

# How To Build Your Immune System

## Practical keys to help:

- fight disease
- weaken viruses
- strengthen your body's defense mechanisms



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**“With COVID-19, it’s better to prevent than to cure, although it’s easier to overcome than to prevent.”**

**- Dr. Raymond Hilu**

# Introduction



The content in this book is inspired by the recent COVID-19 (Coronavirus) global outbreak. While COVID-19 is extremely relevant today, the dramatic impact of this virus in time will pass.

The information we are about to share with you is applicable to your immune system, and will bring benefit to everyday life, specifically as it relates to prevention of sickness and treatment. The clinical content in this book is quoted by Raymond Hilu, M.D, one of the leading cellular biologists in the world.

Our desire is for this book to encourage and inspire you to the right kind of action in your journey, and specifically related to your immune system, so that you can experience the best health possible.



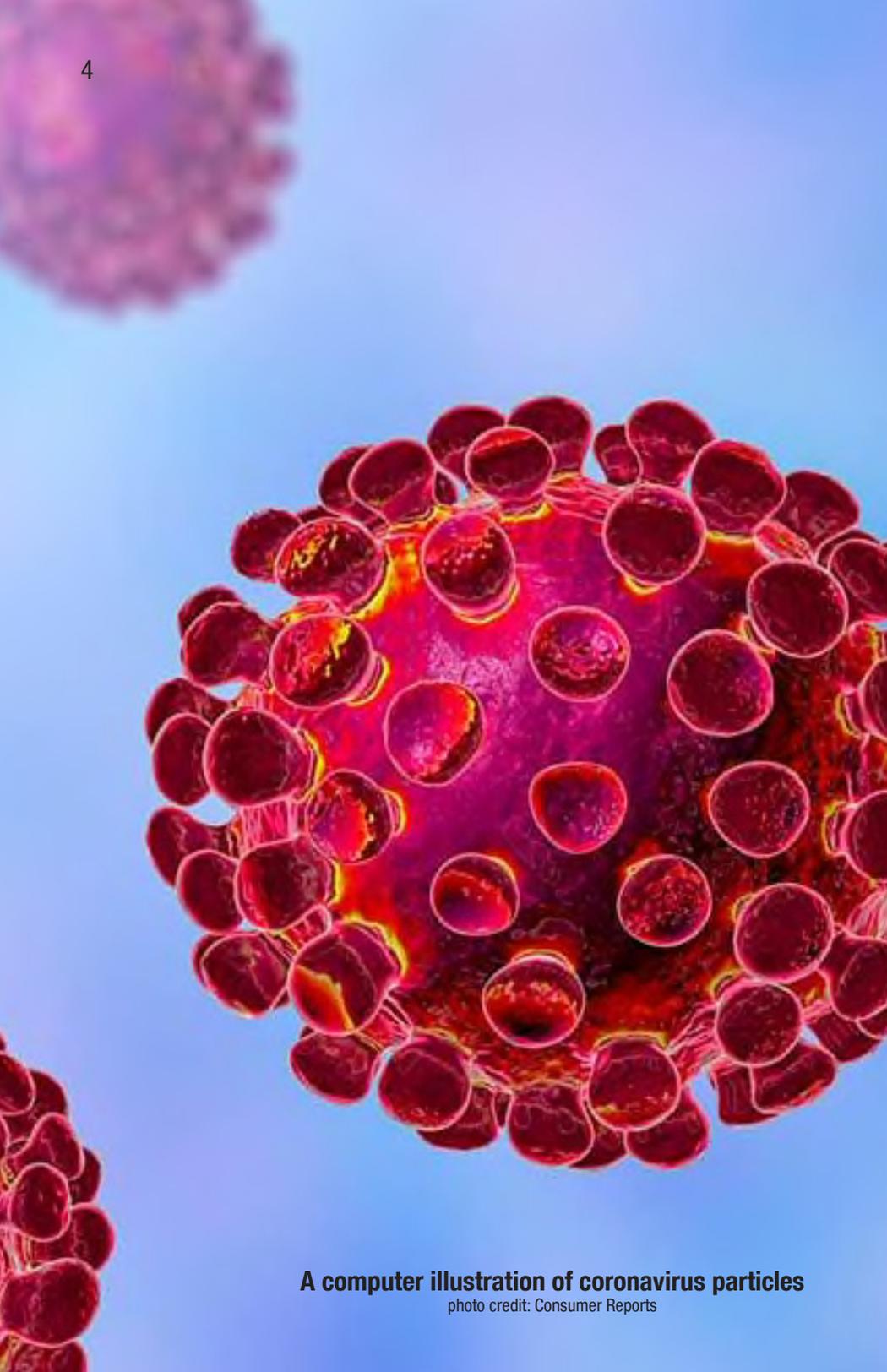
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**A computer illustration of coronavirus particles**

photo credit: Consumer Reports

## What Is COVID-19?



COVID-19 (Coronavirus) has become a global pandemic that has created a tornado of fear, truth, stress, and quite frankly, resulted in a global awakening. Many are still trying to wrap their head around “What IS the Coronavirus?” The 19 in COVID-19 is simply referenced because of the most RECENT outbreak which initiated in 2019. In fact, the Coronavirus has been in existence since the 1960’s.

There are four subgroups of the more than 60 years old coronavirus: alpha, beta, gamma and delta. Alphas and betas can infect us as “they belong to the genetic pool of bats, COVID-19 in this case is a beta coronavirus”. Seven varieties have been discovered so far and most people get infected by such viruses sometime during their lifetime.

On a general level, most viruses are similar. The common denominator of viruses is that they cannot survive on their own. It must attach itself to a living cell in order to function.

Outside of the body, it can only live a short while and

then it will become inactive. The virus penetrates into a human's living cells and begins to steal energy from it in order to survive. It does not "eat" nutrients from the cell, only energy.

Once it has an energy source, it begins to replicate, starts to destroy the host cell, the tissue, organs and organisms could eventually result in extreme sickness or even death if no interventions are taken.

But don't let this create fear. The reality is, the COVID-19 is less mortal than the normal flu virus. Meaning, the normal flu (statistically) has a higher chance of killing someone, than does COVID-19

While it is important to take necessary steps in order to limit exposure to viruses, we also want to advocate the proper development of the human immune system.

Doing so, creates a stronger opportunity for the human body to overcome AND prevent disease.

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### **Why so much panic surrounding COVID-19 compared to the common flu?**

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The truth is, COVID-19 is not more mortal or lethal, but

much of the concern surrounding it is because it is more contagious; meaning you can contract it more quickly than something like the flu virus.

Being within 3-4 inches of someone who is infected increases the likelihood of being exposed to their bodily fluids via sneeze, cough, saliva etc.

The density of a sneeze is considered light density and travels the furthest. Whereas the density of a cough has a medium density and travels less far. Then the heavy density comes through more direct contact, such as kissing, direct saliva to saliva contact.

Essentially if the virus falls within a meter of someone, it's quite easy to catch which presents a lot of fear for people. In order to contract you must either directly or indirectly be exposed to an infected person's bodily fluids. It can be on a door handle, a table, a computer, a cell phone, or any surface. If exposed, people often touch their eyes, nose or mouth and then get infected themselves.

If someone touches the virus within the first few hours after a surface was contaminated, there would be a high likelihood they would contract it. Some experts say 12 hours, others say two hours, and some say 12 minutes.

The point is, the virus will stay on surfaces for a certain amount of time.

A majority of the people who have so far died due to the Coronavirus were over the age of 60. Elderly people are the highest risk group. There are various factors for this, but one of the primary reasons among the elderly would be that their immune systems are (typically) less developed, or in some sort of depleted state.

This is why it is vital, AT ANY AGE, to keep building your immune system.

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### Who are the higher risk groups of contracting?

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- Elderly people
- Patients who suffer from autoimmune diseases
- Heart disease / cardiovascular patients
- Those who suffer with diabetes
- Lung disease
- Those with organ transplants
- Immune deficiency

Pregnancy does not increase the risk of getting any type of virus (moreover, as far as we know, an infected mother does not transmit it to her unborn child). In fact, diabetic

people have a much higher risk situation than a pregnant woman.

Please remember that statistics show that many more people, worldwide, die everyday due to a variety of causes, from shooting one another to diabetes.

The point of this is not to create a careless approach to virus and disease, but rather, remain in peace, and be aware and abide by what experts are saying and look after yourself and beloved ones in a responsible way.



**“How do we reduce our chances of catching COVID-19, and other viruses? Mainly by being equipped with an excellent immune system.”**

**- Dr. Raymond Hilu**

## What Can We Do If We Contract It?



These are the most common symptoms related to COVID-19:

- Fever (even a few decimals will suffice to indicate possible exposure)
- Fatigue
- Dry cough (the cough must be a dry cough and not a cough with mucus. A cough presenting mucus is not COVID-19)
- If mucus is released, then it is green-yellowish.
- Weakness
- X- Rays would show a spot in the lung
- Breathing insufficiency (trouble breathing or tightness)

The symptoms are very clear and not always do you get all of them, but if you get two of the them, then it's very likely you may have the Coronavirus. However, most people experience all the symptoms.

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### **What to do if you suspect these primary symptoms:**

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1. Use masks not to infect others (FFP3 masks “0’023 micro / 23 nm” are 98% efficient, FFP2 “0’3 micron” are 92% efficient). This is due to the fact that the size of the coronavirus is 0’12 micron “120 nm” and “travels” on body liquid particles).
2. Use a different mask every day in order to reduce your exposure to the “inside” viruses which would be increasing all the time and be careful when removing the mask not to contaminate yourself by them (handle with care, do not touch inside of mask where there could be some viral load)
3. Use a different tooth brush every day (for the same reason as before). It may occur that today you get cured and tomorrow you re-utilize your contaminated tooth brush again then you increase your viral load again (coronavirus can survive longer in liquid droplets vs dry surroundings).
4. In general, try to use disposable hygiene items (razor blades, brushes, combs, ....) as much as possible.
5. Unless you feel like your life is in danger, call health

services first before driving to a hospital (in order to avoid contaminating others). They will consult with you on best steps to take.

6. Keep reading glasses and sun glasses clean as well as all plastic, glass and metallic surfaces)
7. Avoid sharing dishes, cups, bedding and other household items.

All the prevention recommendations above mentioned would still be applicable except for the fact that you should not go shopping nor travel at all until you are declared cured.

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## Advanced medical interventions to combat COVID-19

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\*\*The following treatments vary according to your country's rules and regulations, some techniques and products are not available in certain countries/areas:

### L-Lysine amino acid

A necessary building block for protein development.

### Systemic Hyperthermia

Full body, which creates an artificial fever and thus activates the immune system.

### Ozone IV

Due to its ability to destroy the protein membrane of viruses

### Vitamin C IV

Not at the same time as ozone: Chinese authorities have certified its effectivity

### Essential Oils

Most of them are anti-viral, powerful antiseptics. Note that tea tree oil should not be taken orally (you may inhale it if you wish). Take essential oils under the direction of an expert.

### Pinene

An oxygen therapy activated breathing device.

### Bicarbonate Nebulizing Mechanism

Vaporizer / nebulizer. Fill the deposit with water and bicarbonate and inhale.



**“Most of our immune system is based on our white blood cells, which are very sensitive to a stress hormone called CORTICOSTEROID, which is able to “almost” paralyze phagocytosis and even reduce production of lymphocytes. This hormone is released when we are nervous, stressed, angry (when not happy.) therefore the main prevention tool is HAPPINESS”**

**- Dr. Raymond Hilu**

## How Does Our Immune System Work?



Our body's immune system was designed to protect us from sickness and disease. The immune system operates like a sophisticated communication system.

When foreign invaders enter the body, the immune system is alerted.

Then the immunity cells are activated, and they produce chemicals to fight and kill the unhealthy microbes. Invaders can enter through cuts in the skin, through the digestive system, mouth, respiratory tracts, etc.

Inflammation is a normal response of our body's immune system as it reacts to a potential threat. Immunity is the ability of an organism to resist disease.

According to Mark Hyman, M.D., autoimmune and chronic disease affect over 24 million people in the U.S. alone. If the body remains in a constant state of inflammation (chronic or systemic), trying to attack the threatening disease it will eventually wear down the immune system.

Most physicians are trained to try and artificially “shut off” inflammation with aspirin or anti-inflammatory medication, which ultimately does not get to the root cause and correct the underlying problem. We must treat the source of the problem and not the symptoms.

As a society, we are facing an epidemic of autoimmune disorders, allergies and asthmatic sufferers, so although our immune system is there to fight disease, autoimmunity happens when our tissues begin to fight against themselves creating a state of confusion and essentially a war within us which ultimately leads to a suppressed immune system. Our immune system is essential for survival, without it, we would be open to attack from bacteria, parasites, viruses etc.

Most of our immune system is based on our white blood cells which are very sensitive to a stress hormone called Corticosteroids (Cortisol) which is able to “almost” paralyze phagocytosis and even reduce production of lymphocytes. This hormone is released when we are nervous, stressed, angry (when not happy) . . . therefore, the main prevention tool is HAPPINESS!! Dr. Hilu can see the effects of the corticosteroids in the blood and can confirm that corticosteroids do provoke paralysis to the immune system.

Our immune system works optimally when our body is in a parasympathetic state i.e., when we are resting. The body translates everything into biochemistry. So whatever happens to you, whatever you think, even whatever you read is translated into substance in your blood. Don’t take this lightly. The body operates in homeostasis in order for it to re-balance itself.

We have both internal and external factors that contribute to the health of our immune system.

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### **Our Internal Environment**

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There are many internal factors that contribute to the health of our immune system. All immune cells are derived from stem cells in the bone marrow and develop into T cells, B cells, or Phagocytes. B cells attack foreign invaders by acting as antigens found circulating in bodily fluids but are not able to penetrate within the cells. T cells can directly attack infected cells. Phagocytes are large white cells that consume foreign invaders. These cells effectively surround and absorb pathogens and break them down. All of the immune system cells communicate with each other through chemical messaging known as cytokines. The primary components that make up the immune system are the thymus, bone marrow, lymphoid

organs, spleen, bowels, mucus membranes, tonsils, lymph nodes.

A large part of the immune system is manufactured in the gut. In fact, approximately 80% of the immune system lives in the gut. The gut bacteria helps the immune systems T cells develop which is an extremely important process that determines how well our immune system responds.

To ensure optimal gut health, we must eat a healthy diet, work on healing any digestion issues, eliminate any bacteria overgrowth, toxins, fungus, or parasites.

### **Lymphatic system**

The key function of the lymphatic system is to rid the body of toxins and waste. The system is designed to transport “lymph”, a fluid containing infection fighting white blood cells throughout the body. It mainly consists of vessels that are connected to the lymph nodes which filter the fluid (lymph). There are hundreds of lymph nodes in the body, primarily around the lungs, heart, underarm and groin area. To prevent the lymphatic system from becoming congested dry brushing and infrared saunas are great healthy living habits to implement.

### **Bone marrow**

Bone marrow is spongy-like tissue within the bone that produces red blood cells, platelets, and white blood cells. These cells are involved in oxygen transportation, immune function, and blood clotting prevention. It produces approximately 200 billion new cells every day. Also, lymphocytes are produced in bone marrow which play an important role in the immune system.

Bone marrow contains two types of stem cells. Red bone marrow contains the hematopoietic which are blood forming stem cells. Yellow bone marrow contains mesenchymal which are stem cells that produce fat, cartilage and bone. Stem cells are constantly dividing and producing new cells. Bone marrow is the site of production for all blood cells including white blood cells which is our body’s defense mechanism.

To support healthy bone marrow, eat plenty of healthy proteins; lean meats, poultry, fish, beans, lentils, eggs, nuts, seeds. Methylated vitamin B12 and folate can be helpful in supporting bone marrow health.

### **Thymus**

The thymus gland is a small organ behind the sternum that helps with maturation of the T cells, and also plays

a role in the endocrine system. The thymus gland does not function throughout one's whole life. Before birth and throughout childhood the thymus is instrumental in the development of the T cell system. For most people the thymus produces all T cells by the time someone reaches puberty. Once you reach puberty the thymus starts to slowly shrink and eventually will be replaced with fatty tissue by the age of 75.

At this point your immune system should be developed and strong. Vitamin C rich foods like dark leafy greens, brussel sprouts, broccoli & berries are all helpful in supporting the thymus gland. Cruciferous vegetables contain glucosinolates which help to fight cancer and other cellular abnormalities which can help protect and enhance thymus function.

Foods rich in vitamin E and antioxidants can reduce free radicals that suppress the function of the thymus gland.

### **Spleen**

The spleen is the largest lymphatic organ and acts as a blood filter and controls the amount of red blood cells and blood storage in the body to help fight infection. It creates white blood cells called lymphocytes which are defenders against invaders. It also produces antibodies

that kill foreign microorganisms and stop infections from spreading.

Additionally, moderate and low exertion exercise is highly recommended to support the entire immune system and the above mentioned organs. Exercise ensures blood circulation and with increased blood flow key nutrients can be shuttled more rapidly through the body to ensure optimal immune system function. Regular exercise also helps to oxygenate cells which is vital to healthy cell function. However, excessive exercise or high exertion workouts can suppress the immune system in certain circumstances.

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### **Our External Environment**

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Stress has a huge correlation to overall gut health, strength of the immune system and directly affects the body's ability to function optimally.

**Mental and emotional health:** Our immune system health has a direct correlation with our mental and emotional health. How we think, feel and act impacts our physical health, how our body deals with infection and its ability to recover. Anxiety and thoughts of panic cause your brain to release stress hormones specifically adrenaline

and cortisol. While this can be helpful in periodic high stress situations a constant release of stress hormones can be harmful as it will suppress the immune system over time. A constant stream of stress hormones circulating throughout your system increases your pulse and breathing rate and if this persists your brain never gets the signal to return to normal functioning. As the immune system becomes weaker this leads to more viral infections and frequent illnesses.

A constant state of depressive thoughts can cause the mind to stay trapped in a negative cycle eventually resulting in social withdrawal, constant sadness, hopelessness, helplessness, doubt, failure, callousness and cynicism. These sort of thought patterns can weigh heavy on the physical body eventually leading to emotional burnout. Stress destroys the immune system. If you're nervous and stressed you're multiplying your chances of contracting the virus by approximately 10x.

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### **These are wonderful stress management tools:**

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#### **Exercise**

Moderate, low impact exercise such as walking, biking, gardening etc

#### **Breathing Exercises**

Do you ever notice that you take shallow breaths in stressful situations? Deep breathing can actually turn off your body's natural response to stress. These techniques can lower blood pressure and can promote calm and relaxing feelings which will in turn reset your perspective and ability to manage stressful situations. This is a good tool we can use at any given moment that has shown to help us be less reactive to stressful situations and can improve sleep, pain control and even digestion. Now I know we can often think "That's ridiculous. I don't have time for that. It's not going to change my chaotic circumstances" but the truth is, IT WORKS!

Find a quiet place where you will not be disturbed but if that is not possible, anywhere will do. Sit up in your chair with a straight spine and drop your shoulders. Close your eyes. Place your hand on your belly as you bring your attention to the abdominal area as it expands gently and recedes as you exhale. Inhale through your nose for 6 counts, feel your belly distend, purse your lips and blow out slowly through mouth for 6 counts. Allow your shoulders to continue to drop and your body to relax on the exhale.

Every time you notice your mind has wandered, bring

your attention back to focus solely on your breathing. Repeat 3 times! Immediately you will often notice your heart rate slows down, your mind becomes clear and you feel an overall sense of peace. This is a great tool and quick intervention to bring your mind and body to a calm state.

### **Positive Thinking**

One of life's greatest wars is the battlefield of the mind. Choose to train your mind to default to optimism. Be slow to anger and quick to forgive. Instead of beating yourself up for making a mistake, applaud and celebrate yourself for doing the best that you could. Make sure to give yourself and others lots of grace. We are all human.

Speak out positive declarations daily over your circumstances and the people around you. Our words create worlds. Recite scriptures pertaining to peace.

Periodically set aside time to identify the root cause of any fear and anxiety in your life and address the pain to make sure it is not building up internally.

### **Sleep**

Good quality sleep improves immune cells. People often underestimate the importance of sleep. Less than seven

hours of sleep can lead to negative effects resulting in a constant state of fight or flight. Fight or flight mode will increase stress hormones and the release of adrenaline. Poor sleep can result in increased inflammation, pain sensitivity, blood pressure, insulin resistance, too much cortisol, weight gain, and cardiovascular disease. All in which can suppress the overall immune system according to Kimberley Hardin, MD at University California Davis. Good sleep can enhance T cell responses.

### **Chemical Exposure**

It's important to reduce the amount of chemical exposure in day to day life. Frequent exposure to toxins will suppress the immune system and cause it to work overtime to try to eliminate the foreign invaders. In order to reduce exposure it is important to use non toxic cleaning supplies, eat organic food, and use toxin free beauty and hygiene products.

This will allow your immune system to focus primarily on removing viral or bacterial threats to the body. To make it easy for you, we have put together a list of chemical free cleaning and beauty products that you can purchase on Amazon.

<https://www.amazon.com/shop/andrea.thompson>



**“The end-goal of a strong immune system allows us to be wisely vigilant, and relax at the same time.”**

**- Andrea Thompson**

## How Can We Build Our Immune System?

You may ask, how do I reduce my chances of catching it? One of the best ways is by being equipped with an excellent immune system.

Just like many people have their medicine cabinet stocked all the time with things like aspirin, cough syrup, Pepto-Bismol and Tums, we recommend you have yours stocked with natural and effective remedies, so you always have them in time of need.

The good news is, there are preventative measures we can take to avoid contracting COVID-19 and viruses in general.

Here are some practical steps you can take RIGHT NOW!

1. Basic hand washing - hot water/ soap for 45 sec. Use clean towels or paper towels each time.
2. Avoid crowds (maintain safety distance).
3. Avoid cold homes and cold drinks.

4. Lots of water- stay hydrated. Normal is 1/2 your body weight in ounces.
5. Avoid acid forming foods. #1 is ALL sugar.
6. Sleep a minimum of 8 hours (this is the highest priority for our immune systems.)
7. No visiting hospitals.
8. Avoid visiting elderly people (as they belong to the highest risk group), video calls can be a good alternative.
9. Avoid getting old (sounds like a joke but it is not. Look after your oxidative stress. Make sure your eating plan includes enough antioxidants and avoid excessive exercise as this would have the opposite effect).
<b>NOTE: Just because your current age is a certain number that might be considered “getting old”, it doesn’t mean you have to live that way. You can age gracefully and with a good immune system.</b>
10. Maintain high quality gut health (80% of our immune system is housed in the gut.)
11. *Vitamin C supplements: highest quality you can find. 1000 mg per 100 lbs. of body weight. Liposomal vitamin C is very bioavailable.
12. <a href="#">*Arabinogalactans, MGN3, NK Vitalfaifa. Available on Amazon.</a>
13. <a href="#">*Colostrum. Available on Amazon.</a>
14. *Essential oils. Take as directed by an expert.

15. *Cats Claw: this should only be used with the advice of your health practitioner because some brands use the wrong part of the plant.
16. *Colloidal silver: this should only be used with the advice of your health practitioner because a wrong dosage can be toxic.
17. *ASEA: we remind our patients who are already taking this supplements to keep it in mouth for 2 minutes before swallowing.
18. *T.O.P. (Telomere Optimization Protocol) only available in Spain. 11 powerful ingredients that help improve our immune system.
19. *Enfrimol 123: only available in Spain. Designed for children although it can be used by adults as well.
20. REDUCE ALL STRESS: We are 10 times more likely to get the virus when we are in a sympathetic dominant state of fight or flight.
21. Avoid extramarital romantic contacts.
22. Avoid public transport.
23. Take your own cart or bags to the supermarket.
24. If you use a public cart then make sure you wear disposable gloves.
25. Use disposable gloves for shopping / touching articles in a shop or supermarket.
26. Be careful when removing gloves not to contaminate yourself by them (handle with care).

27. Avoid using cash for payment.
28. Clean all the items you buy before storing them at home.
29. Do not travel unless very necessary.
30. Keep room temperature as high as you can happily tolerate / Sauna: if available in your house.
31. Use a dehumidifier to reduce percentage of humidity in your office / home.
32. Carry out a blood smear analysis, or any other valid blood test, in order to verify the quality of your immune system in order to be advised regarding what to do in case it were needed.
33. When sneezing or coughing do not protect with your hand. Use a tissue, your left sleeve or do so inside your T-Shirt.
34. Stop smoking.
35. Avoid rooms that are not well ventilated.
36. Avoid toxic smells: paint, varnish, smoke.
37. Use disposable paper in order to open doors and windows.
38. Smile, laugh, tell, read & listen to jokes.
39. Avoid junk food.
40. Avoid touching your eyes, nose, and mouth.
41. No need to leave shoes outside your home.
42. Exercise / Practice sports on a daily basis.

43. Look after your brain: healthy daily reading is suggested (our brain governs our immune system).
44. You may want to wear socks before going to sleep (not tight ones).
45. Keep hands clean at all times.
46. Be patient with others.
47. Do not be intense and make sure you do not try to control, all the time, those who live with you, in order to avoid fights and unwanted divorces in the near future.
48. If you are on antibiotics (for other reasons: remember antibiotics do not work for COVID-19), make sure you also take probiotics in order to compensate (allow of at least 1 hour between the antibiotic and probiotic intake).

**NOTE:** Some of the mentioned supplements are potentially not available in certain countries. Please verify the situation in your area before ordering them, as well as consulting your health practitioner before supplement implementation.



**“Adjusting your health patterns to maximize your cellular health potential isn’t always easy, but it is intended to be simple.”**

**- Andrea Thompson**

## **How Can We Strengthen Our Cellular Health?**

Cellular health reveals how our overall health is dependent on the current state of our individual cells.

When our blood is analyzed under a high-strength microscope and toxins, abnormalities, morphologies and imbalances are found, it is certain that the body is not functioning optimally and undesirable symptoms are present.

What is identified within the cells, reveals the root cause of all sickness and disease. Medications are simply bandaids that not only mask symptoms but perpetuate the problem by creating toxic overload within the body.

Yes, in some circumstances medication is necessary for extenuating circumstances but for primary healthcare we need to shift the focus to preventative opposed to crisis intervention.

It’s common for medical professionals to have been trained to categorize sickness and disease with labels such as cancer, cardiovascular, diabetes, anxiety,

depression etc. But at the end of the day, those are merely symptoms that manifested from some sort of issue on a cellular level. For example; if someone has cancer, we can surgically remove tumors and pump the body full of toxins to kill it but if we don't recreate an internal environment that is not conducive for cancer to grow, it will very likely return.

Restoring one's cellular health requires discipline and consistency but feeling good and longevity in life are certainly worth it. Learn more about what you can do to discover your personal cellular health here.



<https://andreathompson.org/blood/>

Dr. Raymond Hilu is one of the leading cellular biologists in all of the world and is able to provide services worldwide.

Andrea Thompson is a cancer overcomer and health advocate who along with her team, work closely with Dr. Hilu as proponents for advanced medicine protocols.

We also have incredible educational tools on how to take practical steps in living a healthy lifestyle.

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### In Closing Summary:

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GOOD NEWS: DNA viruses stay with us forever (such as Herpes for example), but CORONAVIRUS is an RNA virus which means that once we overcome it, we get rid of it and we become immunized against it. It is gone forever (unless a new mutation of this virus appears: Covid20, Covid 21...)

Remember, even if the environment around you is such that you can't fully control it as it relates to your health, you can take steps to build your immune system and defense mechanisms. The decision for a stronger and more developed immune system, which leads to better overall health, is a decision that is in your hands.

