

# Any Upper Respiratory Infection

## *Cold, Influenza, or Coronavirus*

### ACUTE Immune Stimulation Strategies

## —PART THREE in the Coronavirus Strategy Series—

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

These strategies are started as soon as you get any of the constellation of symptoms that might be caused by an upper or lower respiratory infection: cold, flu, bronchitis, sinusitis, pharyngitis, or a potential Covid-19 infection.

These strategies are used **before** you are tested for coronavirus or if tested then **before** you receive the positive PCR test result for Covid-19.

However, if your symptoms STRONGLY suggest Covid-19 and your test results are not back yet, or your doctor clinically thinks you have Covid-19, then go directly to the PART FOUR: *Coronavirus Positive Treatment Strategies*.

The main goals of these strategies are to **stimulate your immune system quickly** so that it can **naturally fight** off this infection at an earlier stage—with the hope to keep you out of the hospital.

The goal is to support and **augment** your natural ability to self-heal with these management strategies. They are not definitive infection treatments.

How long should you use these acute strategies for a non-coronavirus infection? Take them for two days beyond the end of your acute symptoms. That generally means to take the supplements for 7-14 days for a non-Covid-19 infection.

### #1 Zinc Lozenges: Use Zinc Lozenges four times per day.

USE FOR ACUTE INFECTION ONLY. 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*. February 25, 2015; 16:24.

### #2 GENERAL IMMUNE SYSTEM BUILDER—Mixed Mushrooms

ACUTE INFECTION 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. *PLoS ONE*. November 7, 2019. 14(11): e0224740.

<https://doi.org/10.1371/journal.pone.0224740> and *BMC Immunology*. February, 20, 2009; 10: 12 and *The Journal of Nutrition*. 2014 Jul; 144(7): 1128S–1136S and *The Journal of the American College of Nutrition*. April 11, 2015. Volume 34. 4780487.

**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.

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My current preference is the **Ten Mushroom Formula**, it has the best broad spectrum of mushrooms and has the best price per capsule. There are many different brands that can be used, here are a few that I know and trust:

- **TEN MUSHROOM FORMULA™:** *Three caps 4 times per day.*
- **MYCO-IMMUNE™ TINCTURE:** *Three dropperfuls 4 times per day.*
- **HOST DEFENSE MUSHROOMS MYCOMMUNITY™:** *Three caps 4 times per day.*
- **OM IMMUNE DEFENSE™:** *Three caps 4 times per day.*

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

ACUTE INFECTION 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.

*Frontiers in Nutrition.* 2018; 21 June, 5:52

### **#4 NAC: 600 mg three times per day.**

ACUTE INFECTION 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.

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

### **#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.

### **#6 Probiotics: PB-8 or the equivalent, one capsule twice daily.**

ACUTE INFECTION DOSAGE: The GI tract is affected by all coronaviruses and many influenza viruses. There are coronavirus cell receptors in the lung AND the gut. Coronavirus has been isolated from the stool. It makes sense to take some probiotic to help the immune system in the gut. Balancing the gut microbiome can help the whole body to better fight off upper respiratory infections. *Journal of Digestive Diseases.* 2020 February 25 and *Cell Reports.* 2019; 28(1): 245-256. E4.

- **PB-8**

There are hundreds of different brand names of probiotics. I prefer PB-8. It has 8 different strains of good bacteria, it does not need refrigeration, and it is the least expensive of the high quality probiotics. Take with colostrum if possible.

## #7 Vitamin D3: 4000 IU per day. STOP DURING ACUTE COVID-19 INFECTION

For most acute infections, taking Vit D3 is a good idea, but maybe not for Covid-19? If you have a documented deficiency in Vit D, then continue to take Vit D3 during this infection. *Nutrients*. 2020 Apr 2;12(4):E988. There is currently a large clinical trial that is exploring the need to continue Vit D3 in the presence of Vit D deficiencies at the same time as Covid-19. <https://clinicaltrials.gov/ct2/show/NCT04344041>. If your Vit D levels are NORMAL, then suggestive evidence supports stopping daily Vit D3 supplements because it MAY theoretically make worse the cytokine storm seen in some patients with severe Covid-19 disease. *PLoS One*. 2015; June 24; 10(6): e0130395 and *Journal of Biological Regulators and Homeostatic Agents*. March 2020; 34(2). So, use it for prevention only and for now, stop it during the acute phase. Don't worry, stopping Vit D3 for a few weeks will not drive you into deficiency, that would take months.

## OSTEOPATHIC MANIPULATION FOR ACUTE INFECTIONS

For nearly 150 years, Osteopathic Manipulation has been used to treat infectious diseases. The first Osteopathic Treatment in 1874 was used to successfully treat a 4 year old boy with hemorrhagic gastroenteritis. Way before the era of antibiotics, in the late 1800s and early 1900s, Osteopaths used Osteopathic Manipulation to treat many hundreds of thousands of patients with upper and lower respiratory infections. In over 30 years of medical practice, I have treated thousands of patients with Osteopathic Manipulation to treat influenza, colds, sinusitis, pharyngitis, bronchitis, and pneumonia. Osteopathic Manipulation helps to naturally stimulate the immune system and helps to treat the body restrictions in the musculoskeletal system that adversely affect or are secondarily harmed by the infection process.

I do not have any scientific studies to reference regarding the positive effects of Osteopathic Manipulation in treatment of infectious diseases, especially upper and lower respiratory infections. I can only give you empiric medical evidence from my expertise and the clinical experience of hundreds of thousands of Osteopaths from around the world for over 100 years, that Osteopathic Manipulation helps the body to help itself more efficiently. If you can, see your Osteopath as soon as you get sick and get treated with Osteopathic Manipulation you will potentially get better faster and with less severity of infection.

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