

Holistic Health Tips Related to COVID-19 with Norm Shealy

Video Transcript - *New Thinking Allowed* with Jeffrey Mishlove

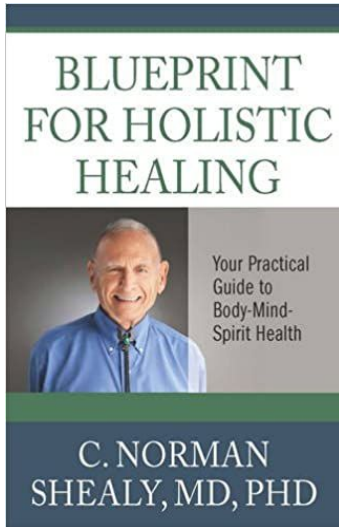
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(0:00:28) **JM:** Hello and welcome. I'm Jeffrey Mishlove. Today we'll be looking at holistic health remedies related to the coronavirus. My guest is my old friend Dr. Norman Shealy, president of the [Shealy-Sorin Wellness Center](#) in Springfield, Missouri. He has 15 patents in energy medicine, has published 36 books, over 350 articles. At the age of 87, Dr. Shealy is still active in clinical work, research, writing, education and as a keynote speaker. Among his many books are: *Blueprint for Holistic Healing*, *Conversations with G*, *Energy Medicine*, *The Illustrated Encyclopedia of Healing Remedies*, *Life Beyond 100*, *Living Bliss*, *Medical Intuition*, *Miracles Do Happen*, *Pony Wisdom for the Soul*, and *Sacred Healing*. Once again, this is an internet interview and now I'll switch over to the internet video. I may mention before doing so that if you haven't watched the first interview with Dr. Shealy released a few weeks earlier on energy medicine, I'd encourage you to do that and I'm going to link to it right now, in the upper right hand corner of your screen you'll see a [hot link](#). And now I'll switch over to the internet video.



(0:02:04) **JM:** Welcome Norm, it's a pleasure to be with you once again.

(0:02:08) **NS:** Indeed, mutual.

(0:02:11) **JM:** You know, we've done a previous interview and we've covered sort of the whole range of your activities but because the coronavirus scare is sweeping the country and the stock market has tumbled thousands of points, let's talk about what people can do today to deal with this frightening virus scare because it seems as if the government isn't really prepared to either test people or to treat people. People are on their own now.

(0:02:45) **NS:** Well, in a sense I think we've always been on our own when it comes to health. If we don't take care of ourselves, who's gonna do it? Now, in acute illnesses, in general, the current medical situation is pretty darn good. But, in a panic situation it isn't gonna get us.

(0:03:04) **JM:** And, people are starting to panic. I mean the basketball season has been canceled. The baseball season's been postponed, the governor of California says no meetings and any groups larger than 500 people.

(0:03:19) **NS:** Well, this week the governor of Connecticut insisted that all college classes had to be on the internet. I was supposed to go up and talk at the Graduate Institute in two weeks and I'm gonna be doing it on the internet now.

(0:03:32) **JM:** Obviously, that's one solution. People should, or can, stay home and interact using electronic communication rather than face-to-face guidelines. I heard one guideline that says you shouldn't be within six feet of another person.

(0:03:50) **NS:** Well, in my opinion, you shouldn't be near other people if you don't know them at this particular point in time. However, I do think it's important not to panic and there are some basic things that we should do every day of our lives with or without a panic.

(0:04:09) **JM:** For example...

(0:04:11) **NS:** Well, first of all, detach from those things you cannot change. Don't play the broken record about panic, panic, panic... who cares. I mean, you know, I've never feared death since I was 4 years of age. My grandmother was remonstrated. I said, grandma don't worry, if you're gonna die, you're gonna die. So, I'm not afraid of dying now or ever and I'm not gonna focus on it. But, I insist on good health habits and at the top of that list to some extent is getting seven or eight hours of sleep every night. People who sleep 6 or less hours function at the same level as slightly drunk and there are more automobile accidents caused by under sleep than there are by alcohol.

(0:05:00) **JM:** Very interesting. And I suppose, also, people who overwork are going to be more vulnerable.

(0:05:08) **NS:** Oh, of course. And people, and always, the people who work split shifts and different shifts are at much higher risk because it's just not normal. But, the average person, it is critically important to go to bed at least, at least, eight hours before you were to wake up in the morning, Now, I think seven to nine hours works, but you should be prepared for it.

(0:05:35) **JM:** what if somebody comes down with a cold, or they suspect they might have this virus?

(0:05:42) **NS:** Now, that's very important. For the last 12 years I have not come near having any kind of virus. I used to get one or two a year. Since I started taking 50,000 units of vitamin D3 once a week - any time I feel as if there's someone knocking at the door, like a virus knocking at the door, I take 150,000 units of vitamin D3, three days in a row. Every time, about the three times that's happened in

the last 12 years, it's always knocked it out. If it didn't, I would do what I would do at the clinic, give myself intravenously 50 grams of vitamin C in a Myers cocktail.

(0:06:23) **JM:** Fifty grams, that's like 50,000 milligrams, isn't it?

(0:06:28) **NS:** That is correct. And it comes with, you know, all the B complex and some magnesium and some calcium, but it works beautifully. I've used it to treat cancer, to treat infections and to treat chronic Lyme disease.

(0:06:42) **JM:** Well, most people can't give themselves an intravenous injection.

(0:06:47) **NS:** No, in fact one of my suggestions is, find a holistic physician in advance so that you know a place where you may get it if you need it. There's no question, that is the treatment of choice once you are infected. But, in addition to taking D3 all the time, every week at least, you need vitamin C every day, you need B complex every day, you need antioxidants every day of your life. Now, the average American gets only a little over 2000 ORACs (Oxygen Radical Absorbance Capacity) a day. You need 8,000 or more ORACs, those are the antioxidant units. And, I always point out, by the way, that french fries and ketchup are not vegetables.

(0:07:43) **JM:** So, you're talking about a balanced diet also.

(0:07:46) **NS:** Indeed, I am. Now again, 80% of the food eaten in this country is junk. I consider all fast-food restaurants to be junk food because they put monosodium glutamate in everything. I won't even drink a coffee at a fast-food restaurant because I suspect they dust it with monosodium glutamate which is toxic to your brain. And, in the grocery stores, at least 60% of the stuff in the center aisles is junk. If it's in a dry package, it's likely to be junk.

(0:08:18) **JM:** You're talking now about fresh food, fresh fruits and vegetables.

(0:08:23) **NS:** Exactly, and meats and dairy.

(0:08:27) **JM:** In today's environment, people are afraid to go shopping because of the risk of contagion.

(0:08:33) **NS:** I agree, and of course, there is another alternative. I drink a breakfast slush every day, and in my breakfast slush I get the equivalent of 20 servings of fruits and vegetables. There are a couple of ways of doing that. There is something called ORAC Rich Greens. One scoop of that has the equivalent of 10,000 ORACs, or ten servings of fruits and vegetables. I have another powder drink that has another 5,000 and I take my Moringa, and that has another 5,000 ORAC, so I get 20,000 units to start the day.

(0:09:19) **JM:** ORAC again is antioxidants...

(0:09:22) **NS:** Yes. And, in addition to that, I personally use whey protein isolate and dried egg white protein, so I start my day with about 80 grams of protein in all those ORACs.

(0:09:39) **JM:** Now, let's go over once again that injection that you gave yourself, what...

(0:09:45) **NS:** Yes, it's been around a long time. I learned it in 1979. That was the first patient with cancer that I treated with a IV Vitamin C and a Meyers cocktail. This man had cancer of the bladder the size of an orange. I gave this to him 5 days a week for two weeks and the cancer was gone, totally. I've treated scores of people with cancer and other chronic diseases with this. Now, in his case, I gave him 100 grams a day and the average person I give 50 to 75 most of the time. And, I like to do it two or three times a week in people with serious, acute illnesses, or chronic illnesses.

(0:10:29) **JM:** But, would you say that a treatment that's applicable to cancer would also work for a virus?

(0:10:35) **NS:** Oh yes, absolutely, it's beneficial, quicker with a virus than it is with cancer. And there's some evidence that has been published in articles already from China saying that they have used intravenous vitamin C to cure it.

(0:10:50) **JM:** I understand, you know historically, before the era of antibiotics and so on, there were various natural treatments used to deal with both bacteria and viruses.

(0:11:03) **NS:** That is correct.

(0:11:05) **JM:** But, I suppose, these days we don't necessarily have to rely on treatments that are centuries old.

(0:11:14) **NS:** No, we don't. And one that is a century old is ozone. We do a lot of ozone therapy. You can also do that nasally, in the ears, or you can do it IV. And, for the more serious cases, like, cancer or chronic Lyme disease, I would give them ozone IV as well.

(0:11:36) **JM:** Well, now how does the average person get a hold of ozone?

(0:11:39) **NS:** Well, you gotta do it in a clinic where people know what they're doing. You know it's not your average doctor who even knows what it is, let alone how to use it, but the holistically oriented physicians, the comprehensive integrative physicians, will know about it.

(0:11:58) **JM:** Because, it seems pretty clear that conventional medicine isn't going to have a vaccine for 12 to 18 months at the soonest and they don't really have any other treatments that I've heard of except putting people on ventilators, so it would seem to me that there's going to be a real demand on alternative practitioners.

(0:12:20) **NS:** I agree. In fact, I've been advising people already. I mean, I get emails and phone calls from people all over the country and I tell them, look on the internet. Look for a holistic physician. Now, I'm not opposed to naturopaths by any means, but naturopaths don't do this. DOs and MDs are the only ones who can do this.

(0:12:44) **JM:** Also, there's a question of diagnosis, because it seems as if the test kits for the coronavirus are very slow and being distributed. I heard recently that if you get ill from this virus it's going to be a dry cough, it's not going to be full of sputum.

(0:13:07) **NS:** That is correct. And again, if you're sick, as quickly as possible, the next day at the latest, it would be wise to be ready, to know where to go to get your IV vitamin C and/or ozone.

(0:13:23) **JM:** So, it would be a good thing for people to line up a holistic practitioner in advance because it's unlikely that the conventional medical system is going to be able to handle the many cases that are expected.

(0:13:38) **NS:** In fact, I personally would not like to go into the hospital if this becomes that endemic. It'd be dangerous to be even in the emergency room.

(0:13:47) **JM:** Yeah, I would think so. But the the same risk of contagion could be in the waiting room of a holistic practitioner.

(0:13:55) **NS:** Absolutely, and that's of course very true, but we're prepared and ready to take care of it, if we can.

(0:14:04) **JM:** I read another thing, that it seemed like a good test. They said if you suspect that you might have the coronavirus you should take a deep breath and see if you can hold the breath for 10 seconds, because they said you get a lot of fibers in the lungs and people can't hold their breath for 10 seconds if they have an infection.

(0:14:27) **NS:** Great, great idea. I mean, I can hold my breath for almost a minute.

(0:14:34) **JM:** So, that would be a sure sign, if somebody is concerned if they can't hold their breath for 10 seconds after taking a deep breath they probably are infected.

(0:14:45) **NS:** That's correct, that's possible. Or, they've got chronic lung disease.

(0:14:49) **JM:** Yeah, in either case, they need treatment.

(0:14:52) **NS:** Exactly.

(0:14:53) **JM:** One thing I've heard, Norm, is that many people who have this condition go on ventilators and I'm told there are 65,000 ventilators available in the United States but there may be millions of people who ultimately get infected so there'll be a shortage of ventilators.

(0:15:14) **NS:** Absolutely, no question about that. And unfortunately, it may become a shortage of intravenous supplements, if you will, for the IV's because we, you know, we can't keep those months ahead, we can keep it a few weeks ahead. We have to order them once or twice a month.

(0:15:31) **JM:** I see, and are there supply houses that you get them from that may not be able to keep up with the demand?

(0:15:39) **NS:** Exactly.

(0:15:40) **JM:** Well, are there any other guidelines that you would offer?

(0:15:45) **NS:** Well, yes of course. Whenever possible, be outside in the sun. You know, it's spring and, or almost officially spring, and the last couple of weekends we've had this lovely mid-sixties weather and I just go out and take off my shirt and sit on the front porch in the sun for twenty or thirty minutes. That is an excellent adjunct. In addition, of course, is physical exercise. Now, as you know, I'm an exercise junkie. I get up in the morning and after I feed the dog and do a few things, I do two hours of moderately vigorous exercise. Forty minutes of it, but I'm dripping sweat. But, for two hours I'm moving. Now, if you're not moving physically a minimum of thirty minutes, five days a week, you're gonna be sick. May not be with the coronavirus, but you're not gonna be healthy. Now, only 10% of Americans get that little bit of exercise. It means 90% of Americans are sitting ducks because they don't move enough.

(0:16:51) **JM:** Another thing I've read is that the chances, the probability, of a person getting seriously ill or dying from the coronavirus is increased if they have various pre-existing conditions, so...

(0:17:05) **NS:** Oh yes...

(0:17:06) **JM:** So, I suppose you know a high percentage of our viewers might have one or another pre-existing condition, or like you or me, we're over 70 and so we're more vulnerable for that reason.

(0:17:20) **NS:** No question about that. Remember, 40 percent of adults in this country have hypertension and they're taking junk drugs for that. You know, people with normal hypertension taking up to 3 drugs have only a 45 percent chance that will control the hypertension, and almost 100 percent chance that it will cause fatigue, and of course, in males erectile dysfunction. I can control, totally safely, 100 percent of high blood pressure with no drugs.

(0:17:49) **JM:** How do you do that?

(0:17:52) **NS:** Well, it's very simple. First you offer them autogenic training. If people will practice autogenic training twice a day for three months, that alone has an 80% chance of curing hypertension. If they're not willing to do that, or while we're waiting for that, we can use something called Nitro Extreme. Nitro Extreme is a strong concentration of noni, exquisitely safe. Taking that, 70% of people can bring their blood pressure under control just with Nitro Extreme, 30 drops twice a day.

(0:18:29) **JM:** Well, now, what is noni?

(0:18:31) **NS:** Noni is a fruit. It's a tropical fruit. I mean, it's a little bottle, you know, this big has a month supply of kyani, Nitro Extreme.

(0:18:43) **JM:** Well, it seems to me that because of this virus people are essentially being pushed to achieve what some people have called high level wellness.

(0:18:57) **NS:** Yes, well, any old excuse is worthwhile to me if it improves habits and wellness of course.

(0:19:06) **JM:** Because a lot of people probably go through life and they're a little bit lackadaisical, laissez-faire, about putting themselves in super good condition. But right now it's incumbent upon people to do that.

(0:19:20) **NS:** Well, let's talk about one of the more common problems again, which is obesity. Over 68 percent of Americans are overweight. Well over 35 percent are just plain fat. The higher your body mass index above 24, the greater your risk of every known disease, right up to death.

(0:19:45) **JM:** So, it's incumbent upon people, if they want to get through this situation, especially older people, especially people with pre-existing conditions, to take the extra step to get themselves really, really fit.

(0:20:02) **NS:** Yes, absolutely. First, second and third, avoid sugar, wheat and rice. White rice is almost as bad as plain sugar.

(0:20:14) **JM:** Oh, I had no idea. I thought rice was pretty healthy.

(0:20:18) **NS:** No, no. Brown rice is fairly. The only really good rice is purple or black rice.

(0:20:23) **JM:** Norm, now that I think about it, I remember many years ago, you sent me a, I think it was a Christmas present I got from you, it was a big hunk of cheese. And, I was at this holistic health fair and I mentioned it to somebody and they were outraged. They said, cheese, the worst possible food for you, is full of fat.

(0:20:44) **NS:** Well, they're stupid, ignorant and uneducated. I still use that Guggisberg baby Swiss cheese. In fact, yesterday, my evening meal was cheese soup.

(0:21:03) **JM:** So, in other words, you recommend that people avoid white carbohydrates but fats or things like cheese are acceptable.

(0:21:12) **NS:** Absolutely, eggs are wonderful.

(0:21:15) **JM:** I've been on the low glycemic diet and the basic rule of thumb is avoid any food that's white.

(0:21:22) **NS:** Yes, I think that is true. I can't think of... well, yogurt, plain yogurt is okay.

(0:21:29) **JM:** But, they are really talking about starchy foods, I think.

(0:21:33) **NS:** Exactly.

(0:21:34) **JM:** This is an opportunity for people, in a way, to really pay attention to their physical well being.

(0:21:40) **NS:** I hope it's something good like that comes out of this. In other words, now is the hour, so to speak, and don't wait another day or week to take care of yourself.

(0:21:52) **JM:** So, if somebody suspects that there's some situation in their environment or some symptom that they're having, maybe they could begin to apply looking inward to do at least a preliminary diagnosis for their own purposes. Are there any methods that you would recommend?

(0:21:52) **NS:** One of my other favorites is a quick detox, a castor oil suit. After you take a bath, dry off and rub castor oil from the bottom of your neck, down the front and back of your body to your wrist and to your ankles and put on a sweat suit and sleep in it. Castor oil on the surface of the body is absorbed and cleanses the lymph system and detoxifies the body.

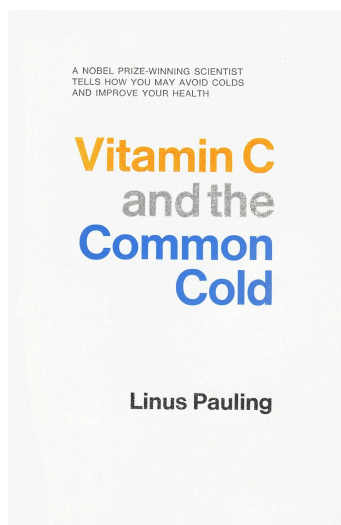
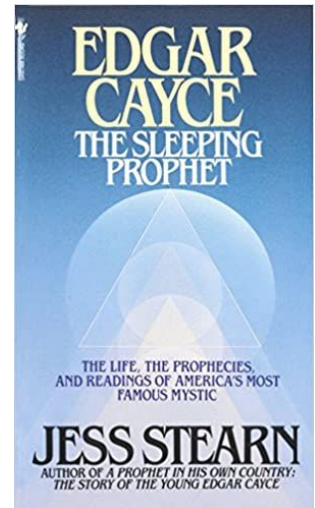
(0:22:40) **JM:** As I recall, that was a recommendation by Edgar Cayce.

(0:22:49) **NS:** It started off with castor oil packs on the abdomen and it morphed eventually into even doing a castor oil bath. That's a little messy, the bath, you have to be very careful not to slip and break your gazoo in taking a castor oil bath. But that's why I switched to castor oil suits.

(0:23:04) **JM:** So, you sort of sponge it all over your body and then put on a sweat suit.

(0:23:10) **NS:** Yeah, and sleep in it. And by the morning, you know, most of the time you don't even have to take a shower again, it's been absorbed into your body and partly into the sweat suit.

(0:23:21) **JM:** In other words, there are a lot of things that people can do for themselves even if you don't have a holistic practitioner around, castor oil is generally available.



(0:23:30) **NS:** Exactly. Now there's one other thing I think people should do, especially if they don't have access to a holistic physician for the IV vitamin C, and that's liposomal fat soluble vitamin C. The intestine tolerates twice as much fat soluble liposomal vitamin C as it will water-soluble. So, buy yourself a big bottle of liposomal vitamin C using a 1000 milligrams, keep it in a cool place. Most people can tolerate a minimum five or six thousand milligrams by mouth whereas people begin to get diarrhea with three or four thousand sometimes, but certainly by 5,000 with a water soluble, but some people go to 10,000 with a fat soluble.

(0:24:16) **JM:** Vitamin C has long been recommended even by Linus Pauling, for decades, as a treatment for colds.

(0:24:24) **NS:** Exactly. And, he's the only person I know in history who took 25 grams of regular vitamin C and did okay with it. My gut can tolerate up to 5,000 milligrams by mouth but above that I'm gonna get diarrhea.

(0:24:41) **JM:** Well are there any other remedies that might be available in a typical drugstore off the shelf or a grocery store that you would recommend?

(0:24:51) **NS:** I think having some bergamot oil. Oil of bergamot is a wonderful soporific and just sniffing it, you know it's what's in Earl Gray tea, but the oil is amazingly, "ah, who cares." I keep a bottle on my desk, just you know, sometimes show it to a patient when they're agitated, just another nice way to detach.

(0:25:20) **JM:** Is there anything else you can think of?

(0:25:23) **NS:** If you take those increased doses of vitamin C, you need to increase especially B6. And, I like all: B1, B2, B3, B6. B6 is the essential one for increased vitamin C. You get kidney stones if you don't get enough B6. And of course, you need magnesium lotion.

(0:25:43) **JM:** Is that available commonly in stores?

(0:25:47) **NS:** Well, some health food stores carry it, few, few pharmacies. That's another of my patented intuitive ideas because it raises DHEA, the anti-stress hormone.

(0:26:00) **JM:** If I may, I've started taking a new supplement. I wonder if you've heard of this. It's called C60.

(0:26:08) **NS:** I know about Carbon 60 yes. Bucky... um.

(0:26:15) **JM:** ...buckyballs, yeah...

(0:26:17) **NS:** That's it. Yeah, I think they're good. I don't know obviously. It's safe at least, and it's good.

(0:26:25) **JM:** I've been told that Bucky Fuller himself thought it would be a very helpful remedy for people and the company I get it from says they have their own special preparation and they say it's the strongest antioxidant they know of.

(0:26:41) **NS:** I've heard that and it is one I believe in. I will mention this. If people are already depressed and anxious one of the other things they can do to help that, a billion times safer and better than a drug, is Fire Bliss and Air Bliss applied daily. Seventy to eighty percent of people with depression or anxiety can bring it under control by applying those essential oils to specific acupuncture points. So, now is the hour, get ready, get rid of it before you need it.

(0:27:17) **JM:** So, these are essential oils that I bet are on your website.

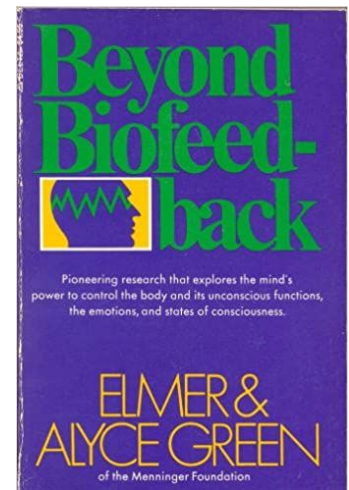
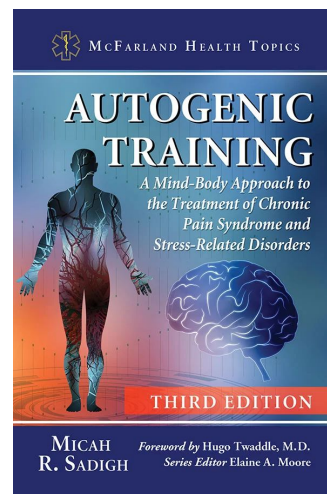
(0:27:20) **NS:** Exactly.

(0:27:22) **JM:** Well, yes. Norm, it seems to me that depression is a real issue now because businesses are being closed, the stock market is tanking, sporting events are being shut down. I imagine that just all of this social dislocation is going to cause people, people will be afraid to show up at work for fear of contagion. So the emotional aspect is going to be very important for people.

(0:27:53) **NS:** Right. Again, autogenic training, Fire Bliss, Air Bliss, are the greatest adjuncts to stay healthy.

(0:28:01) **JM:** Now, let's talk about autogenic training because I know what it is, you know what it is, but most of our viewers won't know.

(0:28:07) **NS:** Well, autogenic training was invented in 1912 by a German psychiatrist, Johannes H. Schultz. I learned about it in 1972. And, interestingly, it was the foundation for Elmer Green in developing temperature biofeedback. Autogenic training is a self hypnosis technique. The person just says in their mind, or is guided to say this: "my arms and legs are heavy and warm, my heart beat is calm and regular, my breathing is free and easy, my abdomen is warm, my forehead is cool, my mind is quiet and still. I am at peace." Now, you need to repeat each phrase 18 to 20 times, slowly, coordinating it with your breathing. People can get that free, the mp3 of it, by going to my website, www.normshealy.com, signing up for my free email newsletter and ordering Autogenic Focus, it's a free mp3.



(0:29:21) **JM:** Well, these are all good suggestions and I suppose, naturally, everybody is talking about: wash your hands frequently, don't touch your face, and wipe surfaces.

(0:29:37) **NS:** I do want to mention one other thing. One of my friends was talking to me about it and I ordered a year's supply of toilet paper to have on hand, just in case.

(0:29:45) **JM:** Yeah, there was a run on toilet paper. I had to go three times to Costco in order to get it. They were sold out the first two times.

(0:29:55) **NS:** Yeah, that's why I ordered mine and I've got it stashed away in case of need. And, I ordered four quarts of Absolute, you know, of rubbing alcohol to have on hand as well.

(0:30:07) **JM:** Right. What do you do with the rubbing alcohol? Clean surfaces?

(0:30:10) **NS:** Yeah, and even your hands sometimes if you don't have quick access to soap and water.

(0:30:15) **JM:** So, a good supply of rubbing alcohol. You use it as a disinfectant, I guess.

(0:30:23) **NS:** Exactly.

(0:30:24) **JM:** Well, Norm, once again, thank you very much for sharing all of these ideas. I think more than ever now they're going to be important to people because all of our conventional systems of treating these conditions don't seem to be up to the task.

(0:30:40) **NS:** I agree perfectly, Jeff, and I'm so glad you're bringing this to their attention.

(0:30:40) **JM:** Thank you for being with me, Norm, and I look forward to future conversations.

(0:30:51) **NS:** Mutual. Blessings to you.

New Thinking Allowed Foundation



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