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DISCLAIMER:

PLEA of GRNY is not endorsing a specific treatment, diet, nor specific dietary supplement. One size does not fit all. Talk to your doctor. PLEA of GRNY is presenting some of the latest information on Nutrition and Health, with references, in hopes for making a healthier you.

Please consult with your primary care physicians. Read, study and learn. Work with your Doctor, find out what is needed to strengthen your immune system, then please work hard to follow your Doctor's guidance.

Remember: There is no guarantee. Faith, hope, helping any in need during these hard times, and doing what we should be doing anyway to stay healthy and keep that "department of defense" strong is what matters. After you have done all you can to stay healthy, help any in need, let the chips fall where they may.

Stay safe, positive and always remember to pray and give thanks.

With much love and admiration to all in this community.

PLEA of GRNY

5/10/2020
Physicians and Laypersons Educational
of Greater Rochester, New York, Inc.
5 Skytop Lane
Pittsford, NY 14534



May 10, 2020
PLEA of GRNY
Inner City Health Seminar by Mail
"We All Have Work to Do."

Mother's Day Tribute 2020
Part III
1/11 Gifts of Life : Before Birth thru Mom
Your Immune System



"Anything worth havin' is worth workin' for."
"If it was easy, everybody would have it."

Mr. Gibson Sturgis Sr. and Mrs. Geneva Hilliard Sturgis,
Parents and Grandparents: Copiah County/Crystal Springs, Mississippi



Ruby L. Belton, MD
Co-Founder of PLEA of GRNY

Douglas Belton Jr. MD, FRCPC, MBA
President & Co-Founder of PLEA of GRNY, FRCPC

With Love and admiration for all. PLEA of GRNY
PLEA of GRNY is one (1) with one (1) goal "Education for all Regardless".

TIPS FOR HEALTHY SLEEP

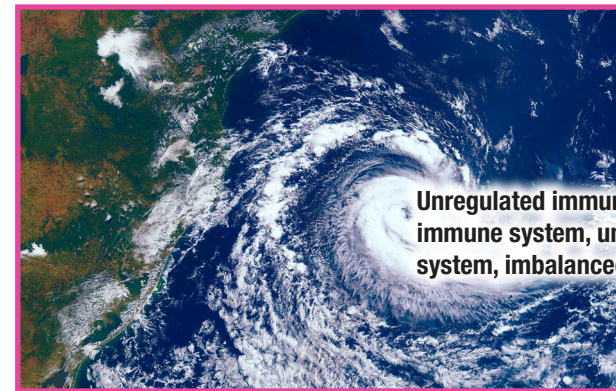


- ✓ YES**
- GET UP AT THE SAME TIME
 - EVENING WALKS
 - BEDTIME ROUTINE
 - COMFORTABLE BED
 - COOL AND DARK ROOM
 - RELAXING BATH
- ✗ NO**
- HEAVY FOOD
 - BLUE LIGHT
 - HARD TRAINING
 - ALCOHOL, SMOKING
 - CAFFEINE
 - STRESS



Innate Immunity... Adaptive Immunity

The Immune System (“She”) is your defense department. Vitamin D, through it’s active form, regulates both types of immunity by suppressing (“ramp down / put an end to”) adaptive immunity, and on the other hand, increasing the innate immune response.



Unregulated immune system, overactive immune system, uncontrolled immune system, imbalanced Immune system.

Balanced Immune system : Accepted normal range
Vitamin D level 20ng/ml-50ng/ml*
This level is found to be beneficial in cancer prevention as well.

“D” Deficiency
Vitamin D level < 20ng/ml = Cytokine Storm
Read about association of Cytokine Storm and Death in COVID-19 seen in Vitamin D deficiency, and dysregulated adaptive immune arm of your immune system and a weak innate arm lacking “D” to increase it’s effect. Also seen in autoimmune diseases.

Review I-III 2020 handouts and PLEA of GRNY syllabus from 2018 and 2019.

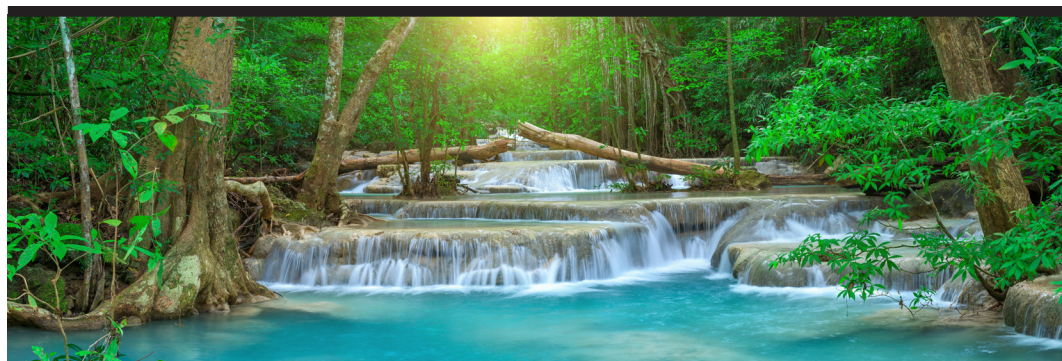
REFERENCES:

1. Litwack, Gerald, VITAMINS AND HORMONES/ VITAMINS etc.
2. Wall Street Journal – Opinion: Vitamin D and Coronavirus Disparities / Vatsal G Thakkar 4/16/2020
3. Health / vice.com
Immune “Boosters” Ignore the Immune System’s best Quality : Balance by Shay Love
4. Ali Daneshkhan, Adam Eshein, HariharanSubramanian, Hemant K. Roy, and Vadim Backman. 2020 medRxiv scinapse.io

Ethnicity & COVID-19

Why are Blacks dying at higher rates from COVID-19?

Rashawn Ray | Thursday, April 9, 2020



**Next month’s PLEA of GRNY
Inner City Spring/ Summer
Health Seminar Topic:**

**6/2020: Respiratory System, Dietary Fat
and the Color Red**

We send our love to people everywhere.
Good luck, Be well, Stay Positive, Live Well,
Help Any in Need and Always Give thanks.
Now, please get busy and then: “let the chips fall where they may”.
“HEALTH is possible with HARD WORK.”