

Dr Brownstein's Blog on Coronavirus

Coronavirus: What To Do

I am sure you are aware of the coronavirus infection that is causing concern around the world. A January 24, 2020 study in The Lancet reported the latest statistics. (1) The fatality rate (so far) from the corona infection is approaching 15%. That is not good news.

There is a big **HOWEVER** here: This Lancet report is based on only 41 laboratory confirmed cases of the recent coronavirus strain (2019-nCoV). Keep in mind, the 15% fatality rate is the percentage of hospitalized patients suffering with corona virus. There must be many more people who became ill with this coronavirus and recovered uneventfully and therefore, did not seek care.

The symptoms of corona virus initially mimic the flu—fever, headache, cough, fatigue and muscle aches. The 41 patients admitted to the hospital all developed pneumonia.

Coronavirus is nothing new. It has been with us for a long time. Coronavirus can affect both animals and humans. It is important to keep in mind that most corona viral infections are mild. In the last two decades, there were two serious corona virus infections—severe acute respiratory syndrome coronavirus (SARS-CoV) and Middle East respiratory syndrome coronavirus (MERS-CoV) which both had elevated death rates.

So, what can you do? Wearing a mask will **not** help protect you from becoming ill with any viral infection—corona virus included. I would check that off the list.

First, it is important to maintain optimal levels of nutrients, particularly vitamins A, C, and D. Most people have suboptimal vitamin A and C levels. Both of these nutrients have antiviral abilities and are able to support the immune system when it is under viral attack. If you are not ill, I suggest taking 3-5,000 mg/day of vitamin C. At the first sign of an illness, I would suggest taking 1,000 mg/hour until diarrhea develops, then back off for a time period. For vitamin A, I suggest using 5,000 Units/day if you are not sick and 100,000 Units/day for four days at the first sign of an illness. Pregnant women *cannot* take these doses. (Note: Take vitamin A, not beta carotene.) Also, vitamin D is very important for fighting infections. I suggest, at the onset of an illness, taking 50,000 IU of vitamin D3/day for four days.

Iodine is essential to not only fighting off an infection it is necessary for proper immune system functioning. There is no bacteria, virus, parasite or fungus that is known to be resistant to iodine. As I have written in my book, [Iodine: Why You Need It, Why You Can't Live Without It](#), most of the population is low in iodine. In fact, iodine levels have fallen nearly 60% over the last 40 years. The RDA for iodine is inadequate to supply enough iodine for all the bodily tissues. For the majority of my patients, I suggest taking 25 mg/day as a daily dose and more (sometimes 50-100 mg/day) at the first

sign of an illness. Iodine can cause adverse effects and it is best used under the guidance of an iodine-knowledgeable doctor.

To prevent becoming ill and to avoid having a poorly responding immune system, it is vitally important to **eat a healthy diet free of all sources of refined sugar**. Refined sugar has been shown to negatively alter the functioning of the white blood cells for hours after ingestion. Finally, it is important to maintain optimal hydration—drink water! Take your body weight in pounds, divide by two and the resultant number is the amount of water to drink per day in ounces. Dehydration ensures you will be much more likely to suffer serious problems from any infectious process.

Conventional medicine has little to offer to prevent or treat coronavirus infections other than washing your hands—I agree with that one. It is time for you to take the initiative and learn what other therapies are out there. Your conventional doctor simply has no effective tools in his/her toolkit for this.

As for getting the flu shot? Fugetaboutit. It won't help corona infections and there was a study which found an increased risk in non-influenza infections, including coronavirus, in those that received the trivalent flu vaccine. (2)

My last recommendation is to work with a holistic doctor who can give you nutrient IVs when you become ill. Vitamin C, hydrogen peroxide, and ozone IVs can help anyone suffering from an infection. At my office, The Center for Holistic Medicine, we have seen the positive results a holistic approach to combatting viruses can provide. To find a holistic doctor near you go to: www.icimed.com.

To learn more about virus', vaccines and other health issues from a holistic point of view, join me on Saturday, March 7th for my annual lecture, 'Holistic Medicine for the 21st Century'. See below for details.

To Everyone's Good Health!

~Dr. B

David Brownstein, MD is a conventionally trained Board-Certified Family Physician with the additional overlay of holistic principles.

While Dr. Brownstein does not claim to have a cure for any illness, he does believe that we can enhance the individual's immune system by supporting the 'host' & the terrain of the host. The human body is well designed and the immune system, when given the proper support, can optimally function.

Disclaimer: The information in this blog should not be used as medical advice. Any therapies that are discussed should be supervised under the guidance of your physician or licensed healthcare professional.