

Coronavirus Treatment Strategies—What Does NOT Work

—Part FIVE in the Coronavirus Strategy Series—

Are there prescription drugs (Rx) or over-the-counter (OTC) drugs that work to treat a documented Covid-19 infection? Are there supplements or vitamins that work to treat Covid-19? That depends upon how you define “work.” Let me be absolutely clear. There is no definitive curative treatment for Covid-19. There are no prescription drugs licensed for the prevention or treatment of coronavirus. There are no antiviral agents of any kind, in any healing system, that definitively work to prevent or cure this novel virus.

We are all potentially patients during this terrible pandemic. Unfortunately we are seeing the use of “desperation science” by doctors and encouraged by patients. Desperation is fear based and often leads to errors due to impatience and overconfidence. When we rely upon populist treatments, instead of high quality scientific evidence, then people often get hurt.

There are “treatments” that DO NOT work or are harmful. This list will help you to understand what NOT TO DO during this pandemic. The internet has an excess of wrong information, poor data, misconceptions, inflammatory information, and miracle cures. Be careful of the snake oil salesmen who offer definitive solutions for complex problems. I will endeavor to update this list as additional harmful issues come to light.

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#1 Antibiotics

Antibiotics DO NOT WORK for the novel coronavirus infection. In fact, if you utilize antibiotics for an early mild or moderate Covid-19 infection, you can weaken your immune system creating a form of collateral damage to the body that is harmful. When a patient becomes desperate and their doctor becomes impulsive, then antibiotics are often prescribed when not medically indicated—especially in the cases of viral infections. There is one caveat. In hospital patients only, when the inflammatory storm of Covid-19 is present or imminent, then using the antibiotic azithromycin *may theoretically* downregulate inflammatory proteins. *American Journal of Respiratory Cell and Molecular Biology*. 2020 Aug 28, 2020.

Do not allow your doctor to give you antibiotics willy-nilly for any viral infection just because you want them do something. Do not ask for antibiotics because you want them just because you are sick. Antibiotics do not work at all for ANY viral infections.

#2 Corticosteroids or Cortisone (aka Steroids): Dexamethasone

Prescription, cortisone only works in one distinct situation for Covid-19; that is when a patient has extremely severe Covid-19 and is in the ICU, with oxygen alone or with a ventilator, then use of a type of steroid called, dexamethasone decreases the percentage of people who die. *New England Journal of Medicine*. July 17, 2020.

However, if corticosteroids are used in asymptomatic or pre-symptomatic individuals or used in patients with mild to moderate Covid-19, then their immune system will be weakened thus increasing the chance of a more severe infection or a more prolonged infection.

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#3 Hydroxychloroquine (Plaquenil)

I hope by now that we can put this dangerous drug to sleep where it belongs. The evidence is clear. Hydroxychloroquine is NOT effective in the prevention or treatment of coronavirus. Desperation science does not work. Do not make the mistake of allowing fear and desperation to coerce you to take this drug.

#4 Ivermectin (Stromectol)

Ivermectin is a prescription antiparasitic agent that was tested in the laboratory and found to have anti-viral characteristics within cell cultures infected with coronavirus. In South and Central America, this drug is available over-the-counter and has become a populist treatment for coronavirus with no clinical evidence. Desperation science does not work. Do not make the mistake of allowing fear and desperation to coerce you to take this drug.

#5 Ibuprofen, Aleve, or other Nonsteroidal Anti-Inflammatory Agents

There is STRONG theoretical evidence that the use of NSAIDS (Nonsteroidal Anti-Inflammatory Agents) such as Ibuprofen (Advil, Motrin, etc.) when used to reduce fever in Covid-19 can make the infection worse by a number of mechanisms. Until better information is available, it is best to avoid NSAIDS during a Covid-19 infection. See my handout, PART SIX: *Ibuprofen and Coronavirus* for more details.

#5 Tamiflu

Tamiflu is an antiviral Rx that is only used for influenza. I continue to be shocked at the number of doctors who give Tamiflu for presumed Covid-19. This drug does not work for Covid-19 and has been proven to be ineffective. Do not let your doctor prescribe this useless medication.

#6 Oleander Extract or Oleandrin

Oleandrin, derived from the Oleander bush is a deadly plant poison and is NOT a Covid-19 treatment or cure. The side effect profile of this herb is extensive. Desperation science can be applied to herbal treatments as well as prescription treatments.

#7 OTC MEDICATION THAT DO NOT WORK FOR COVID-19 INFECTION:

Cough suppressants with dextromethorphan (Robitussin DM, Delsium, etc.) have strong theoretical evidence that they are likely harmful for Covid-19 infections.

Other OTC medications that do not work for coronavirus: antihistamines (Benedryl), antihistamines (Claritin, Zyrtek), and Decongestants (Sudafed).

#8 SUPPLEMENTS THAT DO NOT WORK FOR COVID-19 INFECTION:

These supplements, foods, or substances DO NOT WORK for Covid-19: B-Complex Vitamins, Multi-Vitamins, the amino acid Lysine, Garlic, Colloidal Silver, Coconut Oil, Apple Cider Vinegar, Tea Tree Oil and other essential oils, Spirulina, Miracle Mineral Solution (Sodium Chlorite), and CBD.

#9 TREATMENTS THAT DO NOT WORK FOR COVID-19 INFECTION

These treatments DO NOT WORK for Covid-19: Chlorine Dioxide Kits, and hydrogen peroxide therapy.

#10 SUPPLEMENTS WITH LIMITED BENEFITS or OTHER SUPPLEMENTS ARE BETTER

Echinacea, Yin Chiao, and Elderberry

#11 SUPPLEMENTS THAT NOT VERY HELPFUL or TOO MANY SIDE EFFECTS:

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

#12 RINSING YOUR MOUTH WITH LISTERINE OR OTHER MOUTHWASHES

Mouth washes such as Listerine, Scope, etc. contain chemicals that have anti-bacterial and anti-viral actions. These products have anti-infection actions demonstrated in the laboratory with infected tissue cultures. Mouth washes have NEVER been shown to be clinically successful in numerous studies with influenza and the common cold. DO NOT USE MOUTHWASHES to prevent or treat Covid-19. Also, by killing the good bacteria in your mouth, you will imbalance the delicate microbiome that also helps to naturally fight off a potential coronavirus infection.

#13 FANTASY, FICTION, RUMORS, and DILLUSIONS

Here is an up-to-date list of myths and clarifications that will intelligently inform you:

- The coronavirus is NOT transmitted by houseflies or mosquitos.
- Adding hot sauce, hot peppers, or capsaicin products to your food does NOT prevent or treat coronavirus.
- The ketogenic diet cannot prevent or cure Covid-19. No single brand named diet has been proven to be helpful to prevent or treat coronavirus.
- Drinking water every 15 minutes flushes the virus from your throat and prevents you from getting the coronavirus. This is just NOT true.

- Drinking very hot water or tea will not kill coronavirus in the throat and therefore prevent Covid-19.
- Drinking alcohol (ethanol) such as whiskey or vodka does NOT prevent or treat coronavirus.
- Drinking methanol or bleach (Clorox) does NOT prevent or treat coronavirus and is toxic and extremely dangerous.
- Drinking rubbing alcohol does NOT prevent or treat coronavirus and is toxic and extremely dangerous.
- Drinking hydrogen peroxide does NOT prevent or treat coronavirus and is toxic and extremely dangerous.
- Drinking mouthwashes such as Listerine does NOT prevent or treat coronavirus and is toxic and dangerous.
- Spraying alcohol or bleach on your body will prevent you from getting coronavirus. This is NOT true. But, it will cause you to absorb toxic chemicals into your body from your skin and weaken your immune system and make you MORE likely to get the coronavirus.
- Rubbing sesame oil on your body does NOT prevent infection with coronavirus.
- Smoking marijuana does NOT prevent or cure a coronavirus infection.
- Mobile 5G networks do NOT transmit coronavirus or weaken your immune system.
- Do not use UVC lights to disinfect your hands, mouth, or body. UVC light is a skin irritant and causes eye damage.
- Nasal lavage, neti pots, or nasal rinsing does NOT prevent coronavirus. In fact, regular use of nasal lavage in people without infections can wash away or dilute parts of the innate immune system (specialized white blood cells and IgA) that are the first line of defense against new infections. However, once you have a sinus infection, the proper use of nasal lavage is a healthy part of infections management and can decrease symptoms and decrease the intensity and length of a sinus based illness.
- Breathing steam from water boiled with orange peels and cayenne pepper does NOT cure Covid-19.
- Using hair dryers to blow hot air up your nose or into your mouth does NOT prevent or treat coronavirus infection and will cause second degree burns.
- Hyperthermia, or exposures to extreme high temperatures in the form of saunas, steam rooms, hot tubs, hot baths, heating pads does NOT prevent or treat coronavirus.
- Hypothermia, or exposures to extreme low temperatures does NOT prevent or treat coronavirus.
- Here is a strange and absolutely untrue myth: “If you can hold your breath for 10 seconds without coughing, then you don’t have coronavirus.” This is just ridiculous.