



CORONAVIRUS TOWN HALL NOTES

Host: Dr. Joshua Levitt

These are crazy, uncertain, unprecedented times for all of us....and I hope you all are well.

It's an especially strange time to be a naturopathic physician....because there are so many questions coming in from people like who are wondering if there is anything you can do to protect yourself...beyond washing your hands and using hand sanitizer.

And the answer is YES...

And that's the subject of our conversation here today.

So...I'm not going to spend too much time on the "news" and statistics about transmission, fatality rates, and epidemiology here today...I trust that at this point you understand that what was a looming pandemic...is not looming anymore...it's here. Our testing process and capability is problematic....so the numbers we are hearing from officials are likely to be extremely inaccurate.

Schools are closed. Events have been cancelled....and we are all going to be living differently for a while.

Discuss why social distancing is important...flattening the curve.

Talk about the bees... and the public health metaphor. **We're all in this together.**

I know it feels like “everything” but I’d like to remind you that:

- Family is not cancelled.
- Friends are not cancelled.
- Your imagination not cancelled
- Conversations aren’t cancelled.
- Music is still here
- Long walks are not cancelled
- The beach, the mountains, the lakes, the rivers, the woods...not cancelled.
- Books will not be cancelled.
- Hope will not be cancelled.
- And... Self-care will not be cancelled

Discuss how we’re going to depend on self-care, and that’s what this is all about.

Make a clear statement about the lack of evidence of these recommendations for COVID-19 and explain the tricky balance between evidence-based advice and reasonable, safe advice in the absence of evidence. If it’s safe and reasonable...why not? Especially when there are no evidence based treatments available.

EVERY INFECTION IS A RELATIONSHIP.

Between and **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 four S's:**
 - a.** Sleep
 - b.** Stress
 - c.** Smoking
 - d.** Sugar
- 5.** **Physical activity:** keep it gentle.
- 6.** **Water:**
 - a.** Hydration,
 - b.** Humidification.
 - c.** **Hygiene:** Hand washing demo.



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 in PG, nursing, or 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 acetate or gluconate in lozenges 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 in EGCG): Drink lots of green tea.
- **Propolis:** throat sprays.

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.
