

## Articles on COVID/ masks/ vaccine

- [This article](#) is of interest on the impact of obesity and viruses. This is on influenza virus, but remember: they are very similar viruses. Both influenza and coronaviruses are enveloped, single-stranded RNA viruses, and both are encapsidated by nucleoprotein. Both primarily spread via small, viral-laced particles called respiratory droplets that are released when an infected person coughs, sneezes, talks or simply exhales. Basically this article's is touching on the fact that when a virus goes through an unhealthy body it gets stronger and less immunity for the person.
- [This study](#) from 2015 showed that a vaccine that is not made 'up to standards' - basically a rushed vaccine- can enhance transmission.
- [This video](#) Dr. Ryan Cole discusses the Delta Variant, mandates, early treatment of the virus, and more. It's really good!
- [This video](#) is from a summit of physicians. Dr. Ryan Cole, who performs autopsies on those that have received the vaccine and have passed away. He's has also studied virology as well. One of my favorite quotes in this is where he states " one cannot find that for which they do not look." If we were really interested in health, there would be a lot more information being shared and studies being done to see why healthy people remain healthy and what we can actually DO to keep our immune systems strong.
- [This video](#) is of a functional medicine physician, Dr. Dan Stock, and his presentation to a school board. It's super good and practical information
- [This first article](#) is an interesting one from Emory University about natural immunity. I think our natural immunity goes way beyond even what this article states. Having an illness and recovering naturally makes your immune system 100x stronger.
- [Here is an article](#) looking into how blood sugar plays a role in COVID severity. It is very insightful and I've actually been working with a few ladies with uncontrolled blood sugar post covid VAX and it makes a lot more sense after reading this. [This is a post](#) I recently did concerning blood sugar control.

- [This article](#) goes into the role of COVID in patients with chronic inflammation.
- [This article](#) is all about how natural immunity is best. And [this one](#) is super good too on the same topic.
- Check out [this video](#) that features a nurse who shares some truths about COVID that the media doesn't want you to know.
  
- [A video](#) with info about mask mandates for children.
  
- [This study](#) from 2015 showed that a vaccine that is not made 'up to standards' - basically a rushed vaccine- can enhance transmission.
  
- [Interesting video](#) of what happens in a patient right after they are injected with the J&J vaccine. Favorite quote from this is " people just don't know what they are consenting to" and that is exactly why I'm sending you these weekly emails. Because I want you to know not just the benefit, but the risk.