

# Therapeutics Combinations

As we know keeping symptoms suppressed from COVID-19 helps keep us out of the emergency room and hospital. It also helps in keeping the symptoms subdued as our own immune system is working at mapping the virus so it can produce antibodies that are perfectly designed to squash the invader.

**Vitamin C**

**Vitamin D**

**Melatonin**

**Zinc**

**Green Tea**

**Black Elderberry** (Sambucus extract)

**Aspirin**

**Ibuprofen**

**Famotidine** (Pepcid, Pepcid AC)

**Cetirizine:** (Zyrtec)

**Mucinex**

**Inhaler** (Symbicort or Albuterol)

I wanted to further research how these individual supplements and medications (mostly over the counter) work so as to not have multiple ones working in the same category. I found some interesting things such as research listed with the National Institutes of Health (NIH) when combining histamine 1 and histamine 2 blockers. **Famotidine** (in Pepcid/Pepcid AC) for blocking histamine 1 and **Cetirizine** (in Zyrtec) for histamine 2. This can help block the cytokine storm we all know that can lead to difficulty breathing, hospitalization, intubation and death.

**As a medical disclaimer:** these are the products that I would use personally.

The first ones are ones I would want to use to strengthen my system prior to

getting COVID-19 and then if getting COVID-19 there are some I would want to keep on hand to start taking so as to suppress the symptoms.

**Vitamin C:** 1000 mg once or twice daily. Vitamin C helps reduce inflammation and many other benefits.

**Vitamin D:** 2000 IU daily. Vitamin D can modulate the innate and adaptive immune responses. Deficiency in vitamin D is associated with increased autoimmunity as well as an increased susceptibility to infection.

**Melatonin:** 3 mg nightly. Melatonin has been shown to possess anti-inflammatory effects, among a number of actions. Melatonin reduces tissue destruction during inflammatory reactions by a number of means.

**Zinc:** 100 mg daily. Zinc lozenges preferred. Zinc is necessary for the activity of over 300 enzymes that aid in metabolism, digestion, nerve function and many other processes. In addition, it's critical for the development and function of immune cells.

**Green Tea:** The antioxidants in green tea have been found to block the various phases of infection of healthy cells, weakening a virus and reducing the duration of cold-like symptoms and fever. This may be because green tea's antioxidant polyphenols could affect regulatory T-cells that play a key role in immune function.

**Black Elderberry** (Sambucus extract): seems to have benefit in decreasing pain and inflammation, and reduce symptoms of upper respiratory infections. Elderberry seems to boost cytokine production- so I would take as a prevention to wake up immune system but not take it if I had COVID-19. Using Elderberry in combination with Vitamin D and Vitamin C can work great as a prevention

measure to knock out bad stuff as it comes in, (I would lay-off the Elderberry especially if lung issues start but continue with Vitamins C & D).

**Just my opinion:** I would use Elderberry at a separate meal since it boosts immune system activity.

**Aspirin:** I would use up to max dosage depending on symptoms. Aspirin helps control inflammation, pain and helps guard against blood clots (as an anticoagulant).

NSAIDs

**Ibuprofen** (Advil), **naproxen** (Aleve), and **aspirin:** are all part of a class of medications called non-steroidal anti-inflammatory drugs. They treat aches by reducing inflammation (which can be anything from heat, fever, swelling, pain or losing movement). Ibuprofen is what I would use at night as it seems to help me sleep better.

**Note on inflammation:** inflammation is a good thing and is a part of our immune response- what is bad is an over-response or a chronic smoldering (acute inflammation can cause loss of breath such as asthma attack etc and chronic inflammation can lead to cancer for whatever area it is happening in). Keeping inflammation controlled is key, as an over response (extreme inflammation in the lungs during COVID-19) can cause difficulty breathing.

**Famotidine:** (Pepcid, Pepcid AC 20 mg daily). This inhibits histamine 2 release. Has been shown to work well with Cetirizine. PMC7455799

**Cetirizine:** (Zyrtec) selectively inhibits peripheral histamine 1 and has been shown to work effectively with famotidine. PMC7455799

**Mucinex:** 400 mg three times daily. Mucinex is an expectorant that helps to loosen and thin congestion in your chest and throat. When mucus is thick and

sticking stubbornly to the walls of your lungs and throat, it's difficult to cough it up, so Mucinex works by loosening and thinning the mucus in your chest.

**Inhaler** (if symptoms worsen). Symbicort or Albuterol. My preference is Symbicort. Symbicort contains a combination of budesonide and formoterol. Budesonide is a corticosteroid that reduces inflammation in the body. Formoterol is a long-acting bronchodilator that relaxes muscles in the airways to improve breathing.

**Note on Ivermectin:** there has been a lot of research on Ivermectin usage for COVID-19. I personally consider Ivermectin safe but am unsure of its effectiveness with COVID-19. I used to sell it at our family store as a veterinary product used for deworming cattle (Ivomec) and for heart worms in dogs (Heartgard). Since parasites are also a problem in humans, I see this as being beneficial for parasites and a potential benefit against COVID-19.

Stay hydrated and get plenty of rest but also try to stay moving as much as possible. When you have lung congestion it is best to lay on side or stomach to take pressure off the lungs.

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