My Two Powerful Pillars For Protection Against Covid

Health is my passion. As a Naturopathic Doctor, I have been in pursuit of the most effective as well as safe solutions to the many health challenges that people are dealing with these days.

Over the years, I have been introduced to many powerful healing gifts from Nature.

However, it must say, I am most grateful for discovering the two most profound healing solutions that I have changed my life to date.

They have become the two powerful pillars for my health.

Little did I know that there is now scientific evidence demonstrating that these amazing two pillars offer great protection from all viruses, especially Covid.



They have been proven to, first, block SARS-CoV-2 from entering the body and then to prevent the virus from taking hold if it enters the body.

Pillar # One - CBD (Cannabidiol)

When I began to research the benefits of CBDs (Cannabidiol) from the Hemp Plant, I had no idea just how profound the health benefits of CBD actually were.

There is a growing list of conditions that Hemp Extract has proven to help. A partial list includes migraines, fibromyalgia, psychiatric conditions, irritable bowel disease, seizures, brain damage, insomnia, anxiety, addictions, autoimmune issues, hormonal imbalances and chronic pain.

But exciting research has emerged that is profoundly relevant to our present health concerns.

The National Institute of Health, which is one of the world's foremost medical research centres, published a groundbreaking study about CBD and its role in protection against Covid infection.

The study found that:

"Cannabidiol from the cannabis plant has potential to prevent and inhibit SARS-CoV-2 infection."

The main take aways from the study were:

- CBD can potently block SARS-CoV-2 replication in lung epithelial cells
- CBD also inhibits viral gene expression
- CBD reverses many effects of SARS-CoV-2 on host gene transcription
- A cohort of human patients previously taking CBD had significantly lower SARSCoV-2 infection incidence.

"This study suggests that CBD can block SARS-CoV-2 infection at early stages of infection, and CBD administration is associated with a lower risk of SARS-CoV-2 infection in humans. Finally, the ability of CBD to inhibit replication of MHV raises the possibility that CBD may have efficacy against new pathogenic viruses arising in the future."

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7987002/

It is most important to note that CBD is totally safe and without any known side effects. Using an extract of CBD from the hemp plant will not only support the body to regain homeostasis in all it's functioning, but is also proven to inhibit viral gene expression in the body.

My recommended CBD Hemp Extract is organic, liposomal Optivida Hemp Extract for internal balancing and immune support and Optivida Hemp Topical Lotion for topical relief of pain and inflammation.

I have searched far and wide and found the purest, most effective and most absorbable CBD products.

Pillar # TWO - Nano-SilverSol Gel

The second pillar is a healing secret that actually dates back thousands of years. Good ol' Hippocrates wrote in his medical texts that silver had beneficial healing and anti-disease properties. He praised silver for its tissue repair and wound healing abilities. Ancient peoples also learned that silver bestowed powerful anti-microbial effects.

Fast forward to modern times, and a new and more effective patented form of silver has been developed as nature's own anti-microbial, eliminating bacterial infections without initiating resistance. This form of silver is also able to safely kill virtually all forms of viruses, fungi, and molds without any side effects.

Thanks to an advanced 21st-century technology, a new and more powerful form of silver is now available. This new technology is called nano-SilverSol. It was this form of a topical non-SilverSol gel that was was studied by the National Institute of Health. The study showed that there was a potent antiviral effect of silver nanoparticles on SARS-CoV-2.

The researchers stated, "The pandemic of COVID-19 is spreading unchecked due to the lack of effective antiviral measures. Silver nanoparticles (AgNP) have been studied to possess antiviral properties and are presumed to inhibit SARS-CoV-2. Due to the need for an effective agent against SARS-CoV-2, we evaluated the antiviral effect of AgNPs."





"Silver nanoparticles (AgNP) have been studied to possess antiviral properties and are presumed to inhibit SARS-CoV-2."

This study specifies the most effective nano-silver to use. These specifications are the same used by Optivida Nano-SilverSol:

- Around 10 nanometers in size (use approximately 10nanometer size)
- •1-10 parts per million (ppm) in concentration (we use 10 ppm)

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7486059/

This is indeed good news.

The Nano-SilverSol gel is totally non-toxic and effective at safely killing 99% of bacteria and viruses without any dangerous side-effects. In fact, the action fo he Nano-SilverSol will last for many hours, while the alcohol-based hand sanitisers are only protective for a matter of minutes. One other benefit is that the SilverSol gel is actually healing to the skin, reducing inflammation, redness and drying out of tissues.

Health Risks from Commercial Hand Sanitisers

Commercial alcohol-based hand sanitisers are another story, entirely. In this era of fervent hand-sanitising with alcohol based products, unforeseen adverse reactions are occurring. Excessive use of hand sanitisers can irritate and even damage the skin. Hand sanitisers reduce the skin's protective function and makes the skin membrane more permeable to harmful chemicals.

If you are using a traditional alcohol-based hand sanitiser, then it's likely to disrupt your natural oil production causing both dry and flaky skin. Over time, use of alcohol-based hand sanitisers can even cause the skin on your hands to age more rapidly. More

seriously, at the use of alcohol hand-sanitisers are contributing to a growing incidence of eczema and dermatitis.

During this time when we are all so focused on finding the best natural solutions for protection against Covid, Nature once again has come to the rescue.

And it's great to know that it is safe for the entire family...even your pets!



The Two Pillars of Health You Can Trust

The use of Hemp Extract taken internally is proven to be a powerful preventative of viral replication within our body. In addition, the Hemp Extract Topical Gel offers powerful relief from any kind of ache or pain.

Protecting us on the outside is the Nano-SilverSol gel which is the most effective topical protection providing an external barrier for viral entry into our body. Amongst its many health benefits, Nano-SilverSol is a proven safe, effective and healthy hand sanitiser giving a knock-out punch to all bacteria and viruses.

Nature has, once again, come to our rescue!

Dr. Sherrill Sellman is a Naturopathic Doctor, best-selling author, psychotherapist, host of two weekly podcasts, lecturer and health journalist. She can be contacted at drs@drsherrillsellman.com and www.drsherrillsellman.com.