



COVID-19 Part VII

On Testing and Unraveling the Truth, a Summation on Prevention and Treatment

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Please read Parts 1-6 and Vitamin D Reprise if you have not already, I will summarize my orthomolecular prevention and treatment recommendations as I have been told seven articles are too much to read through, thusly I am writing yet another! First a few updates:

- **On “Who should be tested?”:** An amazing observational study in NYC (https://www.nejm.org/doi/full/10.1056/NEJMc2009316?query=recirc_mostViewed_railB_article), you will need a subscription to NEJM) where 215 consecutive women presenting for delivery at an obstetrics ward, each tested for SARS-CoV-2 (COVID-19), 4/4 (100%) symptomatic women tested positive and 29/211 (13.7%) also tested positive for an amazing 87.9% asymptomatic rate! I am not saying this population of young pregnant women in the middle of a hot spot represents the general population. But if 13.7% of people walking into a hospital from a low risk group are asymptomatic coronavirus spreaders, universal testing of everyone must become a priority for anyone who cares about public health.
- **On mortality:** I first wish to emphasize that according to the National Center for Health Care Statistics (NCHS) that subtracting pneumonia, the true number of influenza-associated deaths from 1979 to 2002 averaged 1,348. Yet everyone hears 36,000 or more deaths per year from influenza despite our data proving otherwise, and all pneumonia deaths get blamed on influenza so that *fear can sell the vaccine*. Please read this letter to CNN’s Sanjay Gupta from Robert F Kennedy Jr <https://childrenshealthdefense.org/news/flu-misinformation-and-coronavirus-fears-my-letter-to-dr-sanjay-gupta/> and this doctoral dissertation <http://dspace.mit.edu/handle/1721.1/69811> (it is 312 pages, but worth it). When the CDC has a vaccine to sell, they upsell the deaths to sell the vaccine, when they don’t, they down sell the death rate. I suspect that already the 40,591 deaths attributed to coronavirus underestimates the actual body count by one tenth. Hundreds of excess deaths per day are occurring in NYC, quarantined, untested, unattended people, are dying and not being counted, multiply that by all the other hotspots and you realize that the real death toll logarithmically exceeds what we are being told.
- **On Testing:** As you know from the previous articles, the US trails nearly every Western country in per capita testing, there is no time to discuss why. Only through universal testing can we escape the quarantine safely, while protecting others. Anyone with symptoms gets the nasal swab test in their car. I hope to have in-office fingerstick testing available for everyone, yes everyone without coronavirus symptoms, with results available within 15 minutes, within the month. We will test for both IgM (acute) and IgG (long term) antibodies. Anyone with positive IgM will get a nasal swab to ensure they are not asymptomatic spreaders. Anyone who is IgG positive *only* is immune! Until I have the kits, we will look to send blood specimens to Quest Diagnostics. I know controversies exist in terms of quality of the tests, I am confident in the one I am looking at. Not everyone who is immune makes enough antibodies to show (95+%

do), that is one drawback. So far, according to all indications, reinfection is rare enough to allow immune people to go back to a regular life, hopefully our government will agree!

- **On a Vaccine:** Have you ever wondered why there is no vaccine against SARS-CoV-1? It's because the vaccine to this coronavirus led to lung damage in all animals tested. I hope an unsafe vaccine to SARS-CoV-2 will not be mandated, that would be a breakpoint for me. Let's see what the science shows.

As for Orthomolecular Supplementation to Prevent COVID-19:

- **K2MK7-180mcg/D3-5000IU** once daily plus any additional D3 to get blood levels to 70-90.
- **Systemic C 1000mg thrice daily** or chose your favorite buffered C/bioflavonoid combo.
- **WholeMune 250mg caps 1 cap daily**, or your favorite Beta Glucan or other mushroom based immune support like Stamets 7 (Host Defense), or Astragalus Jade Screen (Planetary Herbals)
- **Melatonin** Melatonin CR (Xymogen) 5mg nightly for anyone age 35-60 y/o, 10mg nightly age 60 up. For treatment of URI/ suspected COVID-19 immediately increase to 20mg nightly, then to 40 mg if well tolerated until the illness resolves.
- **OrthoBiotic** 23 billion CFU 1-2 caps daily or your favorite probiotic, rotating at least 2 of your favorites monthly.
- **Basic Nutritional Protocol:** A good multivitamin like Maximum Vitality 2 tabs, twice daily, good "fish oils" like OrthoMega 820 mg 2 caps daily, and CoQ10 200-300mg daily. These last 3 supplements I recommend to everyone as part as their "stress-hardiness" program.
- **IV Myer's Cocktail with 10 grams of C and Supportive Nutrients:** I would consider weekly IVs for prevention for those who are in jobs with regular exposure to the public or with underlying risk factors like diabetes, hypertension, etc.
- **Bio-Cidin TS (Throat Spray):** 2 sprays orally after each venture out, after exercise, think of this botanical throat spray as a boost to your local respiratory epithelium and a good measure to use like hand sanitizer for your hands after visits to the grocery store or other exposures.

As for Orthomolecular Supplementation for Treatment of COVID-19:

- **Acute Viral Protocol ([Found Here](#)):** This entails at the earliest onset of symptoms that you suspect is a "cold", "flu", or COVID-19 you start D3 50,000 IU (BioTech) thrice daily for three days only with Viracid (OrthoMolecular)- an Andrographis based herbal antiviral 2 caps every 3 hours with additional Systemic C 500-1000mg every 3 hours for up to 10 days. See link for other options.
- **Melatonin:** Increase to 20-40 mg nightly through the course of the illness.
- **Immune Drip:** 25 grams of vitamin C with supportive nutrients, daily if possible.

Social Solidarity: Love is the answer. It has been so hard for me to write these articles, as when it comes to testing and epidemiology you expose yourself to the malignant forces in the world, a cult running our country, and wonder about America/humanity. I breathe and go into nature. And remember that extreme turbulence precedes Renaissance, smile, and try to help one human/animal/plant at a time.

Your Journey to Health and Healing,

Gary E Foresman MD