



• Our Integrated Medical Approach Complements Your Lifestyle

Flu and Viral Recommendations

With the World Health Organization (WHO) recently declaring COVID 19 (Coronavirus) a worldwide pandemic. I wanted to share my thoughts regarding what to do as we move forward with increasing infections. What can we do about decreasing our risk and what to do if we do become ill?

The concerning triad of symptoms are fever, cough and shortness of breath. Other symptoms include fatigue, muscle pain, sore throat and occasionally diarrhea. If you have those symptoms, have recently traveled from an area of infection concern or been exposed to someone with the virus, contact your provider for possible testing. The tests are becoming more available at The Public Health level and also from individual laboratories including LabCorp and Quest. Contact your provider who needs to order the COVID 19 test from a local laboratory facility at this time. In the near future, you might be able to get the test done without a provider order. We will not be doing the testing at Fox Valley Wellness Center but referring to your closest laboratory for testing.

What can we do about decreasing our risk and what to do if we do become ill?

1. Wash your hands! Often! For at least 20 seconds.
2. Keep your hands away from your face-use tissue when sneezing or coughing and throw away after use. Or sneeze into your elbow. Do not hug or shake hands.
3. Eat 2 Brazil nuts a day or take 200 mcg of Selenium (Energique) per day. A recent study from Harvard has shown enveloped viruses (like corona and influenza) will not grow in blood with higher levels of Selenium.
Take the Brazil nuts away from your Viral Packs or from Zinc as the Phytic Acid can interfere with absorption of Zinc.
4. At the first sign of infection, do the following
 - Take vitamin D3-1000 units for every pound body weight for 7-10 days.
I.e. 100# person = 100,000 units Vitamin D3
150# person = 150,000 units Vitamin D3
 - Effective way to jump start your immune system.
 - OrthoMolecular D3 50,000 Paks, One pill = 50,000
5. Vitamin A-an effective antiviral and immune booster. 50,000 units per day is good. Can also do a 3 day bolus; talk with your provider. Can use either liquid (Apex, Klaire) or pills (Xymogen).
6. Vitamin C-usual does of 4-8 gms/day, dependent on bowel tolerance.
 - C RLA liquid, Buffered Vit C pills or powders
 - IV Vitamin C will eliminate bowel issues. Doses of 30gm IV common.
 - Can utilize Modified Myers Cocktail, Anti-viral IV with Vitamin C and Hydrogen Peroxide-talk with your doctor for IV therapy.
7. Herbal therapies
 - Elderberry, Olive Extract, green Tea, L-Theanine, Androgaphis, Astragalus, Echinacea, Bilberry, Goldenseal, Garlic, Grapeseed extract, milk thistle, Olive Defense (Green Tea, Olive extract, and Elderberry, Astragalus, Echinacea with Vitamin C and A along with Lysine) Orthomolecular Bioticidin- BioBotanical research, Mucan-Pekana, Paramicrocidin-Allergy Research Group.
8. Zinc- 50-mg pills Xymogen or Energique 2 or 3 tablets several times a day.

9. Colloidal silver.
-ACS 200, Argentyn 23.
10. Thieves, Melaleuca, RC Essentials- Young Living Essential Oils
11. Immune support- LDN effective prescription therapy, WHoleMune, NK Stim, SBI, (Orthomolecular), Transfer Factor Multimmune, TF PlasMyc, TF L Plus, TF Enviro (Researched Nutritional), IgG 26DF, Oncoplex, Immunotix (Beta glycan)-Xymogen
12. L-Lysine
13. Garlic
14. Probiotics- As you always hear me say-"The Gut, the Gut, the Gut".
15. Melatonin- Potent antioxidant spray sub-lingual.
16. N-Acetylcysteine (NAC) - Studies from Dr. Ralph Baric & Emory University showing prevention of replication of SARS/COVID-19
17. If you feel sick, best to stay away from other people and events. Contact your provider for possible testing. Try to stay out of the ER/Urgent Care as that system will be needed for critically ill. If you feel critically ill, certainly utilize EMS/911. Additional treatments require seeing your provider:
Hyperbaric Oxygen Therapy (HBOT) - oxygen is lifesaving. Stimulates stem cells.
WHO- "Oxygen therapy is the major treatment intervention in patients with severes COVID-19"
Thymosin a 1-FDA approved hormone derived from Thymus gland, anti-viral used for decades for Hepatitis C. Effective against viruses. Boost NK, B, T and stem cells, can be given SQ at 0.5cc or IV at 1.0cc daily. Can be given with Modified Myers/Ozone, etc.
Ozone-Immediate therapy to treat active viral syndromes.
Research from Dr. Rowen and Dr. Robbins showed effective therapy against Ebola patients IV (MAH), Hyperbaric 10 pass, Ear, rectal or vaginal insufflation.
IV Vitamin C, Modified Myers Cocktail with additional Zinc, Selenium, and minerals. Anti-Viral IV or NAD/Prescription anti-virals: Tamiflu (oseltamivir) Xofluz (Baloxvir), Alinia
There is very good data showing Plaquenil (Hydroxychloroquin) helps facilitate the passage of Zinc across the cell membrane neutralizing the Replicase enzyme of the COVID-19 virus.
- 4 Products that show effectiveness against the virus includes:
-Chloroquine/hydroxychloroquine, Chlorpromazine (Thorazine), Loperamide (immodium) and Lopinavir (HIV medication)
18. Houttuynia- "Superior antiviral activity against corona virus" Chiow, et al 2015.

Be safe. Be aware. Use common sense. If you have question-e-mail us! We are all in this together and will learn more everyday as we face these challenges. God bless

Addendum 3-23-2020

I have some additional recommendation to my patient handout. Things are changing rapidly and I want to share as much data and research as I can.

Elderberry-There has been some discussion regarding the use of Elderberry for the COVID-19. I feel this herb is still safe for use. The concern comes from creating a cytokine "storm" with this herb and this virus. To kill a cell, a cytotoxic effect is necessary to create cell death. At this time, I am still making this recommendation.

Ibuprofen should not be taken at this time for any condition. Boswellia, Wobenzyme, Inflammablox, turmeric products, etc are much better sources. Azithromycin (Zithromax) is showing great promise as both a stand-alone medication for secondary bacterial infection and also in combination with Plaquenil (Hydroxychloroquine) for COVID-19. There is data from NIH that there is a good anti-viral effect in sputum of COPD patients. There have been successful outcomes in critically ill patients in France and the US. The concern with the combination is what it can do to the electrical system of the heart so I do recommend an EKG with this combination. I also would make sure to be taking at the 400mg Co Q10 and appropriate amounts of Magnesium.

Chloroquine vs Hydroxychloroquine- I prefer Hydroxychloroquine because of the lower side effect profile and the fact that I have much better experience with its use in Tick Borne disease patients. Extremely safe with my recommendation for an eye exam if on this medication for more than 6 months. Dr Fauci correctly states that there is no clinical trial regarding this medication but I do recommend it is an off label product during this time of crisis. I do agree with him that clinical trials are needed as we utilize this drug going forward.

Remdesivir- A compassionate use IV medication being tried in seriously ill ICU patients.

Fever, cough, shortness of breath occurs 2-14 days after exposure of the virus. Up to 50% of patients will experience intestinal issues. There is data showing viral shedding (infectivity) can last up to 37 days with a mean of 22 days. I still recommend if you feel sick, have had a high exposure or recently traveled from an endemic area, self-quarantine for a minimum of 14 days. If you become critically ill and need to go to the hospital, you may need to be your own advocate to bring up some of these therapies as some patients may only receive supportive care.

Stay safe. Stay healthy, God bless.