



COVID-19 VI

Personal Protection Edition

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Let's dive right in today, as more information continues to come out regarding transmissibility of this virus, the clearer it becomes that *when necessity requires* us to get out of the home for any reason, **we should all wear a mask**. For the general population this can include homemade masks, and this is a nice tutorial: (<https://www.nytimes.com/article/how-to-make-face-mask-coronavirus.html>) or support local social sites like <https://nextdoor.com> or your community Facebook group and purchase masks from local people to support their income.

For further clarity, I am 100% convinced that stopping the medicines that upregulate ACE2, the receptor site for SARS CoV 2, including ACEI and ARB is a **preventive imperative**. The only time this isn't true is in the middle of the hospital-based treatment of severe COVID-19. The loss of ACE2, due to this virus, in the middle of treating severe respiratory failure now becomes a potential target of therapy! Not too surprisingly, what is necessary for prevention and what is necessary for treatment of a disease can be completely different.

Same thing goes for supplements and COVID-19. Anyone warning you about vitamin D or other supplements has an agenda for the pharmaceutical industry, conscious or unconscious. Our acute viral protocol, and the use of vitamin C as a preventive, and IV vitamin C as a treatment, could be life-saving in this pandemic.

Asymptomatic carrier rate is between 25-50% and transmission could occur just talking to these individuals. Thus, the more widespread use of masks, of any kind! Save surgical masks and N95 masks for healthcare professionals, please! Social distancing becomes our primary way of preventing COVID-19.

As most of you know, I predicted an eventual mortality of 3 million people in our country alone, and I sincerely hope I am wrong. What most of the public health departments had not calculated into their models is the complete breakdown of the American education system and that a widespread "virus" had already infected and compromised the immune and neurologic systems of our country, Fox "news". The severe brain damage that has occurred already saddled us with the Trump presidency. That it would cost us millions of lives and destroy the economy, the country, democracy... predictable. We were warned prior to the last election ; <https://www.forbes.com/sites/quora/2016/07/21/a-rigorous-scientific-look-into-the-fox-news-effect/#ad594e112abc>. It has gotten far worse.

Whether looking at the miserable failure of our deranged president, or the sycophantic Republican governors that fail to protect their states and therefore our country, I fear my prediction will be correct over the next 18 months or so. The good news is that if you follow the guidelines for social distancing, mask-wearing, and immune boosting, you will come out the other side of this pandemic!

Finally, one last orthomolecular approach to discuss, **melatonin!** In "COVID-19: Melatonin as a Potential Adjuvant Treatment" (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7102583/>), we see

some of the rationale for this “game-changer”! Most of you know that a significantly higher morbidity and mortality exists for this disease as we age. You are probably aware that melatonin is the most important “stress-hardiness” hormone in all plants and animals, and the age-related loss of melatonin provides the background for a variety of age-related disease.

Whether through regulation of the cytokine storm, immunomodulation, anti-inflammatory or antioxidant properties, melatonin does a heck of a lot more than help you sleep! For the foreseeable future, as a preventive, I recommend 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.

The primary side-effects include vivid dreaming/nightmares and “morning hangover”/ grogginess. It has been dosed at 1000mg daily for months without known toxicity. Please incorporate melatonin right away into your preventive and therapeutic armamentarium!

Hopefully more soon about in-office testing for COVID-19!

Your Journey to Health and Healing,

Gary E Foresman MD