

## **CORONAVIRUS ADVICE**

The most important thing to remember about COVID-19 is to take vitamin D, 1,000 IU/day for every 20 pounds of body weight. If you sunbathe twice a week when the sun is 35 degrees or higher off horizontal, and quit before you burn even a little, or go to a tanning salon twice a week and lie in a tanning bed that is 3-7% UVB, you will get additional resistance to Covid and you can take half as much oral vitamin D.

The science I have read shows that hydroxychloroquine has very limited value against Covid-19 because it is only helpful at the beginning of a Covid infection, before a person knows they have something more serious than a cold. Ivermectin, on the other hand, has a strong effect at any level of infection. The most precise study I read was of patients on death's door in a double-blind controlled trial. Ivermectin boosted survival from about 43% to about 63%. Seriously impressive! One of my vitamin-D-scientist friends has started taking Ivermectin preventatively, since vitamin D is most effective at preventing Covid progression, rather than preventing Covid initial infection. He and I are both getting up in years (he's retired from NASA), so he believes he may need that extra protection. I, on the other hand, believe that there is a supreme immunity advantage in getting a mild case of Covid, and am quite confident I can conquer (or have conquered) it with zinc lozenges, bowel-tolerance vitamin C, herb-and-xylitol nasal spray, head-inverted salt-water bathing of the nasal passages, and guaifenesin-dextromethorphan pills to stop cough irritation and promote expectoration of pathogens. All these are available in a nutritional store. I suggest you keep them around.

I recommend everyone, vaccinated or not, take 1,000 IU of vitamin D for every 20 pounds of body weight. And, as I mentioned earlier, ultraviolet B light from tanning salons and spring-&-summer sun has additional immunity benefits (nitric oxide, for instance), so I suggest both.