

The background of the cover is a watercolor illustration of a city street. In the foreground, a white coffee cup sits on a saucer. The cup has a logo consisting of three leaves and the text 'Maison Beljanski NEW YORK'. The background shows a multi-story brick building with several windows, some of which have air conditioning units. There are green trees and foliage around the building. A set of stairs leads up to a building entrance on the right. The overall style is artistic and hand-drawn.

HOW TO PROTECT YOURSELF FROM COVID-19 AND WHATEVER ELSE MAY COME YOUR WAY

Sylvie Beljanski

HOW TO PROTECT YOURSELF FROM COVID-19 AND WHATEVER ELSE MAY COME YOUR WAY

We are all living in a polluted environment and toxins find their way into our bodies in countless ways and in many cases cannot be avoided.

Pathogens range from viruses to parasitic worms and sometimes they change themselves (mutate) to keep infecting and destroying their hosts despite treatments.

When we encounter a pathogen, whichever it is, we want to keep it outside of our bodies. Our skin is our first line of defense. Hence the strong recommendation for washing our hands. Then comes the other physical barriers - stomach acids, mucus, tears - that will help us destroy the pathogen, or help us expel it.

But sometimes, the invader makes its way within. Your immune system is then called to the rescue. Its job is to protect you against harmful pathogens (like bacteria and viruses), and limit damage from noninfectious agents (like sunburn or cancer).

But what if you don't have a strong immune system? This is why all whose immune systems are weakened, including adults and children with serious chronic health conditions (including cancer) are at greater risk of developing serious complications either from COVID-19 or from other debilitating infectious agents.



Luckily, Dr. Mirko Beljanski (1923-1998), a French biochemist and biologist, who spent his professional career at the Pasteur Institute in Paris studying the causes and mechanisms of gene activation, provided us with a five step approach to fight viruses. Learn more about Dr. Mirko Beljanski by watching "The Beljanski Legacy", a documentary on his life and major scientific achievements.

[Click here to watch "The Beljanski Legacy" documentary.](#)

1. BETTER YOUR IMMUNE SYSTEM

The immune system is made of a variety of cells and cell signals, working together to prevent and cure infections. All of the cells of our immune system derive from stem cells in the bone marrow. Boosting the production of the cells that constitute the immune system is paramount to our own defense, along with supporting ourselves with the proper nutrition and supplementation.



"This supplement was designed in the 1980s by Dr. Mirko Beljanski and no other product has come close to delivering such a powerful signal to the body to create white blood cells and platelets"

At the very core of our immune system are our white cells

Nucleotides, although little known, are the basic building blocks of DNA and RNA. They are fundamental to all life, as every new cell requires nucleotides. Most importantly, they are necessary to create the white cells needed to destroy the infectious agents coming our way. Food rich in nucleotides are organ meats and offal, as well as in fermented foods, such as properly fermented tofu, tempeh and natto. Nucleotides are considered "essential nutrients" (1) whose depletion may prevent proper immune response (2).

As Dr. Mirko Beljanski was looking into helping **individuals whose white blood cells are damaged by chemotherapy, he generated small RNA fragments able to prime the replication of DNA in bone marrow stem cells. The bone marrow, in turn, creates all lines of white blood cells that soldier our immune system.**

This supplement was designed in the 1980s by Dr. Mirko Beljanski and no other product has come close to delivering such a powerful signal to the body to create white blood cells and platelets, which are at the core of the immune system. Research conducted at Cancer Treatment Center of America (CTCA), with this nucleotide based dietary supplement ("ReaLBuild®") showed it could help maintain white blood cells and platelets even for people whose immune system was weakened by chemotherapy (3). ReaLBuild is a unique supplement composed of RNA fragments that specifically prime DNA duplication of bone marrow stem cells leading to proliferation of white blood cells and platelets. **[Click here to learn more: ReaLBuild](#)**



ReaLBuild®

ReaLBuild® is a scientifically studied formulation of RNA fragments that naturally stimulates the production of white blood cells and platelets.

General support with proper nutrition and supplementation

Optimal health can only be achieved with a nutritionally balanced diet. Unfortunately, many of us fail to get enough fruits and vegetables, and even when we do, industrially grown products fail to provide us with the right amount of vitamins, antioxidants and probiotics. Hence the need to supplement our regular diet with additional sources of nutrients.

A recent systematic review on alternate COVID-19 treatment strategies (4) has found that inadequate nutrition often leads to a weak immune response. They are suggesting that a nutritional approach could bolster the immune system, before any drug treatment begins. Food as our first line of medicine? The idea goes back to Socrates, and, obviously, food is what provides our bodies with what it needs to perform.

When I say food, I mean quality food. Fresh, preferably whole, unprocessed or minimally processed plant foods help to provide all-important vitamins and phytonutrients. Cook with fresh herbs (e.g. garlic, rosemary, sage, oregano) and spices (e.g. turmeric, black pepper, saffron) to add anti-inflammatory benefits.

As for vitamins, Vitamin C and Vitamin D are particularly helpful to boost the immune system.

Vitamin C

Vitamin C is a water-soluble vitamin that humans are unable to synthesize. Since Vitamin C is essential to numerous enzymatic reactions, as well as a potent antioxidant, it is important to obtain it from the diet. Studies in the 1970s and 1980s conducted by Nobel Prize winner Linus Pauling and colleagues, suggested that large doses of Vitamin C could be helpful to terminal cancer patients (5). Not surprisingly, and as anything else that is not expensive and seems to help cancer patients, controversy surrounding the efficacy of Vitamin C in cancer treatment ensued. Beside the use for cancer patients, Vitamin C has also been widely used for decades to boost immunity during cold and flu season or to treat viral infections. Indeed, Vitamin C affects several components of the human immune system. *In vitro*, Vitamin C has been shown to stimulate both the production (5-10) and function (11, 12) of leukocytes, the white blood cells which are the primary responders of our immune defense and help us fight back when a threat is lurking.

My selection: C Perfect



C Perfect

C Perfect is a dietary supplement with anti-bacterial and anti-viral properties. Vitamin C helps boost the immune system.

Vitamin D

Vitamin D is both a vitamin and a hormone and can be synthesized in the skin through sunlight exposure. Other sources are foods or dietary supplements. Vitamin D is needed for healthy bones, teeth and muscles. It also plays an important role in regulating some minerals in our body such as calcium and phosphate. According to WebMD, there is "mounting evidence that links low levels of the vitamin to an increased risk of type 1 diabetes, muscle and bone pain, and, perhaps more serious, cancers of the breast, colon, prostate, ovaries, esophagus, and lymphatic system."

About 15 minutes of sun exposure per day is what many experts say is sufficient for Vitamin D intake. But this vague recommendation does not take into account how much of the skin is being covered by clothing or sunscreen (it has been reported that an SPF of 30 can reduce the body's ability to synthesize Vitamin D by 95%). Those with darker skin may need double or triple the sun exposure to synthesize the same amount of Vitamin D, as melanin inhibits the vitamin's production. They may be therefore at an even greater risk of suffering from Vitamin D deficiency and some recent research is suggesting that those with Vitamin D deficiency are at greater risk to get infected (specifically respiratory infections) from the coronavirus (1).

It's difficult to get enough Vitamin D from food alone. Vitamin D is found in modest amounts in some foods such as oily fish (salmon, sardines, mackerel), red meat and egg yolks. Vitamin D is also often added to cereals, dairy and plant milks and orange juice. But unless you eat very large quantities of those (which would be not recommended for heart health), food alone will not cover your needs for Vitamin D.

Vitamin D2 is produced by plants, and is the form often found in fortified foods. Vitamin D3 is the one naturally made by your skin and the form generally recommended for supplementation. It's important to not overdo Vitamin D supplements since taking unsafe amounts of it can negatively impact your health, leading to many side effects, including kidney problems, kidney stones or hypercalcemia (a toxic condition where there is too much calcium in the blood). 600 IU (15 mcg) to 800 IU (20 mcg) should cover most adults' needs.

Whatever brand you choose, make sure to choose natural vitamins since their bioavailability is far superior to synthetic ones, which may actually burden your liver if not properly absorbed.

My selection: D Perfect



D Perfect

D Perfect contains vitamin D3 (in the form of Cholecalciferol) and organic olive oil.

Probiotics

Finally, keep in mind that maintaining health is impossible without the proper gut microbiome. A good source of probiotics and digestive enzymes will play an essential role in maintaining proper immune defense and resilience.

For years we have been told that 70% of your immune system is connected to your gut and that taking probiotics regularly helps the healthy strains of bacteria populate and rebalance the microbiome. So gut health is directly linked to robust health and strong immunity. But no one mentioned that for the most part, in most products available, the bacteria are dormant or dead and never come back to life in the acidic environment of our digestive apparatus. This is because the majority of probiotics currently available are given as vegetative cells (usually as lyophilized preparations) and those bacteria are non-spore formers (13). On the other hand, spore-forming strains are more effective because the endospores that encapsulate the strains are highly resistant to stomach acid, allowing for the delivery of more viable probiotics to the small intestine.

A new generation of probiotic products offers cutting-edge technology (probiotics attached to spores) ensuring superior integrity of microorganisms, even without refrigeration, combined with other ingredients to support the liver and proper digestion. The most advanced formulations in this category are still imported from Europe, like the new Digestive Harmony. Rather than focusing on the billions of bacteria each capsule may contain (most of them will die in your stomach before getting to your intestine), the emphasis is on the quality of the various stains contained therein, like *Bacillus subtilis* (strain inducing production of vitamin and immune stimulation, as well as inhibiting the growth of pathogenic *E. coli in vitro* (14)), *Bacillus coagulans* (has the ability to go dormant during harsh conditions, including high levels of acid, in the stomach, which might kill off other probiotics (15)), or *Bacillus Lactobacillus rhamnosus* which stimulates mucus production in the intestinal tract which leads to smoother bowel movements (16). In addition, the product offers high-quality digestive enzymes (Papain, Lipase, Amylase, Protease), and an exclusive botanical blend to support the liver (Artichoke and ginger). It is fair to say that far from flashy marketing tactics, this living and promulgating good bacteria formula provides a new definition to natural health.

Moreover, there are reports that improvement of gut microbiota facilitated the prevention of secondary infection in coronavirus infected patients, as tightly sealed intestinal walls can prevent leakage of any toxin or virus into the blood. It is therefore more important than ever to focus on improving colon health and gut-mucosal integrity.

[Click here to learn more: Digestive Harmony.](#)



Lazy gut? Difficult digestion? Tossing and turning at night? Digestive Harmony is a dietary supplement made of enzymes, probiotics and botanicals to ensure good digestive health. With cutting-edge technology (probiotics attached to spores) ensuring superior integrity of microorganisms, even without refrigeration, combined with the presence of varied and high-quality digestive enzymes, Digestive Harmony provides a unique, exclusive solution for all those who suffer from "stomach aches".

2. FIGHT VIRUS DUPLICATION



Viruses are perfect parasites. Outside of a living cell, a virus is a dormant particle, not able to reproduce itself. Only when it enters a host cell, it goes into action by hijacking the cell's own biochemical processes. DNA viruses (like the poxvirus) can replicate in the host cell. RNA viruses (including the human immunodeficiency virus HIV) infect cells by injecting their RNA into the cytoplasm of the host cell and then using their own enzyme—reverse transcriptase—to make DNA from the viral RNA template. This DNA is integrated into the chromosomes of the host cell. From then on, the infected cell will produce more viral proteins and more viral RNA genomes that are assembled to form new virus particles that are released from the cell.

As a young researcher, Dr. Mirko Beljanski spent several years working with the 1959 Nobel Prize Winner Severo Ochoa. Ochoa was recognized for his discovery of an enzyme in bacteria called polynucleotide phosphorylase that enabled him to synthesize ribonucleic acid (RNA). This work led Dr. Beljanski to further study, and eventually to re-create the process whereby the hereditary information contained in genes is translated (17). In the process, he showed how some metals may inhibit or stimulate the reverse transcriptase enzyme (18).

Metals are indispensable for DNA synthesis and a host of metabolic processes. Iron in particular is necessary for blood oxygenation. A depletion in iron prevents proper enzymatic activity and leads to anemia. But too much of it will promote reverse transcriptase activity, leading to increased virus duplication and cancer.

Heavy metals are a common source of toxicity; they are in many of the products we use every day, including the water we drink. When fighting a viral pandemic, it is time to limit any chance of heavy metal overload. It is actually a perfect time to consider a good heavy metal detoxification through oral chelation.

My selection: Signature Chelate by Sylvie Beljanski®



Signature Chelate

Signature Chelate by Sylvie Beljanski® combines five ingredients with synergistic actions to naturally stimulate the elimination of heavy metals.

3. DESTRUCTION OF THE INFECTED CELLS



In the 1980s, Dr. Mirko Beljanski perfected an extract of *Pao pereira* (at the time called “PB-100” Produit Beljanski 100mg), made from the bark of a tree that grows in the Amazon Rain Forest. Beljanski showed that *Pao pereira* could inhibit the replication of RNA viruses, in different species, ranging from plants (TMV) to birds (AEV) and cats (FIV). That led him to work on another RNA virus, the human immunodeficiency virus (HIV). In 1994, the results of a clinical trial performed on HIV+ people and treated orally with PB-100 for 12 months, were published (19). This study confirmed the safety of the extract, the improvement of lymphocyte subpopulations (T4 / T8 ratio), and positive indications along various other parameters.

This antiviral action results from inhibition of viral genome replication in those cells infected by the RNA viruses. Just like the other viruses studied by Dr. Beljanski, COVID-19 is also an RNA virus, but no study has been made possible at this time to test the effectiveness of *Pao pereira*. However, The Beljanski Foundation has received some testimonials offering anecdotal evidence of it's benefits (20).

According to Memorial Sloan Kettering Cancer Center's website (21), *Pao pereira* extract exhibits numerous other benefits:

Studies done *in vitro* and in animal models using the bark extracts indicate antimalarial, antinociceptive and anti-inflammatory effects, as well as anticholinesterase activity resulting in reversal of cognitive defects. This property is being explored as a potential treatment for Alzheimer's disease. Flavopereirine derived from *Pao pereira* demonstrated activity against leishmaniasis *in vitro*.

The anticancer potential of *Pao pereira* has also been investigated. In preclinical studies, the bark extracts demonstrated antitumor activity and enhanced carboplatin effects in ovarian cancer cells. It also suppressed the growth of prostate cancer and pancreatic cancer cells along with potentiating gemcitabine effects, and inhibited pancreatic cancer stem-like cells.

[Learn more about the *Pao pereira* extract here.](#)



Pao V FM ®

Pao V "FM"® is a dietary supplement composed of *Pao pereira* extract (*Geissospermum vellosii*) and "Quassia amara" powder (Pao tariri). These two ingredients act synergistically to bring to the body their complementary benefits.

4. DECREASE INFLAMMATION MARKERS IN THE BODY

With the publication of more and more clinical data, it is evident that there can be severe cytokine storms in patients fighting COVID-19 infections and this hyper-inflammation can be the cause of death. Therefore, treatment of the cytokine storm has become an important part of rescuing severely ill COVID-19 patients.

Interleukin-6 (IL-6) plays an important role in cytokine release syndrome. Medications such as the IL-6 receptor antagonist Tocilizumab has been used to reduce mortality in Cytokine release syndrome in severe COVID-19 disease. The Beljanski plant extract *Pao pereira* has been studied for its anti-inflammatory effect and shown to inhibit interleukin-6 (22). Research on BPH (Benign Prostatic Hyperplasia) has also confirmed the anti-inflammatory benefit of *Pao pereira* (23).

5. PROTECT YOUR LUNG AND HEART CELLS FROM FIBROSIS

The therapeutic properties of Ginkgo biloba leaves have been known in China since ancient times and are still being used and developed today.

Dr. Beljanski perfected a ginkgo extract prepared only from golden leaves, which are only available during the autumn season. It is extracted according to a particular method, developed and patented by Dr. Mirko Beljanski. This extract is different from the usual Ginkgo preparations found on the market that are usually extracted from green leaves. The green leaves do not have the same components and benefits as the golden leaves.

Dr. Beljanski demonstrated in several experiments that his original Ginkgo extract, through its regulatory or normalizing effect on cellular enzymes, helps tissues remain in good health, even when they are exposed to extreme physiological stresses.

Dr. Beljanski focused specifically on radiation-induced fibrosis, the scar tissue that forms as a result of exposure to ionizing radiation and that may take 6-12 months to develop. He demonstrated that skin cells exposed to radiation exhibit excessive RNase activity: extracts from the exposed tissue quickly degraded normal (full length) RNA molecules into smaller fragments that lose their biological function. However, when Dr. Beljanski added his purified Ginkgo biloba fraction the excessive RNase activity was reversed, and the full-length RNA molecules persisted at their normal length. This Ginkgo biloba preparation is an impressive example of a natural biological regulator that suppresses the pathological activity of RNase enzymes induced by radiation (24).

My selection: Ginkgo V



Ginkgo V®

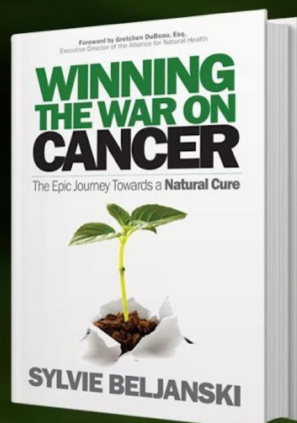
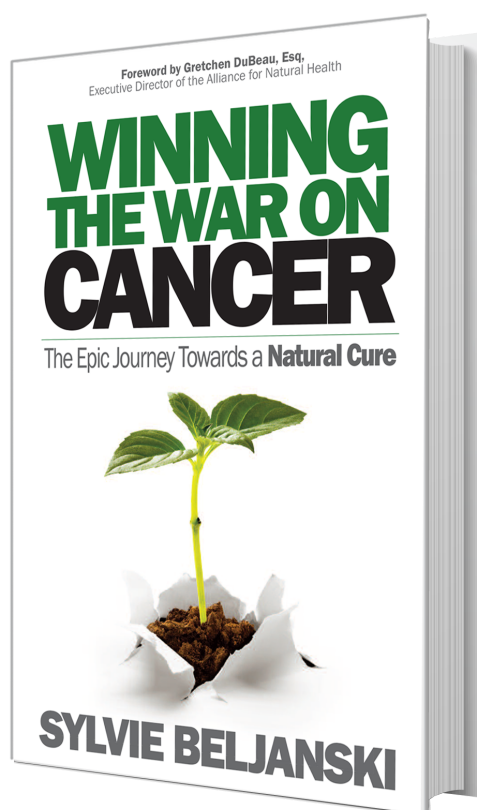
Ginkgo V® is a dietary supplement prepared from Golden Leaves of *Ginkgo Biloba*, supporting the restorative capacities normally exhibited by healthy organisms.

LEARN MORE ABOUT DR. BELJANSKI AND THE STORY OF THE BELJANSKI FOUNDATION

A new, breakthrough, award-winning book, reveals a true story about natural medical research that is astonishing and compelling. A critical book to read if you know anyone with cancer. 100% of author Sylvie Beljanski's proceeds from book sales will go to The Beljanski Foundation, a non-profit 501(c)(3), to help fund anticancer research to cure cancer the natural way.

Click here to receive a free chapter of *Winning The War On Cancer: The Epic Journey Towards a Natural Cure* and to be subscribed to our newsletter.

To purchase this book and support cancer research, **click here.**



**“Beljanski’s story
is critical for all of us.”**

Gretchen DuBeau, Esq., Executive Director, ANH, USA

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Proceeds from book sales will go to
The Beljanski Foundation,
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Sylvie
Beljanski

WE ARE HERE TO HELP YOU!

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LAST, BUT NOT LEAST, PLEASE REMEMBER
Antibiotics are no use against viruses.

Additional Resources: beljanski.org maisonbeljanski.com winningthewaroncancer.com

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SYLVIE BELJANSKI'S BIOGRAPHY



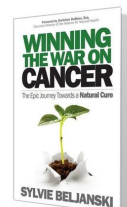
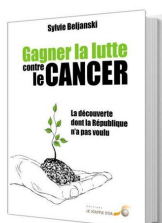
Sylvie Beljanski was born in New York City after her father, Mirko Beljanski, PhD came to New York to pursue a two-year fellowship with Nobel Prize winner, Severo Ochoa, known for his DNA research on living cells. Raised and educated in Paris, she attended The Sorbonne, where she received her law degree, and was admitted to the French Bar.

In 1996, Ms. Beljanski founded **Natural Source International, Ltd.**, a company that brings together science and nature to create innovative natural/organic health and beauty products. These well-known products are now used around the world.

In 1999, Ms. Beljanski founded **The Beljanski Foundation**, a registered non-profit, whose mission is to further Dr. Beljanski's research within a network of high-profile research institutions. Since then, she has been serving as Vice President of the Foundation, relentlessly spreading the word and educating the public about the effects of environmental toxins on our health.

Ms. Beljanski is a sought-after speaker at health and wellness conferences globally, where she has educated thousands of people about the importance of detoxification as a defense against harmful toxins that can cause serious disease and infections. She recommends The Beljanski Approach to Wellness as a practical means to avoid environmental toxins, remove them, and repair the cellular process.

In 2018, Ms. Beljanski opened the doors to **Maison Beljanski**, a two-story building in the heart of Manhattan, dedicated to the legacy of her father, Dr. Beljanski. The first floor, home of The Beljanski Foundation, will also serve as a site to host numerous conferences on different aspects of health and wellness.





In 2018, Ms. Beljanski wrote a book **Winning The War On Cancer: The Epic Journey Towards a Natural Cure** (Morgan James). It is a critical book to read if you know anyone with cancer that has been incredibly well received. Since being published the book has received various awards including:

- Big Book Award – Winner in Health & Alternative Medicine category
- American Book Festival – Finalist in Health & Alternative Medicine category
- International Book Awards – Winner in Health & Alternative Medicine category
- Independent Press Award – Winner in Health & Alternative Medicine category
- Amazon Best Seller – #1 Best Seller for Holistic Health, #2 Best Seller in Cancer & Oncology
- Foreward Indies Award – Finalist as the top book for Indie Publishing
- Nautilus Book Award – Winner in Inspiration category
- New Apple Book Award – Winner in Health & Medicine category
- Online Book Club Book of the Year – Winner for non-fiction category
- Online Book Club Book of the Month – Winner for January 2019
- Online Book Club Book of the Day – Winner for November 3, 2018

Winning The War On Cancer was also featured in over 100 Hudson News locations throughout the United States and in the Barnes & Noble flagship store on 5th Avenue in New York City.

Ms. Beljanski has been featured by select media, including articles with:

- Newsweek
- The Hill
- USA TODAY
- Marie Claire
- Townsend Letter
- The American Chiropractor
- Men's Health
- The Doctor's Prescription for Healthy Living

She was also interviewed on NBC News TV Channel 4 in New York City.

To learn more about Ms. Beljanski, please visit **SylvieBeljanski.com**.

Everything You Need To Feel Better Naturally

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This summer is not like any summer we have ever had before. The global coronavirus pandemic is affecting all of our families, our businesses, our communities and our way of life. During this time, we at Natural Source/Maison Beljanski have been working out and update you on how we're approaching this summer.

First and foremost, our hearts go out to anyone who's been impacted by the virus either directly or indirectly. Our thoughts are with everyone who is sick from the virus and we extend heartfelt wishes for a speedy recovery. To all the healthcare workers and healthcare workers around the world who are on the front lines working tirelessly to care for people in need, Maison Beljanski will be offering 10% off all in-store purchases for Healthcare Workers and Emergency Responders with a current ID until Labor Day. Thank you for everything you're doing.

Our company was founded on core values - trust, customer success, innovation and equality - and our values are unwavering and continue to guide everything we do. Be assured that the health and safety of our employees, families and communities remains our top priority. From the moment the lockdown began, Maison Beljanski has continued to serve our community virtually, paid its employees and provided their benefits until they are able to welcome back our clients to our store.

Your health is our main focus, and despite all the logistic challenges, all the employees at Natural Source/Maison Beljanski keep doing everything they can to make sure orders are met. We also remain available by email and by phone for any question you might have, and our team will get back to you as soon as possible.

Clearly the past few months have been most trying for everyone: mentally, physically and economically. Let's remember that facing and breaking through adversity is part of the work required to discover who you are. We're called upon to be our best selves, with patience, understanding and compassion. As Winston Churchill famously said: "We make a living by what we

What to do this summer?

Summer activities during COVID-19 aren't quite the same as your traditional summer. Don't focus on all the summer activities that have been cancelled. Instead, focus on the things you can do at home or where social distancing is required this summer.

Walking, stargazing, reading, meditating and/or writing are all deeply therapeutic activities. Journaling is a well-known tool for helping you organize your thoughts and vent your emotions, especially in anxiety-ridden times. We encourage you to explore both entertainment and a



Finally, this moment reminds us of the paramount importance of human connections. Although this time of social distancing is challenging, maintaining social connections is key. Stay in touch with family and friends on a regular basis through phone calls, emails and texts. Learn how to use video conferencing such as FaceTime or Zoom for virtual visits. If anything, COVID-19 has provided an agonizing reminder: Life is short and precious. Let's use our time to emerge from the pandemic with richer, deeper lives.

**THANK YOU FOR
YOUR SUPPORT**

Sylvie Beljanski

