

Health Tips from Mercola.com

There are many health sites and YouTube videos that provide sound information that are well documented about health that do not rely on pharmaceutical products. One of these sites is Mercola.com. I like Mercola.com because, besides providing common-sense health tips, his articles always reference other studies or experts. He is not the guru! I recommend your patients learn about this information, from any unbiased source, rather than being influenced by drug advertising. This is posted on our website, www.pmaworks.com/observations, for easy access to Mercola links. – Ed

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[Vitamin D and other supplements for better health tips](https://articles.mercola.com/sites/articles/archive/2020/06/22/vitamin-d-deficiency-research-paper.aspx)

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- Time-restrict your eating window to six to eight hours
- Eliminate all industrially processed vegetable oils
- Vitamin D, Omega 3, Magnesium, Zinc

[The Hidden Benefits of Exercise](#)

According to Dr. Robert Sallis, co-director of sports medicine at Fontana Medical Center in California:

"Exercise can be used like a vaccine to prevent disease and a medication to treat disease. If there were a drug with the same benefits as exercise, it would instantly be the standard of care."

[Resveratrol Boosts Your Immunity](https://articles.mercola.com/sites/articles/archive/2020/02/10/resveratrol-boosts-your-immunity.aspx)

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Studies in rodents against Middle East respiratory syndrome (MERS) suggest the phytonutrient resveratrol may help boost the immune system.

[Colostrum More Effective Than Flu Vaccine](https://articles.mercola.com/sites/articles/archive/2020/11/17/colostrum-more-effective-than-flu-vaccine.aspx)

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Nutrient-rich colostrum promotes natural killer (NK) cells and prevents more flu episodes than a vaccine.

[Melatonin - A Standard Treatment Adjunct for COVID-19?](https://articles.mercola.com/sites/articles/archive/2020/10/19/high-dose-melatonin-benefits.aspx)

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Patients hospitalized with COVID-19 who were given high-dose melatonin as an adjunct therapy to standard of care improved within five days, and all survived.

[Oregano Oil Benefits Immune System and Fights Infection](https://articles.mercola.com/sites/articles/archive/2020/09/28/oregano-oil-benefits.aspx)

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Oregano oil helps fight bacteria and small intestine bacterial overgrowth; it may also prevent foodborne norovirus.

[Zinc Is Key for COVID-19 Treatment and Prevention](https://articles.mercola.com/sites/articles/archive/2020/10/26/zinc-for-covid.aspx)

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Recent studies have found that zinc-deficient patients are more likely to suffer complications from COVID-19, and are more likely to die

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