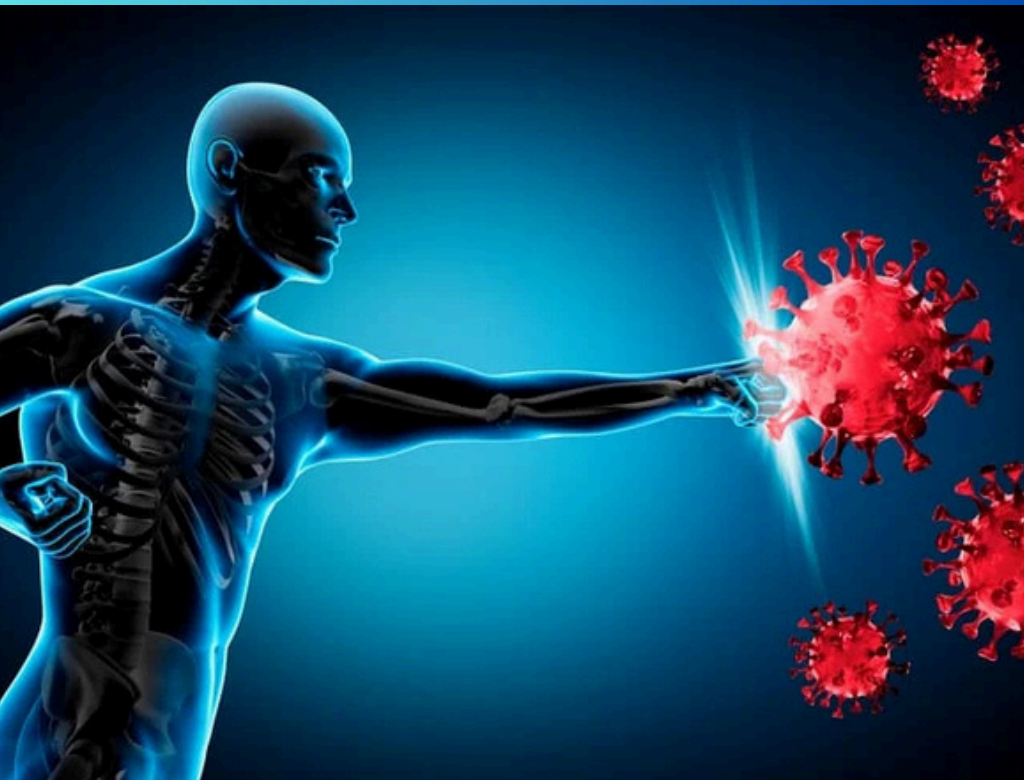


The Immunity Code

Cracking the Secrets
to POWERFUL Immunity

By Justin Stellman



The Tools, Supplements & Biohacks You
Need To Stop Colds & Flus FAST.

Helping You Recover Quickly So You Can
Get Back To Living Your Life.

Contents



Introduction	3
Dietary Changes	4
Proper Supplementation	5
At The First Sneeze	8
Sinus Hacks	9
Breathing Hacks	10
Miscellaneous Supplements	11
Stress Management	12
Home Treatment Options	13
Local Treatment Centers	14
Prioritizing Sleep	15
Health Protocols	16
Community	17
Store	18
Follow Our Work	19
Conclusion	20

Hi, I'm Justin Stelman

My name is Justin Stelman. I'm a passionate health researcher, podcaster and blogger.

My mom was diagnosed with non Hodgkin's Lymphoma when I was 21 years old in 1995. At the time I knew nothing about health. All I knew was that my mom had been diagnosed with cancer and she could die.

The prognosis was not good. They told her she had a **10% chance of survival**. Our family was crushed. How could this be? How did this happen? Why did this happen? Was God going to take my mom who I loved so much? She researched alternative methods to heal cancer but ultimately **the doctors scared her into doing chemotherapy, radiation, surgery** & a bone marrow transplant (where I was the only donor match to donate platelets for her).

I watched her age 20 years in 6 months. It was scary to watch and we were all afraid she wouldn't make it. I asked the doctors what they thought could have caused it. *"We don't know. Nobody knows."* I then asked why so many people were diagnosed with cancer these days. After a few beats of silence not knowing what to say...He said...*"The tests we have no do a better job of detecting cancer much earlier."* Right in that exact moment, I knew these doctors had no idea what they were talking about. I was only 21 but I knew they were FOS.

I knew I had to get to the bottom of why so many people were suffering and getting sick.

I embarked on a path of research and healing. I studied diet, lifestyle, sleep, stress, supplements, nutrition, biohacking and more. I became a 100% raw food vegan from 2003 to 2010. I read books, research papers, newsletters, articles and blog posts all trying to figure out why people got sick, while others did not.

In 7 years I **became a different person** and I'm still researching and experimenting on myself daily. In 2012 I started Extreme Health Radio with the aim of interviewing other experts to learn more about health and share those conversations with the world. My #1 goal is to **help you get better and heal on every level**.

Thank you for reading and yes my mom is still alive at 82 years old! :)





Dietary Changes...



Nutrient Density

When you are sick, you want the most nutrition with minimal digestion as possible. I like to focus on warm foods that are cooked well and packed with nutrients. This looks like soups, medicinal mushroom teas and herbal teas.

Digestion requires lots of energy to break down, absorb, assimilate and evacuate. Digestion puts a massive burden on energy requirements.

You need this energy to fight infection not to digest food.

But you need the nutrients so don't force yourself to eat if you don't want to but try to get lots of liquid nutrition that's packed with key vitamins and minerals.

Hydration

Make sure that you are providing your body with enough high quality filtered water to hydrate yourself at the cellular level.

I try to make my water something that heals me, by adding salt and minerals to it.

I recommend drinking half your body weight in ounces of water daily. When you're sick, you might increase that if you can.

To my water I add some lemon juice, sea salt, minerals and electrolytes to make sure that the water itself is nourishing me at the cellular level.

Limit sugar intake

Excessive sugar consumption can negatively impact your immune system by impairing white blood cell function and promoting chronic inflammation. High sugar intake suppresses the immune response by reducing the activity of immune cells like neutrophils, which are crucial for fighting infections. Additionally, excessive sugar can increase the production of pro-inflammatory cytokines, weakening the body's defense against pathogens. This imbalance can lead to increased susceptibility to infections and prolonged recovery times, ultimately undermining overall health and immunity.





Upgrade Your Supplementation



Vitamin C

High doses of vitamin C can significantly bolster the immune system, particularly during colds and flu.

Clinical studies show that vitamin C reduces the duration and severity of these illnesses. For example, taking 1,000 mg of vitamin C daily can help, and during sickness, bowel tolerance increases, allowing for doses up to 10,000 mg or more to combat infections.

Additionally, vitamin C, when combined with zinc and elderberry, provides important immune support, making it a crucial component in a multi-nutrient strategy.

Zinc

Zinc is crucial for a properly functioning immune system. It plays numerous roles, including the synthesis of DNA needed to produce new immune cells and promoting the activity of specific immune cells like neutrophils, natural killer cells, and T-cell lymphocytes .

Zinc deficiency is common among people over the age of 55, and just 30 mg a day for 30 days can significantly boost T-cells to fight off infections, especially if the immune system is already compromised .

A low dose of zinc, even as low as 10 mg a day, is recommended for most people.

Melatonin

Melatonin significantly impacts the immune system. It acts as an immunological buffer, modulating the immune response by either boosting a sluggish system or calming an overactive one, such as in autoimmune diseases .

Melatonin enhances immune function, particularly by improving the activity of T cells and natural killer (NK) cells . Additionally, it has anti-inflammatory and antioxidant properties, which help reduce oxidative stress and inflammation, further supporting immune health . Melatonin's role in immune regulation is crucial, especially as natural production decreases with age .

[Get Product](#)

[Get Product](#)

[Get Product](#)



Upgrade Your Supplementation



Vitamin A & D "Bomb"

The "[vitamin A](#) and [vitamin D](#) bomb" for colds and flus.

This protocol is where you take 150,000 units of vitamin A and 15,000 units (7.5 drops) of vitamin D on the first day. On the second day, take one-third of those amounts.

If symptoms persist, take two-thirds of the original dose on the third day. This regimen has shown that after the first 24 hours, 30.3% of patients were symptom-free, and an additional 51.8% were almost symptom-free, totaling 82.1% cured or nearly cured.

Garlic

[Garlic](#) is a powerful natural antibiotic and immune booster. It contains over 100 biologically active components, including allicin and sulfur compounds, which act as potent antibiotic, antiviral, and antifungal agents. Garlic stimulates the immune system by increasing the activity of T-helper cells and natural killer cells, which are crucial for fighting infections. Consuming garlic daily can help lower blood pressure, cholesterol, and prevent or reverse cancer.

For optimal results, use fresh raw garlic or stabilized allicin capsules.

Methylene Blue

[Methylene blue](#) has demonstrated potential in improving immune function, especially for combating colds and flus. It enhances mitochondrial function, which boosts cellular energy production, supporting overall immune response. Methylene blue acts as a potent antioxidant, reducing oxidative stress and inflammation caused by viral infections. It also exhibits antiviral properties, capable of neutralizing various pathogens, including common cold and flu viruses. By enhancing cellular energy and mitigating inflammation, methylene blue supports the immune system's ability to fight infections more effectively.

[Get Product](#)

[Get Product](#)

[Get Product](#)





Upgrade Your Supplementation

Dragon's Blood

Dragon's Blood, also known as Sangre de Drago, is a powerful antioxidant and anti-parasitic product. It enhances skin health and aids in the healing of minor skin wounds. Additionally, it shows benefits for cardiovascular health due to its high antioxidant content.

These properties make it a valuable supplement for boosting the immune system and protecting against various infections and diseases.

Its potent antioxidant capacity helps neutralize free radicals, thereby supporting overall immune function and promoting better health.

Silver



Silver, particularly in its nano-particulate form, is highly effective for treating colds and flu. It has potent germicidal properties due to its small particle size, which enhances its ability to fight infections. At the first sign of a cold, taking 1 tablespoon of nano-particulate silver, followed by 1 teaspoon every 3 to 4 hours, can help eliminate the infection. It should not be used daily but reserved for active infections. Nano-particulate silver is a powerful immune booster, helping to reduce the severity and duration of colds. Its antimicrobial properties make it a valuable tool in supporting overall immune health

Enzymes

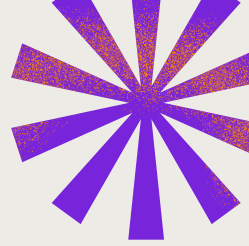
Enzymes like serrapeptase and nattokinase are powerful for boosting immunity and fighting infections. Serrapeptase, known for its anti-inflammatory properties, dissolves non-living tissue, scar tissue, and arterial plaque, aiding in wound healing and reducing inflammation.

Nattokinase, derived from fermented soy, effectively breaks down abnormal blood clots and improves blood circulation, which is crucial for immune function. Both enzymes support the immune system by enhancing the body's natural ability to combat infections and maintain overall health.

[Get Product](#)

[Get Product](#)

[Get Product](#)



At The First Sneeze

What To Do When It Comes On

The moment you notice a suspicious sneeze or pain in your throat, you must get right on it.

This is why it's important to stock up your medicine cabinet sometime in August or September (if you're in the Northern Hemisphere) every year.

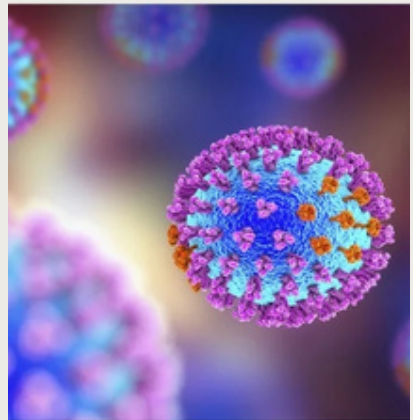
What I do is I immediately start the vitamin A & D bomb. I would also start my regimen of vitamin c and zinc lozenges.

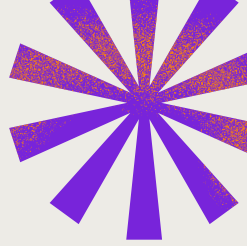
If you know how to do coffee enemas that is something I like to do when I feel a cold coming on.

I also like to put hydrogen peroxide in my ears, look this up on Youtube (as long as there's no infection) and drink lots of mineral rich and filtered water.

The other thing that has helped me is to get sunshine and grounding as much as I can daily.

A castor oil pack always helps me feel better and if you have the supplies, really cost effective too, just like coffee enemas.





Sinus Hacks

Some things to consider to help heal your sinus passage.

Because we know that the sinus cavity is where infections seem to start (makes sense because it's moist and dark) it's important to have a multi layered approach for killing the infection while also clearing the area. I like to do a sinus rinse 3x per day.

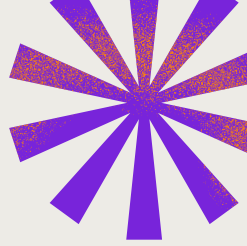
Right after that I usually will do some form of the sinus sprays after the area is cleared and rinsed out.

This allows the nasal sprays below to be more effective.

When you combine this with the hydrogen peroxide in the ear, they both much more become more effective.



- [Nano Ojas Nasal Spray](#)
- [Pine Needle Nasal Spray](#)
- [Sinu-Orega](#)
- [Xlear nasal spray](#)
- [Grapefruit Seed Extract](#)
- [Xlear Sinus Rinse](#)
- [Red Light Sinus Therapy](#)



Breathing Hacks

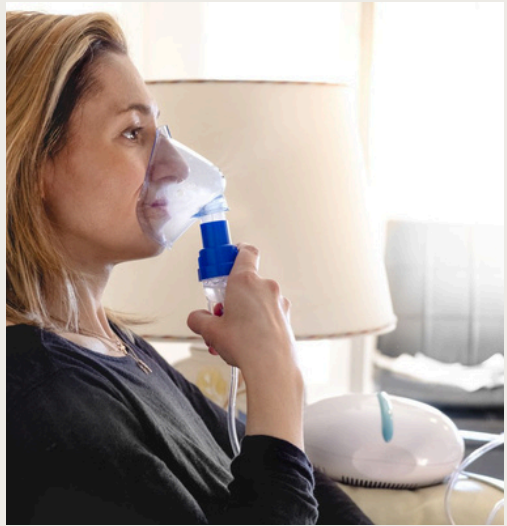
Getting medicines into your lungs for faster healing

Whenever I come down with a cold or flu I immediately start throwing the kitchen sink at it because, let's be honest, nobody likes being sick!

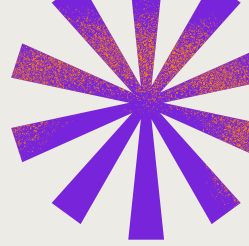
Here are some more breathing hacks using a nebulizer for you to think about adding to your home healing center.

Nebulizing various substances is a great way to start getting these medicines into your bloodstream via your lungs.

- Nebulizing Methylene Blue
- Breathing ozonides
- Nebulizing Colloidal Silver
- Molecular Hydrogen Inhalation
- Halotherapy
- Carbon Dioxide
- Sinusonic



Miscellaneous Supplements...



Other products worthy of your consideration...

These are additions to what I mentioned above. If you have the means, I would purchase them during the summer to add to your medicine cabinet for Fall & Winter...

- [Cold FX](#)
- [Nicotine - Patch, Gum](#)
- [Nano Ojas Wellness Spray](#)
- [Charcoal](#)
- [Iodine](#)
- [Selenium](#)
- [Colostrum](#)
- [Olive Leaf](#)
- [Glutathione](#)
- [Oregano](#)
- [Immune Globulin](#)
- [Beta 1, 3d Glucan](#)
- [Zinc Lozenges](#)
- [C-60](#)
- [Oxythiocynate Ions](#)
- [Foreign Protein Cleanse](#)



Stress Management

Yoga

When you're battling a cold or flu, rolling out your yoga mat might be the last thing on your mind, but it could be just what your body needs.

Yoga helps boost your immune system by reducing stress, which is crucial because stress can lower your body's defenses.

Gentle poses and deep breathing increase circulation, helping to clear out toxins and get your lymphatic system flowing. This can lead to faster recovery.

Plus, focusing on your breath and body can provide a much-needed mental break, helping you feel better inside and out.

Meditation

If you're feeling under the weather with a cold or flu, meditation can be a real game-changer for your immune system.

By meditating, you're taking a proactive step to manage stress, which is known to compromise immune health.

Just a few minutes of deep, mindful breathing can lower cortisol levels and activate your body's relaxation response.

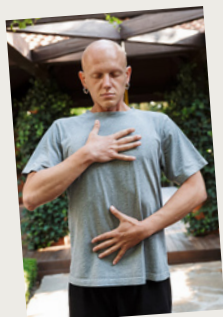
This not only helps you feel calmer but also supports your immune system's ability to fight off infections.

So, grabbing some quiet time to clear your mind might just help clear your sniffles too!

Breath Work

When you're down with a cold or flu, trying some calm and relaxed breathwork through nasal breathing can make a noticeable difference. This simple technique helps you tap into your body's natural healing abilities.

Nasal breathing increases the release of nitric oxide, a compound that enhances your blood circulation and boosts immune response. By focusing on slow, deep breaths through your nose, you're also reducing stress, which is crucial for maintaining a strong immune system. So, take a moment to breathe deeply—it's a small act that can help speed up your recovery.



Home Treatments

During my radio show I always encourage my listeners to turn their home into a healing center. This is so important because not only can you save yourself thousands of dollars but you can save yourself potential harm and heartache from taking drugs doctors want to push on you. When you have devices like an ozone machine for example, you can use it in so many ways for acute situations or chronic conditions.

The absolute last place I'd go for a cold or flu is a doctor's office. I have more tools in my home than they could ever offer me!

Items to consider for home healing

- Ozone Machine
- Rife Machine
- Sauna
- Silver Pulser
- Vitamin D Light Lamp
- Red Light Therapy
- Molecular Hydrogen

Some of these devices can be costly which is why I recommend slowly over time adding them to your home. I've been slowly "collecting" these devices since 2008 and over time they can make big differences in your home emergency care or your acute injury care.

Some cheaper options I always recommend would be if you get sick are coffee enemas, castor oil packs, drinking lots of water, grounding, sleep, sunlight, hydrogen peroxide in your ears, gratitude, meditation, breathwork and medicinal baths with magnesium, baking soda and boron.



Treatment Centers

The most ideal thing you can do when you're sick is to spend more time outside. I consider nature your most ideal "treatment center".

With that said, there are many times when I'm sick and it seems to be lasting longer than I'd like. Or my sickness happens to come at a really bad time (is there ever a good time though?) like two days before your vacation. If this happens I try to speed the healing process up as much as I can. That's where IVs always save the day for me.

IV Therapies To Consider....

I only use IV therapies as a last resort, mostly because they're really expensive.

But if that isn't an issue for you, it's extremely empowering to locate a [wellness clinic near you](#) and go in for a series of various IV treatments. If you can do them daily, then by all means it will help speed the healing process significantly.

Here are some to consider...

- Ozone
- Vitamin C
- Peroxide
- DMSO
- Methylene Blue
- Ultraviolet Blood Irradiation
- Myers Cocktail

Prioritizing Sleep

Sleep Hygiene

Practicing good sleep hygiene is essential if you have a cold or flu.

Establishing a regular sleep routine, maintaining a comfortable sleep environment, and avoiding fluids and stimulants before bedtime can speed recovery.

Consistent, quality sleep is ESSENTIAL to speed the healing process.

Sleep Stress & Sickness

The main issue with sleep and having a cold or flu, is that you need lots of deep sleep cycles and REM cycles to heal but your coughing and sneezing keep you awake, preventing the healing.

It's like a cosmic joke!

With that in mind, make sleep your #1 priority in life but especially when you're sick. This means watching the sunrise when you get up to set your circadian rhythm for the day and spending as much time outside (preferably grounded) as you can.

Since you will not be exercising which makes you physically tired, you need to prioritize circadian rhythm regulation to do that for you.

Blue Light, Melatonin & Sleep

Exposure to blue light in the evening can disrupt the natural production of melatonin, the hormone responsible for regulating sleep-wake cycles.

If you're sick this can add insult to injury. Avoid artificial light at night.

By reducing evening exposure to blue light from screens and increasing melatonin production through supplements or melatonin-rich foods, you can improve sleep quality. This will allow you to have more REM and nREM sleep cycles which speeds healing time.



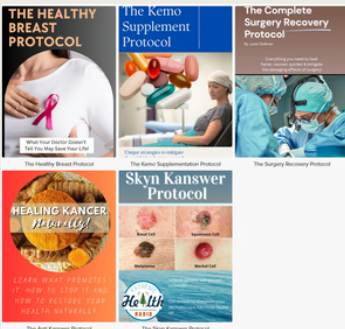
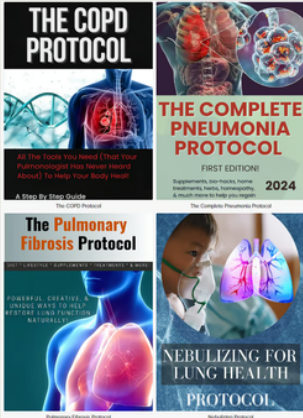
Health Protocols

As a health researcher who's dedicated to providing natural solutions to health problems one thing that gets me angry is that **doctors do not give informed consent.**

That is, they don't let patients know about potential side effects or dangers of medications and they don't inform their patients of alternatives to medications.

That's where we come in. I scour the research for you and provide natural solutions backed by science to your health challenges.

To check them all out, [click here.](#)



Join The Community...



I get questions all the time about the protocols I create as well as all the other research I do. I love answering questions and helping provide solutions to health problems.

If you would like to get more one on one time with me (and get some of the aforementioned protocols as a bonus for signing up) then join our community.

I answer questions live once per month and you can submit any question to me and I'll answer it via audio!

You can also find me in the chat daily (if you're a Premium or VIP member).

There are 3 tiers to choose from and you can cancel or pause anytime!

[Join the community](#)

Visit Our Store..



Because we get so many product related questions I put together a “store” where you can purchase any of the products, tools or services that I recommend.

You don’t need products to heal, but they can definitely speed up the healing and recovery time needed.

I’ve hand curated the products we have in our store. When you click the Buy Now button you’ll be taken to the vendors website.

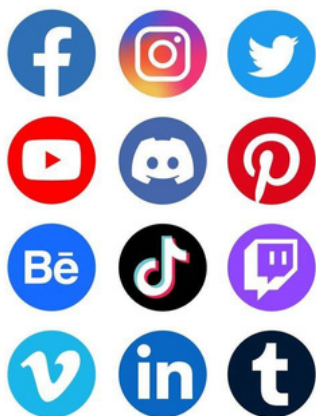
Many times our coupon code will give you a savings on each of these items.

If you don’t see a coupon code (we may have forgot to add it!) try EHR, EHR10 or EHR15.

Thank you for your support.

[Check out our store!](#)

Follow Our Work



If you're new to our work, we've been doing radio show interviews since August of 2012 and to date have almost 800 episodes that are all free that you can listen to whenever you'd like. If you subscribe to the podcast, you'll get our "best of" shows daily and our new episodes come out on Sunday night.

You can also follow our work on [Instagram](#), [Facebook](#), [Twitter](#), [Patreon](#) and [Youtube!](#)

Putting it Together

If you're sick then the best thing I would recommend you do is relax, focus on sleep, get hydration, get sunshine and eat as little as you can in terms of calories but get the most nutrition you can. This means liquid nutrition. If you're able to spend as much time as you can outside, you will speed the recovery process.

If you're able to do therapies at home like coffee enemas, ozone or even sauna sessions this will help your body and immune system fight the infection.

Combining the above with hyper targeted supplementation will take things even further. **I like to try to look at what the lesson is.** We get sick for a reason. See if you can learn the lesson and when you do, typically the illness will begin to subside more quickly.

Supplements:

If all you can afford is Vitamin C, then by all means do that. If I get sick sometimes I'll literally put a stop watch on and take 1,000mg of vitamin C every 15 minutes until I go to bed that night. If you can do other supplements at the same time, you might notice a quicker recovery.

Diet and Nutrition:

A diet low in sugar and rich in micronutrients is crucial. High sugar intake can lead to inflammation and hormonal imbalances that exacerbate infections. Emphasizing a balanced diet rich in animal foods, vegetables, fruits, and healthy saturated fats can promote better health and prevent future colds and flus.

Exercise and Physical Activity:

I don't exercise when I'm sick. Normally I lift weights 3 to 4 times per week. But when I'm sick, I don't workout, not even yoga or cardio training.

Putting it Together

I recommend sweating and literally sitting outside in the sun as the only exercise you should consider. You need all of your energy to help your body fight the infection. Eating, exercise and stress all deplete your energy.

Sleep Hygiene and Environmental Factors:

Ensuring quality sleep is vital. Utilizing tools like blue light blockers in the evening can enhance melatonin production, thereby improving sleep quality and reducing the chance of waking up or not being able to fall asleep. Supplementing with magnesium can also support deeper, more restorative sleep.

Proactive Measures:

Learning how the body works and being in alignment with the seasons, your stress levels along with diet, nutrition and environment will allow you to maintain your health so that you don't have to get sick in the first place.

Maintaining low stress levels, consuming high quality nutrition, regulating your light environment while doing regular cleanses will fortify your body so that you don't have to get sick.

Regular detoxification can go a long way to helping you prevent getting a cold or flu in the first place. If you do get sick, apply some of the strategies in this ebook while also using it as a time to grow and learn what it is you need to learn.

Because, ultimately life is about conscious growth.

- JUSTIN STELLMAN