

## **CORONAVIRUS GUIDE: GETTING THROUGH THIS WITH AS LITTLE DAMAGE AS POSSIBLE**

We are in deep trouble. Number of cases doubling daily, mass deaths to follow as soon as the hospital capacity is exceeded. Plus, the medical profession is giving us no useful advice on what we can do if we get sick, until it gets to a life-and-death hospital situation. However, we aren't helpless. Most natural medicine practitioners (chiropractic & naturopathic doctors, acupuncturists) can give you a rather long list of things you can do to increase your immune system's resistance, and make a COVID-19 infection milder if you get it. I urge you to contact one of us for care. In the meantime, here's what I know. These are steps we can all take. I'll start with review of prevention.

---Masks don't prevent us from getting COVID-19, but they help. More importantly, almost any mask will prevent us from passing it on. So if we all wear masks, transmission stops. Let's all wear masks.

---Wash your hands after touching with anything from outside your home. When you finish washing your hands, don't rinse off the soap. Just dry your hands with the soap on them. Soap is an uninhabitable environment for all germs, and the layer remaining will give protection that lasts for a while. Plus, the fat in the soap will coat your skin and prevent drying.

---Avoid contact, direct and indirect, with people you don't live with, keep your distance, but other than those precautions, go about your life as well as you can.

---Continue with regular vigorous exercise as long as you have the energy, but don't do anything that leaves you tired for more than an hour or two.

---1998 research in Germany on kids has shown that tanning 2-3 times a week for 6-8 weeks will raise the rate at which white blood cells attack viruses and bacteria by 84%. That almost doubles immune system capacity. I started tanning twice a week in the late autumn of 1996 to prevent internal cancer, and never got a cold or flu as long as I kept to that routine. Then, that 1998 research proved why that worked so well. So: whenever we get a sunny day, sunbathe during the strongest sun, 11:30-3:00 (1:00 PM is solar meridian on daylight time). The most effective approach is to lie down perpendicular to the sun shining from the south, turning 1/4 turn every so often like a chicken on a rotisserie, so no one part gets overexposed. Don't use sunscreen and wear as little skin covering as the law allows. Turn 1/4 turn before any one side gets pink, then quit after all 4 sides have been exposed. If your skin is sensitive, you may have to start with as little as 4 minutes per side, and gradually work up to longer exposure as your skin accommodates to the sun. Outdoor air and sunshine worked in the deadly 1918 flu pandemic. Sick soldiers moved to open air in 1918 died less and recovered quicker. Here are two well-referenced articles on that treatment. The first is published on the internet, the second is in the American Journal of Public Health.

<https://medium.com/@ra.hobday/coronavirus-and-the-sun-a-lesson-from-the-1918-influenza-pandemic-509151dc8065>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4504358/>

Sun exposure was the most successful treatment for deadly tuberculosis at my mother's tuberculosis hospital before isoniazid became available in 1954. Patients were moved outside in

good weather, and they had a building called the "Glass House" to get sun when the weather was too cold. The sun hasn't lost its curative power. There's no good reason not to use its white-blood-cell stimulation powers.

---Chiropractic spinal manipulation has also been proven to speed the rate that white blood cells attack pathogens. Children of chiropractors generally get adjusted quite regularly, and routinely report that they didn't get colds like the other kids did while they were growing up. And now we have scientific documentation on why: chiropractic speeds up WBC's attacks on pathogens. Make sure your chiropractor is providing 6-feet or more distance between patients, is changing everything you touch between patients (including the doctor's outer clothing), and that (s)he wears a mask and requires patients to wear a mask.

---Get plenty of rest, cuddle with your cat, dog or person you live with, and drink plenty of water, juice and herbal teas.

---If you drink alcohol, do it in midday so it won't be keeping you awake from 1-4 AM.

---You will sleep better if you don't eat protein foods in the evening.

---Take 1,500-3,000 mg vitamin C per day in 2 separate doses (depending on body size).

---Take 7,500-15,000 IU vitamin D per day (depending on body size).

--- Keep your home as warm as you can comfortably tolerate. Viruses attack our respiratory tracts in the cool parts of the year because the white blood cells in our nose are cool so much of the time, and those WBCs get weak when they get cool, just like our hands get weak when our forearm muscles get cold.

---If you smoke, stop immediately. Nicotine is an immune system inhibitor, so going to patches won't work. Just stop. Now. Your life or death may turn on this one choice.

We have to treat every sneeze, every nose irritation, every sneeze and every cough as if it is COVID-19, because if it isn't this time, it soon will be.

---Use nasal sprays like Zicam, Xlear or Alkalol (add xylitol to Alkalol), and alternately work Avalon Lavender Lotion way up into your nostrils any time you sneeze or have nasal irritation. Buying a neti pot and irrigating with salt water as instructed is also good.

---If it becomes obvious you have an infection, start taking bowel-tolerance vitamin C. All viruses lose steam after 2-3 days of taking enough vitamin C, in 5 or 6 doses a day, to get mild diarrhea and serious gas. This will probably require 20,000-50,000 mg of vitamin C per day. You can find your bowel tolerance level by taking 3,000-6,000 mg per hour (depending on body size) until you feel yourself bloating. Then continue taking enough to keep getting plenty of excess gas. If you start feeling weak, you aren't taking enough. As you get well, it will take less and less to get enough gas. Don't quit until your vitamin C tolerance gets down to about 3,000-5,000 mg/day (again, depending on body size).

---Start letting zinc lozenges dissolve slowly in your cheek several times a day for as long as you have congested nasal passages and/or sinuses, sore throat, or swollen tender glands in your neck.

---If you have any distress or odd sensations in your windpipe or chest, or a cough, start taking guaifenesin and dextromethorphan in the recommended amount if you weigh 90 pounds, double that if you weigh 180, and proportionally in between, or above 180. Take more every 2 hours until the symptoms stop and everything feels normal again. Guaifenesin is an old, very safe, and highly effective medicine. It liquefies mucus and stimulates the one-way hairs on the wall of your respiratory tracts that sweep mucus up to your throat without coughing being necessary. This combination comes in liquid or pills; liquid is faster, pills are cheaper and more convenient. On the pharmacy shelves, they sit with names like Tussin, Robitussin, Mucus Relief, Chest Congestion, Mucinex, Congestion Relief, etc., packed in among the other, much-less-curative (or counter-curative) cold and flu remedies. Avoid the other remedies; some contain acetaminophen or the NSAIDs ibuprofen, aspirin and naproxen, all of which lower fever and weaken our immune response. Read the ingredients and make sure that what you buy has guaifenesin and doesn't have the fever-lowering drugs. Among the tablets, I like the 4-hour better than the 12-hour tablets because I can use this medication only when I need it, but they both work well. Many guaifenesin products have a DM appended to one of those names, and that's fine. That is dextromethorphan cough suppressant. You won't need to cough to get the mucus up and get & keep your lungs clear if you're taking enough guaifenesin, but the DM can be helpful for stopping a dry cough that irritates the windpipes and makes them more vulnerable to viruses. If you can't help coughing before the DM takes effect, exhale all the way and then cough. You won't have enough force in your cough to abrade your windpipes, and, additionally, coughing on empty lungs squeezes them so hard that the junk is squeezed out and up. Read the label to make sure it has guaifenesin. Guaifenesin is an old, safe, cheap, unglamorous drug which is little short of miraculous for preventing bronchitis and pneumonia, if you take enough of it. Remember, everyone who dies of COVID-19 dies of pneumonia (fluid-filled lungs), and guaifenesin has an astounding ability to get and keep lungs clear. You can live without your sinuses, but you can't live without your lungs. Don't let the corona virus get a foothold.

---Herbs can be very useful against respiratory pathogens. Herbs proven effective for either immune stimulation or antiviral action are golden seal, echinacea, elderberry (sambucus), thyme, St. John's wort (Hypericum), usnea lichen, oregano, sage, basil, fennel, garlic, lemon balm, rosemary, peppermint, licorice, astragalus, ginger, ginseng, dandelion, thorow wax (Bupleurum), spider lily (Lycoris radiata), Artemisia (sweet wormwood, annual mugwort), evergreen lindera (Lindera aggregata),...the list goes on.

---Again: don't take anything to lower fever. Fever up to 105F gives our immune system an advantage over germs. All of the nonsteroidal anti-inflammatory drugs like Ibuprofen, aspirin and naproxen, plus acetaminophen, will lower fever and make you get sicker and be more likely to die. Fever makes us feel awful but it helps us conquer diseases. Lowering fever makes us feel better, but it takes away an advantage our immune system has over the germs. Some hospital doctors are already noticing that the people who die are the ones who are taking ibuprofen.

---Keep this list handy so you can refer to it often. I want my friends healthy and alive.