



## Plant Protection for the Infection!

What you can't BELIEVE you already have in your kitchen for IMMUNITY!



I am happy to say that the sweltering stifling heat of South Texas summer is over and has given way to the most wonderful fresh “fall” weather—which is likened to a fantastic spring-summer day in Washington state. We are starting to harvest the first bounty of the fall garden; tender, spicy and full-of-flavor greens, my favorite in the whole world: arugula as well as baby bok choy, multiple leaf lettuces, mustard greens and a whole lot of different radishes. There is really nothing that tastes as potently flavorful as home-grown food from an organic, mineral-rich garden. I am still hoping that the heat drops enough (get us into the 70s) so that the spinach, cabbage, broccoli, carrots and beets can germinate and give enough days to produce before the freezes come in December. Something I never planted before are sweet potatoes (yams) that have grown WONDERFULLY here and can't wait to harvest them next month! Here they are!





My Sweet Potatoes are Flourishing! I finally found a crop that likes this clay soil ! I planted some corn in September on both sides- hoping it will produce before December freezes



Fall brings a Mushroom Fairy Ring which is following a Positive Magnetic Field Line at our Texas ranch. In the background is my cover crop of Sorghum and irrigation pond.

I wanted to take the time to write more of my positive findings since the last month's newsletter on EMF electromagnetic frequency wave pollution. Many people are reporting very positive feedback about re-assessing the EMF toxicity in their own home with the EMF meter and how much more restful they are sleeping with the grounding mats. If you missed a previous newsletter you can read them here- and you can also sign up for the newsletter when prompted on this same site. [News – Dr. I The Herbal Guy Newsletter](#)

I also wanted to share that I have been testing people and pets again. I reached out to a handful of former patients and used my distant testing techniques that I have been refining over the last couple years. I use their photo (which carries their individual unique frequency) and test them against 600 different vial frequencies containing food allergens, infections, and toxic chemicals and heavy metals as well test them against 300 different nutritional, herbal or homeopathic formulas to find the greatest need. The results have been very pleasing and beneficial to those tested. This method allows me to do what I do best without compromising my own wellness from the stress of a clinic. Therefore, I have decided to offer it to more people. It takes me over an hour and half per person to do the testing and the write up and I am charging only \$150 to make it affordable to any who may need it. If you are interested in this testing please respond back to this email for the details.



Now I wanted to share something that will definitely not be shared via any media sources on television or internet. Big Media, Big Tech, Big Pharma and Big Politics ensure that we will only see the pharmaceutical options that they want us to use for this world-wide infection. The **big money DOES NOT want you** to see that there are MANY natural methods to promote immune wellness and protection.

By now, most health conscious folks have heard the benefit of adding in ZINC, Vitamin D and Vitamin C to the daily regimen to boost immunity.... BUT.... that is JUST A SMALL PINCH of natural therapeutics that have shown benefit against this infection.

This last month, I have had my nose deep in research studies looking to validate the plants I'm choosing for my new immune formulas. ***I literally was left with my mouth opened*** to find that behind the scenes, while the whole world is running in circles trying to figure out how to manage this desperate situation, there were many many options available to us all along. In fact, I was completely impressed to find that over the last two years, there have been literally **THOUSANDS** of researchers investigating and publishing their findings on **HUNDREDS of different plants showing EXCELLENT EFFICACY AGAINST THE VIRUS.**

So for fun, I decided to look up each of the plant ingredients in my three anti-infection formulas **Exterminate, Eliminate, and Eradicate** as well as my anti-oxidant formula **Phyto-ox** and see how many of them had been studied this year for use against Sars-CoV-2, COVID infection.... Would you believe what I found? **Of the 30 plants I randomly researched... all but 4 had directly been studied for their effects against Sars-CoV-2... and 100% of them had some degree of effectiveness against it!** **WOW! NATURE to OUR RESCUE!** [Herbal Cleanses – Dr. I The Herbal Guy . com](#) ([dritheherbalguy.com](http://dritheherbalguy.com))

Of course you can do the research yourself. Simply go to the same website that doctors and scientists use to research and put in these search words: “covid” and whichever “specific plant/nutrient” in the search box and you will see what is available. [PubMed](#) ([nih.gov](http://nih.gov)) Here I will go through the plants from my formulas and share which ones are being studied and what results they are finding.



Lets start with the active plant bioflavonoid **QUERCETIN** which is present in many plants and is found in the highest quantities on the PLANET in the **GREEK FRUIT CAPERS**

(the beautiful flower above), the MAIN INGREDIENT in my **Phyto-Ox** - one of the best sellers-- people love this product! (Beautiful capers flower above)

<https://drietheherbalguy.com/products/phyto-ox>

***Quercetin, like many bioflavonoids, has antiviral replication, anti-blood clotting, anti-inflammatory and antioxidant properties, all of which are important in the treatment of SARS-CoV-2 infection.***

This study proved that quercetin supplementation at only 500 mg daily reduced the frequency and length of hospitalization, the need for noninvasive oxygen therapy, intensive care and deaths. [Therapeutic Effects of Quercetin Against Early-Stage COVID-19 Infection. PubMed \(nih.gov\)](#)



So, then I proceeded to look up all the other ingredients in my **Phyto-ox** product and

what I found just amazed me: <https://drtheherbalguy.com/products/phyto-ox>  
**Grape seed, grape leaf and grape skin** all contain active bioflavonoids including **RESVERATROL** which suppress a wide range of pathogens including bacteria, fungi and viruses. This particular study proved the extract inhibited both herpes HSV-1 and corona SARS-CoV-2 replication. The researchers say, “ **These results are very promising and highlight how natural extracts could be used in the design of antiviral drugs and the development of future vaccines.**” [Antiviral Activity of Vitis vinifera Leaf Extract against SARS-CoV-2 and HSV-1 - PubMed \(nih.gov\)](#)  
[Potential therapeutic effects of Resveratrol against SARS-CoV-2 - PubMed \(nih.gov\)](#)



**Frankincense, Boswellia serrata**, is traditionally used to treat chronic inflammatory diseases of the lung. The promising effect can be attributed to its antioxidant, anti-inflammatory, immunomodulatory, cardioprotective, anti-platelet aggregation, antibacterial, antifungal, and broad antiviral activity. “**In conclusion Boswellia serrata extract may be useful in the enhancing adaptive immune response in mild to moderate symptoms of COVID-19.**” [Boswellic acids/Boswellia serrata extract as a potential COVID-19 therapeutic agent in the elderly - PubMed \(nih.gov\)](#)





Citrus Peels have incredible benefit as I have been teaching everyone I know: :  
“New evidence suggests that antiviral agents in **CITRUS PEEL** may alleviate COVID-19 symptoms as well as those that lead to the decrease in the inflammatory responses. ***This leads to the conclusion that flavonoids naringenin may be a promising treatment strategy against COVID-19.***”

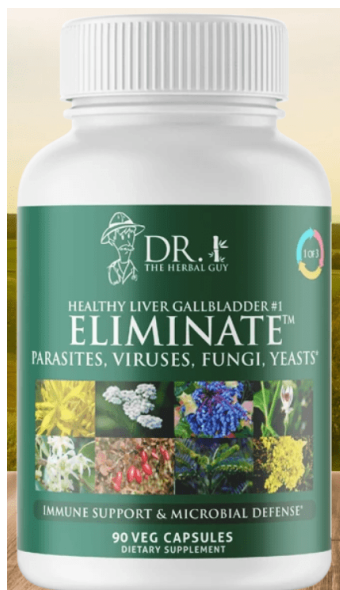
[Naringenin, a flavanone with antiviral and anti-inflammatory effects: A promising treatment strategy against COVID-19 - PubMed \(nih.gov\)](#)

**This is the drink I recommend everyone for DAILY IMMUNE SUPPORT:**

2 cups water +  $\frac{1}{4}$  organic lemon/lime/orange WITH PEEL +  $\frac{1}{2}$  inch ginger (optional + 1 small clove garlic (optional))

**BLEND TOGETHER and DRINK DAILY- OR EVERY 3-4 HOURS IF SICK**

Citrus fruits, and especially of the orange (*Citrus sinensis*), well known for its vitamin and flavonoid content. Among the flavonoids, hesperidin has recently attracted the attention of researchers, because it binds to the key proteins of the Severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) including the "spike" protein. [Hesperidin and SARS-CoV-2: New Light on the Healthy Function of Citrus Fruits - PubMed \(nih.gov\)](#)



Scientific evidence suggests that **CURCUMIN** from **turmeric root** should be highly suggested as a **new treatment option for COVID-19**. [Curcumin; New treatment option against COVID-19 - PubMed \(nih.gov\)](#)

Even **milk thistle**, a plant that has notoriously been used for the liver also has anti-corona virus properties. [SARS-CoV-2 Main Protease Active Site Ligand inhibited by Milk Thistle](#).







One of the most important ingredients in **EXTERMINATE, Intestinal #1** is **Wormwood**.  
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Much like the plant Cinchona bark gave us the molecule quinine and later model for the drug Hydroxychloroquine which has been used for decades to treat malaria, so has Artemisia annua, sweet Wormwood have been isolated to make Artemisinin another treatment for malaria. Fascinating... **both molecules are showing their benefit for SARS-CoV-2 as well as inhibiting the UK and South African variants. Also the common wormwood found in Exterminate Intestinal #1 formula has similar properties** [Artemisia annua L. extracts inhibit replication of SARS-CoV-2 and two of its variants - PubMed \(nih.gov\)](#).

[Artemisia annua: Trials are needed for COVID-19 - PubMed \(nih.gov\)](#)

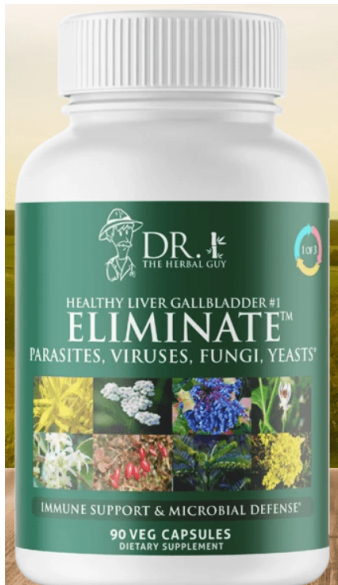


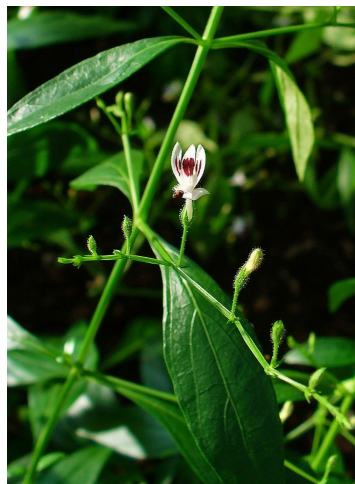
Carvacrol is a phenol found in **thyme and oregano**. The *in vitro* and *in vivo* studies have shown anticancer, anti-fungal, anti-viral, anti-bacterial, anti-oxidant, anti-inflammatory and now a candidate to fight COVID. [Carvacrol, a Plant Metabolite Targeting Viral Protease \(M pro\) and ACE2 in Host Cells Can Be a Possible Candidate for COVID-19 - PubMed \(nih.gov\)](#)



Berberine as found in **Oregon Grape and Barberry** root **reduces circulating inflammatory mediators in patients with severe COVID-19 - PubMed (nih.gov)** Previous studies suggest that berberine has shown various biological activities that may help against COVID-19 and SARS, including antiviral, anti-allergy and inflammation, hepatoprotection against drug- and infection-induced liver injury, as well as reducing oxidative stress. ***“We further validated the inhibition of replication of SARS-CoV-2 in lung epithelial cells by berberine.” berberine as a candidate against COVID-19 and SARS (nih.gov)***

**Olive leaf**, active component, oleuropein, has gained extra attention due to the anti-viral activity against SARS-CoV-2 that causes Coronavirus disease (Covid-19). **Olive Leaves: anti-viral activity PubMed (nih.gov)** Where the molecules block the SARS-CoV-2 spike and protein-ACE-2 interfaces among others. **Olive leaf Secoiridoids to Combat SARS-CoV-2 PubMed (nih.gov)**

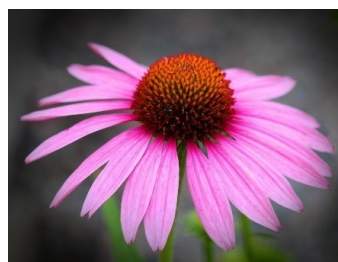
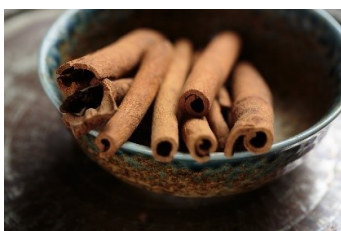




And these plants found in the **Liver #1 Eliminate**- plants for infections of liver  
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One of my favorites that I discovered while traveling in South and Central America- **Chanca Piedra** meaning “**Stone Breaker**” was used there primarily for gallbladder stones and kidney stones. What most traditional users do not know, ***Phyllanthus niruri*** , Chanca Piedra, has been known as an immunomodulator and has antiviral activity against several RNA viruses, such as hepatitis B virus and hepatitis C virus. The active molecules, phyllanthin and hypophyllanthin demonstrated to ***possess greater binding affinity toward the COVID-19 spike protein than even their native ligand.***  
[Phyllanthus niruri inhibit protein receptor of corona virus \(COVID-19\) PubMed \(nih.gov\)](https://pubmed.ncbi.nlm.nih.gov/)

Another plant in the Eliminate formula named ***Andrographis paniculata*** (**photo right**) have significantly binding with the active site of SARS CoV-2 main protease, may produce significant activity against the virus. [Andrographis paniculata against coronavirus \(COVID-19\): an in silico approach - PubMed \(nih.gov\)](https://pubmed.ncbi.nlm.nih.gov/) Andrographolide has been clinically observed for anti-HIV properties and this study of flavonoid glycosides have **SIMILAR BINDING TO THE DRUG REMDESIVIR!** “These results confirm the probability of using AP phytochemical compounds as COVID-19 main protease inhibitors.” [The coronavirus disease 2019 main protease inhibitor from Andrographis paniculata PubMed \(nih.gov\)](https://pubmed.ncbi.nlm.nih.gov/)



And finally the ingredients in **ERADICATE- Urinary #1 Herbal Cleanses – Dr. I The Herbal Guy . com (dritheherbalguy.com)**

**Cinnamon bark** has shown effective in SARS-CoV-2 improvement and treatment through its anti-obstructive, diuretic, tonic, anti-viral, anti-inflammatory, antioxidant, and anti-depression effects. Overall, Cinnamon can be recommended for SARS-CoV2 management due to multi-targeting therapies. [Cinnamon and its possible impact on COVID-19 PubMed \(nih.gov\)](#)

**Clove, *Syzygium aromaticum***, is a well-known culinary spice that has been used for centuries in folk medicine in many disorders and especially respiratory ailments. Cloves show antiviral and anti-inflammatory properties as antithrombotic, immunostimulatory, and antibacterial effects and could be an excellent therapy for Covid-19. [Clove Its Anti-COVID-19 Utility - PubMed \(nih.gov\)](#)

***Echinacea* can increase immune function and decreases levels of immune molecules which can progress to a heightened inflammatory response known as the cytokine storm.** The cytokine storm leads to Acute Respiratory Distress Syndrome (ARDS) play a significant role in the death of COVID-19 patients. [The effect of Echinacea spp. on the prevention or treatment of COVID-19 - PubMed \(nih.gov\)](#)  
[Echinacea purpurea preparation, against coronaviruses, including common cold coronavirus 229E and SARS-CoV-2 - PubMed \(nih.gov\)](#)



**Ginger** is one of my favorite all around immune protective plants- and it is so easy to use with the lemon drink recipe above. ***The results showed that ginger rhizome extract had activity as immunomodulatory, antiviral activity and contains dozens of nutritious substances to prevent and reduce symptoms that occur in Covid-19***

[Ginger on Severe Acute Respiratory Syndrome due to COVID-19](#)

[Ginger rhizome to prevent and reduce symptoms of Covid-19](#)

Finally—we all have some **garlic** either in the cupboard or up the street at the local grocer. Add it to the lemon drink recipe above and you have a mega-hit in protecting against serious disease.

Compounds derived from **Allium sativum (garlic)** reverse the immunological abnormalities seen in infections of SARS-CoV-2 virus such as decreased immune system cells such as suppressed regulatory T cells, cytotoxic and helper T cells, natural killer cells, monocytes/macrophages and increased proinflammatory cytokines are the characteristic features. ***“Within this context, garlic appears to reverse most immune system dysfunctions observed in patients with COVID-19 infection.”*** [The effects of allium sativum on immunity within the scope of COVID-19 infection - PubMed \(nih.gov\)](#)  
[Garlic \(Allium sativum L.\) to fight with COVID-19 - PubMed \(nih.gov\)](#)



Well there you go... that is more than you probably needed and only a small splash of the hundreds of plants that are proving to show protection against this seemingly “unstoppable” virus. However, through this research, I have learned... NONE of us should be living in fear...but rather **CONFIDENCE** when we have **ALL OF NATURE’S ARSENAL**... at our disposal-- ready for us at our beckoned call.

Please do not let this information fall on deaf ears- print it and pass it onto those who need it most.

Check your cupboards, see if you have any of the ingredients above and start taking them. After you are finished with one bottle, then go to the next and rotate rotate rotate.

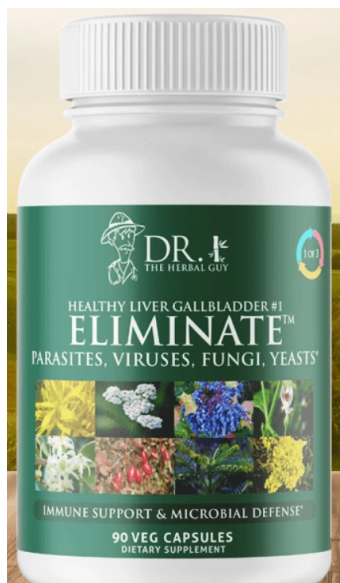
### My recommendations for DAILY IMMUNE SUPPORT:

Daily lemon/orange/lime rind drink + 3 caps twice daily of one of the following

**Exterminate Intestinal #1 or Eliminate Liver #1 or Eradicate Urinary #1 or Phyto-ox..... Herbal Cleanses – Dr. I The Herbal Guy . com (drietheherbalguy.com)**

Once one bottle is finished go to the next and continue to cycle until this we are completely mended from this very difficult situation. Stay tuned as all this research I have been doing will eventually become my new immune formulas for acute infection and chronic illness; Five new formulas each targeting a specific immune needs depending on the individual.

Stay focused on the present, Best in Health, Andrew Iverson, N.D.



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