

# Acute COVID-19 Management Strategies

## —PART THREE in the Coronavirus Strategy Series—

### YOU HAVE COVID-19. NOW, WHAT DO YOU DO?

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

**These strategies are started as soon as you get a positive coronavirus home antigen or lab-based PCR test, or your doctor strongly believes that you clinically have Covid-19, or you have any of the “classic” constellation of symptoms that might be a Covid-19 infection:** *fever, cough, sore throat, nasal congestion and post nasal drip, loss of smell/taste, shortness of breath, acute sick headache, diarrhea, acute new muscle aches, and extreme fatigue in the presence of acutely feeling ill.*

The goals of **immune stimulating** supplements are to naturally enhance the function of your immune system so that your body can more rapidly fight off the infection.

The goals of **anti-inflammatory** supplements are to try to decrease the inflammatory reactions that triggers the negative lung side effects.

The clinical strategy is to directly kill some of the coronavirus and right away, stimulate your immune system naturally, and **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.

The goal is to support and augment your natural ability to self-heal with these management strategies. They are not definitive Covid-19 treatments.

How long should you use these acute strategies for a Covid-19 infection? I have listed the projected use for each supplement below. Some people may need to take this protocol longer depending upon the severity of their disease.

### **#1 Zinc Tablets:** *25 mg of elemental zinc twice daily for 5-7 days after the end of symptoms.*

USE FOR ACUTE INFECTION ONLY: Oral zinc supplementation is very beneficial in helping to fight many acute viral infections especially Covid-19, colds and influenza. Zinc stimulates the immune system and has direct antiviral effects. Zinc is especially helpful if started during the first 3-4 days of an infection. A recent double blind placebo controlled study showed that oral zinc treatment for 14 days is associated with a nearly 40% reduction in death and ICU admission, with shortening of symptom duration, in patients with COVID-19.

*Zinc must NOT be continued for more than two weeks, there are too many side effects related to prolonged zinc use.*

## #2 GENERAL IMMUNE SYSTEM BUILDER—Mixed Mushrooms

ACUTE INFECTION: 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, Shiitake, 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.

**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.*

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 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 4-5 times a day.

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 can help to theoretically decrease viral load in the GI tract, thus minimizing the overall coronavirus infection.

## #4 NAC: 600 mg three times per day for two weeks.

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, thus decreasing the annoying cough commonly found after a Covid-19 infection.

## #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 has any clinically benefits in people with Covid-19.

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

ACUTE INFECTION: 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.

### ○ **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 MELATONIN: 5-6 mg *immediate release formula* before bed for 7 days.**

ACUTE INFECTION: Melatonin has helpful immune modulatory effects and anti-inflammatory properties. It has been studied extensively for use in Covid-19 infections and it has proved beneficial. It should be started at the first onset of symptoms as soon as possible.

## **#8 FAMOTADINE (PEPCID-AC): 20 mg *twice a day* for 7 days.**

ACUTE INFECTION: A recent study showed that famotidine led to earlier resolution of symptoms and decreased inflammation without reducing anti-SARS-CoV-2 immunity in patient with all levels of Covid-19 illness. Famotidine is a prescription and over-the-counter medication that is an acid reducer used to treat gastritis, GERD, and ulcers. Independent of its acid reducing qualities, it has positive effects on the immune system. All drugs in this class (H2 blockers) have this quality (e.g. cimetidine), but famotidine has more recently been studied in the context of coronavirus. It has a low side effect profile.

I consider this a relatively safe and interesting drug that helps the immune system to better fight off coronavirus. Also, try to take your probiotic with famotidine. The acid reducer helps the probiotic to work better.

## **#9 Vitamin D3: 2000 IU per day up to a maximum of 4000 IU per day**

ACUTE INFECTION: Continue to take your prevention dosage of Vitamin D3 while infected with Covid-19. There is NO advantage to taking more than 4000 IU per day of Vitamin D3. More is NOT better. If you have not been taking Vitamin D3, are Vitamin D deficient, and have Covid-19 then starting Vitamin D3 during your illness has not been show to decrease severity of Covid-19. The time to take Vitamin D3 is BEFORE you get infected not after.

# ANTI-INFLAMMATORY SUPPLEMENTS

At this point, many patients become tired of taking so many supplements. So, should you add in these anti-inflammatory herbs? If you are only mildly ill, then maybe you don't need this category of supplements. But if your symptoms are moderate to severe, or you have many other risk factors for making Covid-19 problematic, then adding in curcumin could be a good idea.

## **#10 CURCUMIN/TUMERIC: 2 caps 2 times per day for two weeks.**

Try to get the high absorbable formula such as BCM-95 or Meriva, one that contains piperine such as BioPerine.

ACUTE INFECTION: Curcumin has powerful anti-inflammatory effects throughout the body and help to prevent the possibility of cytokine storm.

## 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 have 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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