

A few CV19 resources...

Additional information for patients seeing me in my Norwich or Hethersett clinics!

NOT meant for anyone requiring hospital care. Does not replace the services of your GP.

1. Resources to consider using immediately on having CV19 symptoms

(a) Infra red

Infra red (IR) treatment (in conjunction with exposure to sunlight/ultraviolet/UV) has been found to degrade spike proteins¹. Doing this for yourself (as in all of the self-help CV19 treatments) requires some common-sense. Both IR and UV can burn, and if they are applied to the extent of burning then that will decrease your immune capacity instead of doing anything useful. I bought some IR bulbs, but was not particularly impressed – the main problem being that IR bulbs are heavy and require a very solid stand to support them in the correct position. So the best option seems to be the ceramic plate heat lamps stocked by Chinese medical suppliers.

(b) Dr. Zelenko's protocol

Dr. Zelenko's protocolⁱⁱ has been used effectively in the USA to treat acute CV19 symptoms immediately after onset. It is just one of a range of different but similar early-treatment protocols devised by doctors in various parts of the world – that appears to reduce the proportion of people who go on to need ICU/hospital treatment or develop long covid by as much as 80%. The medical establishment in the UK has focussed on vaccines and ICU treatment, and has so far paid insufficient attention to early low impact interventions to prevent CV19 (i.e. prophylactic interventions) or to reduce the incidence of deterioration/need for ICU/hospitalisation. The material here does not replace any assistance from any GP or hospital, but *might help to reduce the likelihood* that you would need to be hospitalised with CV19 symptoms. AND/OR can help recovery at home.

A study in Argentina^{iii, iv} showed near 100% protection from CV19 using Ivermectin orally 2 drops of 6 mg = 12 mg for 7 days, and Iota-Carrageenan (i.e. **seaweed extract**) 6 sprays per day for 4 weeks. A study by the Pasteur Institute in France and a larger study (230,000 people) in Mexico City showed 75% reduction in hospitalisations for people who were early stage symptomatic. Like all these formulae (including Dr. Zelenko's protocol), someone has had a best guess at what might work with minimal adverse side effects and then tried it out. **This is normal clinical procedure for dealing with new types of infectious disease – and the surprise is that this kind of trial (or a series of parallel trials) has not been carried out at all here in the UK.** All of the protocols (see the Swiss research site^v <https://swprs.org/on-the-treatment-of-covid-19/> for a summary) involve use of a safe antiparasitic (such as Ivermectin or hydroxychloroquine) and then add various other factors such as Zinc to help the immune system. For instance, occasional use of Carageen nasal spray increases mucous viscosity and slows down any pathogens entering the upper respiratory tract.

So... a non-pharmaceutical variation might look like the following ...

(Because it's not possible to get hold of pharmaceuticals in the UK as OTC):

Vitamin C 1000mg/meal for 5 days, then drop down to 1000mg/day for a month. This isn't on the normal protocols, but I add it because it helps protect connective tissue (CV19 spike proteins particularly affect the connective tissue of vital capillary blood vessels and membranes) and also is important for the immune response and repair of the central nervous system – and it's safe and cheap and readily available.

1 Mahanta, N., Sharma, S., Sharma, L. G., Pandey, L. M., & Dixit, U. S. (2022). Unfolding of the SARS-CoV-2 spike protein through infrared and ultraviolet-C radiation based disinfection. *International journal of biological macromolecules*, 221, 71–82. <https://doi.org/10.1016/j.ijbiomac.2022.08.197>

Vitamin D (just get outdoors in the fresh air and sunshine!)

Artemisin (e.g. Mugwort leaf tea) (to directly replace Hydroxychloroquine). **My preference is NEEM leaf extract** (to directly replace Ivermectin^{vi}, another antiparasitic medicine that has also been used to contain early-onset symptoms). Another alternative is **olive leaf extract** (see notes later).

Zinc Picolinate (+ **Quercetin** to assist zinc absorption)

Include **Raw broccoli** (sulforaphane) and other fresh greens and **fermented foods such as Sauerkraut** in your diet (a healthy microbiome means a more effective immune system). Also consider... Anything(?) pro-biotic or pre-biotic – e.g. INULIN about half a teaspoon is probably enough, and any **anthocyanins** (dark skinned fruit – inc elderberries)

Goldenseal tincture (to replace Azithromycin)

Probably the most important thing on the above list is to NOT think that doing EVERYTHING will help – too much complexity will actually be counterproductive. I've provided some choice so you can make your own decision as to what is right, and can also have some flexibility depending on availability.

2. Medicinal herbs

There are also a range of anti-inflammatory and antiviral herbs. See **books by Julie Bruton-Seal** (such as “Hedgerow Medicine”) for general instructions.

IMPORTANT Note that if you're not used to using herbs, just be aware that they have been used as medicines for millennia, and as such are not “just natural” in the same way that food is – their medical effectiveness requires certain dosage ranges, and they can be very toxic if taken in excess quantities. e.g. Thyme, oregano and garlic are great in cooking in small quantities, great antivirals in larger quantities, BUT they can also - when taken to excess - burn the digestive tract and damage the microbiome you are trying to help. When societies used herbs daily to assist their health, people would be familiar with quantities and applications, but we no longer live in that world. I therefore strongly recommend that if you if you are not used to regularly using foraged herbs in a medicinal way and have access to **a herbalist or a homeopath**, that you use their professional services rather than this rather hacked-together list.

- Purple loosestrife FLOWER ONLY(!) tincture (antiviral, mucous membranes). This grows in late summer in UK wetlands and around ponds. You could make up your own tincture.
- Honeysuckle leaf (OR coltsfoot) (specific for Lungs) – Take in small quantities. Particularly the coltsfoot, which is great for acute dry coughs, but can be toxic if taken for more than a few days at a time.
- Olive leaf extract powder (not tincture) is good, particularly for any immune issue affecting the microbiome. Follow the dosage instructions on the package... if you double the dose its effect can transform from a general systemic immune stimulant into one of the world's most effective laxatives.
- Echinacea root / tincture
- NOTE : Do NOT take ginseng if you are ill (except if a professional herbalist directs) – its adaptogenic effects can sometimes work against the body if it is mounting a major immune/homeostatic response.
- Fresh **Ginger** (reduces digestive inflammation) and **Turmeric** (reduces systemic connective tissue inflammation) – see <https://www.body-mind.co.uk/pdf/TURMERIC.pdf> for instructions.
- Fresh dandelion leaf (1 or 2 leaves a day), stalk (about 1"/day) or tincture/extract has been shown to directly prevent spike protein damage^{vii}.

- Elderberry extract / tincture / dried berries

3. Food-water separation

Apart from taking medicinal herbs in a smoothie, **the immune system is helped best by separating food and fluids by at least 1 hour each way.** (e.g. drink no later than 12, eat no sooner than 1, allow 30 mins for digestion, do not drink fluids again until at least 2.30/3pm.) **Food-water separation reduces strain on the digestive tract and microbiome and therefore frees up a lot of adaptive capacity in the immune system and other homeostatic mechanisms. If you're really not well at all, this food-water separation should be more strict, and consider increasing it to 2 hours.** The smoothie works in the opposite way – i.e. the amount of fluid ensures that some of the medicinal contents bypass the stomach acid and enter the lower digestive tract relatively unaltered.

4. Microbiome

One of the most useful things you can do for any infection, and for general health is to make sure that your gut microbiome is in the best order possible. The microbiome plays a major role in the human immune system. So over-use of antimicrobial hand sanitisers is not very good for your first line of defence – the skin microbiome. Simple soap and water is far better. The food-water separation (above) is one way to help the gut ecology to come into better balance.

The following dietary shifts are also useful :

- Avoid ALL artificial sweeteners (including stevia)
- Eat organic wherever and whenever possible – particularly dairy, flour and soy products should be organic due to pesticide residues, that impact the microbiome. Sourdough is generally better than yeast bread.
- Reduce or remove alcohol (which makes the blood-brain barrier more permeable), refined sugars (which affect the microbiome) and flour-based foods (which can clog up the gut)
- All whole grains (such as rice), all non-organic fruit and veg, and all lentils should be washed thoroughly
- Increase the following foods (that tend to improve gut microbiome health) : Fermented foods (sauerkraut etc), dark skinned fruit, almonds with their dark bitter skins (and other bitter foods), plantain and Jerusalem artichokes, raw broccoli (and other raw leaves fresh from the garden, including dandelion leaves), unrefined or dark (>80%) chocolate. Note that not everyone can tolerate these if the gut microbiome is already disrupted, in which case you could contact a nutritionist who specialises in microbiome health (e.g. <https://www.violasampson.com/>)

Probably the best thing you can do for your microbiome is to get your fingers into soil in the garden (no gloves!). The microbiome of Finnish schoolchildren was transformed within just one month when they were provided with forest garden areas in their playgrounds^{viii}.

5. Mental-emotional

Fear is not only the mind-killer (according to Frank Herbert!) - it also directs your immune system to external wound threats and takes energy away from dealing with infections. So don't fear illness – simply acknowledge the symptoms and then direct your attention to something that you love.

There is a lot more said about this issue in the Positive Body Awareness document (item #2) to be found at https://www.body-mind.co.uk/a_resources/doc.html

6. Physical assistance

If you have long-covid symptoms, I may be able to help through gentle bodywork (Craniosacral Therapy).

Please talk to me directly first before booking an appointment.

There is now a coordinated effort to record the effect of treatments for post-covid symptoms, which will eventually provide some data as to the effectiveness of various interventions. This study questionnaire is available at https://mcusercontent.com/c2b34e1fd7be6b366a9b65473/files/a2622c66-05ee-dacc-ecfc-6e0e329c9f63/cranio_post_COVID_study_questionnaire_english.01.pdf

- i <https://www.preprints.org/manuscript/202007.0025/v1>
- ii <https://faculty.utrgv.edu/eleftherios.gkioulekas/zelenko/index.html>
- iii <https://pubmed.ncbi.nlm.nih.gov/32251768/>
- iv <https://clinicaltrials.gov/ct2/show/NCT04701710> & <https://clinicaltrials.gov/ct2/show/NCT04429711>
- v Although SWPRS.org provides a good and regularly updated summary, I wouldn't personally use some of the methods it lists. For instance – the nitrous oxide and iodine mouth/nasal washes are just NOT a good idea. Iodine dries out mucous membranes, and nitrous oxide is a very powerful oxidant, and has many other important functions in the immune system and general metabolism. Using NOx as a prophylactic is really using a sledgehammer.
- vi <https://doi.org/10.7287/peerj.preprints.26770v1>
- vii <https://www.biorxiv.org/content/10.1101/2021.03.19.435959v1.article-info>
- viii <https://www.helsinki.fi/en/faculty-biological-and-environmental-sciences/news/forest-based-yard-improved-immune-system-daycare-children-only-month>