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IMMUNE



SUPPORT

*for your natural  
virus defense*

## **Foreword**

The best protection against viral infections like corona is a strong immune system. A strong immune response from your own body can ensure that you do not die even though you are infected.

### ***Are you ready to do what it takes?***

It's not difficult. All you need are two over-the-counter, safe and inexpensive remedies:

Vitamin D and magnesium.

With this book you have a concrete guide for yourself and for each member of your family.

You can read off directly how much of what you should take and how much of what you should take to bring your vitamin D level up to the immune-protective level.

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# **ALL ABOUT VITAMIN D**

## **WHY DOES VITAMIN D HELP?**

Vitamin D is the clock generator for cell division. The active vitamin D in the blood tells the cells when to divide and when not. Metaphorically speaking, vitamin D is, so to speak, the general in war, who commands his soldiers when and where they should go on missions. If the general is missing, that is, the vitamin D in the blood, the soldiers wander aimlessly around and cannot carry out a complete attack.

Anyone who thinks they can stay healthy without sufficient vitamin D is wrong. All biological beings have been controlled by the hormone vitamin D since the beginning of all life on earth.

It is believed that the dinosaurs became extinct because the volcanic cloudy sky did not let the sun through and the subsequent vitamin D deficiency caused the eggshells to soften, so that they broke under their own weight.

And it is believed that the Vikings became extinct on Greenland because they cultivated crops and raised cattle. This led to a massive vitamin D deficiency so far north that the women's pelvis became too narrow for giving birth.

The Inuit, on the other hand, were able to survive on Greenland because they ate large quantities of fish every day, which was rich in vitamin D.

Now that we as modern humans neither choke down cod liver oil nor eat a large portion of fatty sea fish every other day, we have unwittingly generated many of our