the country have it, it's called G6PD deficiency. And that is the primary path where your body makes NADPH and if this pathway is impaired as many people they have snips for it you have to be really careful and you can't take I believe it's the vitamin C that is one of the few contra-indications especially in high doses. And I don't know, maybe are you familiar with it? Is this is something that's routinely screen for with patients-

**Andrew Saul:**

It is when you're going to be used in high doses intervenously. At the Riordan Clinic founded by Dr. Hugh Riordan one of my mentors some years ago they do screen for this. And the Riordan clinic has actually said in their protocol, which I have in it's entirely as a free download at doctoryourself.com. That they have found by their experience that people that have a G6PD can take some vitamin C and they have had a safe success at around 15,000 milligrams a day. And Dr. Suzanne Humphries also a physician, Nephrologists and an internist has said that for short periods of time it's not an issue.

**Dr. Mercola:**

Yeah, it's a sad, sad disease. I know a woman who has it and it can devastate your health this snip and you've really got to be hyper aggressive on implementing so many hacking strategies to get around it because it can really devastate you. So you have to be careful on that. Fortunately, it's only about one in a 100 people that have it so it's not very common, but common enough. So any other insights about COVID-19 or strategies you'd like to share?

**Andrew Saul:**

Well, I think that we have to get the word out to people that prevention is working, vitamin C is working and we haven't heard about it. An example of this would be in Korea where the death rate for the COVID-19 virus is really quite low, it's less than 1% might only be three quarters of a percent. Whereas in China when it first started it was perhaps four or even 5%. One interesting thing about Korea is that they've really circulated a number of videos on using vitamin C and they've gotten a very large number of views, so the interest there is very high. I think that in China were seeing-

**Dr. Mercola:**

Before you leave Korea another interesting tidbit about Korea of all the countries out there, I think they have one of the fewest percentages of cavities. It's like less than 2% of the people there have a cavity which is just extraordinary.

**Andrew Saul:**

Well, I've been to Seoul and I've had a number of Korean meals and I can tell you right now if there was sugar I didn't see it.

**Dr. Mercola:**

Unless you went to a Thai restaurant then they added in.

**Andrew Saul:**

Well, possibly, but I was too busy having the Korean food, which was wonderful and I loved it with the exception of the jellyfish tentacles, no thank you. Everything else was really good.

**Dr. Mercola:**

Yeah, great.

**Andrew Saul:**

And no junk, it was just good food. I had a lot of sea vegetables Joe, a lot of different kinds of sea vegetables. I didn't know seaweed came in all those forms and color.

**Dr. Mercola:**

Yeah, it's amazing when you give your body simple unprocessed foods what can happen, it virtually eliminates virtually every single chronic degenerative disease. One of my favorite people that I've interviewed recently and you may or may not be aware of him is Chris Kenobi. He's an ophthalmologist MD and in my view is the 21st century Weston Price who wrote the book Nutrition and Physical Degeneration. He was a dentist and because he was a dentist, he documented the dental decay and oral health of wide variety of populations and Dr. Kenobi has done the same thing with macular degeneration.

**Dr. Mercola:**

Which interestingly was thought and you ask almost any ophthalmologists, they think it was around since time and memorial, but when he did the research and this was to his community he went back. Before 1900, there was like dozens of ophthalmology test books that were hundreds of pages long, he read every one of them. Every one of it he put hundreds and thousands of hours reading these textbooks and it was never described until 1900 which is crazy. I mean it didn't exist... Maybe 1912 somewhere around there but it's a new disease because of processed foods. And just like all of them, dental decay, macular degeneration, heart-

**Andrew Saul:**

Lung cancer.

**Dr. Mercola:**

Cancer. It's all processed, not all but the major contributing factor is processed foods.

**Andrew Saul:**

That's right. And that is the real pandemic.

**Dr. Mercola:**

Yeah. I mean, obviously I'm a huge supplement fan. I take a lot of supplements have for many years, but prior to that and you and I are in complete agreement on this is eat real healthy food and the 20% [inaudible 00:59:37] organic.

**Andrew Saul:**

That's right. And for people who frat about this because organic is more expensive, if you keep buying it the price will come down because the demand will go up and so will the supply. This is already happening. I've been in stores where organic and nonorganic are the same price, which is good.

**Dr. Mercola:**

I've been in stores, actually Lucky's, which closed because they were bought by Kroger's, I had one that literally was less than a mile from my house and the organic avocados were less than the regular avocados I couldn't believe it.

**Andrew Saul:**

And they're nicer. And we can even improve on that because if you have a yard plant fruit trees.

**Dr. Mercola:**

Yeah, I've got a thousand avocado trees but they don't fruit all year round.

**Andrew Saul:**

Right. No I live up in the arctic of Northern New York just across the Lake from Toronto, Canada. We get Canada's weather thank you very much. And we have a shorter growing season, but even I can grow apples and raspberries, black raspberries, blackberries and red raspberries and I use them as a border around my yard. Instead of putting in other types of hedges, you just put in stuff that gives your fruit.

**Dr. Mercola:**

Yeah, you should be able to do peaches up there too and even peaches, I meant pears.

**Andrew Saul:**

And if you are in an apartment you can do sprouting on your counter, you can do window box growing, you can grow all kinds of things. You'd be surprised how in a window box you can grow a fair amount of lettuce and there is indoor gardening that you can do Hippocrates Health Institute of course was big on wheat grass.

**Dr. Mercola:**

Yeah. So why don't you... You mentioned it during the interview, but why don't you summarize your resources that people can go to to find more about you?

**Andrew Saul:**

All right. First of all, there's my website, doctoryourself.com which is free, non-commercial and peer reviewed. It's been up for 21 years now. Doctoryourself.com has a very good search engine and it is not a Google search engine Joe. So it's a good one and you can use it as a site search there and find whatever you're looking for. Without even scrolling down the screen will show you a series of articles on COVID-19, nutritional protocols with references to the doctors and the parts of the world where this is being used successfully right now. You can also go to Andrewsaul.com which is my commercial site and that's where I have my tuition based courses that I offer called the Megavitamin Formula Course.

**Andrew Saul:**

And you can go to the Orthomolecular Medicine News Service either through my website doctoryourself or going to orthomolecular.org and you can sign up for the Orthomolecular Medicine News Service free of charge. This is peer reviewed and I'm happy to say that Dr. Mercola is a member of our 42 member editorial review board. So when I say peer reviewed we really mean it and I love having association with doctors who use and recommend and live good nutrition. And Joe, I just want to thank you for being one of those people and setting the example and walking the walk.

**Dr. Mercola:**

Well, thank you. But only out of self interest because I value my health and want to stay around. I just really enjoy being vital and not degenerated and being able to move freely and live life with purpose. So in my view, one of the best ways to do that is to apply what we just discussed so I mean it's a no brainer for me.

**Andrew Saul:**

It is. And that's a very good reason. People used to say to me why should I exercise? And I said, vanity, that's a perfectly good reason. And doing this for yourself, you're doing it for others because you're of no use to your family unless you yourself are healthy. You can always get another job.

**Dr. Mercola:**

People need example sometimes and I'm happy to serve as that example and show what you can do with these simple strategies and you're a good example too so thanks for that. Thanks for your commitment to providing us with these types of resources because most people don't have the luxury of being able to review these on a regular basis. They have commitments and responsibilities that engages them and other activities so thanks for providing everything and for all these years. It's been a great service.

**Andrew Saul:**

Thank you. I'll just mention for the most up to date information on the COVID situation and nutritional therapies, it's my Facebook page where people want to check in. And that will not come to you because it's restricted by Facebook so you go to the Megavitamin Man or my name on Facebook and we have uptakes several times a day.

**Dr. Mercola:**

That's good. I mean, we last year chose to initiate our forget Facebook campaign. So we personally, we had three million followers on Facebook and we just jumped ship because I don't agree with their process. The surveillance capitalism that they're using and them in Google and the primary offenders but anyway, it's another issue. So thanks again for all you're doing and providing all these resources. Hopefully people feel a little more comfortable and reassured and resourceful to apply these principles for themselves and their families so they can take control of their health.

**Andrew Saul:**

And eat right and get out and play.

**Dr. Mercola:**

Yes.