

To Our Patients,

We are providing you with information that hopefully will be helpful to you... Meanwhile, remember to try not to get unnecessarily stressed by the news media...

The primary Coronavirus initial symptoms include a fever, headache, dry sore throat, and dry cough. Advancing symptoms lead to shortness of breath. Flu deaths result primarily from lung congestion causing a lack of oxygen to the body (viral pneumonia). People who are the most susceptible are those in a weakened immune response state, those with certain preexisting diseases, and the elderly. Note that so far this virus does not seem to be affecting children in the way it is affecting adults.

### 1. PREVENTION -

The only way for the virus to infect you is through your nose or mouth via your hands or an infected cough or sneeze from up to 6 feet away directly onto or into your nose or mouth. (The virus particles don't remain suspended in air very long). You probably have been inundated with very good information about how to avoid contact with these viruses via hand washing methods and keeping your hands away from your eyes, nose, mouth, and face. This is the best use of the cloth face masks! Have plenty of tissues handy to use and then discard for coughing and sneezing, or as a secondary option, use your elbow sleeve if none available. (The virus can live on your clothes for a period of time). Sanitize hard surfaces, for example keyboards, phones, and doorknobs. Sanitize hands after using grocery carts, gas pumps, etc.

DIET/LIFESTYLE - Steps that support your immune system

Reduce/Avoid foods containing sugar & refined carbohydrates (i.e. white flour). Also, reduce/avoid alcohol & smoking.

Have sufficient protein in your diet.

Daily Green Tea drinking has been associated with less flu incidence.

Get plenty of sleep.

Reduce stress. Carefully consider the commitments you make to keep your schedule manageable! Reduce/avoid anxiety-producing news or information that you cannot influence.

Listen to relaxing music routinely. Take time to quiet your mind and/or meditate.

Have plenty of laughter & routine exposure to humor in your life.

If possible, limit the amount of time spent around sick people. Also, if sick - stay home so you don't infect others!

SUPPLEMENTS - *(All recommended supplements available via Amazon or health food store avenues.)*

**Daily immune support:** *(If brand is specified, use only that brand)*

Children - ProKids ENT (Hyperbiotics) - probiotic with focus on upper respiratory health

Infants - Thymex homeopathic drops (Enzymatic Therapy) - 5 drops daily.

Adults - ProFlora Immune tablets (Integrative Therapeutics, Inc.) probiotic and antiviral - 1daily

AND/OR Thymulus (Enzymatic Therapy) immune support - 2 capsules daily.  
AND/OR Garlinase 5000 (Enzymatic Therapy/Natures Way) antiviral - 1 tablet daily.

ALSO -

N-Acetyl Cysteine (N-A-C) 5-600mg/dose (any good quality brand) - antioxidant. Take 1 dose twice a day.

Vitamin C (either Buffered or Liposomal) (any good quality brand) - antioxidant/immune support - 1,000mg 3 times a day.

Vitamin D3 - 5,000iu daily. May take 10,000iu daily short term/during exposure risk. Take with dinner (or higher fat meal) for better absorption. Buffered Vitamin C is also available as a powder.

Zinc 20-35mg daily (any good quality brand) - short term/during exposure risk. (Glycinate is the best form).

Selenium 100mcg - (any good quality brand) - 1 daily.

**NOTE:** *Patients who have been using our Influenzinum 9c homeopathic seasonal flu prevention formula, note that this while being very effective against the seasonal flu, will not provide protection from the Corona virus.*

## **TREATMENT**

General information -

In general, antibiotics are not appropriate for viral illnesses. Antibiotics kill bacteria, not viruses. Overuse creates bacterial resistance and disturbs intestinal probiotic health.

A slight or mild fever is very useful. It is a way for your body to fight off a viral infection. In general, don't suppress (lower) your immune function with Acetaminophen /Tylenol, Aspirin, or Ibuprofen/Advil unless you really need these products to manage other symptoms like body aches, or if the fever becomes high (over 102 in children, over 101 if adult). If you do need to lower your temperature, titrate your dosage to not entirely suppress your fever. High fevers - especially if rapidly rising, require immediate medical advice. When fever is present, drink plenty of water. Eat minimally during this time (i.e. non-salty soups/broths). Note: Don't use aspirin to treat children's fevers ever. There is an infrequent but serious syndrome that can occur - only use Tylenol if required.

Do consult a Dr. if a fever is rapidly rising or over 102, or if the following is present - ear pain, significant sinus pain, green nasal discharge, highly swollen lymph glands, persistent neck stiffness, sore throat for more than 2 days, shortness of breath or persistent uncontrollable cough, or if you are coughing up yellow or green mucus. These symptoms are not associated with the Corona virus, but can be from other viral or bacterial infections.

SUPPLEMENTS - *(These supplements available via Amazon or other health food store avenues)*

### **ADULTS:**

Occilococcinum (Homeopathic granules dissolved under the tongue) - Take as directed on box. Must start this product within 48 hours of the onset of flu symptoms.

AND

Argentín-23 Nano Silver Hydrosol Liquid - 1 tablespoonful twice a day. (A 16oz bottle should last about 2 weeks). Available on Amazon through several vendors. The Allergy Research Group page as a good source option. NOTE: This is not colloidal silver.

AND

V-Clear Drops (Integrated Therapeutics, Inc.) - 2 dropperfuls (1.5ml) by mouth 3 times a day.

N-A-C capsules (any good quality brand) - 2 capsules 4 times a day. (500-600mg/capsule)

Vitamin C 1,000mg (any good quality brand) - Increase to taking a dose every few hours (reduce dose if diarrhea occurs)

Zinc - Switch to Cold Eze Lozenges and use as directed

### **CHILDREN:**

Occilococcinum (Homeopathic granules) See above.

AND

Argentín-23 - 3/4 teaspoon twice a day. See above.

AND/OR

V-Clear Liquid (4oz) (Integrative Therapeutics) - ½ to 1 teaspoonful 3 times a day (follow package dose directions)

### **ADDITIONAL SUPPORT AVAILABLE VIA OUR OFFICE:**

Vitamin D3 micellized drops for high dose use - (NuMedica brand) is the most absorbable form (water soluble formula). Also, the drops are easiest and most economical for high dose use. (Note - This brand has 600 drops per bottle at 1,200iu/drop, sufficient dosage for at least 3-4 adults or 3-4 episodes at adult dosage). Take immediately upon feeling symptom onset.

*The following dosage is for short term use only:*

Adults - 50,000iu/day for 3 days - about 40 drops per day. If over 130lbs, take about 50 drops/day. Once you count out the drops, you can observe the volume used and with future doses just fill the dropper to the appropriate level and squirt. May divide into 2 doses if desired - morning and evening. Put in small amount of juice or water.

Teens - (up to 120 lbs) - ½ of adult dose.

"IMMUNE BOOST" homeopathic injection - intramuscular shot (similar to a B-12 injection). Contains homeopathic antivirals, immune stimulants, and lymphatic system support.

HOMEOPATHIC PHONE CONSULT with Dr Kreemer if you have symptoms. This is one of the most useful and powerful treatment avenues available. In the 1918 Spanish flu epidemic, homeopathic doctors and hospitals were more available in the US. Results of treatments were well documented. Deaths of patients who sought conventional medical treatment were 28.2%. Deaths of patients who sought homeopathic treatment were 1.05%. Dr. Kreemer will discuss your symptoms and recommend a well indicated remedy.

Please contact our office with any further information needs.

In Health,  
Dr. Bill Caradonna & Dr. Barbara Kreemer

P.S. Homeopathic & Public Health Educator, Paul Herscu, ND, MPH will be providing a free lecture on this topic at Bastyr University in Kenmore, Saturday 3/7 at 3:30 pm. See attached announcement.