

COVID-19: WHAT OPTIONS ARE AVAILABLE?

What are your options when it comes to protecting yourself from the coronavirus? Here are the highlights from David Schmidt's recent webinar on the subject, as he talked about what we can do to protect ourselves and our family -- beyond government measures.

Disclaimer: David Schmidt is not a medical doctor and offers this for informational purposes only. Please take this information to your healthcare practitioner so you can formulate a strategy that is right for you. None of the information contained herein is to be considered medical advice. Lifewave products CANNOT be used to cure, treat or prevent the coronavirus. This information is provided to empower you with information so that you can keep yourself and your family in optimal health. If you become infected, speak to your doctor about some of the options presented to come up with a strategy that's right for you.

ABOUT THE CORONAVIRUS:

The coronavirus is one virus in a very large family of viruses which includes the common cold. People who have coronavirus and are contagious may appear to be in good health with no symptoms. The novel coronavirus is estimated to be 10,000 times more infectious than common coronavirus. It will also stay active on many surfaces and in the air for three or four hours. Many experts believe as we get into the summer months, the virus will subside; however, information changes daily on this point. The coronavirus does not like strong sunlight. The critical temperature at which the virus dies is at 86 degrees Fahrenheit. The virus also does not like high humidity levels.

THOSE AT RISK:

People with certain health and physical conditions are at higher risk to become infected with the coronavirus. Those risk factors include:

- Age 60 and higher (although people at any age can be infected, those with impaired immune systems such as an older population are more likely to experience serious illness).
- Smoking
- Obesity
- Excessive alcohol consumption
- Auto Immune disorders including fibromyalgia, arthritis, Parkinson's Disease, cancer, and diabetes

LIFE SPAN OF THE CORONAVIRUS:

The coronavirus can remain active up to 3 hours on copper surfaces, up to 4 hours on cardboard surfaces and 2 - 3 days on stainless steel. On antimicrobial copper, however, the virus dies nearly instantly.

PRECAUTIONS YOU CAN TAKE:

Gargling with as little as a 0.5% hydrogen peroxide can inactivate the coronavirus within a minute. 3% hydrogen peroxide solution is available at most pharmacies and supermarkets and may be used without diluting. You can also clean surfaces with hydrogen peroxide solution. Ozone is helpful in destroying viruses and ozone air purifiers are sold for this purpose. You can install ozone air purifiers in your office or home to keep the air clean and pure, to reduce the viral load and the risk of infection. Be sure to purchase an ozone air purifier that is intended to operate with people present, as many ozone units are sold for disinfecting only.

HELPFUL SUPPLEMENTS:

- Copper glycinate or copper chelate, ideally 3 - 5 mgs. Some people may have adverse reactions to copper supplements so speak with your doctor first. As little as 2mg of copper daily may be effective.

- Vitamin C elevates production of hydrogen peroxide in the body. Take 1000 mgs daily (Note: do not take if you're prone to kidney stones.) The combination of copper and Vitamin C has been shown to inactivate the HSV virus.
- Melatonin is a powerful supplement with antiviral effects, and it aids in getting a good night's sleep which supports a healthy immune system and helps to suppress viral activity. 7-8 hours of sleep is recommended.
- Food grade sources of hydrogen peroxide, diluted to .5 %. There are some products that combine food-grade hydrogen peroxide with aloe vera.
- Garlic extract, even stronger when combined with Vitamin C (double your levels of nitric oxide, supports immune system). It is not recommended to take garlic daily due to undesirable telomere effects.
- BHT - Butylated hydroxytoluene, taken with coconut oil. 500mg per day. Consult with your doctor as people with Liver conditions should not consume.
- Oregano oil, when symptomatic
- Olive leaf extract, when symptomatic
- Colostrum supports the overall health of the immune system
- L Glutamine, an inexpensive amino acid
- Ginger root - slice it and put in a pot of boiling water, sit for 10 minutes, drink 1 liter
- Elderberry extract will keep a virus from replicating
- Zinc gluconate; don't take more than 50 mgs a day of zinc, optimally take 25 mgs a day. Zinc gluconate lozenges have been shown to kill the common coronavirus.
- Vitamin D is an anti-inflammatory. You can get it by sitting in the sun for 15 to 20 minutes with no sunscreen exposing the chest area, or take 5,000 international units (IU) a day

OPTIMAL DIET:

- Healthy fats like Omega 3 fatty acids provide essential protein and anti-oxidants which supports a healthy immune system
- Fruits and vegetables that contain anti-oxidants known to combat viral infections
- Liver has 20 to 30 mgs of copper per serving, and copper is known to boost the immune system
- Dark chocolate is also a great source of copper
- Lots of water
- Intermittent fasting can also dramatically improve your immune response system. Eat during 8 hours then fast for 16 hours. You can have black coffee, green tea or water but no caloric intake.

EXERCISE:

Intense exercise is beneficial to maintain a healthy immune system, such as resistance training, weightlifting, push-ups, yoga, calisthenics, Qi Gong and sprinting. Never exercise when you are sick because that compromises the immune system even further.

IF YOU BECOME INFECTED:

- Copper supplementation as described.
- Consider getting an IV drip of vitamin C and/or hydrogen peroxide from a doctor
- Ozone injections can be helpful, administered by a doctor
- Chlorine dioxide (sodium hypochlorite) treatments can help, but they are not approved by the FDA

Whatever you do, don't panic! Added stress will elevate inflammation in the body and make you more susceptible to the coronavirus. If you'd like to see David Schmidt's complete webinar on COVID-19, visit: <https://youtu.be/CMb9Ae30Wgw>