

## **Awaking our Immune System to Kill Covid-19**

By: Miriam Rabin

*Pharmacist, chemist, nutritionist, and skincare specialist, Dora has given her advice to the Lakewood community for over twenty years. These days almost all the questions addressed to her are related to Covid-19. I, personally, as well as quite a few relatives and friends on mine, with Dora's help, have experienced "miraculous" recovery after being infected with Corona. We catch up with Dora in a tele-interview that turns into a fascinating conversation.*

***Hi Dora. How are you? Can you tell us a bit about your background?***

I came from Russia over thirty years ago. I am a Pharmacist, and I've lived in Lakewood for about twenty years. In my pharmacies, I wanted to teach people alternative approach to health and wellness, in addition to conventional medicine. I've always embraced both. Both approaches have their place in Hashem's world.

***Isn't conventional medicine based on science while alternative approaches are not?***

Both paradigms are based on advanced science and extensive practice. The models split centuries ago, from the times of Louis Pasteur and his rivals. For historical and financial reasons, conventional mainstream medicine is based on one of the two, but it's neither more nor less scientific.

I believe that both fields will eventually merge into one area of medicine, but it may take generations to occur. Meanwhile, we should be keenly aware, educated, and take advantage of both.

***What's the critical difference between the two paradigms?***

One is based on the understanding that disease is caused by a foreign substance that must be killed for a cure to occur. The other is based on the knowledge that the internal environment must be perfectly balanced, and when this is the case, no disease can take hold – disease can't exist in the optimal setting. In one paradigm an enemy is external agent. In another

model, an enemy is internal disbalance. It's a much longer conversation, but this is how I would describe the essence.

***Have you used both approaches in your life?***

Always! In the pharmacies, I taught people to take advantage of which approach was more appropriate for them. I had a wonderful relationship with almost all the doctors in town – almost, but not all.

I'll give you one funny example. It was twenty years ago. One of the most prominent doctors in the community called me and angrily said, "Stop giving people your voodoo! Probiotics are not scientifically sound!"

Fast-forward to today, this very doctor prescribes probiotics to every single patient of his. Recently I met him in a grocery and reminded him about that episode. He smiled.

I've had a similar experience in my skincare practice. Many people are surprised, if not shocked, by my solutions for their skin. However, I also make "mainstream" solutions in my lab, incorporating the latest scientific discoveries in my "regular" creams. It's the synergy of the two paradigms that amplifies the results.

***So, back to our main subject for today, what's your approach to the Covid-19 challenge?***

Amazingly cheap and straightforward: food grade hydrogen peroxide. But I want to emphasize: it's not that hydrogen peroxide actively kills the virus. The beauty is that it helps the body create an environment where a virus can't settle, and if it's already there - it can't survive.

***How does it work?***

Bacteria and viruses thrive in their natural habitat - poorly oxygenated cells. Disease-causing viruses, bacteria, fungi, and other pathogens can't survive in an oxygen-rich environment. If you find a way to oxygenate yourself properly, you'll acquire immunity, and your existing disease may "disappear."

In the body, hydrogen peroxide molecules release an oxygen atom, effectively producing an oxygen-rich environment. Oxygenation is one of the mechanisms it employs.

Hydrogen peroxide has been extensively and successfully used for about two centuries, for various conditions and diseases. But not only it has been used in medicine - the body itself uses it! Cells in the body that fight infection produce hydrogen peroxide as the first line of defense against any invasion (60% of white blood cells consist of neutrophils, a granulocyte that provides H<sub>2</sub>O<sub>2</sub> as one of the primary responses to fight off harmful substances). Hence, hydrogen peroxide already plays a critical role in defense against viruses, bacteria, and other pathogens. However, the immune system can use our help. One of the reasons is that when it finds a harmful organism, it requires what's called an oxidative burst - a sharply increased amount of oxygen. That's why oxygenation is always a powerful weapon when dealing with many types of diseases.

Oxygenating the body, killing pathogens, and activating your body's defense system is a glimpse of how hydrogen peroxide therapy works.

***If it's so simple and effective, why isn't it widely known and commonly used?***

There are many reasons why such an effective therapy (among many others) is considered unproven by conventional medicine, despite thousands of convincing articles in reputable scientific journals. Fortunately, you can still learn about it and apply it safely.

***When did you first hear about the positive effects of food-grade hydrogen peroxide?***

I've used it in my daily professional practice for many decades already. But the first time I heard about it in the context of aerospace medicine, back in Russia. After extensive research, hydrogen peroxide was approved as the only medicinal substance that was taken by Soviet astronauts in their outer space journeys, because it was astonishingly effective for so many conditions. Its anti-viral and anti-bacterial powers were legendary.

***Isn't hydrogen peroxide dangerous and harmful to a human body?***

*Interview with Dora – Coronavirus and beyond*

Hydrogen peroxide has proven to be safe! When you hear of its "dangers," it's referring to a highly concentrated solution. It's indeed dangerous, even life-threatening, if not adequately diluted or taken in large quantities. Care must be taken to label and safeguard it, as well as keep out of reach of children. If you safeguard it and follow directions, it's safe.

**So, how much hydrogen peroxide is generally required for anti-viral action?**

Quantity and frequency depend on a condition. But it's not only used internally. It's perfect for a vaporizer, nebulizer, and even bathing.

***What about hydrogen peroxide that is sold in a drugstore, not labeled as food grade?***

Non-food-grade hydrogen peroxide has chemical stabilizers that may not be so good for internal use. Make sure it explicitly states that it's food grade on its packaging.

***Have you been exposed to Covid-19?***

My husband and I are on strict lockdown. We've been trying to eliminate any potential exposure.

***Yet you've helped so many people fight the virus using food grade hydrogen peroxide?!***

Yes. But I want to emphasize that I don't diagnose, and I don't prescribe. I educate people. They consider the information I offer, and they make their decisions. It has happened that dozens and dozens of people who already had the virus on various stages, and whom I educated, have used hydrogen peroxide very effectively and successfully. Their experience often was almost miraculous.

***But how did you figure out that it would work specifically for Corona?***

I've used hydrogen peroxide for decades, and it was pretty obvious to me. It's a very powerful anti-viral, in addition to its many other strengths. Hydrogen peroxide creates an environment where this kind of virus can't survive, and Corona is not an exception. I didn't really need to figure it out. It's almost obvious to anybody familiar with the way hydrogen peroxide works and with the role it already plays in the immune system.

I understand why many professionals don't recognize it as a "cure."  
Because it's not cure! You have to think differently. You have to see the  
world differently. Then you'll recognize so many simple solutions to even  
unsolvable problems!

***Thank you, Dora, for sharing your fascinating findings. B'Hatzlacha!***

Dora's Guide to Coronavirus can be found on her website at  
<http://Ladore.me/virus>