

## **Therapeutics Can Help Keep You Out of the Hospital** (Viral Toolbox)

Using the right therapeutics can help keep the symptoms of a virus suppressed and the potential need for hospitalization (as well as a lot of misery). I posted an information request on Facebook for therapeutics that people felt worked good in their experience with COVID-19, (thanks to everyone for submitting your experiences and remedies of choice). There are many others (besides the list below) that came in but I did my best to condense. The below is based on my research and opinion and what I would want to use and do personally.

**My quick list for my COVID-19 tool-chest would be:** vitamin C, vitamin D, Zinc, Melatonin, Elderberry and Aspirin, Ivermectin, (Asthma inhaler steroid, Zyrtec and Mucinex in case conditions get worse), plenty of hydration, only eat soft easy to absorb food (so the normal digestive energy used can be used instead to fighting the invader).

**Vitamin C:** helps with proper functioning of the immune system.

**Vitamin D:** 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.

**Zinc:** is critical for the development and function of immune cells and has been shown to shorten length of colds. It seems to do this by possibly keeping the virus from replicating itself. The National Institutes of Health (NIH) considers 40 mg of zinc a day to be the upper limit dose for adults and 4 mg of zinc a day for infants under age 6 months.

**Don't use intranasal zinc:** this form of zinc has been linked with the loss of the sense of smell.

**Melatonin:** enhances both innate and cellular immunity.

Abstract from NIH: Melatonin has the potential therapeutic value to enhance immune function in aged individuals and in patients in an immunocompromised state.

**Elderberry:** Elderberry from (*Sambucus nigra*) is used mostly as a supplement to treat cold and flu symptoms. Its history as medicine dates back to 400 BC. Hippocrates, the “Father of Medicine,” called the elder tree his “medicine chest.” *In natural/traditional medicine, the elderberry is considered one of the world's most healing plants.*

**Green Tea:** appears to have the potential to block the various phases of infection of healthy cells, thus weakening a virus and reducing the duration of cold-like symptoms and fever.

**Aspirin:** COVID-19 can cause an inflammatory condition of the lungs, and coagulation of the blood, (aspirin is both an anti-inflammatory and anticoagulant). I would take aspirin multiple times a day with food. There were quite a few that used Tylenol as well and seemed to like it.

**Mucinex:** was one of the most referred to in usage for over-the-counter medicine and seems to give really good results according to the feedback I got. It seems to help by simply thinning and loosening mucus in your airways and clearing congestion and in doing so, makes breathing easier.

**Pepsid (famotidine):** seems to really show potential in helping control histamine production thus appears to bridal the cytokine storm that causes difficulty breathing.

**Zyrtec (Cetirizine):** is an antihistamine used to relieve allergy symptoms such as watery eyes, runny nose, itching eyes/nose, sneezing, hives, and itching. It works by blocking a certain natural substance (histamine) that your body makes during an allergic reaction.

**Symbicort inhaler (Budesonide):** are called preventers. They work by calming down your immune system. This reduces the swelling in your lungs that makes it difficult to breathe. If Budesonide is unavailable, other steroid inhalers seem to work as well.

**Hydroxychloroquine (Plaquenil):** seems to still be a favorite for controlling the immune response. I would not use in combination with the Z-Pack.

**Ivermectin:** Ivermectin is a drug of a wide range of bioactivity and has been in use for more than 30 years for treatment of parasitic infections in humans. It is being considered as the possible target drug for SARS CoV-2 and is under extensive research in clinical trials. I used to sell this in our family store (around 30 years ago) in the form of cattle wormer and heart worm tablets for dogs. I would say this is one of the most innovative anti-parasitic of all time. Could it have a secondary value such as the malaria drug created over 50 years ago that is heavily prescribed for rheumatoid arthritis and used as lupus treatment (and yes, I'm referring to the one that was squashed as a

therapeutic for COVID-19.... Hydroxychloroquine)? Yes, I believe it could and research from around the world has shown positive results.

**Colchicine:** Anti-inflammatory- Colchicine is used to prevent gout attacks and seems to have a controlling effect on the immune response in the lungs as well, (since it is used when gout attacks occur, it should have a rapid affect).

**Note:** I would not recommend using Pepcid (famotidine), Hydroxychloroquine or Zyrtec in combination (but rather pick one) as they all seem to work toward controlling the inflammatory response (cytokine storm).

The cytokine storm sounds bad (and seems to be the primary culprit in sending people to the hospital due to difficulty breathing). However, this is your immune system trying to kill the invader, so you don't want to completely turn-off the response. You just don't want the immune response reaction to kill you with an over-intense battle with the invader.

**Hydration:** Drink Pedialyte, Gatorade Zero, Powerade Zero, water with electrolytes, water with lemon (and a little honey), peppermint tea, apple cider and green tea are good fluids to stay hydrated with and taste good warm/hot. As much as you can, stay away from eating or drinking anything cold (your body must heat it up to body temperature and doing this takes energy). I like drinking warm/hot fluids and soups to help assist the sweating process.

**Diet:** easy to digest, warm foods (such as soups) to keep your body from spending a lot of energy on digestion but rather spend it on squashing the virus and pushing it out of your system.

**Other things to add in:** when you have pressure on lungs, stay vertical as much as possible and lay on stomach or side when resting/sleeping. Use a humidifier to counter dry heat in the house, probiotics, pulse oximeter- (for checking oxygen), Spirometer (or balloons) for exercising lungs.

I hope this helps give you and your family therapeutics needed to suppress the symptoms until your immune system maps the virus (for antibody production).

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