

So let's use the coronavirus outbreak to support local farmers and drink MORE raw milk, as well as all their other fine pasture-raised animal products.

PS: How do you know you have coronavirus? In the papers we are reading that so-and-so tested positive to coronavirus. What is this test? Apparently, there is no specific test for coronavirus! According to one activist who spoke with an official at the CDC, doctors are simply doing a test for respiratory illness and fever, and linking that with recent travel to diagnose coronavirus. Seems like a lot of folks might just have the regular flu or pneumonia but get included in the coronavirus statistics instead.

PPS: What about the effects of 5G—the next generation mobile communication networks that telecommunication companies are installing in major cities? Could this be causing coronavirus? 5G negatively affects oxygen levels in the blood and depresses the immune system, so exposure to 5G could definitely make you more susceptible to illness, especially to respiratory illness. Try to avoid exposure as much as possible and to those for whom exposure is unavoidable, the immune-

strengthening recommendations listed above offer critical protection.

PPPS: Coronavirus vaccine anyone? Naturally a vaccine is in the works, and it will be fast tracked with little safety testing. The Chinese developed a SARS vaccine but when they gave it to baboons, they dropped dead after exposure to the coronavirus while the unvaccinated baboons survived. One study has indicated that those who get the flu vaccine are more susceptible to coronavirus [Clinical Infectious Diseases (2012 Jun 15; 54(12): 1778–1783]. So, as always, vaccines are not the answer. Just drink raw milk and eat delicious pate and caviar instead.

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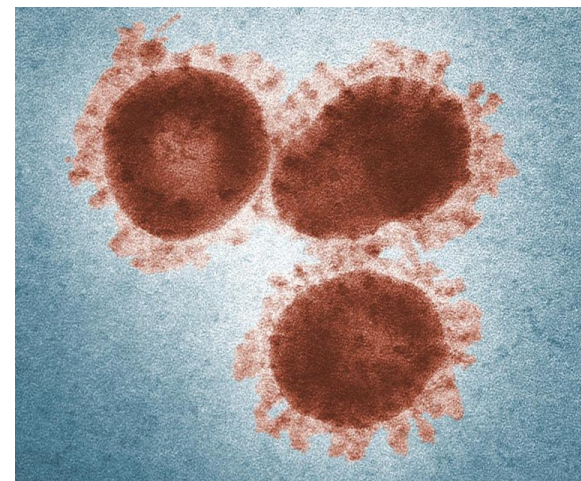
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Sally Fallon Morell is best known as the author of Nourishing Traditions®: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats. This well-researched, thought-provoking guide to traditional foods contains a startling message: animal fats and cholesterol are not villains but vital factors in the diet, necessary for normal growth, proper function of the brain and nervous system, protection from disease and optimum energy levels. She also authors the website and blog at: [www.nourishingtraditions.com](http://www.nourishingtraditions.com).

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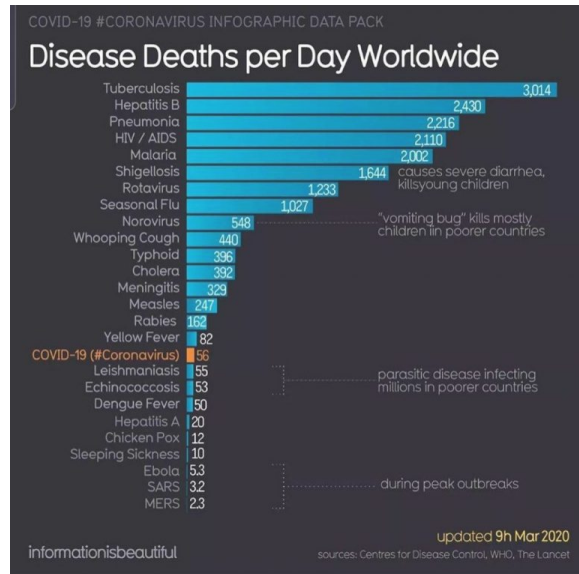
## How To Protect Yourself From Coronavirus (Or Any Virus)



With coronavirus dominating the news, we've seen a contagion of conspiracy theories—coronavirus is a bio-weapon invented by the Chinese, coronavirus lingers on paper money so governments are going to decree a cashless society, coronavirus has given the Italian and Iranian governments an excuse to crack down on dissidents, coronavirus is caused by 5G, which was rolled out in Wuhan—and outbreaks of worst-case-scenario thinking, like the claim that coronavirus will infect 80 percent of the UK population!

A few facts about coronavirus should help prevent panic. Coronavirus has been around a long time. Both SARS (Severe Acute Respiratory Syndrome) and MERS (Middle East Respiratory Syndrome) are caused by a type of coronavirus. Like all viral outbreaks, they have their day and then taper off—as the number of cases already seems to be dwindling in China.

The number of deaths from coronavirus is low compared with the number of daily deaths from flu and pneumonia—and most of these occur in nursing homes and among the elderly. To date, no child has died of coronavirus.



The worst part of all the hullabaloo is the bad advice that fills the newspaper reports. People are engaging in extreme

handwashing, disinfecting their houses with clorox, refusing handshakes and wearing masks. (Remember that viruses are extremely tiny, so wearing a mask is like building a chain link fence to keep out mice.) We don't read anything in the papers about building immunity—to all diseases, from coronavirus to TB. In fact, the Washington Post has admonished its readers that you can't build immunity to the coronavirus.

This is nonsense. Like any virus, coronavirus is no match for someone with a strong immune system. Here are ways you can bolster yours:

1. Vitamin A-rich foods: Vitamin A is our number one protection against viruses. So take your cod liver oil, one that contains natural vitamin A and eat liver about once a week.
2. Vitamin D: Vitamin D works with vitamin A to give us a strong immune system. Best sources are cod liver oil, egg yolks from pastured hens, butter from grass-fed cows, fish eggs and (suet) [rendered poultry fat] from pasture-raised domestic animals.
3. Coconut Oil: The coronavirus is a lipid-coated virus that pegs out in the presence of medium-chain triglycerides—and coconut oil is our best source of these healthy fats.
4. Gelatin-rich bone broth: Supports the immune system and helps us detoxify.
5. Vitamin C: Your best source is fermented veggies like sauerkraut—there is ten times

more vitamin C in sauerkraut than in fresh cabbage!

6. Saturated Fats: Coronavirus has an affinity for the lungs, and the lungs can't work without saturated fats, so eat plenty of butter and avoid all industrial fats and oils.

7. Raw Milk: Raw whole milk from pastured cows contains many compounds that strengthen the immune system.

Can raw milk carry the coronavirus? Good question. The answer is No. As explained by Dr. Ted Beals, the coronavirus belongs to the general group of pathogens that cause "respiratory diseases." The fluids in coughing serve as the major mechanism for spreading to others and infecting their respiratory tract. These pathogens cause diseases that are categorized as airborne diseases.

The group of pathogens that are of concern in raw milk, belong to the "digestive diseases" group. These pathogens prefer the digestive tract, grow in the digestive tract, and are spread to others in fluids from the digestive tract. Infection spreads to others through the food we eat. These pathogens are in the group that causes foodborne diseases.

So unless a person with coronavirus coughs directly into your glass of milk, you are unlikely to get the disease from drinking raw milk—and even then, your digestive tract is not a suitable environment for the virus to grow.