

From: **Megan Byrd** drfred@logicalhealthalternatives.com
Subject: Coronavirus Prep: 5 easy things you can do right now
Date: March 18, 2020 at 4:32 PM
To: [REDACTED]

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Reality Health Check

Dear Reader,

In these unprecedented times, our team thought you'd want to see [this message](#) from our friends at Insiders' Cures.

—Megan Byrd
Managing Editor, *Dr. Fred Pescatore's Reality Health Check*

Dear Reader,

We all know the drill by now.

Wash your hands. Keep your distance. Be vigilant.

But did you know there are [5 easy things you can do right now](#) to help boost immune power?

In this urgent video broadcast, I'll lay out the top immune health recommendations from a former government insider I know very well
—Marc S. Micozzi, M.D., Ph.D.

As a pathologist and epidemiologist, he's spent 40 years studying the path of disease in the body *and* the causes of disease in a group of people...

And what helps protect them.

[Click here](#) to discover his 5 easy but powerful ways to get "immune ready" now.

[Every detail is revealed free.](#)

Be well,



Karen Reddel
Executive Publisher
Insiders' Cures

P.S. There are no guarantees that you won't catch this virus, or any other cold, flu, or immune threat. But isn't it worth it to find out what else you can do to try and stay safe? Please take a moment to [watch this now](#).

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