



## A STRONG IMMUNE SYSTEM AGAINST INFECTIONS

By: Dr Peter Köppel | 24 March 2021

For more than a year now, the Covid-19 virus has kept the world on tenterhooks. The number of infections caused by the new coronavirus is steadily increasing. The authorities are now warning of a third wave, despite the vaccination campaign.

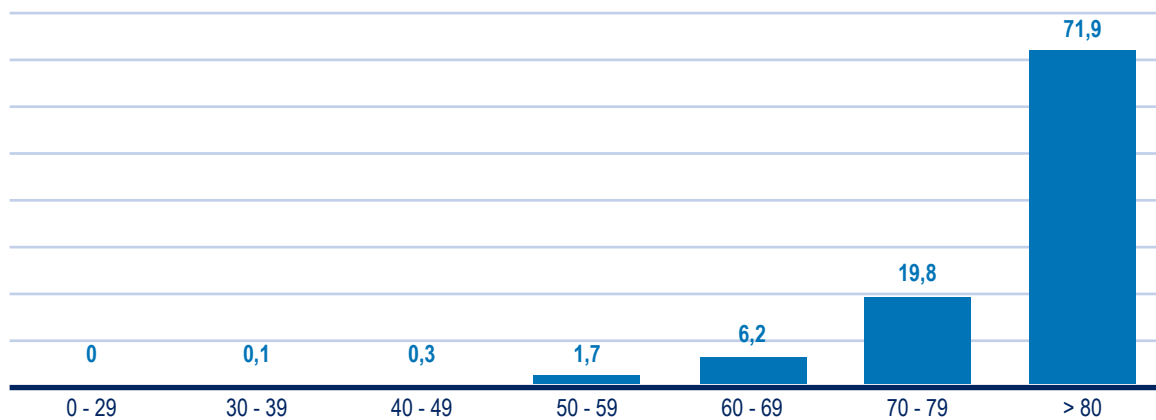
At the moment, there are also many reports about new variants that are considered more infectious than the original pathogen.

The authorities are therefore pushing vaccinations, especially among older people. Many virologists emphasize that certain

viral infections, e.g., influenza and corona, remain inconsequential for people with a healthy immune system and can heal on their own.

This can also be seen in the deaths associated with Covid-19 up to 15 March 2021. A total of 9434 people has died in Switzerland since the outbreak of the epidemic. These deaths are distributed differently in the age groups. No deaths were registered among young people up to the age of 30. These increase continuously thereafter:

### DISTRIBUTION OF DEATHS BY AGE GROUPS (%)



*(The data are processed up to 15.3. 2021 and derived from the graphs published by the Federal Office of Public Health of Switzerland (FOPH))*

The death rate increases disproportionately in people older than 60 years. A direct correlation between deaths and the age-related decline of the immune system can therefore be

observed here. Therefore, strengthening the immune system is of utmost importance as an effective protection against viral infections, especially in older persons.

**Strengthen your own immune system for the best protection against infections!**





But how can one specifically strengthen one's own immunity to build up effective protection against infections?

If a clinically detectable infection with symptoms of disease takes place, certain cells of the immune system recognize the intruder, e.g., a virus. The number of these defence cells must be drastically increased in a short time to be able to fight the virus quickly and efficiently. For the cells to multiply quickly, all the basic building blocks of a cell must be present in sufficient

quantities. The most important thing is a sufficient supply of nucleotides, the building blocks of our genetic material. The body then no longer has to produce these basic building blocks first but can start directly with the formation of the defence cells and antibodies. This saves the body precious time and energy, during which the pathogen can otherwise multiply unhindered. If enough nucleotides - the building blocks are available, the immune system can contain the pathogens before they can spread further in the body.

### **Nucleotides are the key to a strong immune system.**

For special challenges of any kind, the supply of nucleotides through the diet is not sufficient.

Various publications prove the positive effect of nucleotides in the form of supplements on the immune system and their potential in all infections. In the case of high physiological stress, e.g., stress, infections and certain disease states, additional nucleotides are absolutely necessary.

**=> New and still ongoing trials with nucleotides show that in Covid-19 patients the course of the disease was shortened by 50% and that none of the patients had complications.**

My recommendation, especially for older people, regarding the current Covid-19 problem, is to strengthen the immune system in a targeted way.:

### **Natural protection comes from within:**

### **Strengthen your immune system with nucleotides.**

Taking nucleotides as prophylaxis or in case of illness also includes sufficient supplementation of vitamins and micronutrients such as vit C, D3 and zinc to optimally support your body's own defense system. All these components are important for a healthy, powerful immune system, which helps to prevent severe courses in the event of a Covid-19 disease.

Important: All the products mentioned are no substitute for the following health basics:

Enough exercise (especially in the fresh air), good mental hygiene, optimal stress management and a good diet rich in fiber and as natural as possible.

All published papers are available on request | Dr Peter Köppel

