

# Coronavirus—Anti-Viral & Anti-Inflammatory Strategies

Please review my handout: *An Introduction to Supplements for Coronavirus Prevention and Treatment* before embarking upon these anti-viral and anti-inflammatory strategies.

These strategies are started as soon as you get any of the constellation of symptoms that might be a Covid-19 infection: fever, headache, sore throat, loss of smell/taste, cough, shortness of breath, chest tightness, diarrhea, muscle aches, and fatigue in the presence of acutely feeling ill.

The goals of anti-inflammatory supplements are to try to prevent or decrease the onset of “cytokine storm” that causes the lungs to stop working.

The main goal of these strategies is to directly kill some of the coronavirus and right away decrease your viral load. If your viral load is too high (too many virions) then your body can get overwhelmed. We need to give your body time to mount the type of aggressive immune response that eliminates the virus from your body.

How do you prioritize this many key supplements? I would definitely try to take #1-3 as a foundation. Then I would add in Resveratrol and Chaga. If your condition is severe, then pick either Curcumin or Boswellia as an addition.

## **#1 Zinc Lozenges:** *Use Zinc Lozenges 4-5 times per day.*

USE FOR ACUTE INFECTION. Zinc is very beneficial in helping to fight many acute viral infections especially colds and influenza. They are especially helpful during the first 3-4 days of an infection. **After 3-4 days, stop Zinc Lozenges!** Do not use oral tablets—only use lozenges. Zinc is highly anti-viral to nearly all virus and it provides a rapid immune system boost. But it must not be continued for more than 4 days, there are too many side effects. *BMC Family Practice, Feb 25, 2015; 16:24.*

## **#2 QUERCETIN:** 1000 mg: 4x/per day.

USE FOR ACUTE INFECTION. Quercetin has been shown in other similar situations to help prevent or decrease the overreaction of the immune system theoretically decreasing the cytokine storm. It is currently being studied actively in experimental trials to fight Covid-19. *Antimicrobial Agents Chemotherapy.* 2016 August 22; 60(9): 5182-8 and *Bioorganic and Medicinal Chemistry.* 2006 December 15; 14(24): 8295-306

## **#3 MELATONIN:** 6 mg *immediate release formula* before bed + 1.8 mg *time released formula* before bed. USE FOR ACUTE INFECTION. Melatonin has been shown in other similar situations to help prevent or decrease the overreaction of the immune system theoretically decreasing the cytokine storm. It is currently being studied actively in experimental trials to fight Covid-19.

*Life Sciences*, 2020 <https://doi.org/10.1016/j.lfs.2020.117583>

**#4 RESVERATROL:** 500 mg caps one cap two times per day.

Try to find a brand standardized to at least 250 mg of trans-resveratrol. USE FOR ACUTE INFECTION. Resveratrol has known potent antiviral effects against other strains of coronavirus such, as MERS, in the laboratory and is a powerful anti-inflammatory agent specifically for the lungs.

*BMC Infectious Diseases 2017; February 13; 17(1): 144*

**#2 CHAGA:** 650 mg caps, three caps 4 times per day (or the equivalent in powder).

USE FOR ACUTE INFECTION. This herb has both anti-viral, anti-inflammatory, and immune stimulating effects. This mushroom grows on birch trees and has powerful anti-viral activity against other strains of coronavirus in the laboratory. *Journal Medicinal Chemistry. 2007 Aug 23;50(17): 4087-95.*

**#4 CURCUMIN/TUMERIC:** 2 caps 2-3 times per day.

Try to get the high absorbable formula such as BCM-95 or Meriva.

USE FOR ACUTE INFECTION. Curcumin has powerful anti-inflammatory effects throughout the body.

*Preprints 2020, 2020030226 doi: 10.20944/preprints202003.0226.v1*

**#5 BOSWELLIA:** 300-500 mg 2-3 times per day.

USE FOR ACUTE INFECTION. Boswellia has powerful anti-inflammatory effects throughout the body.

*European Journal of Medical Research. 1998 November 17; 3(11):511-4*

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