

The

Liker Health Report



Keeping People Focused on Staying Fit & Healthy

Summer 2020

Immune Resiliency

Prepare Your Immune System for Another Round of COVID-19

SARS-CoV-2, the virus that causes COVID-19 is likely to be circulating globally for quite some time, so taking a proactive approach will increase individual and collective immune resiliency. Being immune resilient means that the immune system is operating in balanced and optimal state so that it can effectively deal with the virus – either as an asymptomatic infection or mild upper respiratory infection, and not as a life-threatening condition. Being prepared for a second, third, or even seasonal spike in COVID-19 infections can improve the odds of success. Preventing the spread of any viral infection is key, but one that is as contagious as COVID-19 requires some extra steps. More frequent hand washing, social distancing, wearing masks, and sanitizing surfaces are becoming new everyday habits which will help slow or stop the spread and convey some immediate protection to yourself, loved ones, and the community.

Building your personal immunity is important, lest you come in contact with the virus and it enters your body through your nose, mouth, or eyes. A healthy immune system will be more able to rebuff the virus than an immune system that is already compromised because of poor lifestyle habits, environmental pollution, contaminated food or water, and poorly managed pre-existing diseases. Experts anticipate that SARS-CoV-2 will re-emerge again along with the flu season – perhaps with more strength – so be sure to get a flu shot when the vaccine becomes available to further your resiliency. And remember: fear and stress suppress immunity, so focus on the positive.

BUILDING IMMUNE RESILIENCE

Nutrition is the #1 priority, so eat plenty of fresh or frozen vegetables and fruits. Micronutrients, including vitamins (A, B complex, C, D, E) and minerals (copper, iron, selenium, zinc) are important to run the body's biological processes. Avoid highly processed foods, fast foods, fried foods, and junk foods as much as possible.

Sufficient, high-quality **sleep** is important – about 7 to 8 hours for the average adult.

Avoid being sedentary throughout the day; stand up and **stretch** at least once every hour. Get moving for 20 to 30 minutes of structured **exercise** daily.

Minimize **stress** by eliminating some of the stressors or find ways to deal with the stress. Meditate, exercise, listen to music, begin or get back to an old hobby. Don't over-commit and occasionally say "no."

Heal bad relationships and practice **forgiveness**, including self-forgiveness.

Clear **toxins** from your body – alcohol, tobacco, e-cigarettes, drugs, pesticide-laden foods, polluted air or water, stress hormones.

Focus on acts of **self-happiness**. Do something you love every day – sing, dance, laugh. Double the happiness by doing these with (or for) another person.

Diversify your eating and your thinking about foods. Try a new recipe, food, herb, or spice. It can be good for your gut microbiome which is home to various bacteria species that help promote both gut health and immune health. Most of the serotonin you need to feel mentally resilient is manufactured by gut bacteria.

Stay up-to-date with age-appropriate **vaccinations** – flu, pneumonia, shingles.



Fatty Liver Disease

A Western Disease on the Rise

Many people associate liver disease with heavy drinking (cirrhosis) or I.V. drug use (hepatitis), but alcoholics and drug addicts are not the only ones who need to be concerned about their liver health. In fact, nonalcoholic fatty liver disease (NAFLD) is the most common type of liver disease among Americans and affects approximately one-quarter of the population. As its name implies, NAFLD is an accumulation of fat within the liver cells of people who either drink very little alcohol or none at all.

Most people don't even realize that they have a problem because NAFLD generally does not cause symptoms. In rare cases, fatigue or pain/discomfort in the upper right abdomen may be felt, but those symptoms are vague and felt in a variety of conditions. Often, a fatty liver is discovered during routine blood tests. In the absence of symptoms, the two greatest predictors of NAFLD are obesity and type 2 diabetes. Three out of four overweight individuals (75%) and nine out of ten (90-95%) of morbidly obese individuals have NAFLD. Thus, weight loss is the recommended course of treatment via a healthy diet and regular exercise.

An aggressive form of fatty liver disease called nonalcoholic steatohepatitis (NASH) can develop in people with NAFLD. NASH is characterized by liver inflammation and may quickly progress to cirrhosis and liver failure. This type of liver damage is similar to the effects of excessive alcohol use. Symptoms include abdominal swelling, an enlarged spleen, enlarged blood vessels underneath the surface of the skin, jaundice, and red colored palms. The progression of NAFLD and NASH to cirrhosis, liver failure, and possibly liver cancer can be avoided by eating more plant-based foods, exercising regularly, lowering cholesterol levels, and managing diabetes.

The Liver Plays a Role in 500+ Biological Processes

- ✓ Fights infection
- ✓ Neutralizes toxins
- ✓ Breaks down nutrients
- ✓ Stores nutrients
- ✓ Produces amino acids
- ✓ Helps produce hormones
- ✓ Balances blood sugar
- ✓ Regulates blood pressure
- ✓ Promotes thyroid health
- ✓ Helps make new blood

Is life worth living? It depends on the liver.

William James

Dear Dr. Liker...

Does vitamin C play a role in cancer treatment?



Linus Pauling was a well-known proponent of ingesting high-doses of vitamin C to prevent colds, hence the strong feelings today about vitamin C as an immune-boosting supplement. Pauling, along with Ewan Cameron, a British cancer surgeon, also promoted using intravenous and oral vitamin C to treat terminal cancer patients. Their initial research in the 1970s was challenged by researchers at Mayo Clinic in the 1980s which produced great contention on both sides, including accusations of scientific incompetence and misconduct. Ultimately, the scientific community sided with Mayo Clinic, and this effectively put an end to further interest in vitamin C therapy for cancer patients.

Fast forward a few decades and there is renewed interest in vitamin C and oncological diseases. Researchers in the Czech Republic hypothesize that I.V. vitamin C protects the healthy cells/tissues in cancer patients by neutralizing oxidative stress during cancer treatment and increases tolerability of chemotherapy. This antioxidant is also believed to be important to cancer prevention. Vitamin C is the only vitamin not manufactured by the body, and vitamin C deficiency is the fourth most common nutrient deficiency in the U.S. despite the availability of vitamin C-rich foods. Thus, supplementation may be the key to harnessing the power of this antioxidant.

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