

CORONAVIRUS TOWN HALL NOTES

Host: Dr. Joshua Levitt

As of this morning 3/4/2020:

- 126 cases in US with 9 deaths.
- 92,000 cases worldwide in over 70 countries.
- 3200 deaths worldwide.
- That puts the fatality rate at 3.4%...which is frightening. Explain.

Numbers could be significantly lower...because there are probably many more cases that are not being counted in the total...

About 80% of the people who get this infection will have very mild or no symptoms at all. Most importantly, this virus takes a toll on people who are older and sicker... including those who smoke....and in China smoking rates are shockingly high.

Inside all these numbers, there is good news and bad news.

It's good news if you were to contract the infection and be one of the 80% who don't get too sick.

It's bad news for the other 20%, and especially bad news for the 1-3% who die.

Containment at the epicenter of the outbreak in China seems to have worked reasonably well to decrease spread there...but if those types of containment measures are instituted in this country, or in your state, or home town...it will be very disruptive, socially, economically etc.

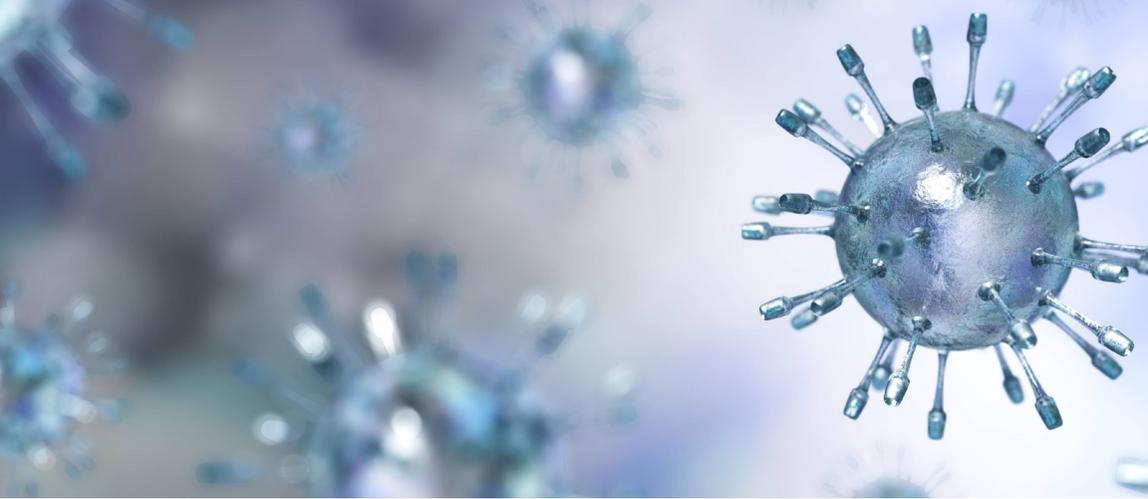
Whether or not this coronavirus outbreak turns into a full fledged pandemic depends on yet another number called the R-naught, which described how many people one person with the infection is likely to spread it to. So far, it's looking like this COVID19 has an R-naught of about 2.2. (by comparison...measles is 15... muuuuch more contagious.)

Testing capabilities are improving here....and rapidly evolving...but still not great. Once we can rapidly and reliably test for suspected cases...we can get more reliable numbers and have a better sense of the size, scale, and danger of this outbreak here at home.

NOT A TIME TO PANIC...BUT IT IS A TIME TO PREPARE.

There is a lot that conventional medicine gets right about this: For completeness...I think it's important that we cover the basics from the conventional medicine side and then we'll get into all the natural medicine stuff that I know is what you came here for today....

1. This virus is primarily spread through respiratory droplets....and that means that the live virus is present in the secretions of a person who is carrying it... those viral particles are more concentrated in the secretions of a sick person, but they are also present in people who are not that sick yet...and even in those who no symptoms at all.
2. In order to get sick, those droplets need to come in contact with your mucous membrane...usually, through your nose, mouth or throat...possibly your eyes.
3. Although getting coughed or sneezed on is a definite risk (and why sick people should stay home, wear masks...) the greater chance is that you touch a surface “fomite” that was previously coughed or sneezed on and then you touch your face.
4. This is why handwashing is so important...and why you should do it right. With soap and water for 20 seconds. Always think of your hands as contaminated....think of a time when you've ever touched something gross...dog owner who accidentally touched poop for example...
5. No handshaking, use fist bumps or elbow taps instead.



Now...until there's a deployable vaccine or a safe and effective antiviral drug.... that's about all you're going to hear about prevention from mainstream medicine...

Which is unfortunate because they are missing a whole universe of prevention and treatment tips in the "natural" medicine universe... This is what you came for folks:

Let's start out with perhaps the most important point I'm going to make today.

EVERY INFECTION IS A *RELATIONSHIP*.

Between an organism (in this case COVID19) and a host (in this case...you)

And the outcome of that relationship depends on features related to both the organism AND the host. In the same way that the cheetah catches and kills the weakest/slowest antelope in the herd...the coronavirus does exactly the same thing. The fast healthy antelopes at the front are more likely to be spared....it's the ones who are at the back of the pack (older, weaker, sicker etc) who are most vulnerable.

When an organism like this is in the community...it's like the cheetah on the prowl. You need to do everything you can to stay at the front of the pack.

And that means that you need to optimize your own health, especially that of your immune system...so that it can do what it's best at...defending you.



Here's how it's done:

1. It starts with food. Eat a minimally processed, plant based, anti-inflammatory diet. That means eating foods that come from the earth in a minimally processed form, single ingredient foods... vegetables, fruit, beans, nuts, seeds, whole grains... and if you choose to eat animal products like meat, poultry, eggs, dairy...you make sure that they come from healthy animals that were farmed in a organic, sustainable, regenerative way.
2. AVOID SUGAR and the unhealthy fats found fried food, and foods processed with ultra-processed "vegetable oils"
3. LOTS OF SPICES...ginger, garlic, turmeric, oregano, thyme, rosemary all have antiviral and immune supportive properties.
4. The three S's:
 - a. Sleep
 - b. Stress
 - c. Smoking



And now we're gonna get into some specifics about nutrients and herbal medicines: Get a pen:

NUTRIENTS:

- **Vitamin A:** Preformed retinoids vs Carotenoids.
 - 5000-10000 IU prevention
 - Up to 100,000 IU for three days for treatment
 - DO NOT USE if liver disease.
- **Vitamin D:** Target lab test level of 40-60
 - 2000-4000 IU daily
- **Vitamin C:**
 - 1-3 grams per day for prevention,
 - up to 10,000 mg (or 10 grams) for treatment.
 - To bowel tolerance
- **Zinc:**
 - Prevention: 15-30 mg daily,
 - Up to 75 mg daily for treatment.
 - Zinc gluconate is probably best.
- **N-Acetylcysteine (NAC):**
 - 1800mg day in divided dose for prevention.
 - Associated with higher likelihood of asymptomatic infection
- **Quercetin:** Canadian research promising.
 - 1000mg daily.

HERBS AND HERBAL EXTRACTS:

Herbal formulas (especially Chinese ones) are usually complex multi-herb formulas...difficult to get exact dosages...The following are ingredients to look for in an herbal antiviral and immune support formula:

- **Elderberry:** *Sambucus nigra*: one tablespoon syrup two to four times per day.
- **Baikal Skullcap:** *Scutellaria baicalensis*: Studied in China in test tubes against Coronavirus: Typical product in a capsule might contain 350-500mg of a fried herbal extract. Take two of those three times daily.
- **Andrographis paniculata:** Look for a product that contains andrographolides... shoot for 50-60mg of andrographolides per day.
- **Astragalus:** look for a product that contains a standardized extract and take at least 2 grams, that's 2000 mg daily.
- **Cordyceps:** one gram (1000mg) daily, and increase if sick.
- **Larch arabinogalactan:** 1000mg daily.
- **Monolaurin:** from lauric acid which is found in coconut: 300ng three times per day. With food.
- **Japanese Honeysuckle (*Lonicera japonica*):** high doses in animals have an immunomodulatory effect. Appears in Chinese formulas with Forsythia and other herbs listed here.
- **Boneset:** *Eupatorium perfoliatum*
- **Forsythia:**
- **Green Tea Extract:** (high EGCG):
- **Propolis:**

Disclaimer: These notes are for educational purposes only. While Dr. Levitt is a naturopathic physician, this presentation is not medical advice. Please speak with your own physician with concerns about any medical diagnosis or treatment, including supplements or herbs.
