Natural Coronavirus Prevention

It’s important to note that when looking at studies for supplementation to prevent or help treat coronavirus we’re usually looking at research on supplement efficacy for other viruses. We’re dealing with a novel virus with this pandemic. But, the body is a holistic, complex system. Having a body in homeostasis during a pandemic only makes sense. And while coronavirus is new and different, it’s still a virus. And we have a lot of good science on how to help prevent virus infections.

Vitamin C

Vitamin C has long been touted to cure everything from cancer to liver failure. Studies show that ingesting vitamin C supplements does not seem to be the cure-all we’d hoped for but the studies that administer intravenous vitamin C look very promising. If our pharmaceutical industry had our best interests at heart patients who are being treated for severe cases of coronavirus would be administered IV Vitamin C, and many lives would likely be saved.

Regular injections aren’t practical for normal people, and we suspect there might be a few side effects if people use injections regularly as a preventative measure. But Vitamin C injections do show a lot of promise for treating many diseases.

This is not to say that vitamin C supplementation is useless. If you don’t have enough vitamin C in your body when you get sick the vitamin C may reduce severity and duration, but not much. A better way to get enough vitamin C in order to prevent disease is to eat the right foods before there is a health issue.

If you think you may be low on vitamin C, liposomal is the more absorbable form of vitamin C.

It’s not a magical cure-all, but Vitamin C supplementation does make sense for most people with conventional diets.

Related: *Homemade Vitamin C*

Zinc

Zinc helps your immune system fight off infection, helps the body heal wounds, and is needed for making protein and DNA.

There have been several studies testing whether zinc supplements can help treat or prevent the common cold. A comprehensive review of 18 of such studies showed zinc is may reduce the duration of patients’ common cold.

Studies also show that colds, school absences, and antibiotic prescription rates are lower in for those who take zinc supplementation regularly, suggesting that zinc could also prevent colds.

The National Institutes of Health says oysters as the best food source of zinc avaialble. Another benefits of oysters is they have copper in just the right amount to make the zinc more easily absorbed and assimilated (if you don’t have enough copper you can’t get enough zinc). You can also get zinc from red meat, legumes, nuts, whole grains, and dairy.

Zinc has been proven to reduce symptoms of illnesses from rhinoviruses by messing with the viruses’ RNA replication, but there are no studies yet that look at zinc with COVID-19. We don’t know how similar COVID-19 is to rhinoviruses, but it is possible that zinc could mess with the RNA replication of coronavirus in a similar way. Regardless, getting enough zinc to keep your immune system strong makes sense for the other aforementioned reasons.

Related: *Celiac, Zinc, and Tobacco Use*

Glutathione

COVID-19 deaths are usually attributed to a "cytokine storm", which is a physiological feedback loop where our body creates an excessive release of cytokines, a pro-inflammatory signaling molecule. A new study has evaluated the treatment of two patients with COVID-19 pneumonia who were given IV and orally administered glutathione.

> *Oral and IV glutathione, glutathione precursors (N-acetyl-cysteine) and alpha lipoic acid may represent a novel treatment approach for blocking NF-κB and addressing "cytokine storm syndrome" and respiratory distress in patients with COVID-19 pneumonia.*
>
> *Science Direct – Respiratory Medicine Case Reports*

Obviously, this is only two cases that were studied. We need a lot more information. But there are some other papers that support supplementing with glutathione, but there is nothing yet conclusive.

Dr. Richard Horowitz is a board-certified internist with a private integrative medicine practice. He is considered to be one of the best Lyme disease doctors and he's built a practice around combining conventional treatments with alternative, naturopathic methods to treat Lyme disease. Dr. Horowitz has treated patents successfully with glutathione therapy.

> *"It is a miracle and it's not," says Horowitz of glutathione, which he has used on thousands of patients in his medical practice over the past 30 years. "It's already in the literature—there are published articles on glutathione showing that it has anti-viral activity against herpes viruses, HIV, and hepatitis. The problem is, all of the COVID research is happening through pharmaceutical companies. No*

> *one is looking at natural approaches. You hear a little about how low vitamin D might put you at risk, so it's coming out in dribs and drabs." And just like with vitamin D, you can be deficient in glutathione—especially if you've been exposed to a lot of environmental toxins (which is everyone). Older people are also more likely to be depleted of the compound.*
>
> *Two Potential Treatments for COVID-19 Unfold in the Hudson Valley*

Vitamin D

Dr. Rhonda Patrick at Found My Fitness thinks vitamin D may be what those who are getting hit with COVID-19 are missing. Other interesting points include:

- People with genetic predisposition to lower vitamin D levels are more likely to die of respiratory disease
- People with normal vitamin D levels are less likely to die from respiratory disease
- Too much vitamin D can be toxic, though concerns of hypercalcemia tend to be overblown
- Vitamin D and Vitamin K increase may increase bone density and prevent hypercalcemia
- Don't be concerned with eating "too many leafy greens" and issues with oxalates, kidney stones, etc.

https://youtu.be/4_ZJ8YDOX6g?t=1935

Gut Health

This is the key. Not just for coronavirus defense, but for our health in every physical aspect of our lives. You cannot have a healthy gut and be low in vitamin D, or zinc, or other nutrients. Gut health is everything. When the best farmers see a sick plant they treat their soil's microbiome first and foremost. When we're sick, our microbiome is off. When we're

well and everything is working optimally we have a balanced, healthy gut to thank.

In the first case of novel coronavirus reported in the U.S., the patient reported two days of nausea and vomiting along with diarrhea in addition to respiratory symptoms. In some small studies, researchers have linked patients with gastrointestinal issues to poorer coronavirus outcomes. Poor gut health seems to equate to severe disease symptoms including higher fevers and a greater risk of liver injury.

> *The suggestion is that the gastrointestinal symptoms are caused by the virus invading the ACE2-containing cells that are found throughout the bowel. This, together with the presence of the virus in the stool, suggests the gastrointestinal tract as another possible route of infection and transmission.*
>
> *The Conversation – Worried about coronavirus? Pay attention to your gut*

But it’s not just that the virus attacks the gut. Science is on the verge of discovering that our gut microbiome supplies our entire body with its microbiome. And what they don’t yet know, but is nevertheless true, is that a body with a healthy, diverse, and plentiful microbiome is a much less hospitable host for foreign invaders.

The health of our gut bacteria plays a crucial role in how our immune system reacts to every disease, including coronavirus. Diet is crucial to developing and maintaining healthy gut flora. The wider variety of raw vegetables and herbs one consumes, the more diverse one’s gut bacteria will be. And diversity is key to a healthy microbiome.

This article, *How To Heal Your Gut*, goes into detail about how to develop a healthy gut microbiome and is the basis for ridding the body of and being less susceptible to nearly every

disease.

From our sister company, Green Lifestyle Market, here are our top supplement picks for anyone concerned with COVID-19 or just wanting to keep their immune system strong:

- Liposomal Glutathione
- Liposomal C
- Forumla SF722 (gut health)
- Abzorb (gut health)
- Vitamin D/K2 Liquid
- Elderberry Plus (with zinc, vitamin C, and echinacea)
- Organic Root Cider

But don’t skip the aforementioned gut health article! Diet is far more important than supplements, and if finances are tight, put your money towards healthy food before you purchase supplements.