

## Debra Thompson

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**From:** Michael Truex <mtruex@gmail.com>  
**Sent:** Friday, December 4, 2020 11:25 AM  
**To:** Assembly  
**Subject:** An idea that could help

When it comes to masks, those of us who are “not listening” or who refuse to adhere are not doing this out of ill will. Nor do we need to be educated. In fact, educating myself by reading the science(not media articles) is why I am so opposed to it. Instead, we operate under the policy of truth- no matter how trivial, a solution should work. A false solution is worse than no solution at all.

**I recognize that you as individuals are trapped between two opposing schools of thought.** Why not take a different tack? Petersburg is a different place, and the mandates going on elsewhere don't need to be *our* only option.

I'd like to suggest an immune booster program- The human immune system is a powerful tool. In fact, it is the tool which is still, and always has been, at least 98.1% effective at defeating Covid -19.

Did you know that 80% of those hospitalized with Covid have a Vitamin D deficiency? The body makes vitamin D when exposed to the sun, something we get very little of here on Mitkof island in December, especially if our faces are covered. The role of vitamin D in the body cannot be overstated, as deficiencies have been implicated in a broad range of illness and disease.

I recently received an email from Doctor Douwe Reinstra in Port Townsend, Wa. Mr. Reinstra is a mainstream MD who is just as concerned about covid as you are, and he goes on to explain and suggest some “home remedies” for those with Covid. Here they are:

*“For an adult, effective and safe doses are as follows:*

- *Vitamin A- 100,000 units daily.*
- *Vitamin C- 1000 to 2000 milligrams every four hours while awake.*
- *Vitamin D- 10,000 units daily for up to 6 weeks, longer with medical supervision.*
- *Melatonin- about 8 milligrams a day, either all at once, or two 4 milligram doses a day.*
- *Curcumin- 500 milligrams of a highly absorbable form called Meriva-SF, twice a day. “*

These are large doses intended for those who are already sick. Getting those nutrients to the body now, preemptively, is even more important. I know the borough has Covid funds that it seeks to find uses for, and I can hardly think of a better way to help the community than a free supplement distribution program. A knowledgeable person (Can I suggest our own Dr. Jen Hyer?) could be appointed to research what supplements to offer, and such supplements could be made available to the public, purchased by the borough. Supplements are expensive, and not all can afford these potentially life saving measures, nor can everyone spend the time to do the research.

Wouldn't it be great to have an optional approach that would boost immune systems and enable our community members to suppress the virus quickly and efficiently? This would send a positive message to all of us, and would help heal some of the divide caused by other, less popular, and very questionable measures.

If you want a solution option for all, this could be it.

Michael Truex

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"we have tracked the economic health of the nation for a long time. The reason we track those things is the government is full of economists, not psychologists. If we know money doesn't buy happiness, why are we optimizing for money?" - Adam Kramer