

Immune Boosting Protocol

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Dr. Shiva Ayyadurai

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Here's the solution to get back to normal, while boosting Immune Health for all!
Following is the open letter from Dr.SHIVA Ayyadurai, MIT PhD., to the President of the United States to restore the immune and economic health in short order for the American people.

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March 23rd, 2020

Donald J. Trump,
President of the United States
White House
1600 Pennsylvania Avenue NW
Washington, D.C. 20500

RE: Immune and Economic Health for America

Dear Mr. President:

This letter provides your Administration a solution to restore the immune and economic health of the American people. This solution can be executed immediately in a low-risk and cost-effective manner.

The current trajectory of Dr. Anthony Fauci's public "health" policy will result in the short- and long-term destruction of our citizen's immune health as well as our nation's economic health - perhaps a conscious and intended goal. Dr. Fauci's policy, at best, is based on a 1950s outdated "one-size-fits-all," non-personalized approach to medicine and public health; and, at worst is derived from a "fake science" understanding of the immune system - one, which Dr. Fauci, over five decades has perpetuated, and exploited to build his career.

There is no need to shutdown our entire country. There is no need to quarantine all of our citizens. The solution herein provides a path to advance the immune health of all our citizens while getting our healthy people back to work - now.

By way of background, two (2) important developments in modern science emerged with the conclusion of the human genome project (HGP) in 2003: 1) the field of Biological Engineering - a new discipline demanding a modern *engineering systems approach* to biology versus the old model of seeing the body as disconnected parts; and, 2) the need for precision and personalized medicine - the right medicine, for the right person, at the right time.

As one of the first PhD's emerging from MIT's Department of Biological engineering in 2007, my MIT research led to the invention of CytoSolve - today, a proven technology that enables the discovery of new

medicines, combination therapies, functional foods and supplements - faster, cheaper, and safer, by using the computer to model complex molecular mechanisms and diseases. Developments like this, and a richer understanding of biology, now provide us a golden opportunity to create the future by practicing real science and real medicine, especially at a time of crisis like this.

The modern science of the immune system informs us that it is the over reaction of our OWN weakened and dysfunctional immune system attacking tissues and cells of our own body that harms and kills, versus the virus - be it COVID-19 or any other virus. The unfortunate medieval training that most Medical Doctors (MD's) receive does not educate them on this basic science of the immune system. In healthy individuals, the immune system processes pathogens with a natural immune response that is mild and non-lethal; however, in those who are immuno-compromised - elderly and those with pre-existing conditions - their own immune systems may overreact; and in the case of COVID-19, attacking lung epithelial cells and tissues leading to hospitalization and mortality.

Below is the solution that can lead America back to health - immune and economic:

STEP 1 - Organize our citizens into four (4) groups

- Group I - Testing positive for COVID-19
- Group II - Hospitalized and in critical condition
- Group III - Immuno-compromised & NOT COVID-19 positive
- Group IV - Healthy individuals & NOT COVID-19 positive

STEP 2 - Deliver a Personalized Protocol for Each Group

Group I Protocol

- Quarantine until they test negative for COVID-19
- 400,000 IU of Vitamin A Palmitate per day for 2 days
- 50,000 IU of Vitamin D per day for 2 days

Group II Protocol

- 400,000 IU of Vitamin A Palmitate per day for 2 days
- 50,000 IU of Vitamin D per day for 2 days
- Deliver intravenous Vitamin C - 100g drip per day until they are back to normal.

Group III Protocol

[Immuno-compromised are those, though not limited to, with: AIDS, CVID, Diabetes (Type I & Type II e.g. high blood sugar), COPD, Asthma, Cystic Fibrosis, autoimmune

disorders, and those taking monoclonal antibody drugs]. This protocol will support boosting their internal defense mechanisms.

For Children:

- 400,000 IU of Vitamin A Palmitate per day for 2 days
- 50,000 IU of Vitamin D per day for 2 days
- 500 mg of Vitamin C per day
- Iodine/Iodide - e.g. Brand Lugols - 3 drops per drink, once per day

For Adults:

- 400,000 IU of Vitamin A Palmitate per day for 2 days
- 50,000 IU of Vitamin D per day for 2 days
- 1,000 mg of Vitamin C per day on going
- Iodine/Iodide - e.g. Brand Lugols - 6 drops per drink, once per day

Group IV Protocol

[These are healthy individuals, who do not fall into Group I to Group III]

For Children:

- 1,000 IU Vitamin A Palmitate per day ongoing
- 2,000 IU of Vitamin D per day ongoing
- 250 mg of Vitamin C per day
- Iodine/Iodide - e.g. Brand Lugols - 3 drops per drink, once per day

For Adults:

- 10,000 IU of Vitamin A Palmitate per day
- 5,000 IU of Vitamin D per day
- 1,000 mg of Vitamin C per day
- Iodine/Iodide - e.g. Brand Lugols - 6 drops per drink once per day

STEP 3 - Back to Work and Maintenance

Healthy individuals based on the above protocol should get back to work immediately, and follow their daily program as aforementioned. Individuals in Group I to Group III, until they regain full health, should do the following on a monthly basis:

- 400,000 IU of Vitamin A Palmitate per day for 2 days, 1/month
- 50,000 IU of Vitamin D per day for 2 days, 1/month
- Iodine/Iodide - e.g. Brand Lugols - 3 drops per drink for children; and 6 drops per drink for adults, once per day
- Vitamin C: 250 mg per day for children, 1000 mg per day for adults, once per day.

In addition, to the above protocol, I'm organizing medical doctors across the world, who not only support this protocol but also know that food is medicine, as did Hippocrates - the father of medicine. Any citizen who may need medical advice on this solution may also send an email to corona@systemshealth.com, and receive an answer from a Medical Doctor. To this effort, I'm contributing the infrastructure of EchoMail - a technology I developed for email management, originally for the White House - that follows HIPAA guidelines to support this health communication effort.

In summary, we have been led down the path of corporate solutions - espoused by the likes of Dr. Fauci and his colleagues at the CDC - that is not in the interest of the American people. Such policies have led America to the lowest longevity rates, and highest infant mortality rates, in the western world. Finally, concerning COVID-19, we should ask: Why is it that "third-world" countries such Chad and Djibouti, which have no where near the medical facilities of the United States, have only one (1) COVID-19 infection, and ZERO deaths?

Perhaps it's because they get food right out of the ground providing them enormous Vitamin A, and they are out in the sun all day, working and playing, getting tons of Vitamin D.

Yours very truly,

Dr. Shiva Ayyadurai, MIT PhD
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Fulbright Scholar
Chairman & CEO, CytoSolve, Inc.
Chairman & CEO, EchoMail, Inc.
Founder, Systems Health

- 4 -

REVISION NOTE: Last revision 3/24/2020. The IV Drip for Vitamin C was corrected from 100 mg to 100 g.

DISCLAIMER: The content of the above letter is the opinion Dr.SHIVA Ayyadurai, MIT PhD., and should not be considered medical advice. If you have any questions, it is recommended you seek the medical advice of a medical professional or a doctor in the field.