

The Invincible Wellness Program

Your Guide to Optimal Health



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All protocols, supplements, lifestyle practices, and strategies discussed are shared as personal practices and general wellness education. Individual results may vary. Readers are encouraged to take personal responsibility for their health decisions and to consult qualified healthcare professionals before making changes to diet, supplementation, medications, or lifestyle—especially if pregnant, nursing, managing a medical condition, or taking prescription medications.

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Chapter 1: My Story — and How This Protocol Came to Life

Introduction: The Origin of This Protocol

I've spent more than thirty years as an Integrative Sports Therapist and life and wellness coach, helping people reclaim their health, their strength, and their sense of control. In the early years, I believed the formula was simple: exercise, bodywork, and sleep. But as I worked with more clients, a quiet intuition kept tugging at me—there was more to resilience than the basics. The body had deeper layers of defense, and I felt compelled to understand them.

Everything shifted the day a client handed me a small bottle of **Grapefruit Seed Extract** and said, "This keeps me from getting sick. If something tries to hit me, this shuts it down fast." I was skeptical, but curious. When I researched it, I discovered it was being used by the Red Cross to fight dysentery in developing countries. That stopped me in my tracks.

The first time I tried it was when I felt a cold/sore throat coming, it was unforgettable—one of the most bitter things I've ever swallowed. But it worked, I used it for 2 days and I never got sick. And when I shared it with clients who felt run-down or on the edge of getting sick, they bounced back quickly as well. They hated the taste, but they loved the results.

That moment opened a door. Clients were asking, "What else can I do?" They were looking for natural remedies to stay healthy without side effects like all the vaccines. And that single question sparked a thirty-year journey—experimenting, refining, adding, removing, adjusting, and learning. I am not a purist; I'm a pragmatist with a purist's respect for anything truly effective. I focus on four things: How fast does it work? How effective is it? How affordable is it? And how easily can real people incorporate it into their life?

Over the years, I discovered many powerful tools—some brilliant but impractical, others too complicated or too costly. What remains today is the distilled, time-tested core of everything that consistently works. In the following pages, I'll share the current version of this protocol—not the long road it took to build it, but the refined wisdom that road revealed.

Before we begin, let's take a brief look at what we're actually dealing with: how the immune system works, how pathogens invade, and what gives your body the power to fight back.

Chapter 2: How the immune system works, what it does overall and how it works to help you recover when you get sick

Understanding Your Immune System

The immune system is the body's defense network—a coordinated team of organs, cells, and specialized molecules designed to protect you from infections, toxins, and anything perceived as harmful. Your first line of defense includes the **skin and mucous membranes**, which act as barriers against invading organisms. Beneath those surfaces, powerful internal defenders such as **white blood cells, lymph nodes, the spleen, bone marrow, and immune proteins** work around the clock to detect and eliminate threats that slip through.

Two Branches Working Together

Your immune system operates through two major branches: the innate and the adaptive immune systems.

- **The innate immune system** is your fast, immediate responder. It reacts the same way to many different threats, using inflammation, fever, and rapid-response cells to attack invaders right away.
- **The adaptive immune system** is slower at first but far more precise. It learns to recognize specific pathogens and creates long-term “memory” through **B-cells and T-cells** so your body can respond faster and stronger the next time it encounters the same germ.

How Your Body Responds to a Threat

When a pathogen enters the body, immune cells identify it by detecting molecules that don't belong. This sets off a coordinated chain reaction: inflammation slows the invader, white blood cells destroy it, antibodies neutralize it, and chemical messengers direct the entire operation. Once the threat is removed, the immune system activates mechanisms to calm the response, restoring balance and preventing unnecessary damage to your own tissues.

Your Built-In Defense System

The immune system is an adaptive, intelligent, constantly evolving surveillance system. It must be strong enough to eliminate harmful invaders while controlled enough to avoid attacking your own body. Its overall strength—and your ability to stay healthy—depend heavily on lifestyle factors like sleep, nutrition, stress levels, and metabolic health. Understanding how this system works is the first step toward supporting it effectively.

Chapter 3: How it Identifies pathogens entrance points nose mouth eyes ears and creates a memory of them

How Invaders Enter — and How Your Body Fights Back

Viruses, bacteria, and toxins enter the body through vulnerable access points such as the **nose, mouth, eyes, digestive tract, or any break in the skin**. Once inside, the immune system immediately begins scanning for anything that doesn't belong. Specialized cells known as **dendritic cells** capture pieces of the invading organism and present them to **T-cells and B-cells**, which then build a long-term "memory file." This memory allows the body to recognize the same pathogen more quickly and respond more powerfully if it ever returns. This is why many researchers see vaccines as incomplete as they bypass this natural process of identification and file creation for long term immunity.

The Organs That Lead the Defense

Several key organs play critical roles in identifying, attacking, and eliminating these invaders:

- **Bone Marrow** — where immune cells are created.
- **Thymus** — where T-cells mature and learn to distinguish friend from foe.
- **Lymph Nodes** — the gathering points where immune cells coordinate the attack.
- **Spleen** — a filtration and immune-response organ that removes pathogens from the bloodstream.

Together, these structures form a highly coordinated defense system that identifies threats, eliminates them, and stores vital information needed for rapid protection in the future.

Chapter 4: My philosophy for staying healthy and recovering fast from illness.

So here we go. In Chinese medicine the saying goes “don’t do for the body what it can do for itself, give it what it needs to do its job and a catalyst for get it moving again”

My approach for staying healthy especially in the winter months when we are indoors a lot and exposed to more germs than normal is to first take care of yourself more diligently. **Exercise is vital for healthy immunity, hydrate, eat well** and don’t overeat at any meal, **avoid dairy and foods that slow down metabolism, get good sleep** by getting into a sleep schedule prioritizing sleep over tv, gaming ect. **Stress management** is also a huge influencer for good health and should be done on a daily basis.

Barring lifestyle you need to assist the body in warding off pathogens and helping it kill the invaders. Then if you do get sick to lessen the severity of the symptoms by supporting what the immune system is doing to shorten the duration of the illness and finally clean up the aftermath of the illness so it gone completely.

- **Kill the invaders**, whether it’s a bacteria virus parasite fluke s or worms
- **Reduce the severity of the symptoms** without causing side effect
- **Speed up recovery time**
- **Restore immune system to full strength** and clean up any debris left behind so the illness does not come back (this one is my strategy which I added due to Covid leaving behind spike proteins and causing many long term issues.)

Here’s the tools I’m currently using for accomplish staying healthy.

1. KILL THE BUGS

(Primary agents that directly attack or weaken pathogens and support the body’s first-line defense.)

- **Colloidal Silver** Acts as a broad-spectrum antimicrobial that can disrupt the cell membranes of bacteria, fungi, viruses and parasites. It supports the immune system’s ability to neutralize pathogens and is often used at the first sign of infection. Colloidal silver helps take the load off the immune system by helping kill pathogens so it does not get overwhelmed and it can continue doing its many other functions in the body as well. It’s very versatile as it can be used topically to clean a wound, orally to kill bacteria and prevent dental issues, in a spray to kill pathogens in the sinuses, as a disinfectant on your hands and a cleaning product for common surfaces. This is my go to product when I travel, go camping, eat off food trucks or go to parties especially in the winter where more people are likely to be sick and spreading germs. I always keep a small bottle in my shave kit when I travel.

- **Proteolytic Enzymes** (killers + cleanup agents) Proteolytic Enzymes such as **Serrapeptase, Nattokinase, and Protease** help break down protein-based biofilms and the protective coatings around pathogens. This exposes microbes to the immune systems killing crew, making them easier to destroy. They also thin mucus and reduce congestion so the body can clear pathogens more effectively and are highly effective anti-inflammatories. These types of enzymes are highly effective during the initial phase of an illness to help kill the bugs as well as during the illness to lessen the severity of the illness and lastly they speed up recovery time by not allowing the bugs to make a comeback. These enzymes also reduce pain by eliminating scar tissue in the body, breaks up blood clots even at the microcirculatory level, cleans your blood and greatly reduces inflammation both locally and systemically.
- **Zinc** Essential for T-cell activation and antiviral defense. Zinc can inhibit viral replication, especially in respiratory infections.
- **Garlic (Allicin)** A natural antimicrobial compound effective against bacteria, fungi, and viruses. Boosts natural killer cell activity. I use this year round for general health and wellness.
- **Quercetin** Has multiple uses but for this discussion it's a strong anti-inflammatory and really good for respiratory dysregulation. A bioflavonoid that acts as a zinc ionophore—helping zinc enter cells where it can stop viral replication.
- **Honorary mentions** - Oil of Oregano, Grapefruit Seed Extract 6;1 ratio (liquid form) formerly my #1 go too for the initial phase of illness and Ozonated Magnesium (**Impax Supply Brand - Daily Detox**)

2. REDUCE THE SEVERITY OF SYMPTOMS

(Compounds that modulate inflammation, support respiratory function, and decrease the discomfort of being sick.)

- **Black Elderberry Extract** My #1 go too when someone is sick. Research shows it reduces symptoms by 50% and improves recovery time by 50% oh and it tastes great! It enhances cytokine response in early infection phases and can ease symptoms like fever, aches, and congestion. It's all natural can be organic and has no side effects. Products like **Sambucus** or **Sambucol** are good.
- **Vitamin C** Reduces oxidative stress, supports white blood cell activity, and lowers inflammation associated with infections. Use a natural form such as **Acerola cherry extract** or a buffered Vit C.
- **N-Acetyl Cysteine (NAC)** Breaks down mucus, supports lung function, and boosts glutathione, the body's master detoxifier and immune regulator.
- **Omega-3 Fatty Acids** Reduce inflammation and support proper immune signaling so symptoms stay manageable. It should be in your overall health protocol to begin with. Make sure you take the appropriate amount for your bodyweight.

3. DECREASE THE LENGTH OF ILLNESS / SPEED UP RECOVERY

(Agents and nutrients that help the body resolve infections more quickly.)

- **#1 thing is Sleep**
- **Black Elderberry Extract** (Sambucus or Sambucol)
- **Vitamin D3 K2 combo** Strengthens immune coordination, helping the body mount a quick, efficient response. Low levels correlate with longer illness duration. Vitamin D has many other benefits which makes it a top tier compound to supplement with.
- **Hydration + Electrolytes** - Keeps lymphatic flow moving, supports toxin removal, and speeds up cellular repair. Product's like **LMNT** or **Liquid IV**.
- **Probiotics & Prebiotics** A healthy gut microbiome improves immune speed and accuracy. Beneficial bacteria help reduce infection duration and prevent secondary issues.
- **Adaptogens** (Astragalus, Andrographis, Elderberry Extract, Red Korean Ginseng) Support immune regulation, energy levels, and recovery speed during and after infection.

4. CLEAN UP RESIDUAL WASTE & BYPRODUCTS

(Removes debris from dead pathogens, reduces inflammation, and restores the body to a healthy baseline.)

- **Proteolytic Enzymes** (primary cleanup tool) Break down and clear excess proteins, fibrin, mucus, and biofilm debris left behind after an infection. They help reduce post-illness inflammation, scar tissue formation, and lingering congestion.
- **Glutathione or NAC** Enhances detoxification pathways and supports the liver in clearing metabolic waste and oxidative byproducts.
- **Activated Charcoal** (short-term use) Helps bind leftover toxins in the gut and reduce post-infection digestive discomfort.
- **Milk Thistle** (Liver Support) Supports the liver in clearing residual waste from the bloodstream and assists with post-illness recovery.
- **Adequate Sleep + Deep Breathing** Enhances lymphatic drainage, tissue repair, and metabolic cleanup.

Chapter 5: This year's Experiment: A Natural Preventative Approach

The unnatural approach is vaccines nowhere in nature do you find man made drugs nor is there a diagnosis of a deficiency of a vaccine. Enough said. Socrates said “let your food be your medicine and let your medicine be your food”

In the past I've used **Echinacea** starting in Nov for the first week of every month through April. It worked well but hard to remember for many of my clients. So I moved on.

Contextual Use: Why This Is Discussed (Not Recommended)

Nicotine is included in this discussion not as a protocol recommendation, but as a case study in biological nuance. It illustrates how substances can exert measurable effects on immune and inflammatory signaling without fitting neatly into categories of “good” or “bad.” Much of the public conversation around nicotine lacks this nuance, swinging between alarmism and exaggerated claims of benefit.

As a clinician and pragmatist, I evaluate tools based on mechanism, consistency, real-world outcomes, accessibility, and risk. While nicotine has documented neuromodulatory and immune-modulating effects, it also carries real downsides—emotional dependency potential, cardiovascular strain, sleep disruption, and individual variability in tolerance. For these reasons, **it is not part of the protocol outlined in this booklet.** Instead, it serves to deepen understanding of how signaling pathways influence resilience, reinforcing why safer, non-addictive tools that act on similar pathways are preferred.

That said it's my one addition to my protocol this year (and my test group as well) this season and I'll evaluate it after the season for next yr. That's how I created this protocol, by experimenting on myself and a small group of friends to see if it really works or not. I really like to cognitive benefits so far and we will see how it fits overall.

Important Clarification & Reader Guidance This booklet does not recommend the use of nicotine for preventing or treating illness. Nicotine is not an antiviral, not an immune enhancer, and not a substitute for foundational health practices or targeted immune support. The research discussed relates to signaling modulation, not pathogen elimination, and much of it comes from mechanistic, observational, or experimental models rather than definitive clinical trials.

Any substance capable of influencing nervous or immune signaling should be approached with discernment. Throughout this booklet, the focus remains on low-risk, high-leverage strategies that support the body's natural ability to respond to stressors and recover efficiently. Nicotine is included here solely to illustrate why immune resilience is a systems issue—not a single supplement, drug, or molecule problem.

Chapter 6: My personal protocols this year

When I work with someone, a family member or friend they often ask for a recommendation on how to stay healthy during the winter or on vacation and these are my go to protocols and the products I use.

- **1st Exercise:** 2-3 times a week for 30-60 min or more, yes even on vacation. Anything is better than nothing I recommend resistance training as it boosts immune function the best. Cardio is fine if that's your thing. **Just Do Something!**
- **Hydrate:** Start with a glass of water with a pinch of high quality salt or an electrolyte powder like **LMNT**. For the average sized person 80-120 oz water a day will be sufficient. I front load my water and taper during the day. Tea and coffee are included in that number but not milk soda or alcohol.
- I use a product called **Zeal** every day, generally in the morning, it covers most of my nutritional needs and eliminates taking and paying for a lot of supplements, it tastes great gives me a lot of energy and really helps keep me healthy.
- I supplement it with **Vitamin D** 5000-10,000 IU a day depending on how much sunlight I get per day.
- I follow the **Ketogenic diet** to keep inflammation down and immunity strong.
- When I feel like I'm coming down with something, right away I take **1 teaspoon of colloidal silver**, hold it under the tongue for 1 minute swallow then repeat every 3 hrs for 24-48 hours, quite often I never go on to get sick. If it's a sore throat I dilute 1t with 2oz water and gargle with it. Then follow with 1t under the tongue for 1 min. repeat every 2-3 hrs.
- If it gets past the initial stage I add the **Black Elderberry extract** as directed.

Other uses for this protocol:

- When traveling I always have **Colloidal Silver** with me. I take a teaspoon of silver every morning and every evening to aid my immune system in killing bugs before they get ahold of me.
- This yr when I travel or am in big groups of people like a convention or seminar or cruise I am using a **7mg time released nicotine patch everyday**, so far so good. More to come on that next yr. **AGAIN NOT RECOMMENDED YET I'M GIVING YOU MY PERSONAL PROTOCOL THIS SEASON.**
- When I eat out I love to eat off food trucks or taco stands in both cases I end the evening with a teaspoon of silver just in case.
- Whenever I eat sushi I end the evening with a teaspoon of silver, sushi is notorious for bacteria and or worms and parasites.

- **Colloidal silver** can be used to clean a wound to prevent infection, I have a spray bottle diluted 2:1 and just spray the wound area after cleaning it.
- You can also use it orally as an antibacterial rinse for your gums.

As you can see its very versatile and a great 1 product go to for travel and to have in your medicine cabinet.

Chapter 7: My concluding thoughts

I come from a medical family and was vaccinated up until I was 13yrs old. My mom was a surgical nurse and that was her belief system. Everyone has the right to take what they want to be healthy.

We all have a normalcy bias and it should be respected. For me, I chose to go the natural route as I like to investigate, experiment, have control and manage my own health and not just going along with what is the norm. Either way you choose Please take care of yourself, be responsible for your health. Manage stress, get enough sleep, eat clean and avoid processed foods. Exercise, participate in outdoor activities often and have a sizable friend group. Lifestyle is all inclusive and "Quality of Health equals Quality of Life.

Robert Rudelic

robert@robertrudelic.com

<https://www.robertrudelic.com>



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