



Hecker Fiduciary

Health is like money, we never have a true idea of it's value until we lose it! ~ Josh Billings



VITAMIN C!

Tips To Improve Our Immune System

As many of you know I try to use natural remedies as much as possible when dealing with personal health issues.



This past week I have been reading about the benefits of Vitamin C . Yeah Yeah we all know that vitamin C is good for us. There is nothing new about that information, right? Well, I believe I may have underestimated the value of Vitamin C. How much should one take? I assumed take my 1 pill a day and I am good.

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It appears that high doses of
Vitamin C can make a big

difference with various health concerns.



Vitamin C for Covid-19



Vitamin **C** is officially recommended by the government of Shanghai as a protocol. 50 moderate to severe cases of COVID-19 infected people were given 10,000 mg for moderate and 20,000 mg for more severe cases. All patients who received intravenous vitamin C improved, and there was no mortality.

Please check out the website: www.doctoryourself.com

There are a lot of articles regarding various health conditions. It is an interesting read. As you know I am not a doctor and am not licensed to give medical advice. You should always consult your doctor before trying any new remedies or protocols.

Slowing down and enjoying it! Well, for now at least.

During this period of time, I am actually enjoying the ability to slow down a little. Gardening can be a great way to get back to nature and relax. This weekend I decided to experiment with a type of hydroponic planting without investing a lot of money. I purchased mason jars with net cups. I added my plants into the cup and filled it with clay balls to hold up the plant. The water in the jar has a plant solution to provide the proper nutrients. We shall see how this works out. It was a fun project. ~ *Iris*



We want to remind you all that we are here for you. If you have any questions, concerns, needs or

requests. We will do what we can during this time. Do you know anyone who's alone and could use our support? Please contact us at **#650-361-9703**

May you all be BLESSED!!

[Visit our website](#)