

Coronavirus—PREVENTION Strategies

—PART TWO in the Coronavirus Strategy Series—

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

The goal of these prevention strategies is not to definitively “prevent” an infection, but to stimulate the immune system naturally allowing your body to more rapidly identify the coronavirus and quickly decrease your viral load. This gives your body time to mount the type of aggressive immune response that eliminates the virus from your body. Once you have an active infection, follow the protocols in **PART THREE:**

Acute Covid-19 Management Strategies.

When should you take supplements for prevention? And how long should you take them?

You should take Vitamin D3 every day all year.

For the other preventive supplements, you should only use them for part of the year.

- Consider using them all winter during the highest presentation of new Covid-19 variants, Common colds, and the flu.
- Consider using them if someone in your household or group of friends are ill with Covid-19. Or, you have been exposed to Covid-19 and are currently asymptomatic.
- Consider using them if you are traveling by airplane or are going on vacation where you may be exposed to large crowds.

However, in general, it is not suggested that you take all of these supplements every day for years.

#1 Vitamin D3: 2000 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. Vitamin D works best when taken BEFORE you get infected not after. There are so many excellent studies regarding the efficacy of Vitamin D3. In general, it is not helpful to take very high doses of Vitamin D3. It is important to NOT be deficient and there is no evidence that taking very high doses of Vitamin D3 is better than taking a basis dose such as ,200 IU per day.

#2 NAC: 600 mg once daily.

PREVENTION DOSAGE: 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.

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#3 COLOSTRUM: *450 mg of 40% Standardized IgG, take 2 caps once a day.*

PREVENTION DOSAGE: 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. There is strong theoretical evidence that the antibodies (IgG) in bovine colostrum have cross protection against human coronavirus.

#4 GENERAL IMMUNE SYSTEM BUILDERS

*Choose either **Astragalus** or **Medicinal Mushrooms**. You could take both, but the mushrooms are probably better. Astragalus has the advantage of being inexpensive and easier to find in health food stores or online. The mushrooms have the advantage of being a better immune stimulator.*

PLEASE NOTE: *There is a theoretical concern that taking immune stimulating herbs MIGHT make an auto-immune disease worse. If you have this category of medical illness, then your treatment MUST BE individualized by a knowledgeable medical practitioner.*

A. ASTRAGALUS: *500 mg of standardized extract caps, take 3 caps once 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 coronavirus. Generally, you should STOP Astragalus once you have an acute infection.

B. MEDICINAL MUSHROOMS

PREVENTION DOSAGE: Medicinal mushrooms have powerful immune system stimulating effects. They form, in my opinion, the foundation for prevention or the 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 in order to fight viral infections naturally, have anti-inflammatory effects, and help to increase the diversity of the gut microbiome.

My current preference is the Ten Mushroom Formula, it has the best broad spectrum of mushrooms and has the best per capsule price. 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.*

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#5 Vitamin C:

I no longer recommend taking Vitamin C for prevention or treatment of coronavirus infections. Current studies have failed to show that Vitamin C stimulates the immune system or clinically benefits people with Covid-19 either for prevention or acute treatment.

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