

COVID-19 September Update

Myth Busting Edition Part II

By: Gary E Foresman, MD

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The United States had 1004 deaths from coronavirus this 9/11. Canada reported no deaths from the very same pandemic. The lack of a national strategy to controlling this pandemic amount to the equivalent of one “9/11” in death toll every 3 days in our country. Yet 35-40% of our country have “drunk the Kool Aid” and fail to see that without a national approach you can’t have nationalism, or preferably, humanism.

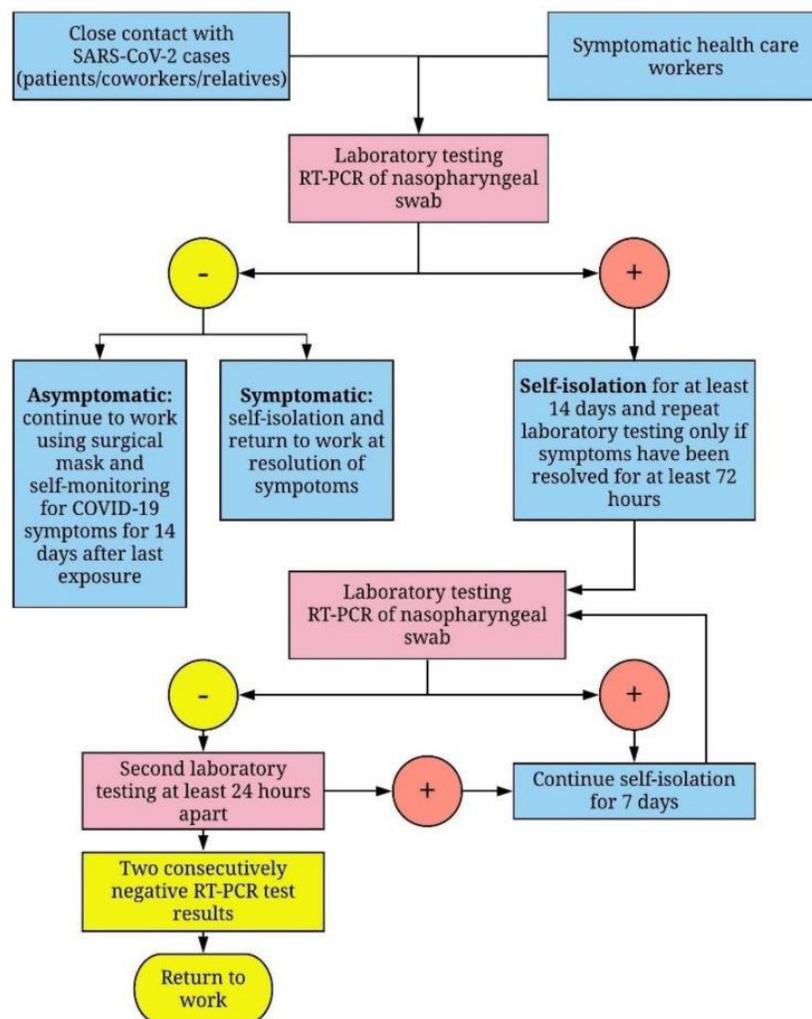
This *might* (the process to block free elections is well underway) be the last actual free election we have as “America”. Our civic duty demands we all take loving action and then demand more from the officials elected into office.

Fortunately, the world is learning how to prevent and treat COVID-19. Let’s debunk some myths today:

- **Myth Number 1, “Nothing helps.”:** *Dexamethasone*, an inexpensive corticosteroid, the anti-inflammatory kind of steroid, helps dramatically reduce inflammation and stops the cytokine storm leading to progressive disease. Along with a myriad of other trials using other steroids like methylprednisolone, orally and intravenously, I find the case report from the Rhode Island Medical Journal to be most informative. In “Short Term Dexamethasone in SARS-CoV-2 Patients”, PMID 32570995, we find a simple effective oral medicinal that helps those with severe Covid-19. *The regiment, dexamethasone 4mg three times daily for two days, followed by 4mg twice daily for two days and then 4mg once daily for two days, is not too dissimilar from how we treat poison oak! Twelve pills of dexamethasone, 4 mg, should be begun on everyone with symptomatic Covid-19.* Simple, inexpensive, vital with very few contraindications in this setting.
- **Myth Number 2, “But I thought nothing helps?”:** *Vitamin D* our readers are aware of! In the “Journal of Steroid Biochemistry and Molecular Biology” comes a promising study whereby high dose vitamin D reduced ICU admissions from **50%** to **2%** just by adding D to the regiment. For anyone with an acute respiratory viral syndrome, keep MPM’s “Acute Viral Protocol” on hand and start immediately for any cold/flu symptoms. Here is the Acute Viral Protocol:
 - Vitamin D3 (cholecalciferol - BioTech) 50,000 IU caps One cap 3 times per day, 3 days maximum. Yes, 150,000 IU per day for at most 3 days.
 - Viracid (Ortho Molecular) 2 caps every 3 hours while awake for up to 7 days, a multiherbal preparation with Andrographis, Echinacea, European Elder, Zinc and more. You may substitute Wellness Formula by Source Naturals 6 caps every 3 hours or Kick-Ass Biotic by WishGarden Herbals 6 pumps every 3 hours.
 - Vitamin C (Systemic C or Ester C 500 mg by Source Naturals) 1 cap every 3 hours for up to 7 days. This adds to the 300 mg of C in the Viracid

There is hope, and this virus does not have to be a death sentence, even if you catch it! The Acute Viral Protocol is for everyone with any acute respiratory viral syndrome. The dexamethasone is only for those with documented Covid-19, or symptomatic with highly likely exposure (to Covid) while awaiting test results.

Final Myth: “The CDC can be Trusted”: Our CDC, unfortunately, had already become a marketing tool of Big Pharma to push vaccines, and when an actual public health crisis hit, they became a full-fledged weapon against public health as their message became politicized. Too much misinformation has come from them to counter all of it, so let’s focus on: when can one return to normalcy after acquiring Covid-19? I will focus on an Italian study looking at Health Care workers. In “Time Length of Negativization and Cycle Threshold Values in 182 Healthcare Workers with Covid-19 in Milan, Italy: An Observational Cohort Study” PMID: 3271080008, we find a rational approach as to when to end self-quarantine. Please be clear, the CDC telling everyone to return to normal 10 days after a positive test, without retesting, is blatant criminal negligence. Quoting directly from the article, “Our findings are supported by a recent study conducted by Zhou and colleagues, in which they detected SARS-CoV-2 for a **median of 20 days**, up to 37 days after symptom onset, in respiratory samples. Taken together, these results show how the original recommendation of 14 days of self-isolation was probably an underestimate of the time needed to recover”. I use their figure below as how science guides an adequate public health response to this virus.



Please get at least one negative test for Sars-CoV-2 before ending your isolation. The median time to clearance is 20 days, and the CDC is telling people to end self-isolation after 10 days, criminal negligence, and **not science-based at all**.

Our country is at a turning point, we have lost a significant amount of our population to the disease of “conservatism”, a lingering ancient malevolence/malignancy. It has allowed a virus to spread across our country; even so, we have hope and effective therapies. And we hopefully have one more chance this November 3rd to begin extricating the underlying disease/pre-existing condition of conservatism itself!

Your Journey to Health and Healing,

Gary E Foresman MD