

CORONA VIRUS (COVID19) FACTS, PREVENTION, & IMMUNE BOOSTING NUTRICEUTICALS

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In the wake of Corona Virus reaching Canadian doors the pandemic seems to be all to real. It is at times like these to remain calm and do your best to boost your immune system. Below is an updated list of facts on COVID19 and a few at home tips to ensure your best foot is forward when addressing the situation at hand.

1. The outbreak started in Wuhan, China a highly populated city of over 11 million. It is believed to have an animal origin.
2. There are many different types of coronavirus (including SARS), but it is the Corona virus 2019 (COVID-19) that is making the headlines the past few months.
3. It is thought to have an incubation period of five to seven days (but up to 14 days) where the virus is in the person's body, but they are not yet symptomatic. This is why social distancing and all the lock downs are occurring. When symptoms do appear, they come on suddenly.
4. The first signs of COVID-19 are fever, cough, and shortness of breath. If you develop any of these symptoms and have been in close contact with someone who has recently travelled please self isolate and call the health clinic nearest you to get tested and potentially treated if conditions are severe.
5. People at an increased risk are the immunocompromised, individuals with compromised lung capacity (including asthmatic patients), patients with hypertension and diabetes and those taking high doses of steroids over a long period of time.
6. COVID-19 can make anyone sick regardless of their ethnicity or race. This is not a disease that affects individuals of Asian decent – it appears to be affecting all ethnicities equally so please stop the stigma.
7. For each person who gets infected it is believed they will transmit it to two or three others whereas with the common cold it is thought to only be transmitted to one other person. This is the most serious issue around COVID19 as it has the potential to overwhelm our hospitals.
8. The mortality rate does seem to be higher than the common cold. According to the united states alone 12,000-61,000 people die each year from influenza (the common cold). COVID does not seem to have a higher mortality rate, but does have a higher infectious rate.
9. Taking aspirin or Ibuprofen may worsen symptoms however, this is not proven but a recommendation from Frances Health minister. The correlation I can see is that NSAIDs (Nonsteroidal Anti-inflammatory Drugs) not only dampen the inflammation, but also one's natural immune response. There are times when inflammation is beneficial and in response to pathogens such as COVID it is crucial.

WHAT YOU CAN DO AT HOME TO PREVENT INFECTION:

→ Wash your hands often. This involves scrubbing your hands with soap for at least 20 seconds ensuring you get in between the fingers.

Avoid touching your eyes, nose, and mouth with unwashed hands.

→ Cover your cough or sneeze with a tissue or use the inside of your elbow.

→ Wipe down surfaces, door handles, keyboards, phones, etc. You can try 2-4 L of water mixed with ¼ ½ cup of bleach (ensure that you wear gloves while cleaning). Now, because bleach is quite toxic, I prefer 3 - 5% hydrogen peroxide – it is safe to get on your skin and is just as effective!

→ Ensure you are getting enough sleep and you are managing your stress levels. Both stress and poor sleep can significantly impact one's immune system. This includes fear around becoming infected as well as negative thoughts around the entire situation. Try having gratitude each day as well as positive affirmations. Throughout the past month I continue to tell myself that I will not get sick and that I have a rock-solid immune system. This may sound crazy, but placebo has proven to be effective even when one knows it is placebo. There are also people like Wim Hoff and students he has trained that have had E.coli injected their blood and they do not get sick!

→ Fresh chopped garlic. Garlic is a great anti-viral and anti-bacterial. Just ensure you chop it fresh and let it sit for ~ 10min exposed to air (this activates the allicin) and either eat on food or swallow down with water. I typically tell people one clove per day, but it is safe to increase up to 5 cloves if sick in divided doses. Note: organic garlic will offer a bit more medicinal properties and you will need less of it.

→ When eating fish and meat ensure you are cooking them to a temperature of 70 degrees Celsius inside – this will kill off any virus' that may be contained in the tissues (we don't need to be exposed to any additional viruses through this period).

→ Fasting – have you noticed when an animal is sick that they stop eating? This isn't something to be concerned about, but rather recognized as a valuable healing technique. Digestion actually takes up a huge amount of one's daily energy and by not eating or eating only very lightly (grandmas chicken soup broth) you allow the body to do what it is designed to do – heal!

→ Medicinal Mushroom Immune Boosting Soup (attached). Mushrooms are great for boosting and supporting the immune system. There are books written on them and a ton of research – with your extra time look it up and try the soup!

NUTRACEUTICALS FOR PREVENTION AND TREATMENT:

Prevention	During Infection
Oscillocochinum homeopathic	Colloidal silver
High dose probiotics	Elderberry
Echinacea	Andrographis
Astragalus	Goldenseal
Cleavers, Lobelia, & lung supportive herbs	Zinc
Vitamin C & D	Selenium
Medicinal mushrooms	Mustard Plasters

*Remember it is important to get high quality supplements without any contamination.

In the mean time, if you have any questions or concerns regarding your health please let me know.
Also, if you want help addressing any of your other health concerns please let me know!