

Exercise, Vitamin D, and Omega-3 – The Perfect Triune for Optimizing Immune Function and COVID-19 and FLU Risk Reduction

QUOTE BOARD

“Conclusions: Adults with high and moderate physical activity levels had significantly better outcomes than those with low activity when contracting COVID-19. The apparent protective effects of regular physical activity extended to those with concomitant chronic medical conditions.”

“The biological mechanisms underlying how physical activity reduces colon cancer risk have mainly been attributed to decreased adiposity and associated reductions in circulating insulin and proinflammatory cytokines.”

“Therefore, the use of EPA and DHA [omega-3 fatty acids] supplementation should be considered as both a supportive therapy and a prevention strategy in SARS-Cov-2 infection.”

WHAT YOU NEED TO KNOW

The evidence for the safety and effectiveness of regular exercise and supplementation with Vitamin D and Omega-3 Fatty Acids is irrefutable and unequivocal. This should be universally recommended and, if it had been during the pandemic, MILLIONS of hospitalizations and hundreds of thousands of deaths could have been avoided.

Going for a walk and supplementing with Innate Choice® OmegA+D Sufficiency™ represents the most evidence-based, effective, and cost-effective ways to reduce risk of both infection and serious outcomes from COVID-19 and FLU.

WHAT YOU NEED TO DO

The FACT is that sick, overweight, malnourished, and unfit people are the ones who get seriously ill from COVID and FLU. They are also the ones who are suffering from all kinds of other chronic health problems that lead to hospitalization and early death.

PLEASE don't let yourself or those you love get sick or die from PREVENTABLE illness this fall.

You need to exercise every day, you need to ensure sufficient intake of Vitamin D and Omega-3 fatty acids, you need to eat a healthy diet, and you need to have healthy attitudes, emotions, and social interactions.

To order Innate Choice® OmegA+D Sufficiency™, to order my book, 'Live Right for Your Species Type', and for other resources to help you get and stay well please visit www.eatwellmovewellthinkwell.com

Szabo, Z et al. (2020) The Potential Beneficial Effect of EPA and DHA Supplementation Managing Cytokine Storm in Coronavirus Disease. *Frontiers in Physiology* 11: Article 752

Gibbons et al. (2022) Association between vitamin D supplementation and COVID-19 infection and mortality. *Nature - Scientific Reports* 12:19397

Steenkamp et al. (2022) Small steps, strong shield: directly measured, moderate physical activity in 65,361 adults is associated with significant protective effects from severe COVID-19 outcomes. *British Journal of Sports Medicine* <http://dx.doi.org/10.1136/bjsports-2021-105159>