

# Coronavirus—PREVENTION Strategies

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

The goal of these prevention strategies is not to “prevent” an infection but to stimulate the immune system naturally allowing your body to more rapidly identify the coronavirus and right away decrease your viral load. This gives 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 #1-5 as a foundation. Then add in either Astragalus or a Mixed Mushroom blend as a core immune system stimulator. You don't really need to do both.

## **#1 Vitamin D3:** 4000 IU per day. USE FOR PREVENTION ONLY.

There is strong scientific evidence that Vitamin D3 stimulates the immune system preventing all categories of infections both viral and bacterial. If you are deficient in Vitamin D, your immune system is extremely vulnerable to all infections. The goal of taking Vitamin D3 is to prevent deficiency. Once you have corrected the deficiency, continue to take the Vitamin D3 so that you keep your blood levels normal, but taking more is not better. There are so many excellent studies regarding the efficacy of Vitamin D3. I will only list one of them for your reference: *BMC Res Notes. 2015 Sep 29;8:498.*

## **#2 Vitamin C:** 500 mg two times per day or 1000 mg once a day.

USE FOR PREVENTION & ACUTE INFECTION. A recent meta-analysis showed that it is very good at preventing an infection and its use results in a decrease of the severity and duration of colds. *Cochrane Database Systematic Review. 2013 January 31; (1)*

## **#4 NAC:** 600 mg once or twice daily. USE FOR PREVENTION & ACUTE INFECTION.

N-Acetyl Cysteine (NAC) has been shown to be a powerful deterrent against influenza and is probably helpful for Covid-19. It does not prevent viral infections but has been shown to significantly reduce the symptoms of flu once people contract the virus. It specifically stimulates the immune system and helps the lungs. It helps to improve the healthy consistency of the mucus in the lungs.

*European Respiratory Journal. 1997 Jul; 10(7): 1535-41*

## **#5 COLOSTRUM:** 450 mg of 40% Standardized IgG, take 3 caps once a day.

USE FOR PREVENTION & ACUTE INFECTION. Colostrum is the Swiss Army Knife of herbs to help fight infections. It is a great general immune system stimulator. It can also be continued for the acute treatment of the Covid-19 and since the GI system is also infected, colostrum helps to support that part of the body at the same time. *Frontiers in Nutrition, 2018, 21 June, 5:52*

**Steve Paulus, DO, MS**

[www.stevepaulus.com](http://www.stevepaulus.com)

## #6 **ASTRAGALUS:** 600 mg caps take 3 caps once or twice daily

USE FOR PREVENTION ONLY. Current human studies in China and animal studies strongly suggest astragalus increases the production of helpful white blood cells important for immune system function. It has also been shown to have anti-inflammatory and anti-viral effects, including activity against other strains of coronavirus. Generally, you should STOP Astragalus once you have an acute infection. *Integrative Cancer Therapies*. 2003 September; 2(3): 247-67 and *International Journal of Biologic Macromolecules*, 2014 March; 64:257-66.

## #7 **GENERAL IMMUNE SYSTEM BUILDER—Mushrooms**

USE FOR PREVENTION & ACUTE INFECTION. Medicinal mushrooms have powerful immune system stimulating effects. They form, in my opinion, the foundation for acute care of any viral upper respiratory infection. Find one with a mixture of Reishi, Shitake, Maitake, Cordyceps, Turkey Tail, Tremelia, etc. Mushrooms stimulate the immune system in many beneficial ways to fight viral infections naturally. There are many different brands that can be used, here are a few that I know and trust:

- **TEN MUSHROOM FORMULA™:** *Three caps once daily.*
- **MYCO-IMMUNE™ TINCTURE:** *Three droppers once daily.*
- **HOST DEFENSE MUSHROOMS MYCOMMUNITY™:** *Two caps once daily.*
- **OM IMMUNE DEFENSE™:** *Two caps once daily.*

## #8 **LIMITED BENEFITS and OTHER SUPPLEMENTS ARE BETTER**

Echinacea, Yin Chiao, Elderberry

## #9 **NOT VERY HELPFUL or TOO MANY SIDE EFFECTS:**

Olive Leaf Extract, Cats Claw, Garlic, Oregano Extract, Licorice.

## #10 **WHAT DOES NOT WORK FOR COVID-19 INFECTION:**

**Antibiotics DO NOT WORK for the novel coronavirus infection.** In fact, if you utilize antibiotics for an early or moderate Covid-19 infection, you can weaken your immune system creating a form of collateral damage to the body that is harmful.

**These supplements DO NOT WORK for Covid-19:** Magnesium, B-Complex Vitamins, Multi-Vitamins, the amino acid Lysine, Colloidal Silver, Apple Cider Vinegar, CBD, Tea Tree Oil, Spirulina, Miracle Mineral Solution (Sodium Chlorite), Chlorine Dioxide Kits, and hydrogen peroxide therapy.

**Over-the Counter Medications that DO NOT WORK or are HARMFUL:** Cough suppressants with dextromethorphan (Robitussin DM, Delsium, etc.) have strong theoretical evidence that they are likely harmful for Covid-19 infections.

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**Steve Paulus, DO, MS**

[www.stevepaulus.com](http://www.stevepaulus.com)