

SPECIAL COMMENTARY:
Protecting Ourselves from Viral Infections –
Colloidal Silver, Multi-Vitamins, and Probiotics

By a soul
(January 30, 2020, Feast of Our Lady of the Rose, Italy)

Blessings beloved followers,

Today, as many of you know, the World Health Organization (WHO) declared the coronavirus outbreak happening in various countries in the world a “pandemic” and my country, the United States of America, will likely make a public health declaration very soon. So, what does this immediately mean for us? It means that there will be repercussions on the worldwide economy as the different countries seek to contain outbreaks within their borders. And I have indicated that in my own country, the government, military, and large institutions are buying all of the storeable foods to stay ahead of the curve.

With some of my latest blog postings, I want people to know that my intentions are not to cause unnecessary panic and to scare people. However, I am trying to keep myself, along with everyone else who follows this blog, ***MaryRefugeOfHolyLove***, to stay ahead of the curve, too. I do not want the infection and death rates of this pandemic to come true on a massive scale, but at the same time, when I realized this was not some isolated disease taking place half-way across the world, I started to spring into action so that if it comes to my homeland, to my hometown, I am ready.

And because I was springing into action to do things, that is why I wrote some of my latest blog posts, because I consider each of you to be very important to me. And if I am doing things to prepare, I want you to consider being prepared, too. Because this is one of those situations, where if you are not proactive in protecting yourself and your family, well, just understand, I want you to have a fighting chance with this escalating health outbreak.

So, at this moment, such things as emergency foods, surgical masks, and even colloidal silver are selling out across the U.S. And I was even looking online and saw that natural supplements such as Hawthorn are selling out, too. So, the word is getting out that these items are vitally important to combat this illness.

Well, for those who are still searching for a cheap and effective brand of colloidal silver, Alex Jones of Infowars, mentioned on his show, that his Super Silver Gargle (<https://www.infowarsstore.com/superblue-silver-immune-gargle-16oz-bottle>), is the same brand that the U.S. military uses for ailments and illnesses among the troops. And

I was surprised to hear this, as I actually use this gargle as part of brushing my teeth. I actually use Alex's entire Silver Blue product line for my oral health, because the colloidal silver has been amazing in clearing up my gum disease; and I liked the gargle, because it also contains nascent iodine and is non-fluoride (which I am allergic to). So, I personally want to recommend the Super Silver Gargle as something that I use that works for colloidal silver; and if the U.S. military uses it, well, that is a good enough endorsement for me.

Now, secondly, I want to bring up the usage of multi-vitamins to combat this viral pandemic. It is only in the last six months, that I have really started to take my personal health seriously, by researching different natural supplements. And there are many things that I have learned. Firstly, I suffer from two chronic illnesses which result in me taking several medications a day. And I know that many people take daily medications for things, such as heart disease, depression, etc.

Well, one of the things that I learned is that when you take daily medications, your physical body uses a lot of nutrients; and so, just to keep yourself bio-chemically in balance, it is really important to take daily a multi-vitamin. But multi-vitamins are not only needed for those on medications, but also the average, ordinary person should be taking a multi-vitamin each day, because so much of the food we get from the grocery stores is processed and not as nutrient-rich as in the past.

So, just to keep myself as healthy as possible, I take a daily multi-vitamin, as well as extra vitamin D and B-complex supplements and nascent iodine. And having made these small lifestyle changes have made a huge difference in my overall energy and health. I did not realize how depleted my body was in nutrients until I started taking these natural supplements. And I believe it is important that people take a daily multi-vitamin, because when your body gets attacked by a virus, all the nutrients stored up in your cells get used up. But, if you do not have the nutrients in the first place, well, your immune system is already compromised.

Now, this leads to my third point: probiotics. Probiotics are the good bacteria that exists in your body. The good bacteria in your body is one of the first lines of defense in stopping disease from entering your cells. However, viruses are constantly attacking the good bacteria in your body and when any virus starts to gain the upper-hand, taking probiotic supplements can help tremendously in helping the body to continue to fight off the disease.

It is just like I said in my multi-vitamin example. Like the nutrients stored up in our cells, we have trillions of good bacteria in our body to fight off all the illnesses and diseases that we are constantly being attacked by. But, if we are hit by a particularly strong bad bacteria like strep throat, or a particularly strong virus like the common cold

or flu, the good bacteria can become severely depleted in our bodies. And if they decrease by a lot, we will get sick as the bad bacteria and viruses will gain access to the cells of our bodies.

Now, as I have said before in my blog posts, I am not a healthcare professional or health expert, so I cannot explain all the technicalities of how our immune system works and such. However, I will say two things that people should know. One, when you take antibiotics to fight disease, not only do antibiotics kill the bad bacteria attacking you, it also kills the good bacteria that is trying to work on your behalf. However, colloidal silver only kills the bad bacteria in our bodies. I have no idea why that is—all I know is that God designs things naturally in Creation that work so much better than we could ever do creating something scientifically on our own.

Mankind tries to improve on Creation and frankly, this is never going to happen.

And so, what will happen if we use colloidal silver and probiotics in combination? To me that is a winning answer in my book for fighting off this viral pandemic.

I have been blessed in that a blog follower—a loving housewife and mother of six children shared with me her personal experience of using probiotics to cure every stomachache / any virus (flu and colds) that attacked her husband and children for the past TEN years. In particular, she would give them Probiotic Acidophilus (8 billion a day) and it would usually cure them by the next day. Acidophilus is a particular strain of good bacteria that has been shown to boost the immune system by helping to fight the flu and common cold.

However, this past Thanksgiving 2019, three of her children caught a stomach virus, which was the first time that her remedy – Probiotic Acidophilus (8 billion) – did not work in ten years. Her children did recover, but she noticed that the virus was stronger and took longer to get over this time. Then, a few days later, her husband got sick with the same virus. Again, the Probiotic Acidophilus (8 billion) did not work. However, she did not give up, but took the problem to Jesus in prayer. And through prayer, she was inspired to increase the dosage for her husband.

So, this loving housewife and mother did some research to make sure that her husband would not overdose (you cannot overdose on probiotics unlike antibiotics) and increased the dosage to 20 billion a day. She used a natural supplement of Probiotics that had ten strains of good bacteria (not just Acidophilus) that she bought at Walmart (called, “Probiotic 10”) and by the next day, her husband was well enough to go back to work. Then, after two days, he was completely cured. Her husband remarked that with each dose (20 billion) that he felt even better than before.

Now, *my beloved brothers and sisters*, I believe in natural solutions that work. For me and thousands of others, colloidal silver has been a natural remedy that has worked to cure so many illnesses. And for several years, I have heard about the benefits of probiotics, which I just shared have worked for a blog follower and her family for ten years in fighting disease.

Again, I am not a healthcare professional and I am not giving medical advice like a doctor. But, I am providing you with vital information that you should consider and research for yourselves and your loved ones. Below are some links for articles that you should consider as well as a link to a brand of Probiotic 10 that you can buy online in the U.S. at a good discount right now. I also bought Hawthorn extract from the same company, as I am taking seriously, the Hawthorn recommendation given by Our Lord and Our Lady to visionaries through the years, which now, also seems to be running out in the U.S.

Alright, I love you all and I hope that this commentary helps a lot of people by pointing them in the right direction as to the things that they need to do to prepare.

*God bless,
—a soul*

FOR CONSIDERATION:

Natural Supplement: Puritan Pride Brand – Probiotic 10

<https://www.puritan.com/puritans-pride-brand-0102/probiotic-10-072135>

FOR REFERENCE:

9 Ways Lactobacillus Acidophilus Can Benefit Your Health

<https://www.healthline.com/nutrition/lactobacillus-acidophilus>

8 Health Benefits of Probiotics <https://www.healthline.com/nutrition/8-health-benefits-of-probiotics>

Information: Probiotics 101 <https://www.puritan.com/probiotics>

ALSO SEE:

COMMENTARY – How To Fight The Coming Virus Pandemic Naturally – By a soul <https://maryrefugeofholyllove.com/2020/01/27/commentary-how-to-fight-the-coming-virus-pandemic-naturally-by-a-soul/>

(Highly Recommended): Heaven's Medicinal Plants (As Given to Luz de Maria)
<https://maryrefugeofholyllove.com/practical-advice-and-guidance/heavens-medicinal-plants/>

Special Commentary – Messages From Our Lord Jesus Christ – How To Build Up Our Immune Systems And Fight Disease – By a soul
<https://maryrefugeofholyllove.com/2020/01/27/special-commentary-messages-from-our-lord-jesus-christ-how-to-build-up-our-immune-systems-and-fight-disease-by-a-soul/>

Video And Instructions – How To Make Colloidal Silver – MaryRefugeOfHolyLove
<https://maryrefugeofholyllove.com/2020/01/28/video-and-instructions-how-to-make-colloidal-silver-maryrefugeofholyllove/>