

# Cold and Flu Season Must Haves

By Scott Laird, ND



If there's one good thing that has come from the pandemic, it's personal health awareness. When faced with a threat that shows no favoritism, everyone starts researching the best ways to maximize their immune system – and that's a very positive thing! We need to be responsible for our own health and there are many ways to do it. Thankfully, over the last couple of years, many excellent, viable, and affordable strategies have been developed by health professionals willing to think outside the box.

One of these strategies that I have become particularly fond of, especially when it comes to maximizing the immune system's response to respiratory infections, involves a multi-nutrient approach including liposomal vitamin C, vitamin D3, quercetin, and zinc. The combination offers a remarkable synergy that empowers the immune system on all fronts.

**Vitamin C** is an overall immune system booster and the recent innovation of liposomal vitamin C is even better. It's what I like to call "fighting technology WITH technology." In other words, as technology in our world progresses and introduces all kinds of new health threats, we need to respond with equal and opposite technology that improves our defenses accordingly. Sure, one could argue that creating a super-powered vitamin C is not natural, per se, but we're not dealing with natural health threats anymore, either! So what is it? First, we need to understand that vitamin C in its natural form is a water-soluble nutrient; the body takes what it needs and excretes the rest through waste. Because it is a water-soluble nutrient, it has a difficult time penetrating the fat-based membrane of your body's cells (because oil and water don't mix). It must enter the cell through a special protein channel, which is like entering a giant castle through a tiny gate, and therefore very little actually gets in. However, by treating the vitamin C with liposomes (a fat-based solution), the vitamin C molecule is essentially coated in fat, enabling it to bypass the "castle gate" and enter anywhere along the cell wall, delivering a much more potent dose of the vitamin than its untreated counterpart could.

**Vitamin D3** supports the immune system in many different ways, helping to shield the respiratory tract from viral illness. It does this by supporting and repairing healthy cellular linings in the body, including those in the airways of the lungs and increasing production of proteins that shield against bacteria and viruses, enhancing the ability of cells to protect themselves from infection.<sup>1,2,3</sup> So, it makes sense that infections are more common and more severe in those with vitamin D deficiency.<sup>4,5</sup> Perhaps the most important aspect of vitamin D is its ability to influence immune system response so that it does not over-produce pro-inflammatory compounds in the lungs (which can lead to a potentially fatal overreaction called a cytokine storm)

**Zinc** is a powerful tool as well for several reasons. Like vitamin D3, it helps keep viruses out and balances the immune system's response to infection.<sup>6</sup> But zinc has become a hero recently for preventing viruses from entering the cell and disrupting virus replication inside the cell. The issue is, zinc (like vitamin C) has a hard time getting into the cells. So, it needs a helper called a zinc ionophore. Ionophores are fat-soluble molecules that bind to ions to help move them across cell membranes, much as liposomal treatment increases the cellular absorption of vitamin C. Think of zinc as a bullet and a zinc ionophore as the gun; the bullet destroys the virus, but it needs help (i.e. the gun) to get inside. There are several "high caliber" zinc ionophores available by prescription, but a supplement called quercetin will also get the job done. Quercetin is a phytonutrient (plant-based nutrient) that, like zinc, also has antiviral properties and has been found to be effective against herpes and respiratory illnesses.<sup>7</sup>

To keep my immune system strong when a virus is going around, I personally take a combination of 1000mg of liposomal vitamin C, 10,000IU of D3, 15mg of bio-available (high absorption) quercetin, and 50mg of zinc (all together during a meal) once a day. In the unlikely event that I begin to present symptoms of a viral infection, I'll do the same thing twice a day instead of once. And, for the duration of the illness, I will fast for 16 hours each day (i.e. 8pm through noon the next day), keeping my eating window to a maximum of 8 hours (i.e. noon to 8pm). Giving the body a rest from metabolizing food allows it to give more attention to fighting off viral attacks.

**GOT QUESTIONS? EMAIL ME: [ScottLaird@MichaelRood.tv](mailto:ScottLaird@MichaelRood.tv)**

**Sources:** 1. Dancer RC, Pasikh B, Liu S, et al. Vitamin D deficiency contributes directly to the acute respiratory distress syndrome (ARDS). *Thorax*. 2015 Jul;70(7):607-614. 2. Zibrenghaus MT, Maleirok H, Bagacian C, et al. Vitamin D modulators of innate immune responses to respiratory viral infections. *Rev Med Virol*. 2017 Jan;27(1): 3. Tajima I, Ushirogouchi-Nakayama R, Yamazaki T, et al. Pulmonary activation of vitamin E3 and preventive effect against interstitial pneumonia. *J Clin Biochem Nutr*. 2010 Nov;45(3):245-51. 4. Connell JJ, Verthil, Urbasa JC, et al. Epidemic influenza and vitamin D. *Epidemiol Infect*. 2005 Dec;134(5):1129-48. 5. Berry DJ, Heidecker K, Power C, et al. Vitamin D status has a linear association with seasonal influenza and lung function in British adults. *Br J Nutr*. 2011 Nov;106(5):1403-40. 6. Veselic, Igo et al. The Potential Impact of Zinc Supplementation on COVID-19 Pathogenesis. *Frontiers in Immunology*. 11:712. 10 Jul. 2020. 7. Agostol, Pavan K, et al. "Quercetin: Natural Significance and Possible COVID-19 Integrative Considerations." *Natural Product Communications*, Dec. 2020.



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**WHAT'S NEW**  
with **ROOD!**

Everyone here at A Rood Awakening! International is ready for an amazing November and we hope you are, too! **Let's start with some encouraging news...**

Michael Rood has been very busy during this past month working on his physical stamina, his strength, and working with his speech therapist to get back to being the "Marine" Michael we all know and love – and he has made amazing progress! Originally wheelchair-bound and unable to speak after his stroke in mid-2020, he is moving around the house, having to use a cane only when he walks, mainly for balance control. His therapists are thrilled with the progress he is making. It's definitely the Marine in him!

I hope you were able to see Michael's video he made for Facebook and YouTube last month. I told my wife Donna that I saw the twinkle in his eyes again and I know that he will be working even harder to make even more progress. We know everyone has heard this a time or two already, but Michael's challenge is a marathon, not a sprint. However, I have seen miracles take place in his life through his journey thus far; he and Analil will have quite the testimony to tell when he is ready!

Your prayers have been very effective! Analil says she and Michael can feel YeHoVaH's touch through each and every one of them. So, please continue to pray! Your prayers make a world of difference in Michael's life and for the entire Rood Crew – thank you for standing in the gap with us as we eagerly await Michael's return.

While Michael continues to improve, things are moving forward at the ministry! Our annual Mission Monday event is coming soon, featuring the best of Michael's teachings and eye-opening resources you can use to help your friends and family understand the truth of Yeshua! Also, we have a special extended night of Shabbat Night Live in December celebrating Hannukah. As Michael would say, **"DON'T MISS IT!!!"**

Our international ministry is moving forward at lightning speed as more translations of Michael's teachings are hitting homes in the Spanish, German, French, Mandarin Chinese, and so many more languages. It's an exciting time to be a part of the ministry here at A Rood Awakening! International.

**Thank you again!** Your partnership supports Michael's ministry and makes all of this happen – we love you! Blessings to your home from Michael and the entire Rood Crew.

**Thank you for standing with Michael and A Rood Awakening! International with your prayers and financial support. With you, we can take the Gospel to the world, like the waters cover the sea.**

May YeHoVaH bless you and keep you this Thanksgiving and every day.

*Jedd Clayton*  
Chief Operating Officer

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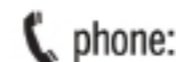
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## YOU HAVE WHAT IT TAKES TO CHANGE SOMEONE'S LIFE



ROOD  
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WE LIVE IN A WORLD THAT NEVER SEEMS TO HAVE "ENOUGH", OR AT LEAST WE DON'T THINK WE DO. IT'S THAT KIND OF THINKING THAT KEEPS US FROM DOING WHAT YESHUA TOLD US TO DO. BUT YESHUA DIDN'T TEACH US TO BE FEARFUL OR ANXIOUS; HE TAUGHT US TO BE BOLD, AND TO KNOW THAT WE WILL LACK NOTHING, EVEN IF WE DON'T THINK WE HAVE WHAT IT TAKES TO DO THE JOB (LUKE 22:35). WE SERVE A KING WHO HAS IMMEASURABLE ABUNDANCE AT HIS DISPOSAL – WE CAN GIVE ABUNDANTLY KNOWING THAT ANYTHING WE DO FOR HIM WILL BE GIVEN BACK TO US.

However, there is one scarcity we all have, but it's not a lack of resources; it's a lack of time. Indeed, this is our moment. While the world cowers over the economy, this is your chance to stand with us to shake the world from a slumber of faith without substance.

When you give, you fund the teachings we broadcast that are restoring faith and vigor for thousands across the globe to serve the King of Kings in a renewed definition of what it means to be a believer. It's working, and we must keep going. As you read this, we are planning our broadcasts for 2021. These broadcasts will help expand our net as fishers of men, and with your help, we can lock in these plans.

## IT'S NOT JUST A DONATION. IT'S SOMEONE'S FAITH ON THE LINE.

Every day we hear testimonies of people who say that something they saw from A Rood Awakening! International that changed their life and renewed their faith. But without you, not one minute of what we teach can be seen by anyone.

I know you're with me. I know you're going to make it happen. Thank you in advance for your end-of-year gift. It means the world to me, and it means a renewed eternity for those whose eyes are opened because you gave to this ministry.

With love and appreciation,

See you when the smoke clears,

Michael Road