

## Back to School with Confidence David Christopher, M.H.

In my March 4, 2020 newsletter, I warned of the folly of listening to Henny Penny (“the sky is falling.”) I likened chicken little to the main-stream media and their cohort politicians crying, “the virus will kill us all.” Far too many people listened to their paranoia and contributed to a crashed economy, loss of normal life, and social isolation. They stoked the fires of fear with predictions of millions of deaths in the USA and pushed for a two-week shutdown to flatten the curve. Two weeks turned into nearly half a year, the curve flattened months ago, as defined by death rate and impact on hospital capacity. They moved the goalpost and now we cannot have any new cases before we can come out of our caves and be “safe.”

It is September and it is time to be back in school. However, the chicken little press and many politicians are trying to scare us and deter the opening of school. They shout: “Follow the science, be afraid, don’t endanger the children.”

Science is simply the observation of life and the physical world. Let us look at some observations:

Science shows that Sweden (population 10+ Million) never shut down their schools, restaurants, and certainly not their businesses; yet they fared no worse than other cosmopolitan populations. By June they had 4,000 deaths attributed to COVID. Only 70 deaths occurred in people under 50 and no children died.

The CDC just released that only 6% of deaths attributed to COVID in the USA were caused solely by the virus, 94% are undetermined because of co-morbid conditions. Statisticians reveal that 50% to 75% of those who died with the virus would have died this same year anyway.

The hot spot of COVID in the USA never over-ran the medical capacity and only 11 people died per 100,000 in the age group 18-44, although those 75years plus saw a death rate 80 times that (thanks in part to politicians). The death rate for school age children (under 18 years of age) was 0 per 100,000 population. The chances of your child dying of COVID is the same as getting hit by lightning twice in your home.

No government on earth can stop any virus. Only you, with the help of a healthy immune system, can mitigate and prevent a virus from doing its worst. Science has shown us that school age children are safe from this virus unless they have an underlying co-morbid condition. If they are susceptible protect them and keep them home.

To help your children prevent COVID complications make sure they eat plenty of fresh fruits and vegetables. Be sure they eat produce high in Vitamins C, D, A, & E, eat pumpkin seeds for Zinc and one capsule a day of kelp for Iodine. One glass of carrot juice can provide all the Vitamin A needed via Beta carotene without ever worrying about overdosing. Vitamin D is made by the body through exposure to the sun. In a study done in Indonesia, deficient Vitamin D levels resulted in an 88.9% death rate in hospitalized COVID patients while those with adequate levels only had a 4% death rate. Why is this information not in every newspaper, on every radio station, and on TV networks? Seems like politics has no room for science.

When other colds and flu viruses were going around, we always gave our children a dropper-full of Echinacea extract. They really loved taking it in Dr. Christopher’s Kid-E-Mune formula. With this present-day virus I would not think of sending them off without a dropper-full of Elderberry extract. It is highly unlikely that your child will get sick from COVID. If they do then follow the instructions for fever outlined in Dr. Christopher’s book HERBAL HOME HEALTH CARE.

Remember: knowledge overrides fear.

*David Christopher* is a Master Herbalist and the director of *The School of Natural Healing*. He also cohosts the popular radio show "A Healthier You" and is a popular international teacher and lecturer.