

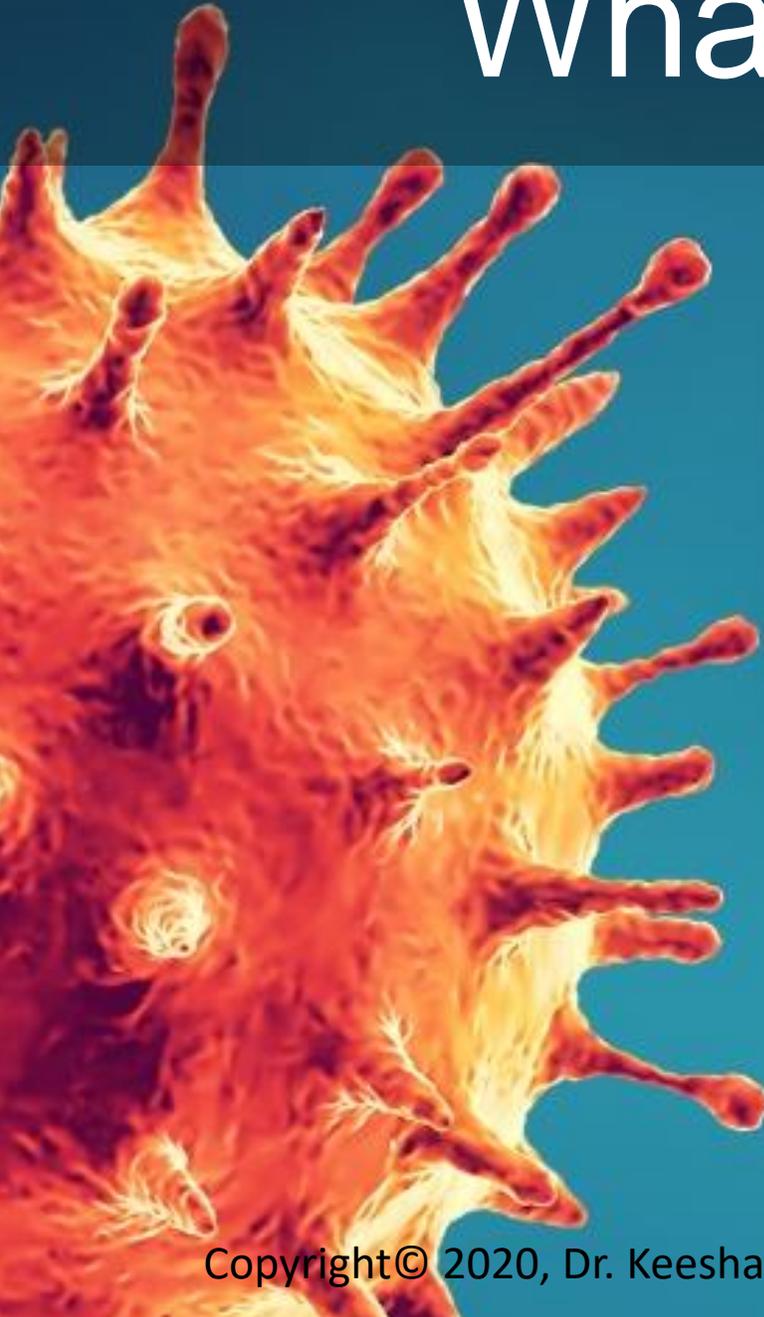
Expert Master Class Interview Series



CORONA
VIRUS 2019-nCoV

With Dr. Keesha Ewers and Colleagues

What You Will Discover



- World updates on COVID-19
- COVID-19 and autoimmune disease
- How to prevent infection
- What to do if infected
- The long term implications of this pandemic
- How to maintain emotional immunity
- How to help your children understand
- The long view from Generation C



Dr. Keesha Ewers

- ❖ Board Certified in Functional Medicine
- ❖ Family Practice ARNP Integrative Medicine
- ❖ Doctor of Sexology
- ❖ Certified in 5 different psychotherapy trauma modalities
- ❖ Certified Energy worker
- ❖ Yoga and meditation teacher
- ❖ Founder of The Academy For Integrative Medicine health coach certification program

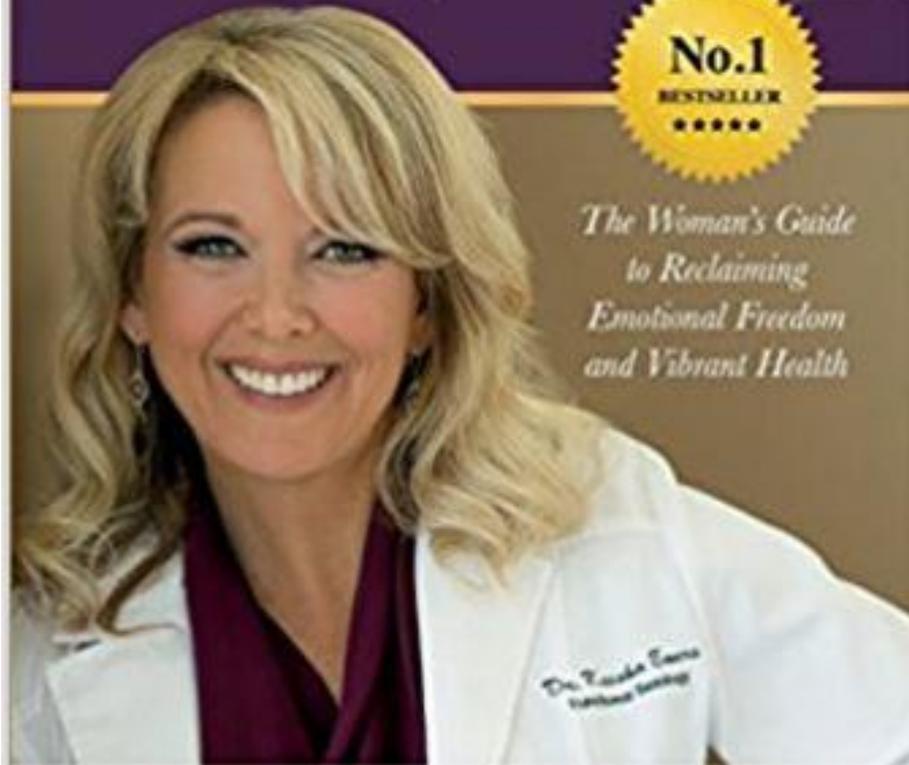


SOLVING THE AUTOIMMUNE PUZZLE

No.1

BESTSELLER

*The Woman's Guide
to Reclaiming
Emotional Freedom
and Vibrant Health*



Dr. Keesha Ewers

Foreword by Dr. Tom O'Bryan
Bestselling Author of *The Autoimmune Fix* and the *Betrayal* Docuseries

THE QUICK & EASY AUTOIMMUNE PALEO COOKBOOK

*Anti-Inflammatory Recipes
with 7 Ingredients or Less for Busy People*



DR. KEESHA EWERS





Total Confirmed

523,163

Confirmed Cases by Country/Region/Sovereignty

- 81,782 China
- 80,589 Italy
- 80,021 US
- 56,197 Spain
- 43,646 Germany
- 29,551 France
- 29,406 Iran
- 11,811 Switzerland
- 11,772 United Kingdom
- 9,241 Korea, South
- 7,459 Netherlands
- 6,847 Austria
- 6,235 Belgium

Admin1 Admin2 Admin3

Last Updated at (M/D/YYYY)

3/26/2020, 1:29:16 PM



Cumulative Confirmed Cases

Active Cases

175

countries/regions

Lancet Inf Dis Article: [Here](#). Mobile Version: [Here](#). Visualization: JHU CSSE. Automation Support: [Esri Living Atlas team](#) and [JHU APL](#). Contact [US](#). [FAQ](#).

Data sources: [WHO](#), [CDC](#), [ECDC](#), [NHC](#), [DXY](#), [1point3acres](#), [Worldometers.info](#), [BNO](#), state and national government health departments, and local media reports. Read more in this [blog](#).

Total Deaths

23,639

8,215 deaths
Italy

4,145 deaths
Spain

3,169 deaths
Hubei China

2,234 deaths
Iran

1,696 deaths
France

578 deaths
United Kingdom

434 deaths
Netherlands

Total Recovered

122,059

61,201 recovered
Hubei China

10,457 recovered
Iran

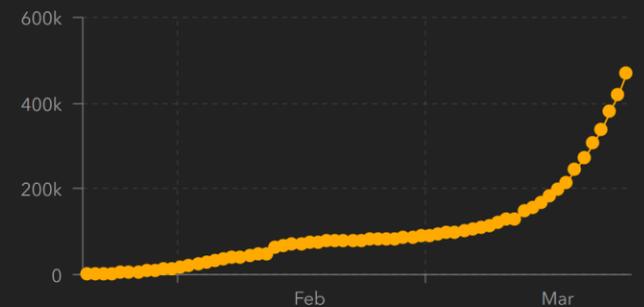
10,361 recovered
Italy

7,015 recovered
Spain

5,673 recovered
Germany

4,948 recovered
France

4,144 recovered
Korea, South



Confirmed

Daily Increase

Total Confirmed
529,093

Confirmed Cases by Country/Region/Sovereignty

83,507	US
81,782	China
80,589	Italy
57,786	Spain
43,938	Germany
29,551	France
29,406	Iran
11,811	Switzerland
11,809	United Kingdom
9,241	Korea, South
7,459	Netherlands
6,847	Austria
6,235	Belgium



Total Deaths

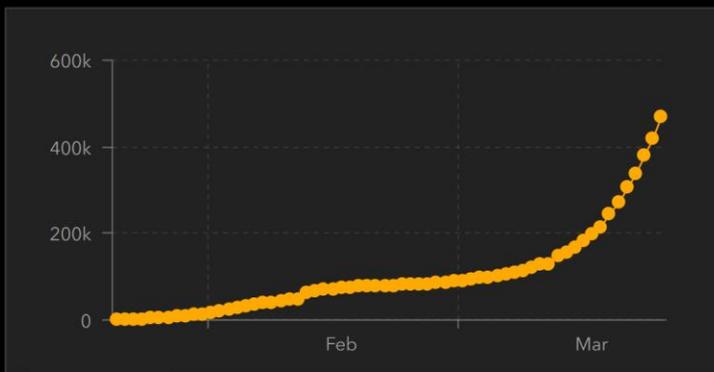
23,956

8,215 deaths	Italy
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Last Updated at (M/D/YYYY)
3/26/2020, 3:45:12 PM

175
countries/regions

Lancet Inf Dis Article: [Here](#). Mobile Version: [Here](#). Visualization: JHU CSSE. Automation Support: [Esri Living Atlas team](#) and [JHU APL](#). [Contact US](#). [FAQ](#).
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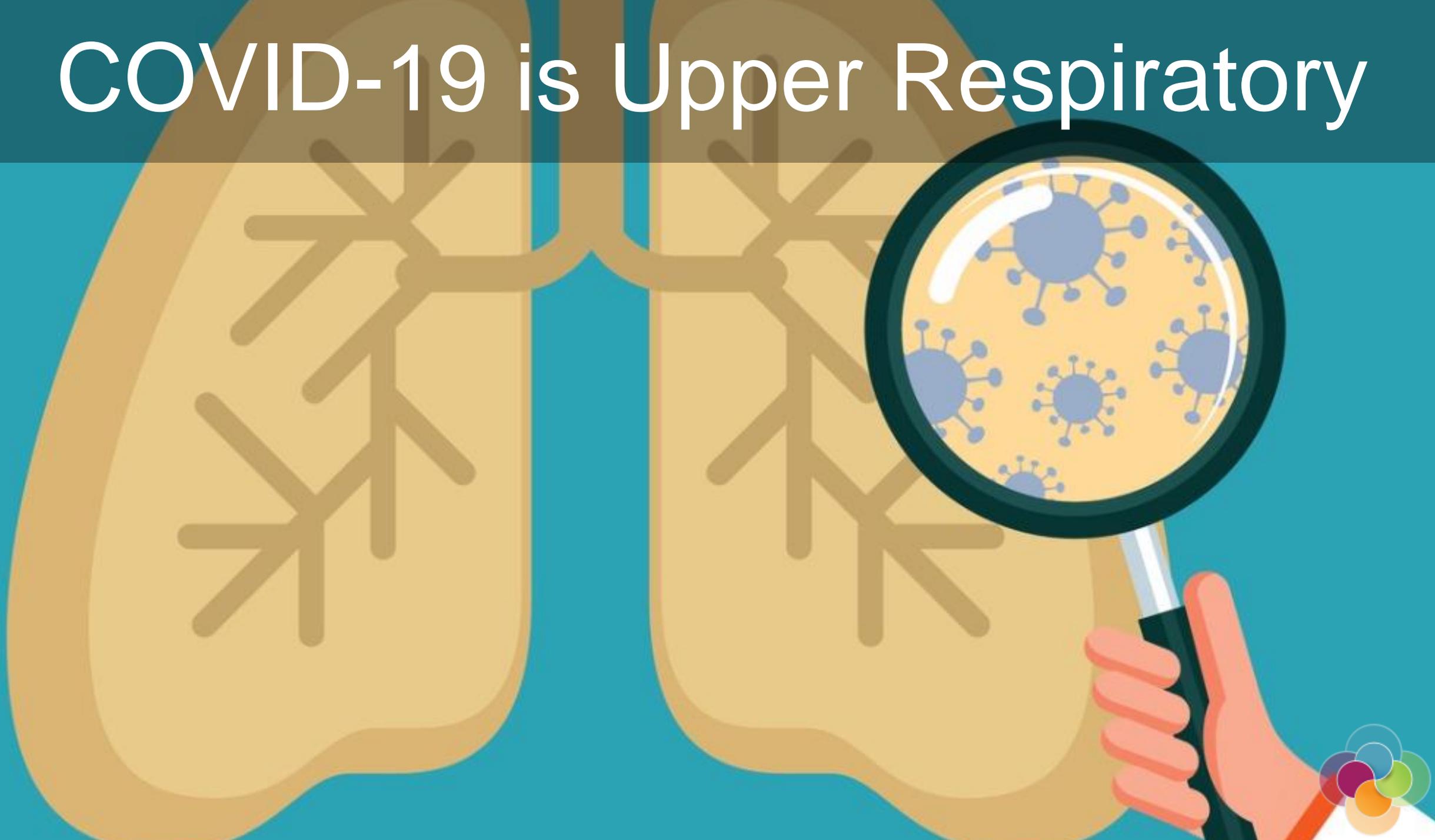
Confirmed | Daily Increase

What is a Virus?

- It's little more than a packet of genetic material surrounded by a spiky protein shell one-thousandth the width of an eyelash, and it leads such a zombielike existence that it's barely considered a living organism.
- But as soon as it gets into a human airway, the virus hijacks our cells to create millions more versions of itself.



COVID-19 is Upper Respiratory



Why No Treatment?

Viruses are highly adaptive. Because they reproduce so rapidly, they have plenty of opportunity to mutate (change their genetic information) with each new generation, developing resistance to whatever drugs or vaccines we develop.



Does Infection Confer Immunity?

No...only for a short time and then you can get infected again from the mutated virus.



Does Getting a Flu or Pneumonia Shot Help?

No...these are very different viruses.



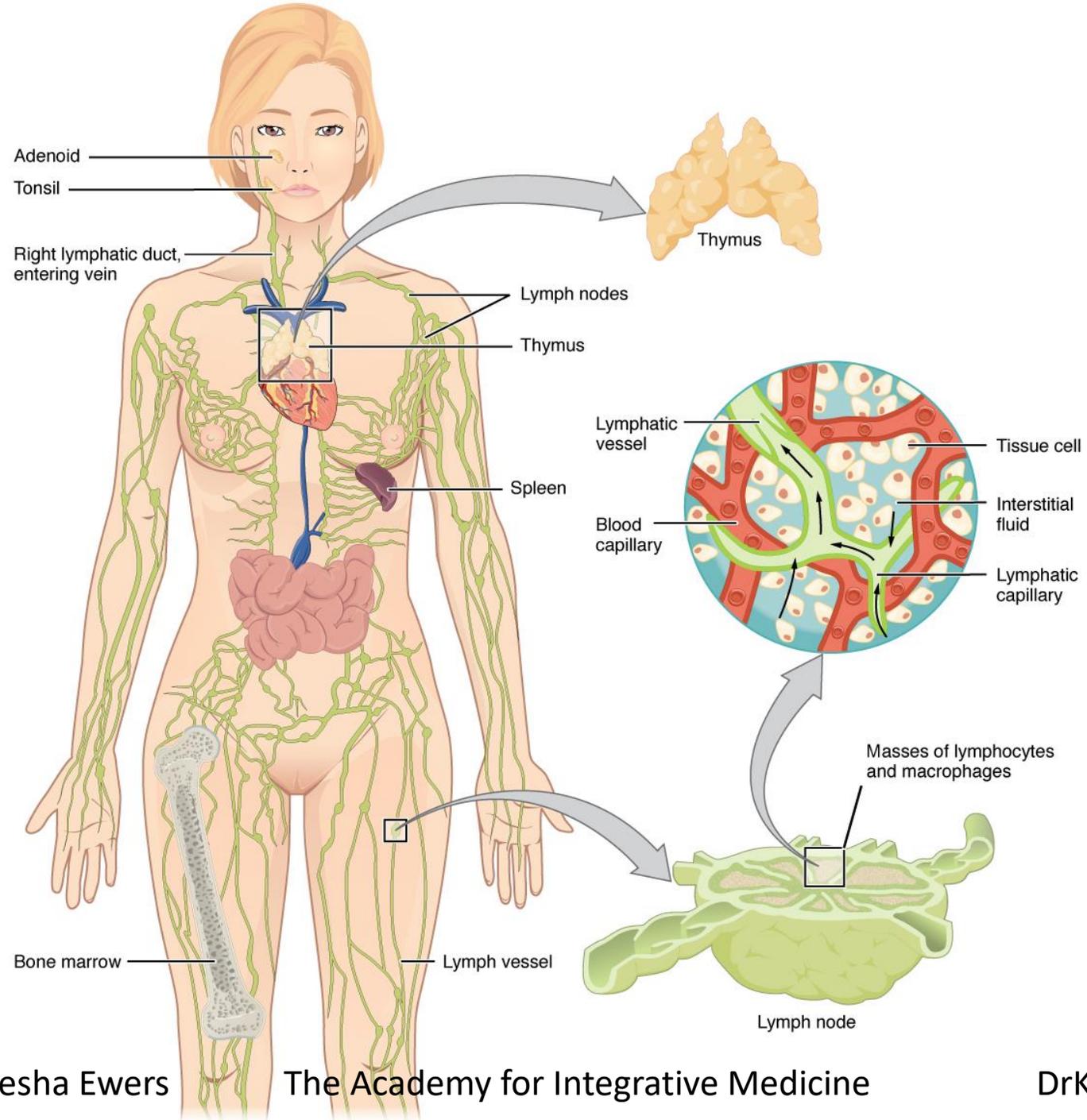
Genetic Implications for Generations

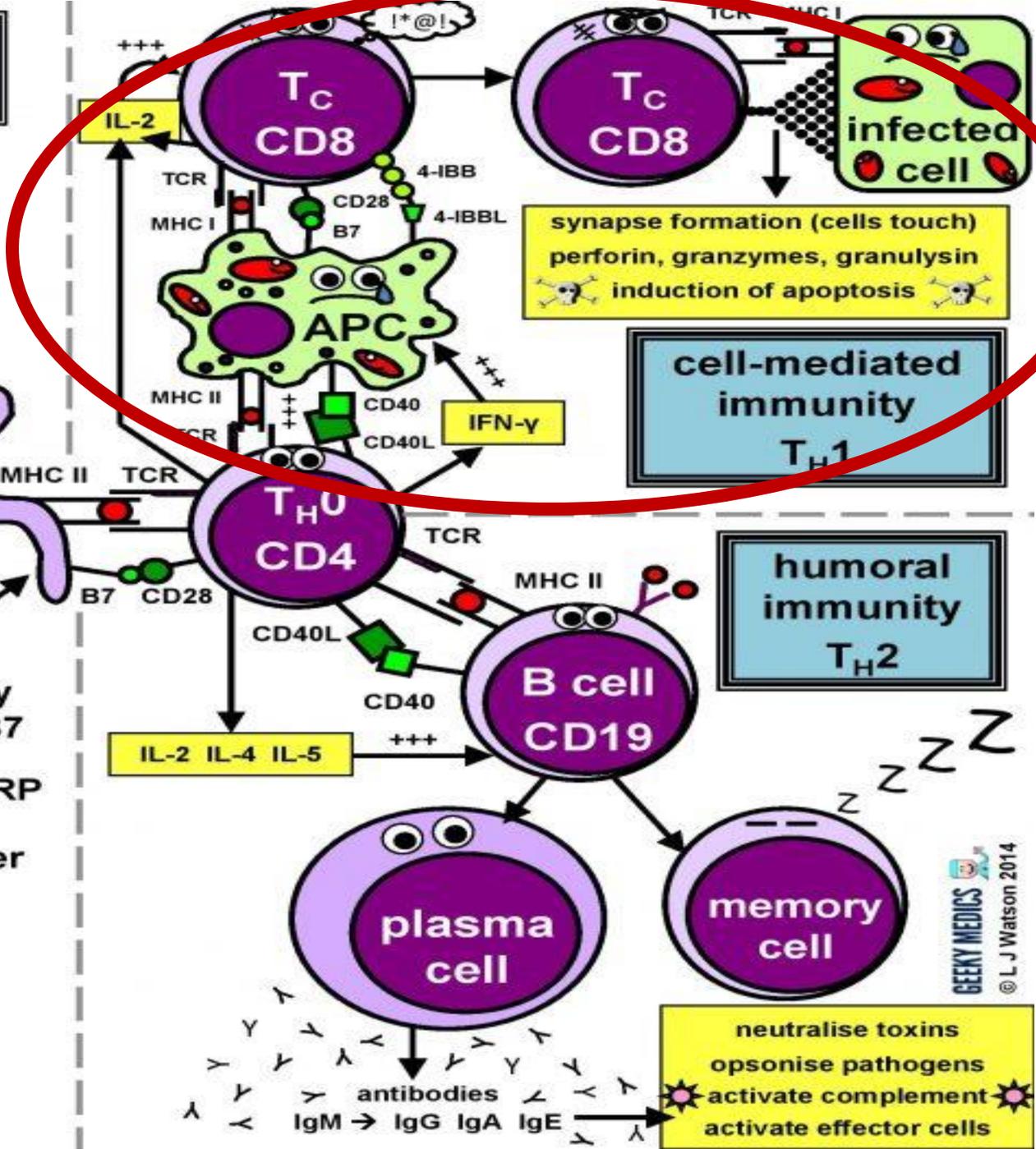
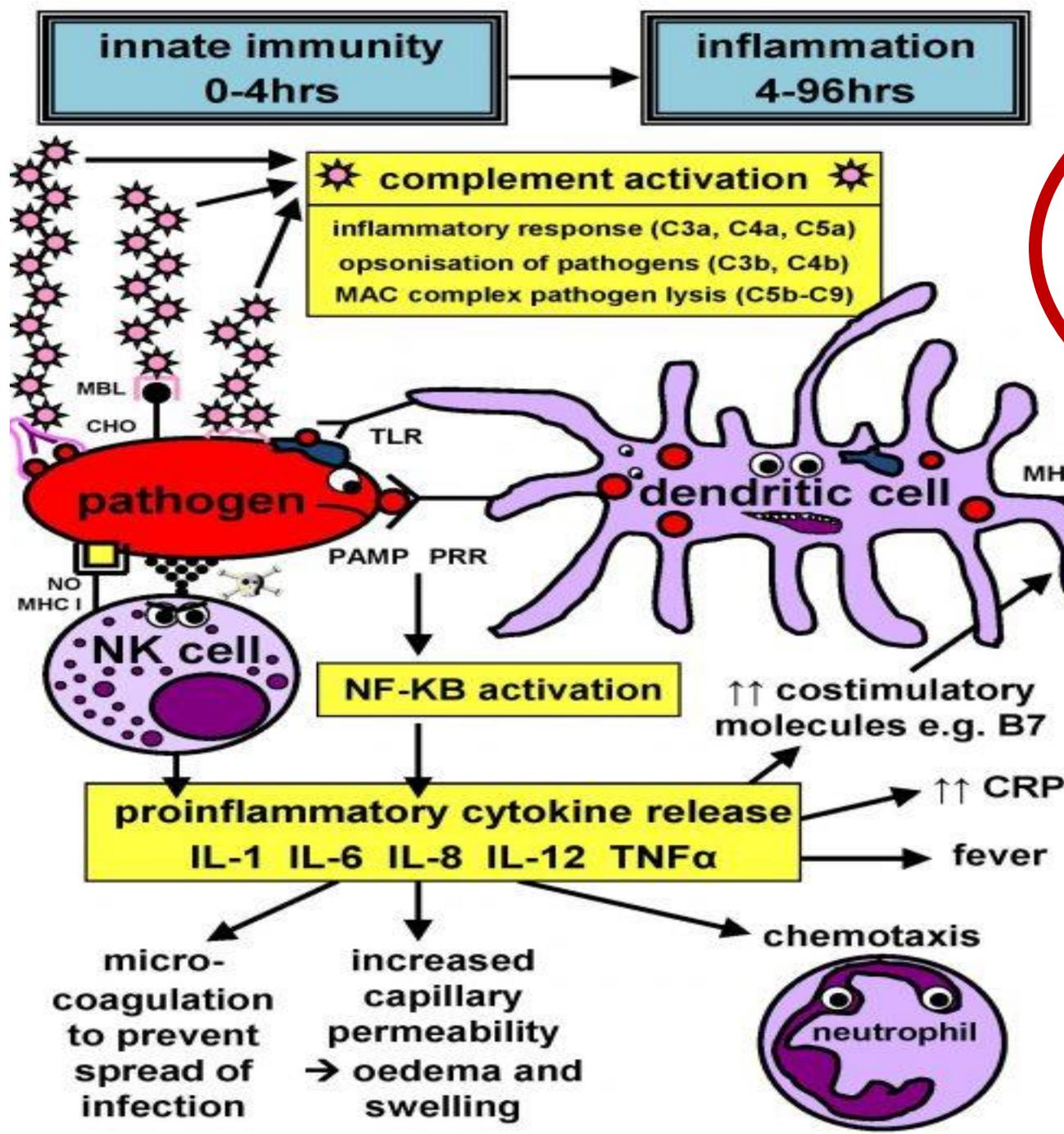


The Immune System

- The Terrain Theory: By Antoine Béchamp- a diseased body, the "terrain", will attract germs to come as scavengers of the weakened or poorly defended tissue. Béchamp believed that the pH of the body is important, and that an acidic pH will attract germs and an alkaline pH will repel them.
- The Germ Theory: By Louis Pasteur- microorganisms, bacteria, virus and fungi are the cause of most diseases. This is the cornerstone of modern medicine and treatment of disease.







COVID-19

- Not all people exposed to SARS-CoV-2 are infected and not all infected patients develop severe respiratory illness.
- SARS-CoV-2 infection can be roughly divided into three stages:
 - stage I, an asymptomatic incubation period with or without detectable virus;
 - stage II, non-severe symptomatic period with the presence of virus;
 - stage III, severe respiratory symptomatic stage with high viral load.



Higher Risk Individuals

- Are over age 65.
- Have cancer.
- Have autoimmune disease.
- Have hypertension (especially on ACE Inhibiting meds).
- Have lung disease.
- Have diabetes.
- Have heart disease.
- Have another condition that compromises the immune system.
- Are taking medications that suppress the immune system.



Helping High Risk Folks

- Offer to get them groceries
- Make sure they have their medications (2 month's worth)
- Check in on them from a distance
- Use Zoom, Facetime, phones and let them know they are not alone
- Provide them with gloves and mask
- Ask them to stop watching the news!



COVID-19

- From the point of view of prevention, individuals at stage I, the stealth carriers, are the least manageable because, at least on some occasions, they spread the virus unknowingly.
- The role of asymptomatic SARS-CoV-2 infected individuals in disseminating the infection is vital to contain.



COVID-19 Symptoms

- Fever
- Sore throat
- Dry cough
- Shortness of breath
- Nausea
- Runny nose
- GI symptoms
- Loss of smell
- Loss of taste
- Headaches
- Body aches and pain
- Fatigue



COVID-19 Spread

- Incubation period 2-14 days
- Transmitted via droplets in the air and via surfaces where droplets have landed
- Can last up to 17 days on a surface
- Lasts 1-2 weeks before recovery (80% recover easily)
- Peak will be seen in May and June
- Wash hands after touching mail, gas pumps, etc.
- Wash fruits and vegetables before eating them
- Wash phone and electronic devices frequently



How to Prevent Infection

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home...
- Cover your cough or sneeze with a tissue & throw tissue in the trash.
- Clean and disinfect frequently objects and surfaces using a regular household cleaning spray or wipe.
- Wash your hands often with soap and water.
- Maintain physical distance and shelter at home.



How to Prevent Infection

- Routinely disinfect surfaces in your home, such as doorknobs, faucet handles and cell phones.
- Get outside daily in nature. Ground. Pray. Meditate. Journal. Connect.
- Don't shake hands or hug. Stay 6 feet away from people.
- Avoid close contact with people unless you are quarantined together.
- Maintain healthy habits, like eating well, getting enough sleep and managing your stress levels, in order to keep your immune system strong.
- Foster healthy emotional immunity.



Close Contact Defined

- Being within approximately 6 feet (2 meters) of a COVID-19 case for a prolonged period of time; close contact can occur while caring for, living with, visiting, or sharing a health care waiting area or room with a COVID-19 case
- Having direct contact with infectious secretions of a COVID-19 case (e.g., being coughed on).



Surgical Mask

N95 Respirator

Testing and Approval

Cleared by the U.S. Food and Drug Administration (FDA)

Evaluated, tested, and approved by **NIOSH** as per the requirements in **42 CFR Part 84**

Intended Use and Purpose

Fluid resistant and provides the wearer protection against large droplets, splashes, or sprays of bodily or other hazardous fluids. Protects the patient from the wearer's respiratory emissions.

Reduces wearer's exposure to particles including small particle aerosols and large droplets (**only non-oil aerosols**).

Face Seal Fit

Loose-fitting

Tight-fitting

Fit Testing Requirement

No

Yes

User Seal Check Requirement

No

Yes. Required each time the respirator is donned (put on)

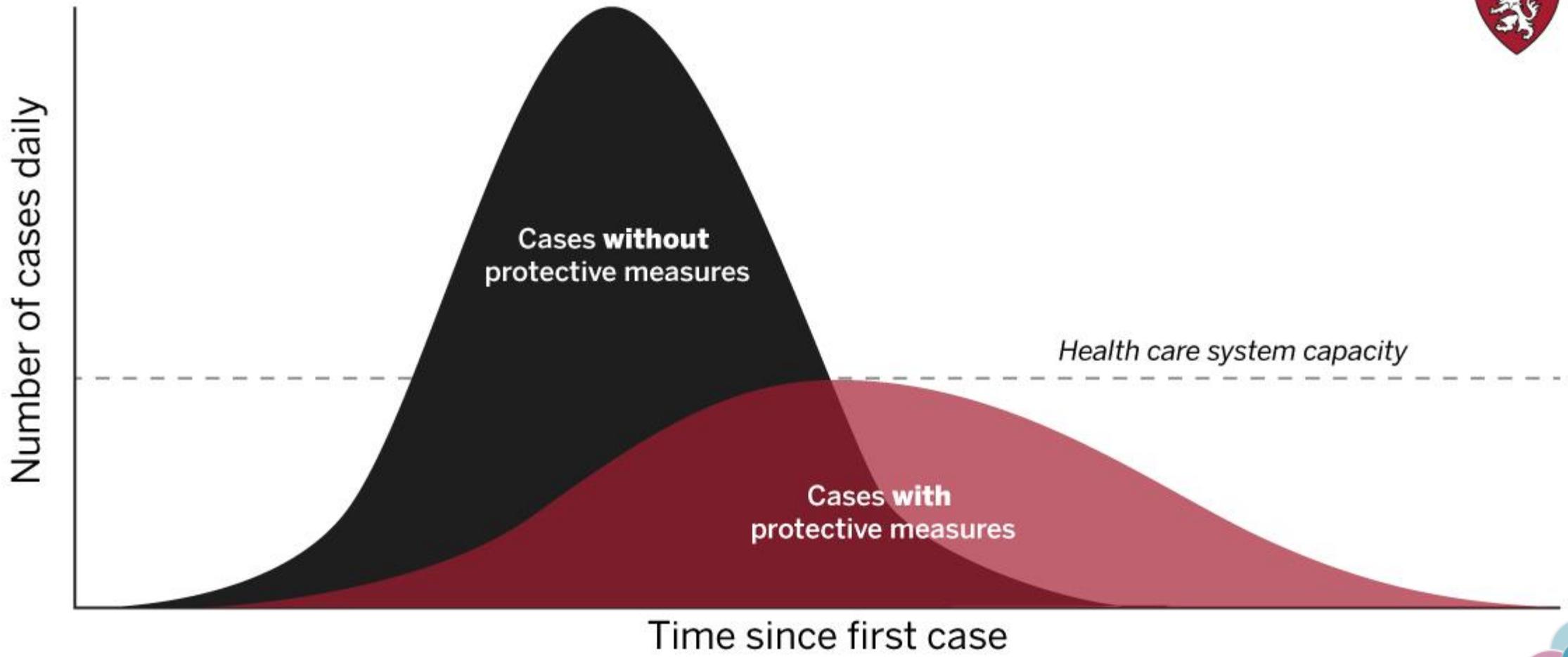
Filtration

Does NOT provide the wearer with a reliable level of protection from inhaling smaller airborne particles and is not considered respiratory protection

Filters out at least 95% of airborne particles including large and small particles







source: CDC



Family Member Infected:

- Provide support for getting groceries, prescriptions, and other personal needs.
- Monitor symptoms. If sicker, call his or her healthcare provider and tell them that the patient has laboratory-confirmed COVID-19.
- If emergency call 911 and let them know COVID-19 positive.
- Household members should use a separate bedroom and bathroom, if available.
- Prohibit visitors.
- Sick people don't handle pets.
- Make sure that shared spaces in the home have good air flow, such as by an air conditioner or an opened window, weather permitting.



Family Member Infected:

- Perform hand hygiene frequently.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- The patient should wear a facemask when around other people.
- Wear a disposable facemask and gloves when you touch or have contact with the blood, stool, or body fluids, such as saliva, sputum, nasal mucus, vomit, urine.
- Throw out disposable facemasks and gloves after using them. Do not reuse.
- When removing personal protective equipment, first remove and dispose of gloves. Then, immediately clean your hands with soap and water or alcohol-based hand sanitizer. Next, remove and dispose of facemask, and immediately clean your hands again with soap and water or alcohol-based hand sanitizer.
- Avoid sharing household items



Family Member Infected:

- Avoid sharing household items with sick person.
- Clean all “high-touch” surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables, every day.
- Use a household cleaning spray or wipe, according to the label instructions.
- Wash laundry thoroughly.
- Immediately remove and wash clothes or bedding that have blood, stool, or body fluids on them.
- Place all used disposable gloves, facemasks, and other contaminated items in a lined container before disposing of them with other household waste.





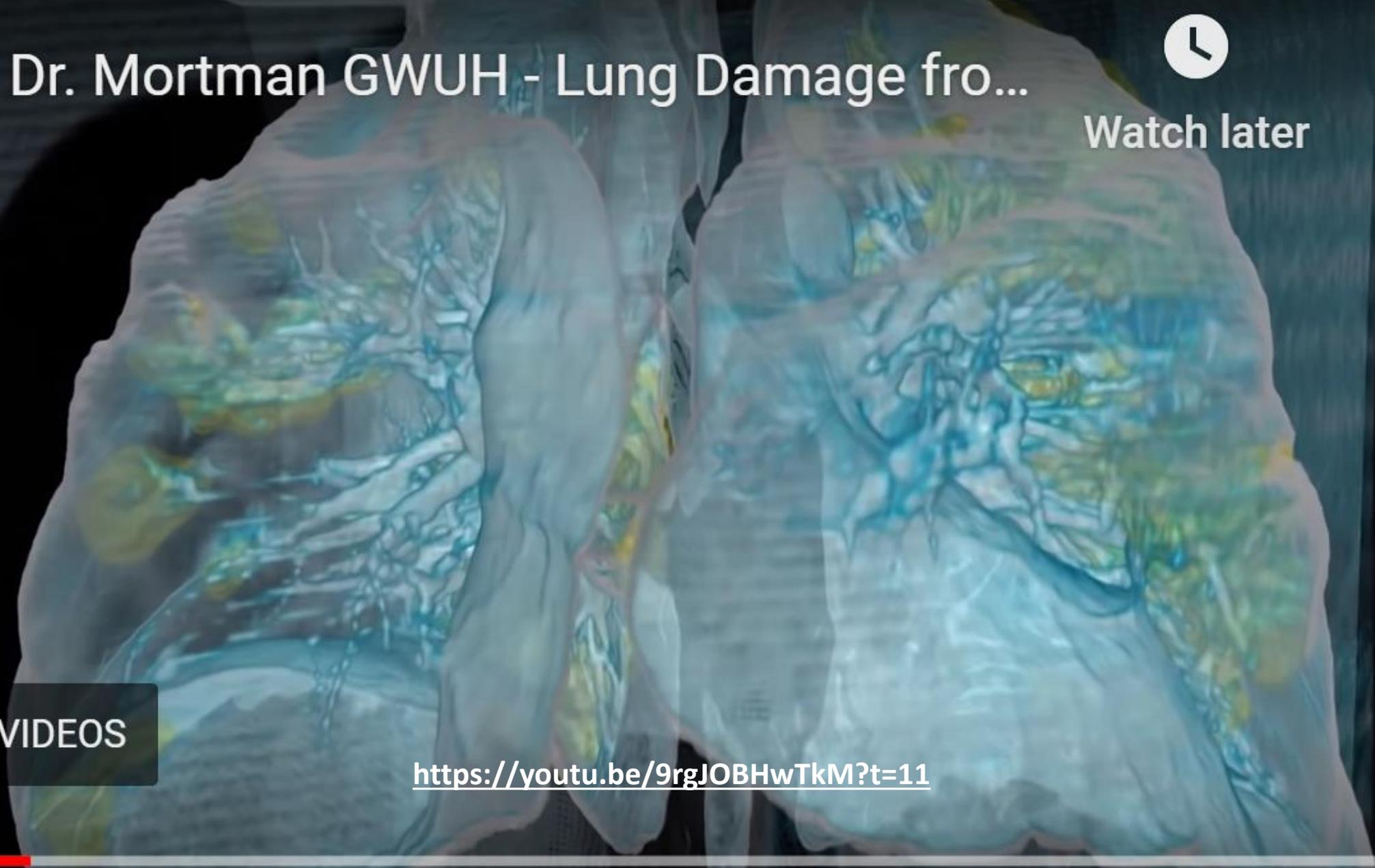
Dr. Mortman GWUH - Lung Damage fro...



Watch later



Share



MORE VIDEOS

<https://youtu.be/9rgJOBHwTkM?t=11>



0:13 / 2:10



YouTube



Disease Needs to be Treated from Root Cause Rather Than Target Organ(s)



Dr. Keesha's COVID-19 Protocol



Treatment Options



- Boosting physical and emotional immunity
- What to do if infected
 - Mild
 - Moderate
 - Severe



Physical Immunity



- Food as medicine
 - Eat the rainbow
- Hydration
- Keep EMFs low
- Use heat
- Exercise
- Sleep
- Stress Busting Tool Kit
- Supplements
 - Vitamin D
 - Vitamin C
 - Melatonin
 - Zinc
 - Glutathione
 - Antioxidants
 - Omega 3 fatty acids
 - Probiotics
 - Immuno Core



<https://www.drkeesha.com/shop/prevention/>

Sale!



Prevention

~~\$154.00~~ **\$140.00**

ImmunoCore – Enhance your immune system by optimizing cellular energy. Dosing: 4 caps daily

Turmeric Plus – Regulate your immune system by enhancing your gut barrier and reducing systemic inflammation. Dosing: 1 cap daily

Oxyboost – Increase your anti-oxidant reserves to combat free radical damage caused by viral infections. Dosing: 2 caps daily

*These statements have not been evaluated by the Food and Drug Administration (FDA). These products are not meant to diagnose, treat or cure any disease or medical condition. Please consult your doctor before starting any exercise or nutritional supplement program or before using these or any product during pregnancy or if you have a serious medical condition.

Made with non-GMO ingredients.

Supplement Facts

V2

Serving Size 4 Capsules
Servings Per Container 15 & 30

4 capsules contain	Amount Per Serving	% Daily Value	4 capsules contain	Amount Per Serving	% Daily Value
Vitamin A (from 5,000 IU as Natural Beta Carotene)	1,500 mcg	167%	Selenium (as Selenium Glycinate Complex)	75 mcg	136%
Vitamin C (as Ascorbic Acid USP)	250 mg	278%	Manganese (as TRAACS® Manganese Bisglycinate Chelate)	1 mg	43%
Vitamin D (D3 as Cholecalciferol)	25 mcg (1,000 IU)	125%	Chromium (as O-polynicotinate)†	50 mcg	143%
Thiamin (Vitamin B1) (from Thiamine Hydrochloride USP)	15 mg	1,250%	Potassium (as Potassium Citrate USP)	30 mg	<1%
Riboflavin (Vitamin B2 USP)	15 mg	1,154%	N-Acetyl-L-Cysteine USP	600 mg	*
Niacin (as Niacinamide USP)	15 mg	94%	Acetyl L-Carnitine Hydrochloride	500 mg	*
Vitamin B6 (as Pyridoxine Hydrochloride USP)	15 mg	882%	Malic Acid (as DiMagnesium Malate)	215 mg	*
Folate (from 800 mcg as Quatrefolic® (6S)-5-Methyltetrahydrofolic acid glucosamine salt)	1,360 mcg DFE	340%	Alpha Lipoic Acid	200 mg	*
Vitamin B12 (as Methylcobalamin)	250 mcg	10,417%	Mixed Tocopherols	50 mg	*
Biotin	50 mcg	167%	Green Tea Leaf Extract (Standardized to contain 45% EGCG (Epigallocatechin gallate))	45 mg	*
Pantothenic Acid (as d-Calcium Pantothenate USP)	15 mg	300%	Broccoli Seed Extract (TrueBroc®) (Standardized to contain 13% Sulforaphane Glucosinolate)	40 mg	*
Choline (as Choline Bitartrate)	15 mg	3%	Inositol NF	15 mg	*
Calcium (as Calcium Citrate USP)	75 mg	6%	<i>trans</i> -Resveratrol (from <i>Polygonum cuspidatum</i> (Roots))	10 mg	*
Iodine (from Potassium Iodide)	37 mcg	25%			
Magnesium (as DiMagnesium Malate)	75 mg	18%			
Zinc (as TRAACS® Zinc Bisglycinate Chelate)	5 mg	45%			

* Daily Value not established

Other Ingredients: Natural Vegetable Capsules, Ascorbyl Palmitate, Magnesium Stearate, Magnesium Silicate and Silicon Dioxide.



<https://www.drkeesha.com/shop/stress-busting-tool-kit/>



Stress Busting Tool Kit

\$49.95

NOTE: How to Access Digital Products: The Stress Busting Tool Kit contains digital files: audios and a pdf. You will receive a purchase receipt from "store@drkeesha.com" that includes links to download these items.

Please add "store@drkeesha.com" to your email provider's safe senders list. Check your spam/promo folders for your purchase receipt if you do not receive it shortly after purchase.

The thermometer will ONLY be shipped to U.S. residents. We cannot ship the thermometer to non-U.S. addresses. You can do the program successfully without the thermometer if you live outside the U.S.

Customer Reviews



<https://www.drkeesha.com/shop/exposure-active-viral-infection/>

Sale!



Exposure/Active Viral Infection

~~\$222.20~~ **\$202.00**

ImmunoCore – Enhance your immune system by optimizing cellular energy. Dosing: 4 Caps, 2 times daily.

Immuno-Gut – Binds to Pathogens, toxins, Virus, that are causing damage to your gut barrier eliciting an immune response. Dosing: 1 scoop, 2 times daily in any preferred beverage (No hot beverages).

Vitamin D3-50000 – Higher blood levels of Vitamin D enhance immune function and tightens gap junctions. Dosing: 1 cap daily

*These statements have not been evaluated by the Food and Drug Administration (FDA). These products are not meant to diagnose, treat or cure any disease or medical condition. Please consult your doctor before starting any exercise or nutritional supplement program or before using these or any product during pregnancy or if you have a serious medical condition.

Made with non-GMO ingredients.

Seek Medical Help

- Shortness of breath (get a finger oximeter)
- Fever not going down
- DO NOT USE NSAIDS
- Other medical issues that need attention
- Blue lips or fingers



Oxygen Saturation

- 95-100%
- Dangerous if <90%
- Esp. if HR >90



Maintain Connection Creatively

- Zoom
 - Conversations
 - Dance parties
 - Watching movies together
- Phone
- Social Media
- Go for walks
- Prayer
- Tonglen Meditation

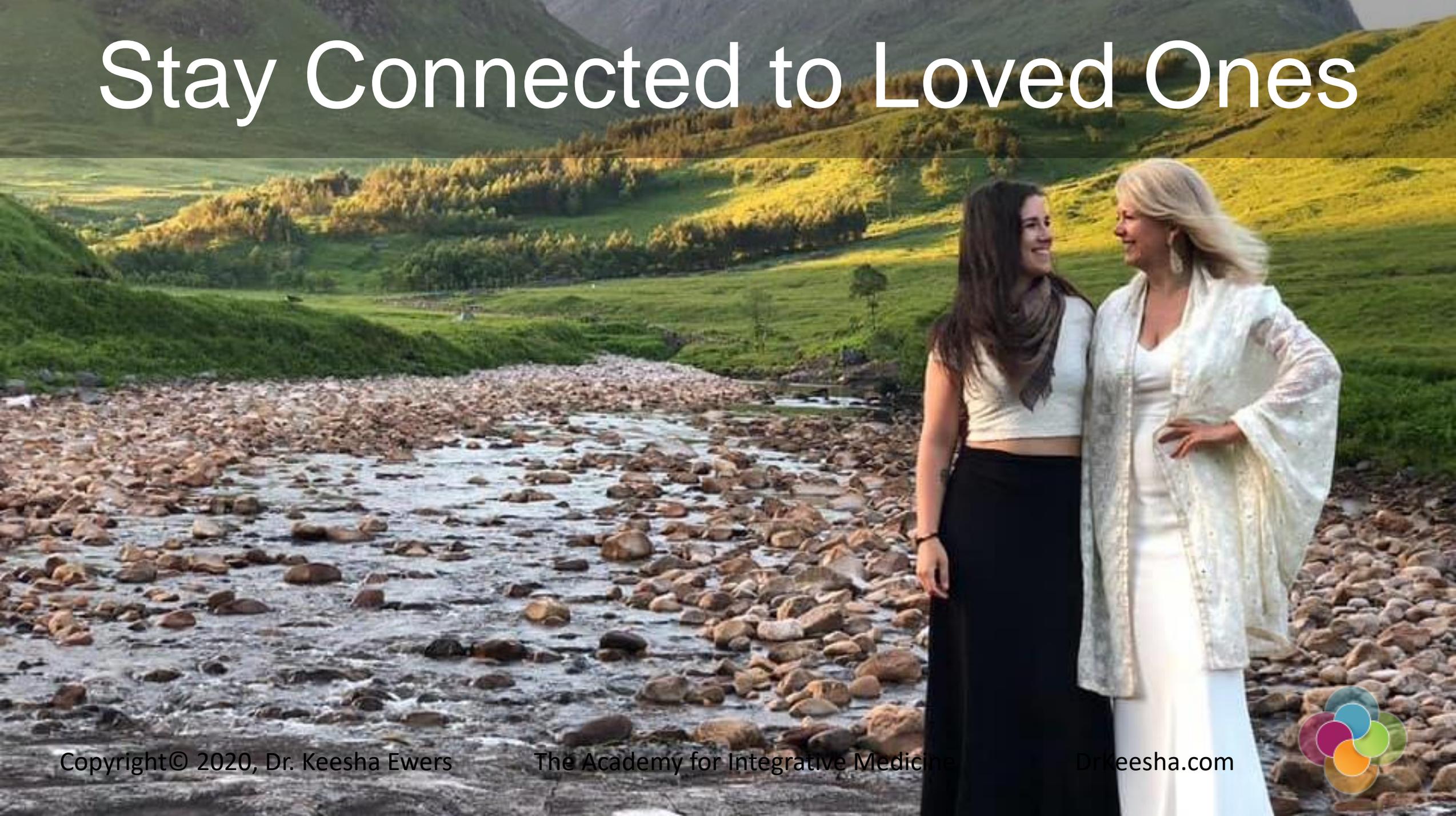




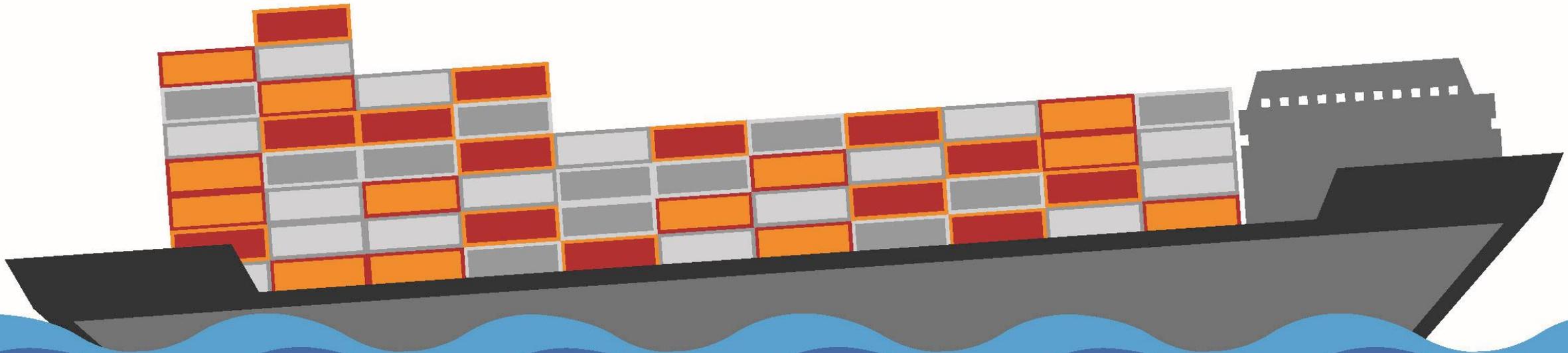
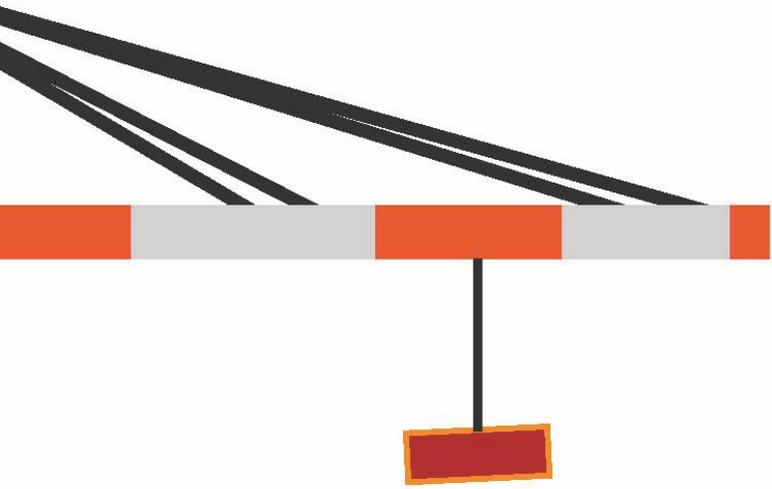




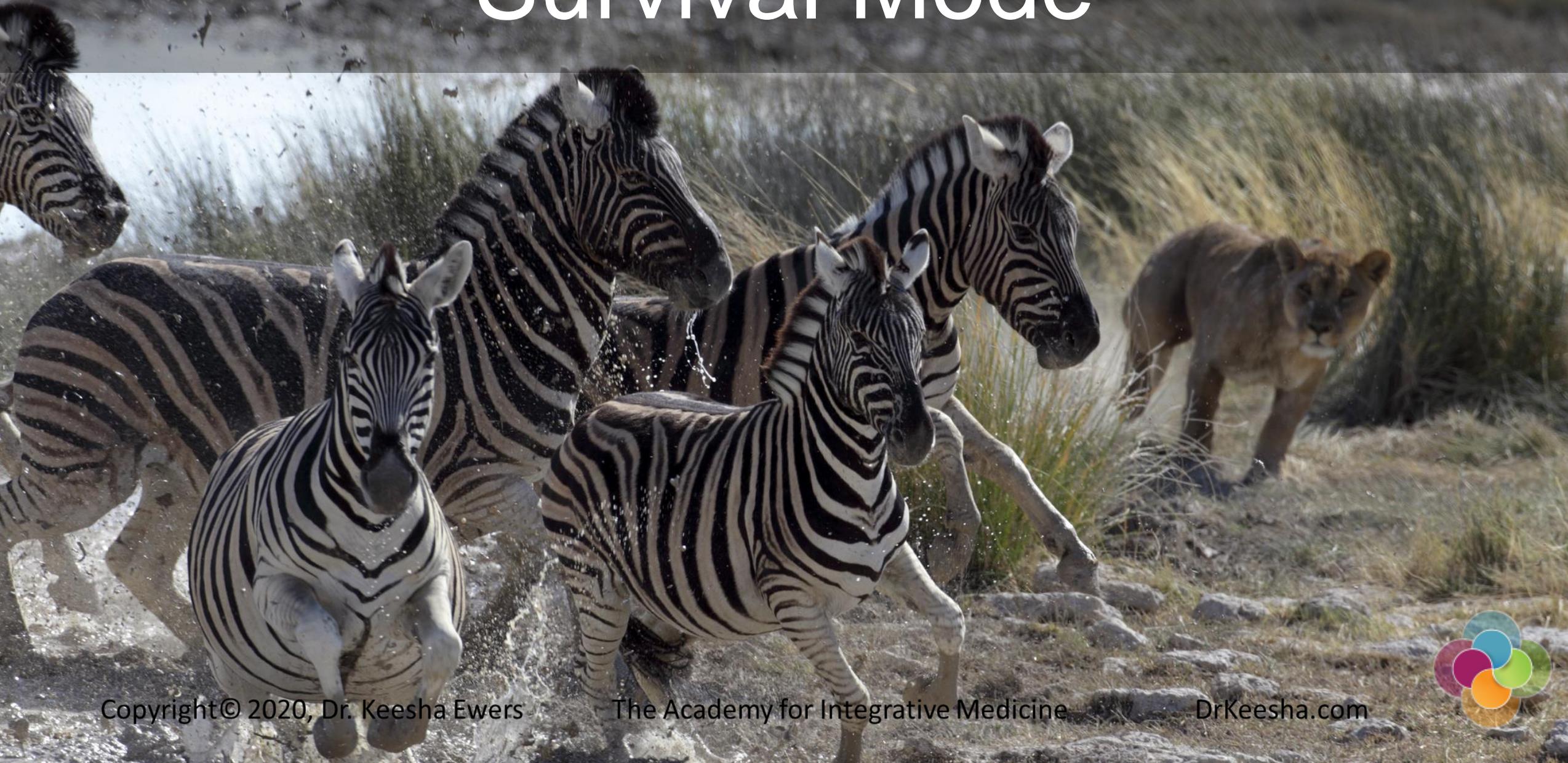
Stay Connected to Loved Ones



CRITICAL MASS



Survival Mode



BEHAVIOR



LACK OF PHYSICAL ACTIVITY



SMOKING



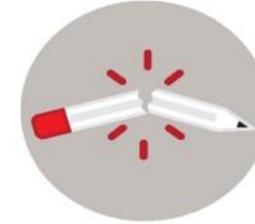
ALCOHOLISM



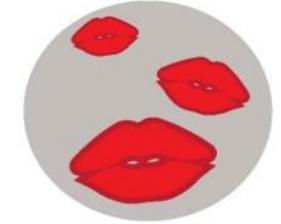
DRUG USE



MISSED WORK



QUITTING EDUCATION



SEXUAL PROMISCUITY

PHYSICAL & MENTAL HEALTH



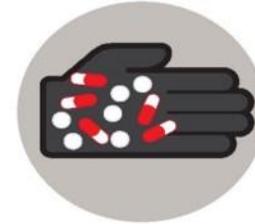
SEVERE OBESITY



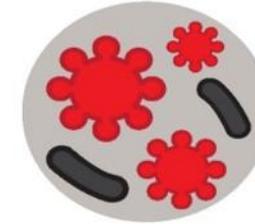
AUTOIMMUNE DISEASE



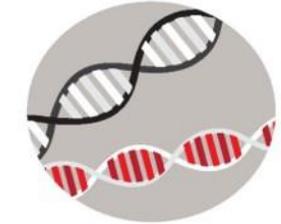
DEPRESSION



SUICIDE ATTEMPTS



STDs



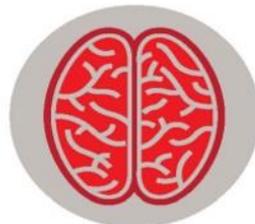
ALTERED GENETIC EXPRESSION



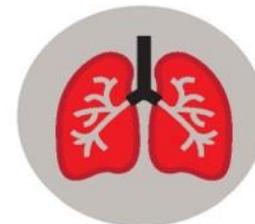
HEART DISEASE



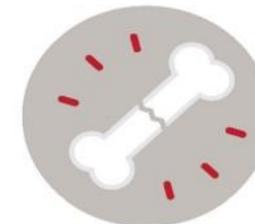
CANCER



STROKE



COPD



BROKEN BONES



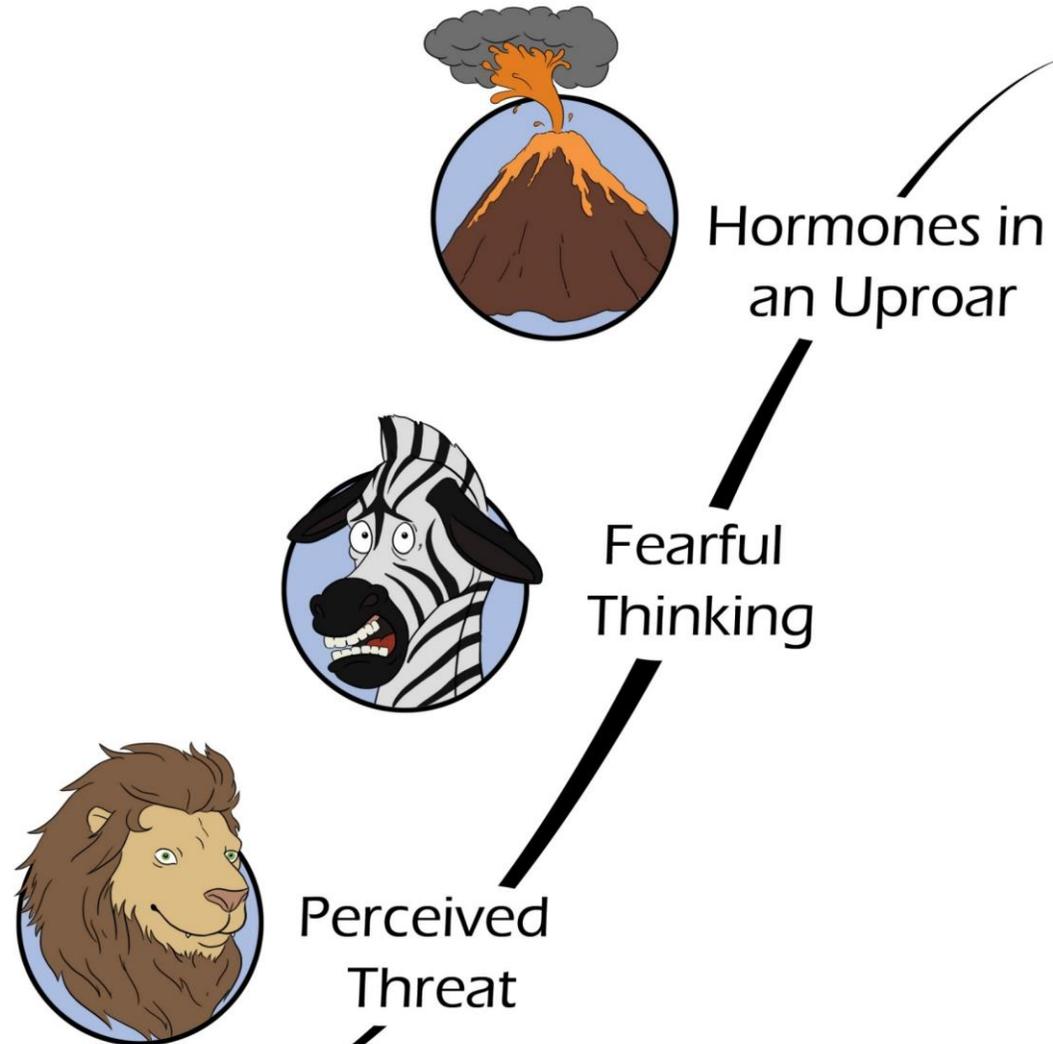
DYSFUNCTIONAL RELATIONSHIPS

4 F Stress Response System

**Sympathetic Nervous System:
Fight, Flight, Freeze, or Faint
Internal Harm and Alarm System**



The Stress Response and How it Impacts Your Hormones





Fast News



A hand holds a clear glass jar with a grey lid. The jar is filled with a warm, golden light, and the affirmations are written on it. The background is a soft sunset with bokeh lights.

Life is beautiful
My immune system rocks
I am healthy and alive
I am love
My cells are warriors



Love and
compassion
are necessities,
not luxuries.
Without them
humanity cannot
survive.

~Dalai Lama





Get to ALL of the Root Causes



Remember to Digest Emotions

Anger

Fear

Anxiety

Disgust

Panic

Sadness

Depression



Hypervigilant Mind=Hypervigilant Immune System



A Letter From COVID-19:

Stop. Just stop.

It is no longer a request. It is a mandate.

We will help you.

We will bring the supersonic, high speed merry-go-round to a halt

We will stop

the planes

the trains

the schools

the malls

the meetings

the frenetic, furied rush of illusions and “obligations” that keep you from hearing our
single and shared beating heart,

the way we breathe together, in unison.

Our obligation is to each other,

As it has always been, even if, even though, you have forgotten.

We will interrupt this broadcast, the endless cacophonous broadcast of divisions and distractions,
to bring you this long-breaking news:



We are not well.

Last year, the firestorms that scorched the lungs of the earth did not give you pause.

Nor the typhoons in Africa, China, Japan.

Nor the fevered climates in Japan and India.

You have not been listening.

It is hard to listen when you are so busy all the time, hustling to uphold the comforts and conveniences that scaffold your lives.

But the foundation is giving way,
buckling under the weight of your needs and desires.

We will help you.

We will bring the firestorms to your body

We will bring the fever to your body

We will bring the burning, searing, and flooding to your lungs
that you might hear:

We are not well.

Despite what you might think or feel, we are not the enemy.

We are Messenger. We are Ally. We are a balancing force.

We are asking you:

To stop, to be still, to listen;

To move beyond your individual concerns and consider the concerns of all;

To be with your ignorance, to find your humility, to relinquish your thinking minds and travel deep into the mind of the heart;

To look up into the sky, streaked with fewer planes, and see it, to notice its condition: clear, smoky, smoggy, rainy? How much do you need it to be healthy so that you may also be healthy?

To look at a tree, and see it, to notice its condition: how does its health contribute to the health of the sky, to the air you need to be healthy?

To visit a river, and see it, to notice its condition: clear, clean, murky, polluted? How much do you need it to be healthy so that you may also be healthy? How does its health contribute to the health of the tree, who contributes to the health of the sky, so that you may also be healthy?

Many are afraid now.

Do not demonize your fear, and also, do not let it rule you. Instead, let it speak to you—in your stillness, listen for its wisdom.

What might it be telling you about what is at work, at issue, at risk, beyond the threats of personal inconvenience and illness?

As the health of a tree, a river, the sky tells you about quality of your own health, what might the quality of your health tell you about the health of the rivers, the trees, the sky, and all of us who share this planet with you?

Stop.

Notice if you are resisting.

Notice what you are resisting.

Ask why.

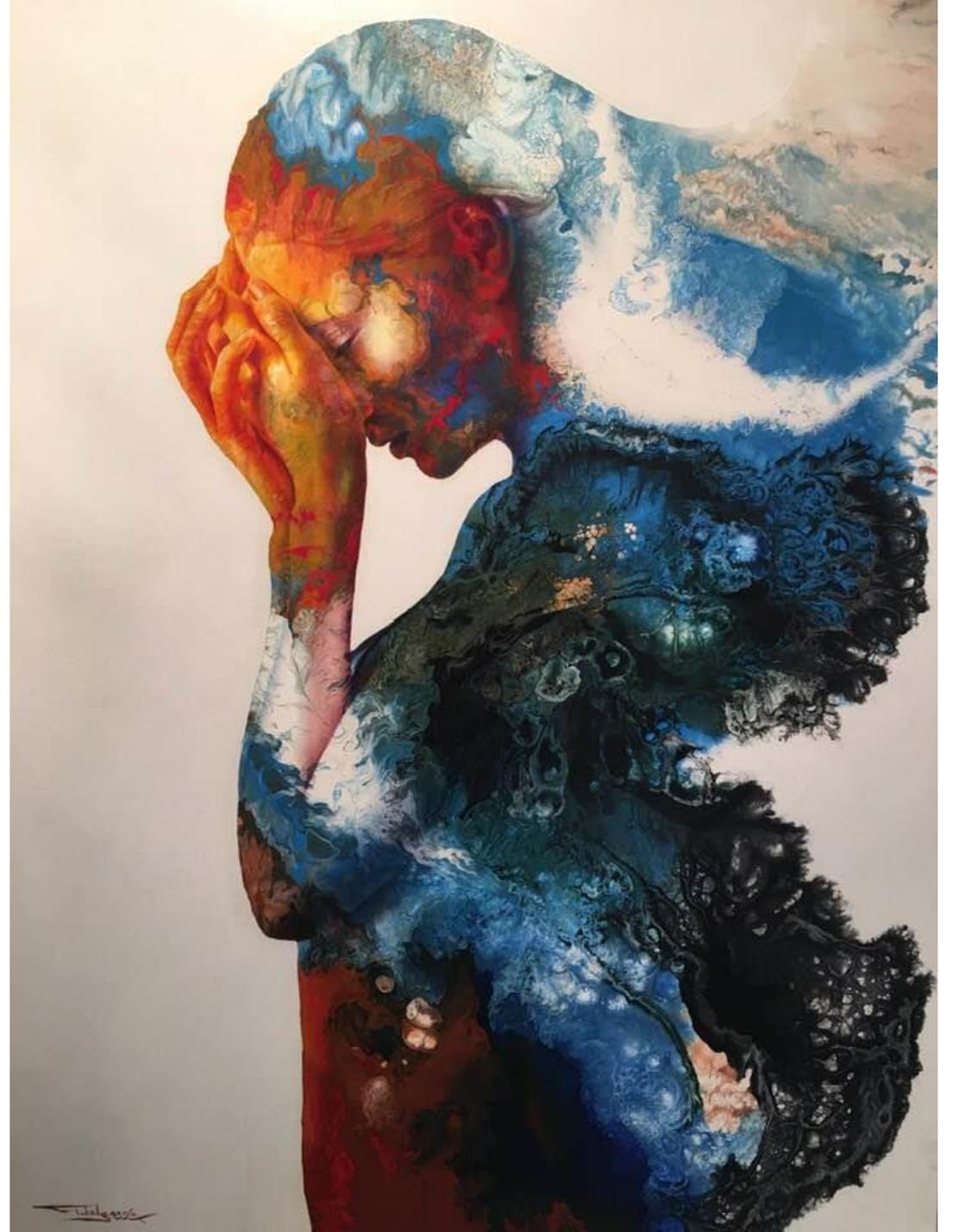
Stop. Just stop.

Be still.

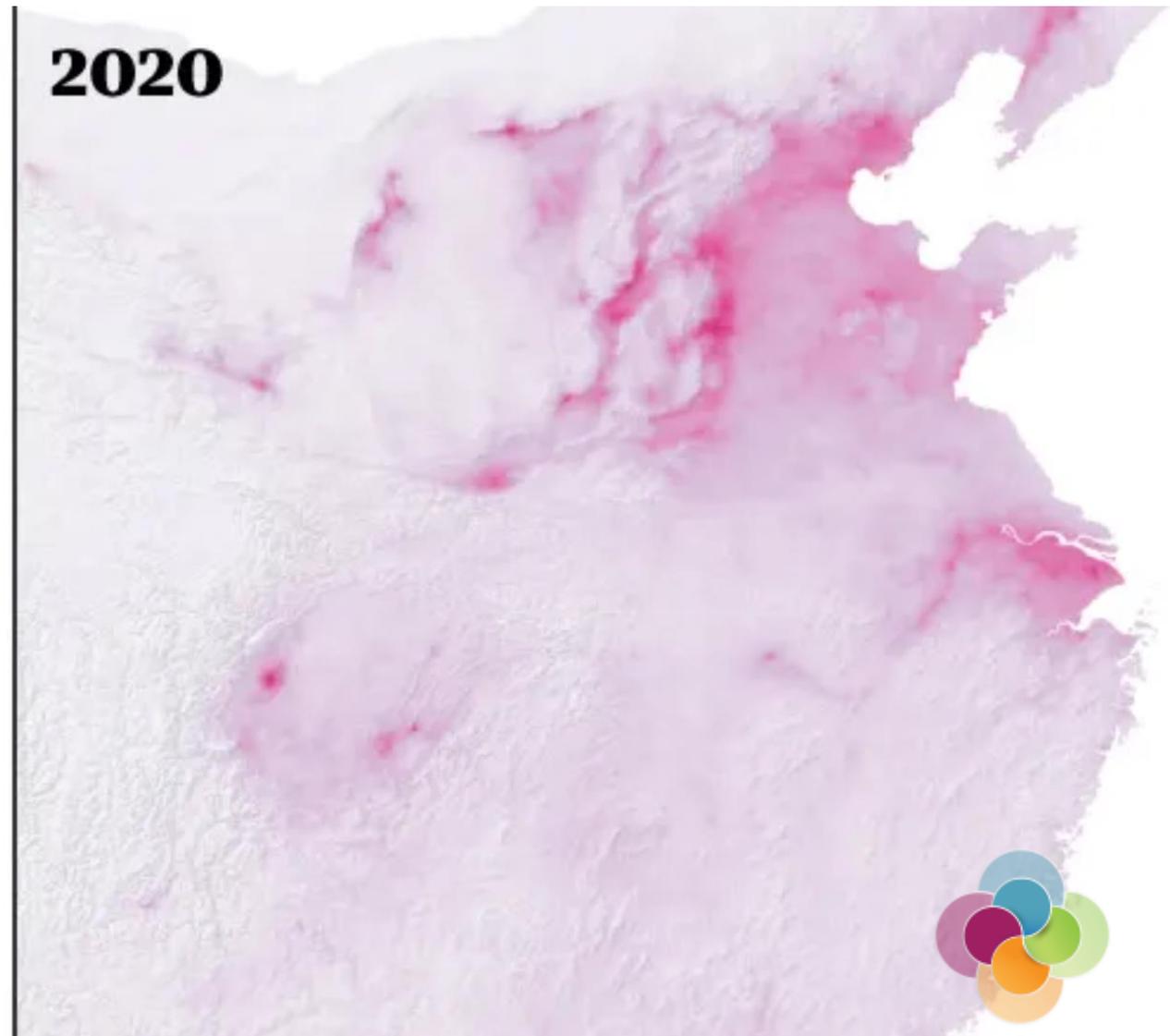
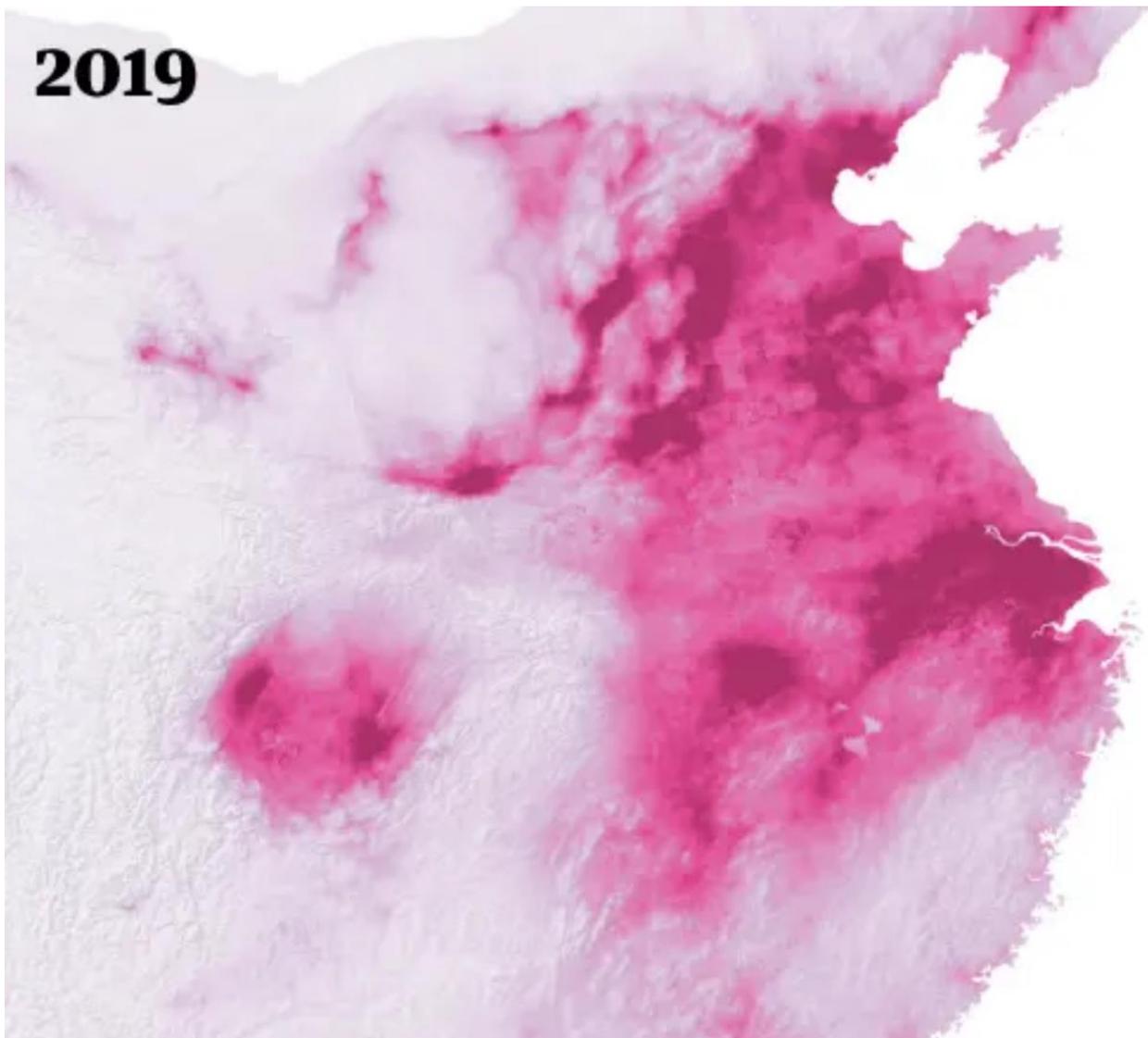
Listen.

Ask us what we might teach you about illness and healing, about what might be required so that all may be well. We will help you, if you listen.

<https://www.youtube.com/watch?v=a2gdztJU1zY&feature=youtu.be&fbclid=IwAR2J1dsrPbXSZV793x2P2-IY6ESsYTKQgUtSvPCi2g3IHnv1vdtEw3>
Obnes



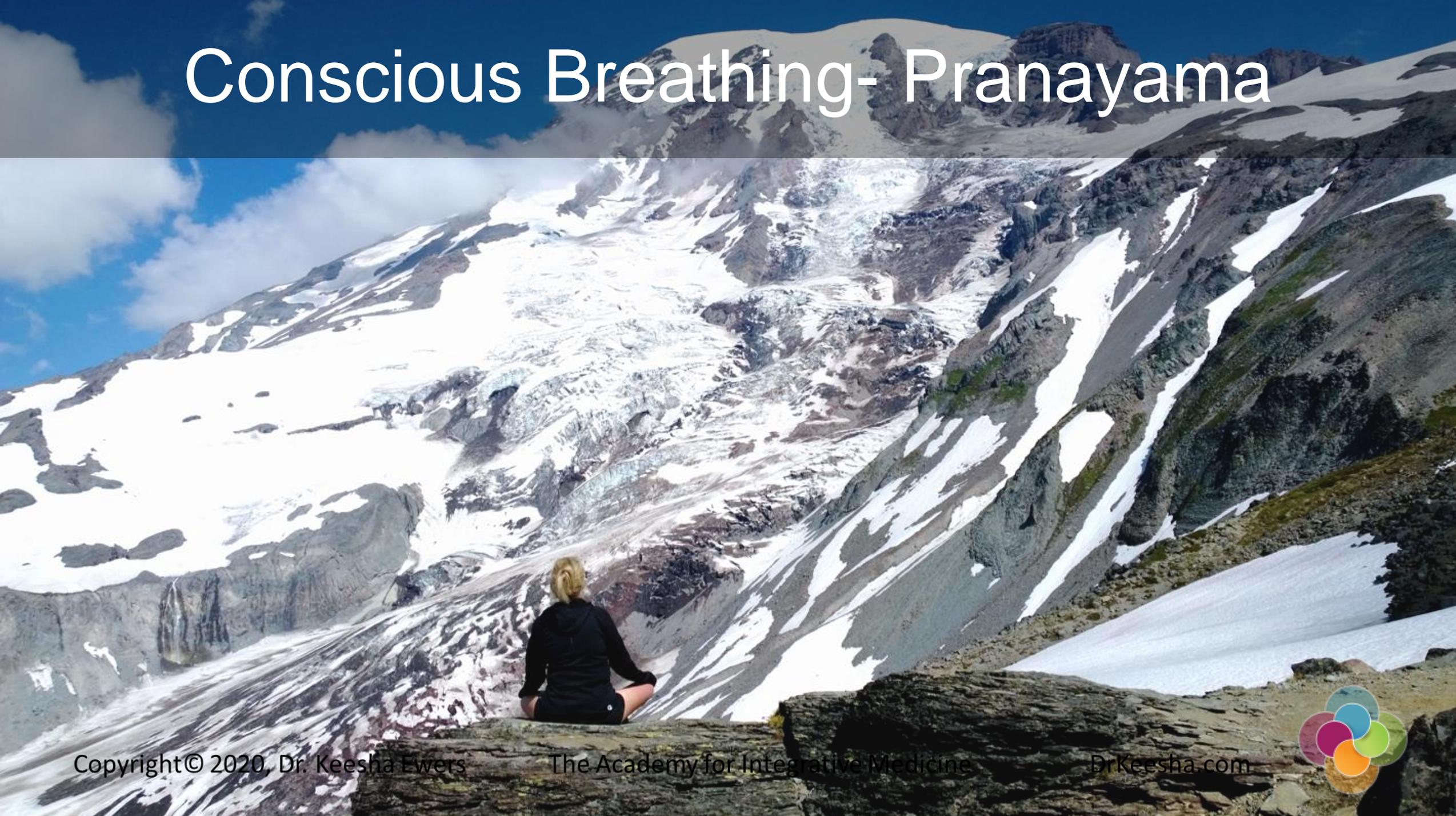
Pollution Map Changes from COVID-19



What are the Changes We Can Make

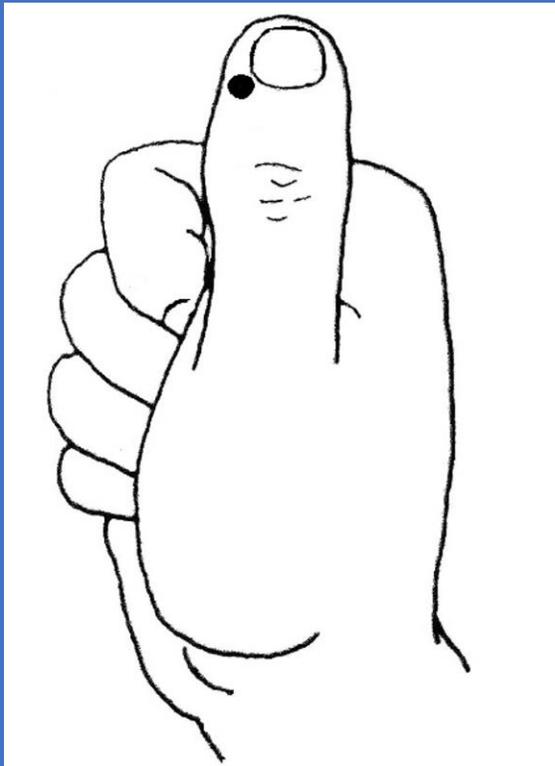


Conscious Breathing- Pranayama

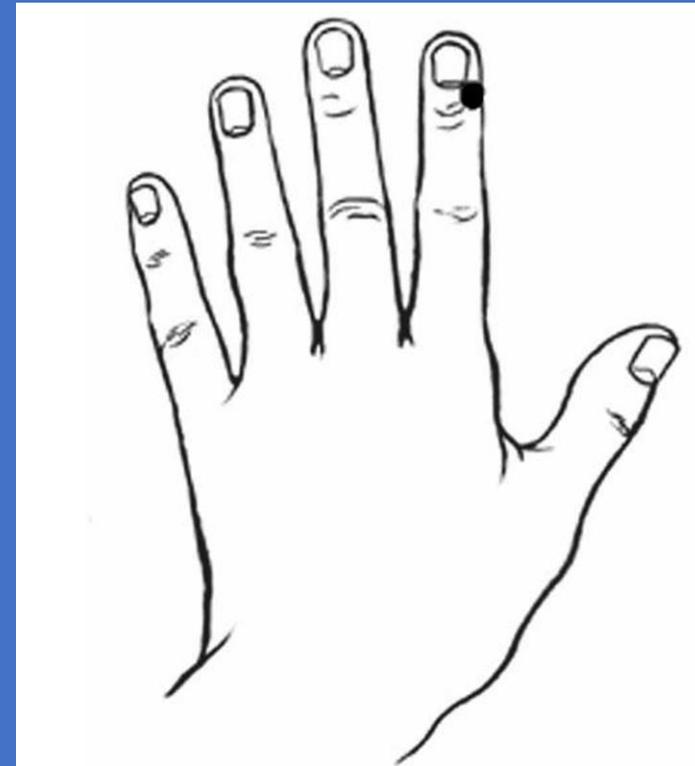


Chinese Acupressure Points

Shan Yang



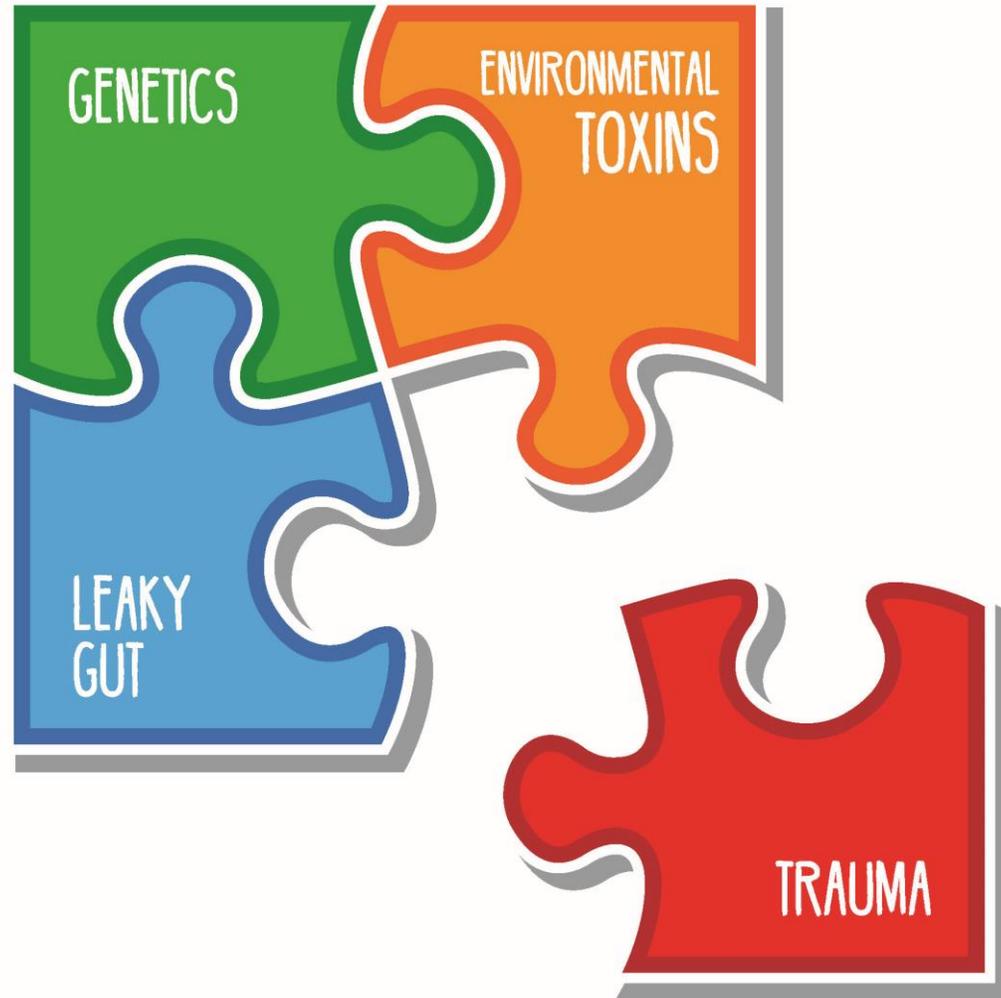
Shao Shang



Test Don't Guess

- COVID Testing (home kit...brand new and accurate)
- Salivary Adrenal and Hormone Testing

Address ALL 4 Corners at Once



<https://www.drkeesha.com/shop/covid-19-testing/>



CORONAVIRUS TESTING

Coronavirus Covid-19 Testing

\$149.00

[Refer to Access Medical Lab's Patient FAQ's for additional information about the test procedures and results.](#)

Order your test directly from [Access Medical Lab](#). Choose "Self Collection Kit"

Note: This product DOES NOT include consultation with Dr. Keesha. If you test positive, please make an [appointment with Dr. Keesha](#) for follow up.

ORDER VIA ACCESS MEDICAL LABS

SKU: COV19 Categories: [Immune Support](#), [Lab Tests](#)



<https://www.drkeesha.com/shop/adrenal-hormone-saliva-kit/>

ADRENAL AND HORMONE SALIVA KIT

Adrenal and Hormone Saliva Kit

\$275.00

Adrenal and Hormone Saliva Kit

Note: This product DOES NOT include consultation with Dr. Keesha.

Sex

Choose an option ▼

1

ADD TO CART

SKU: ADRENKIT Category: [Lab Tests](#)



<https://www.drkeesha.com/shop/report-of-findings-consult/>



Use Your Time Wisely and Lovingly



<https://www.drkeesha.com/shop/prevention/>

Sale!



Prevention

~~\$154.00~~ **\$140.00**

ImmunoCore – Enhance your immune system by optimizing cellular energy. Dosing: 4 caps daily

Turmeric Plus – Regulate your immune system by enhancing your gut barrier and reducing systemic inflammation. Dosing: 1 cap daily

Oxyboost – Increase your anti-oxidant reserves to combat free radical damage caused by viral infections. Dosing: 2 caps daily

*These statements have not been evaluated by the Food and Drug Administration (FDA). These products are not meant to diagnose, treat or cure any disease or medical condition. Please consult your doctor before starting any exercise or nutritional supplement program or before using these or any product during pregnancy or if you have a serious medical condition.

Made with non-GMO ingredients.

<https://www.drkeesha.com/shop/exposure-active-viral-infection/>

Sale!



Exposure/Active Viral Infection

~~\$222.20~~ **\$202.00**

ImmunoCore – Enhance your immune system by optimizing cellular energy. Dosing: 4 Caps, 2 times daily.

Immuno-Gut – Binds to Pathogens, toxins, Virus, that are causing damage to your gut barrier eliciting an immune response. Dosing: 1 scoop, 2 times daily in any preferred beverage (No hot beverages).

Vitamin D3-50000 – Higher blood levels of Vitamin D enhance immune function and tightens gap junctions. Dosing: 1 cap daily

*These statements have not been evaluated by the Food and Drug Administration (FDA). These products are not meant to diagnose, treat or cure any disease or medical condition. Please consult your doctor before starting any exercise or nutritional supplement program or before using these or any product during pregnancy or if you have a serious medical condition.

Made with non-GMO ingredients.

Please adhere to social distancing
to flatten the curve

CORONAVIRUS

COVID-19

DrKeesha.com