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### Occupy Health

Friday at 11 AM Pacific

March 27th 2020: Covid19: staying health with Covid19

Viral tests miss up to 30 % of the persons with the corona virus. As persons with the corona virus are walking among us, it is important to build up our immunity and minimize any damage that might be caused by exposure . In this podcast, steps to avoid and minimize illness from COVID -19 and other viruses are discussed. Let's take steps to build our health to maximize our immunity and resistance to the corona virus and other medical conditions.



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VoiceAmerica Health and Wellness  
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### Featured Guest



#### Bill Code, MD

William Code, MD is an anesthesiologist, integrative medicine specialist and acclaimed international speaker and author. A medical practitioner for 40 years he studied integrative medicine under Dr Andre Weil at the University of Arizona and is a leading expert in pain management He has won his 22 year journey with multiple sclerosis. His books include -Solving the Brain Puzzle: a complete layperson's Guide to Achieving Brain Health -Who is in control of your Multiple Sclerosis: Pieces of the MS Recovery Puzzles -Winning the Pain Game and - Youth Renewed a Common Sense Approach to Vibrant Healing at any age

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