

**Immunity, Sleep, Fever, Heat, Cold, MedCram Videos**  
**No. 44, 45, 46, 47**  
**And Some Self-Help Tips**

Page 1 of 3

April 1, 2020, Compiled by

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**What can you do on your own to help your immunity?**

Canada is 15<sup>th</sup> on the world list at this point in time, pretty much tied with Portugal on confirmed cases of COVID-19.

- |                     |              |                             |
|---------------------|--------------|-----------------------------|
| - Boosting Immunity | Video No. 47 | Very interesting self-help. |
| - Fever             | Video No. 46 |                             |
| - Sleep             | Video No. 45 |                             |
| - Heat - Cold       | Video No. 44 |                             |

**Boosting Immunity**

**Coronavirus Pandemic Update 47: Searching for Immunity Boosters & Possible Lessons From Spanish Flu** with Dr. Roger Seheult, MD

Heat-cold boost the Innate part if the human immune system, Natural Killer Cells and Monocytes  
<https://www.youtube.com/watch?v=H1LHgyfPPQ8> 22.5 minutes No. 47

**Re Heat-Cold**

**Coronavirus Pandemic Update 46: Can Hot/Cold Therapy Boost Immunity? More on Hydroxychloroquine** with Dr. Roger Seheult, MD

<https://www.youtube.com/watch?v=EFRwnhfWXxo> 24.5 minutes No. 46

**Re sleep**

**Coronavirus Pandemic Update 45: Sharing Ventilators, More on Sleep, Immunity, & COVID-19 Prevention** with Dr. Roger Seheult, MD

[https://www.youtube.com/watch?v=G1zsE9\\_85i4](https://www.youtube.com/watch?v=G1zsE9_85i4) 17 minutes No. 45

Boost your CytoToxic T cells (those good cells that Kill your infected cells.)

Secret..... get more sleep. Very dark room, black sock over your eyes, second pillow over the black sock.

**Fever**

**Coronavirus Pandemic Update 44: Loss of Smell & Conjunctivitis in COVID-19, Is Fever Helpful?** with Dr. Roger Seheult, MD

[https://www.youtube.com/watch?v=A4eu-h\\_owaI](https://www.youtube.com/watch?v=A4eu-h_owaI) 13 minutes No. 44

**How to do a Self-Help Hydro-Thermal Therapy at home.**

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### **Temperature Regulation**

First let us say there are some cautions. Do you have any comorbid conditions?

- Heart disease
- Vascular disease
- Pulmonary disease
- Brain disease
- Diabetes
- Arthritis
- Unwell at the moment, maybe a common cold
- Joint replacements etc.
- Are you unfit? Overweight?

All of the above and more will mean you need a medical check up to okay exercise and hydro-thermal therapy. If you are not into physical fitness workouts or have not done any for the last 6 weeks, then you will need to pay close attention to the 10% rule for [Optimal Exercise](#) during physical workouts.

If you are fit and also into exercise routines, then you still need to pay attention to the 10% rule.

### **Getting Started**

Here is one Self-Help routine. What we want to do now is give a little boost to the heart rate. We do not need a big boost. Just get the blood flowing a little better than at a dead rest. Here is one way to do that.

Modified Interval Training Routine but for only 5 minutes not 15 minutes.

- 30 second fairly fast run (recall the 10% rule) or some other non ballistic form of exercise out away from home. (Assuming you are going to run from the home.)
- 2 minutes on moderate fast walk way from home
- Turn around now.
- 30 second fairly fast run toward home
- 2 minutes on moderate fast walk toward home

You should arrive back home with a mildly elevated pulse rate.

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### **Hot and Cold**

- Hydro-Thermal Therapy comes next
- Shower if you want
- Run a hot bath 40 degrees C (104 degrees F) by thermometer measurement.
- Stay in the bath for 20 minutes, do some meditation, Visual imagery etc.  
[See RestandRelaxation section in our Library for a couple of dozen articles, 18, 19, 20.](#)
- Get up and take a 30 second cold (very cold) shower.
- Go back into the bath and reheat to 104.
- Stay in for 20 minutes
- Either get out and now go to bed or go about your normal activity, or take another 30 second cold shower and get out.
- Drink some fluids preferably ones with no sugar.

In the alternative if you do not have a tub just use a hot shower for 10 minutes and a cold shower for 30 seconds. This is not nearly as good as inducing a fever type temperature with complete immersion in hot water 40 degrees C.

Yes, saunas and hot tubs can work too. See videos number 46 and 47 on the first page of this article.