

Coronavirus: what you need to know

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Introduction[edit]

It now seem inevitable that sooner or later we will all be exposed to corona virus. This is because people can be carriers of corona virus without showing any symptoms. The strategy to slow and treat therefore is **FIRST** slow the rate at which the epidemic grows so that medical services are better able to cope. **SECOND** reduce the loading dose of infection so that the viral numbers take longer to build up in the body and so not overwhelm the immune defences **THIRD** start to improve the body's immune defences now before you are exposed to the virus **FOURTH** kill the virus directly with vitamin C (well known for it anti-microbial actions as it is used widely as a food preservative) and iodine (a disinfectant with long pedigree!)

We know that corona virus, like flu virus, will kill some people. However the vast majority will live – survival is determined by good immune defences. SO

- **Act NOW to improve the body's immune defences (Our standing army)**
- **STOCK UP NOW with ascorbic acid 500grams (at least), Lugol's Iodine 15% (30ml) and salt pipe**

Before you show any signs of symptoms of illness[edit]

The severity of any infection partly depends on the loading dose of infection. Take action to keep this loading dose low so that it takes longer for the numbers of viral particles to build up in the body. This gives the immune system time to generate an effective immune response. At this stage do not symptom suppress with medication since this inhibits inflammation - the very tool the immune system needs to fight infection

Make sure you have this package in place -

What	Why
Eat a low carbohydrate diet, ideally paleo-ketogenic	High blood sugar encourages all infections (diabetics are especially susceptible to infection)
Take a good multivitamin/mineral supplement	The immune system cannot function without raw materials!

Vitamin D at least 5,000iu ideally 10,000iu daily	We get more infections in winter because we are at our most deficient then
Vitamin C at least 5 grams daily.	This vitamin contact kills all viruses – the key is the dose! You have to take heaps!

See also - **Groundhog BASIC**

If there is any hint of possible exposure - keep the initial infectious loading dose down with...[\[edit\]](#)

- Good hygiene - wash hands regularly. After washing rub iodine oil into your hands. You can make this yourself using 10 parts of coconut oil to 1 part of Lugol's iodine 15%. Iodine contact kills all microbes - it is the best disinfectant - ask any surgeon - this is what is used before surgical incision and to prevent post operative wound infections. Yes, your hands will be stained slightly yellow but then you know the iodine is there.
- Sniff and inhale Lugol's iodine 15% 2-3 times a day using a salt pipe. I suggest 2 drops in a salt pipe sniffed up into the nose and inhaled 15-20 times. Iodine is an effective topical disinfectant.
- And/or possibly use a face mask, drizzle 2-4 drops of Lugol's iodine 15% – iodine contact kills all microbes, is volatile and so when inhaled it kills or substantially reduces numbers of all microbes threatening to enter the airways. Re-apply Lugol's 3 times a day
- And/orsmear iodine oil (make it yourself with 10 parts of coconut oil to 1 part of Lugol's iodine 15%) round the nose and upper lip 3 times a day. Yes, it stains the skin yellow temporarily but it slowly evaporates from the skin to generate a disinfectant cloud of iodine. This is good for kids who may not be able to use a salt pipe or tolerate a mask.

For much more details see "The Infection Game"

At the first sign of any infection eg runny nose, sore throat, sneeze.....well you know![\[edit\]](#)

Strike early and strike hard!

What	Why
Take 10 grams of vitamin C (as ascorbic acid powder) in 500mls of water every hour until you get diarrhoea - – this is called Bowel Tolerance	This is of proven benefit - see references below. You must take enough vitamin C – you can only fail by under-dosing. Vitamin C is completely safe and you can do no harm with it. As one of my comic patients put it <i>Premature crapping is preferable to premature croaking.</i>
Inhale Lugol's iodine every 2 hours. I suggest 2 drops in a salt pipe sniffed up into the nose and inhaled - this may slightly stain the inside of your nose - but then you know the iodine is present. You will know the iodine is in the right place because you can smell it.	Iodine is non-toxic to humans and all mammals (if you are iodine allergic then you should not use iodine)

Good nursing care – go to bed, wrap up warm and allow the body to run a fever	Heat kills all microbes
Tell everyone that you are ill so that....they can put in place all the above to reduce their loading dose and deal effectively with the virus
“Do not go gentle into that good night... Rage, rage against the dying of the light” Dylan Thomas. See Poets.org - Dylan Thomas - 'Do not go gentle into that good night'	Fight hard and stay alive!

See [Groundhog ACUTE](#)

Advice for children [\[edit\]](#)

- The principles are exactly the same.
- And no-one has ever had serious side effects from vitamin C – perhaps use 5 grams every hour to Bowel Tolerance – or less depending on size.
- Use Vitamin D at proportionate body weight - use the 10,000iu but perhaps every other day or every third day – the capsule can be chewed in the mouth.
- Really important to use topical iodine oil over the nose and upper lip as this reduces the infectious load when inhaling and exhaling!
- What is interesting is that the Chinese babies whose mothers had coronavirus have survived fine! I suspect this is about the immune system – with very high viral loads, the immune system over-reacts and it is this over-reaction that kills. It is called a cytokine storm. This is why the very sick patients are treated with anti-inflammatory drugs such as paracetamol, NSAIs and steroids (which you would think counter-intuitive. There is a place for these drugs but not with mild symptoms). My guess is these Chinese babies do not have the immune reserves for a cytokine storm and so survived well!

Very sick patients [\[edit\]](#)

Will of course need hospital treatment with anti-inflammatories (for the cytokine storm), oxygen and respiratory support (for respiratory failure). The Chinese doctors are currently treating severe cases of covid 19 with additional intravenous vitamin C and seeing excellent results.

References [\[edit\]](#)

- [VITAMIN C at Zhongnon hospital in Wuhan China, coronavirus patients will be administered with 24,000mgs of vitamin C intravenously every day for 7 days.](#)
- [How Vitamin C Reduces Severity and Deaths from Serious Viral Respiratory Diseases](#)
- [Nutritional Treatment of Coronavirus](#)
- [Vitamin C Protects Against Coronavirus](#)
- [Early Large Dose Intravenous Vitamin C is the Treatment of Choice for 2019-nCov Pneumonia](#)
- [Three Intravenous Vitamin C Research Studies Approved for Treating COVID-19](#)

From 1943 through 1947, Dr Klenner reported successful treatment of 42 cases of viral pneumonia using therapeutic doses of vitamin C. This was administered by mouth, intravenously and intramuscularly.

See

- [Klenner FR. Virus pneumonia and its treatment with vitamin C. Southern Medicine and Surgery, 1948, February. Vol 110, No 2, p 36-38, 46.](#)
- [Vitamin C and Sepsis - The genie is now out of the bottle, Orthomolecular Medicine News Service, May 24, 2017](#)

Lots more good science and practical detail at 'AscorbateWeb' [Ascorbate Web](#)

Quotes[edit]

VITAMIN C

"The patient should get large doses of Vitamin C in all pathological conditions while the physician ponders the diagnosis."

Dr Frederick Robert Klenner, B.S., M.S., M.D., F.C.C.P., F.A.A.F.P. 1907 - 1984

IODINE

In 1945, a breakthrough occurred when J.D. Stone and Sir McFarland Burnet (who later went on to win a Nobel Prize for his Clonal Selection Theory) exposed mice to mists containing lethal doses of influenza virus. By putting iodine solution on mice snouts just prior to placing them in chambers this lethal disease could be completely prevented.

"Extremely high doses of iodine can have serious side effects, but only a small fraction of such extreme doses are necessary to kill influenza viruses."

Dr David Derry - see - [Iodine: the Forgotten Weapon Against Influenza Viruses](#)

"Iodine is by far the best antibiotic, antiviral and antiseptic of all time."

Dr David Derry - see - [Iodine is by far the best antibiotic, antiviral and antiseptic of all time](#)

Linked Articles[edit]

- [Groundhog BASIC](#)
- [Groundhog ACUTE](#)
- [Vitamin C - learn to use this vital tool well – the key is getting the dose right](#)
- [Iodine - another vital multitasking tool that should be a household word](#)

Useful External Links[edit]

- [Poets.org - Dylan Thomas - 'Do not go gentle into that good night'](#)

Many of the supporting links below are from [Orthomolecular News](#). This is a great resource. To be clear about their overall position, the first link below, contains this summary:

"Vitamin C supports your immune system."

Vitamin C helps to kill the virus and reduces the symptoms of infection.

It's not a COVID "cure," but nothing is.

It might just save your life, though, and will definitely reduce the severity of the infection."

This list below is far from complete and will be added to as time goes by. Watch this space!

- **Vitamin C and COVID-19 Coronavirus**
- **Three Intravenous Vitamin C Research Studies Approved for Treating COVID-19**
- **Clinical Trials Gov webpage for 'Vitamin C Infusion for the Treatment of Severe 2019-nCoV Infected Pneumonia' VITAMIN C at Zhongnon hospital in Wuhan China, coronavirus patients will be administered with 24,000mgs of vitamin C intravenously every day for 7 days.**
- **How Vitamin C Reduces Severity and Deaths from Serious Viral Respiratory Diseases**
- **Nutritional Treatment of Coronavirus**
- **Vitamin C Protects Against Coronavirus**
- **Klenner FR. Virus pneumonia and its treatment with vitamin C. Southern Medicine and Surgery, 1948, February. Vol 110, No 2, p 36-38, 46.**
- **Vitamin C and Sepsis - The genie is now out of the bottle, Orthomolecular Medicine News Service, May 24, 2017**
- **Iodine: the Forgotten Weapon Against Influenza Viruses**
- **Iodine is by far the best antibiotic, antiviral and antiseptic of all time**
- **Early Large Dose Intravenous Vitamin C is the Treatment of Choice for 2019-nCov Pneumonia**
- **News Media Attacks Vitamin C Treatment of COVID-19 Coronavirus Yet Ascorbate is a Proven, Powerful Antiviral**
- **Shanghai Government Officially Recommends Vitamin C for COVID-19**

Here are three depositories of vast numbers of studies regarding Vitamin C and its beneficial effects regarding viral infections and other diseases:

- **Orthomolecular News**
- **Ascorbate Web**
- **Vitamin C Foundation**