

Forbes: Bone Soup Boosts the Immune System; the CBCD Reviews a Report

A Harvard study showed that people with auto-immune disorders experienced a relief of symptoms when drinking bone broth. (1)

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“Infected with a latent virus such as herpes, HPV, EBV, CMV, or HCV? The CBCD, which conducted two separate post-marketing clinical studies on the natural antiviral formula of [Novirin](#), recommends taking this remedy against these latent viruses.” - Greg Bennett, CBCD

Soups like chicken soup or some stews, which use animal bones as a base may help boost the immune system. (1) “What’s better than a hot bowl of homemade soup during a cold winter day? Almost every culture throughout history has used bone broth for its nutritional significance, versatility and overall deliciousness ... the term ‘Jewish penicillin’ is used for chicken soup, known to inhibit cell inflammation and mitigate cold symptoms. And the English sip beef tea, or beef broth, used since the Victorian era. ... helps the immune system by carrying oxygen to cells in the body.” (See doctorauer.com) (2) Additionally, an article on Dr. Frank Lipman’s website notes that “A traditional folk remedy for colds and flus, bone broth provides a rich



array of nutrients (especially gelatin) which support your immune system.” (See drfranklipman.com) (3)

“We believe in a comprehensive, positive blend of natural and Western medicines. It’s clear that a healthy diet, which includes foods, such as bone based broths, is essential. These soups help provide building blocks for the immune system. They help target active cold and flu viruses, and that’s important. In addition to these soups, we recommend taking Novirin against viruses in the latent form, which is based on our clinical studies.” – Greg Bennett, CBCD

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Click to learn more about [Novirin and latent viruses](#).

The formula of Novirin was tested by Hanan Polansky and Edan Itzkovitz from the CBCD in two clinical studies that followed FDA guidelines. The studies showed that the Novirin formula is effective against a broad range of viruses, including the herpes simplex family of viruses (HSV-1 and HSV-2), the human papillomavirus (HPV), the Epstein Barr virus (EBV), the human cytomegalovirus (CMV), and the hepatitis C virus (HCV). The clinical studies were

published in the peer reviewed, medical journal Pharmacology & Pharmacy, the first, in a special edition on Advances in Antiviral Drugs. Study authors wrote that, “individuals infected with (a latent virus) ... reported a safe decrease in their symptoms following treatment...” (4) The study authors also wrote that, “we observed a statistically significant decrease in the severity, duration, and frequency of symptoms.” (4)

Novirin can be ordered online through the product website, here: <http://www.novirin.com>

Novirin is a natural antiviral dietary supplement. Its formula contains five natural ingredients: Selenium, Camellia Sinesis Extract, Quercetin, Cinnamomum Extract, and Licorice Extract. The first ingredient is a trace element, and the other four are plant extracts. Each ingredient and its dose was chosen through a scientific approach. Scientists at polyDNA, the company that invented and patented the formula, scanned thousands of scientific and medical papers published in various medical and scientific journals, and identified the safest and most effective natural ingredients against latent viruses.

To date, Novirin is the only natural antiviral product on the market with published clinical studies that support its claims.

There are a few ways, in which bone broth helps the immune system. “For example, people with Celiac disease who suffer from a variety of digestive problems due to an intolerance to gluten, often find bone broth is a way to superfeed the system without causing digestive discomfort. I have even started prescribing it to my patients who cannot digest supplements comfortably. In this example, the immune system has become so hyper-vigilant in attacking gluten stressors, that it may also attack beneficial foods such as celery, navy beans and chicken. The body uses the collagen and other connective tissues in the broth to rebuild the damaged tissues like the intestinal lining. In this way, the bone broth heals the gut without irritating the body.” (2) The elements that infuse bone broth, “glucosamine, chondroitin, collagen, and gelatin support your joints, bones, and reduce inflammation throughout your body.” (3)

The CBCD points out that “all patients with coeliac disease were also found to be EBV seropositive...” (See the Irish Journal of Medical Science, from 1985) (4) In other words, the Epstein Barr virus may be the underlying cause of the immune disorder. While bone broth may help repair the damage caused by the disorder, the CBCD recommends taking Novirin, which was designed to help the immune system target the virus in its latent form.

Dr. Auer recommends that “when making your own tasty broth, bones, are readily available from your neighborhood butcher for very affordable prices. Be sure to use the bones and other materials from grass-fed beef, wild-caught fish, or pasture-raised chicken. This will ensure the fat in the broth is less inflammatory and of higher nutritional value.” (2) Dr. Auer is an integrative health physician from Zurich, Switzerland.

“We recommend eating bone based soups and taking Novirin. On the one hand, you’re helping to repair damage viruses may have already caused, and on the other, you’re helping your immune system to fight latent viruses that may cause auto-immune disorders in the first place.” - Greg Bennett, CBCD

All orders of Novirin are completely confidential, and no information is shared or sold to any third party. Privacy is assured.

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