



Covid Update July 2021

The Summary, The One that Binds Them All

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As Delta variants swell and swarm across the globe, including here in America, the time for a summary on prevention and treatment beckons. Let us not lose sight of all that connects us at humanity/sentient level, and the incredible progress we have made in our country in stemming the tide of this (hopefully) once-in-a-lifetime pandemic!

On Prevention: There are some in our government that imply there is only one thing you can do to prevent Covid—get a vaccine. That is due to some people's obsession with vaccines, overriding fear of everything infectious disease-wise, and a seeming lack of ability to utilize our ability for creative and critical thinking. As most of you know, although I do recommend specific Covid vaccines (Moderna or Pfizer only), I still very much subscribe to the Terrain theory. Meaning that the terrain is more important than the (infectious) organism. Interestingly we now understand that your terrain, and subsequently your immune system, vitally depends on your organisms/microbiome.

Especially if you choose to not vaccinate, please take care of your terrain and take care of others by wearing a mask when indoors with others who also may not be vaccinated, and just might not be making as many healthy lifestyle choices as you! Steps toward prevention:

- **Paleo Nutrition** with or without intermittent fasting
- **Exercise**, the default exercise being the 1 and 1/2 mile walk in 30 minutes.
- **Stress Management** including a daily meditative practice.
- **Sleep** a minimum of seven hours nightly.
- **The Basic Nutritional Protocol**
- **Systemic C 1000mg thrice daily** or chose your favorite buffered C/bioflavonoid combo. Think of ascorbic acid as part of a team with bioflavonoids and not something taken separately.
- **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)

You will find zinc in your multivitamin, and the above routine is more important than the bioflavonoid quercetin. That being said, the supplement **Activated Quercetin by Source Naturals** 1-2 caps thrice daily may be substituted for Systemic C. Bromelain found in this

supplement is essential for adequate quercetin absorption. Quercetin is a great supplement for those with allergies and can be recommended for nearly everyone.

If you do all the above, you have prepared yourself for a lot of adversity, and I strongly suspect that if you catch this virus (and follow our treatment recommendations) you will do well. This is why I actively discourage the poorly designed vaccinations for influenza, pneumococcus, etc.

The Vaccination: The mRNA vaccine is the breakthrough in technology that the world has been waiting for. We now have the ability to “think on our feet” and create a specific vaccination without adjuvants, aborted fetal tissues, and the heinous contaminants found in all other vaccines. In crisis, good things can occur, as we are now prepared for other variants, or even the next severe pathogen. Or like the realization of how safe and effective face masks are in preventing respiratory illness. Times of crisis can bring out the best in us, not just the worst, which we have seen as well.

We have written so much on this; please see our February article “Heading Towards a New Normal”. As this country has seen so much disease, and are just scratching the surface of “long covid”, I recommend the Moderna or Pfizer vaccine to everyone over 16 years old. Which takes us to a somewhat controversial stance. The Pfizer trial in 12-15 y/o individuals does show remarkable efficacy in inducing antibody responses, and in an approximately one-year follow-up period 18/1110 placebo recipients developed Covid, while 0/1119 vaccine recipients developed Covid.

Here is the NEJM article published in May

<https://www.nejm.org/doi/pdf/10.1056/NEJMoa2107456?articleTools=true> . What I found remarkable was absolutely no conversation on what those 18 cases looked like, meaning they were all probably asymptomatic. Whereas getting the vaccination resulted in injection site pain in 86%, fatigue in 60%, headache in 55%, and aches and pains in 27% and many more symptoms. 66% required antipyretics/pain-relievers. Meaning we are causing a great deal of discomfort in a population that handles the virus exceedingly well, repeat only 18 cases in approximately a year!

If you decide to give this vaccination to a 12-15 y/o, you get lots of discomfort with very little disease prevention. The argument to vaccinate against a relatively benign infection in this age group, to provide herd immunity, when adults won't step to the plate rings hollow. As the delta variant spreads, seemingly affecting a younger population, *we might have to consider vaccinating this population*. Have your children follow the prevention recommendations, and let adults vaccinate as they are the ones who will benefit.

If you are an adult please follow the 2-dose schedule to protect yourself and others. That holds true especially as we face the...

Delta Variant: The only adequate comparison trial vs the original strain was published in the Lancet: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8201647/> . This variant carries an 85% higher chance of hospitalization, and seems to affect younger individuals (the vast majority still over 16 y/o). The delta variant might be up to 50% more contagious as well. Pfizer vaccine efficacy decreases from 92% (old or alpha variant) to 79% (delta), the Oxford vaccine decreases in efficacy from 73% to 60%. I expect this will be similar for the inferior J&J vaccine. What this all means is that if you haven't vaccinated yet, please do. Moderna, two doses,

remains the preferred vaccine. When you combine it with our sensible lifestyle and supplement recommendations, I suspect you will reach nearly 100% effectiveness, even in the face of this VOC (variant of concern).

This pandemic is far from over, people. There most likely will be VOCs that escape the current vaccination, but we will cross that bridge when we get to it. With global vaccination rates lagging, animal reservoirs from which the virus can mutate, such as cats, the weasel family, other primates, bears and more, this virus is not going away. Please take extra efforts to encourage the vaccination of Black and Indigenous people whose mortality is 9-fold higher with this virus. Please help the LatinX community who have a 3-fold higher mortality.

Treatment: If you suspect you have any respiratory viral infection (including SARS Cov-2, the virus that causes Covid) please take 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 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.

I also recommend *one dose* of the protocol for plane flights and gatherings, especially with young germ vectors... I mean children! Another caveat, when I start this protocol, even at the hint of a respiratory infection, I rarely take the protocol for more than 2 days as my symptoms are already gone! Further caveats for the holiday season include if your symptoms start primarily with a sore throat (pharyngitis) add **Wellness Zinc Lozenges** (23mg Zinc Gluconate by Source Naturals) dissolved in the mouth every 2 hours for up to 3 days. There are separate protocols for sinusitis and bronchitis with purulent discharge that usually outperform antibiotics. Of course, antibiotics can serve as a back-up plan to any of the protocols.

For people who can't afford to take time off from work (though do so if you can!) don't forget the profoundly beneficial Intravenous Myer's Cocktail as this can especially help for those whose GI tracts do poorly with supplements, or if you missed that ***critical 48 hour window from the onset of symptoms to treat effectively enough to shorten the duration of illness.***

- **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.
- **Ivermectin** for 3 days as listed above; ivermectin comes in ***3mg pills***. PO Qd means take once daily by mouth, can be taken with or without food. Dose is as follows:
 - Greater than 176 pounds, 6 po Qd for 3 days #18.
 - 145-175 pounds, 5 po Qd for 3days #15.
 - 112-144 pounds, 4 po Qd for 3 days #12.
 - 79-111 pounds, 3 po Qd for 3 days #9.
 - 55-78 pounds 2 po Qd for 3 days #6.
 - 33-54 pounds 1 po Qd for 3 days #3.

For those with **severe COVID-19** (I am defining as fever over 101 and/or shortness of breath).
The regiment:

Dexamethasone 4mg #12, taken as directed

1. 1 pill po TID (thrice daily) for 2 days followed by
2. 1 pill po BID (twice daily) for 2 days followed by
3. 1 pill po Qd for 2 days then stop.

Simple, inexpensive, vital with very few contraindications in this setting.

If you have not vaccinated, please keep both of these prescriptions on hand. Take ivermectin immediately with the AVP for any case of suspected Covid, please get tested and isolate yourself thereafter. If you have severe symptoms of shortness of breath or fever >101, begin dexamethasone as well. If you ever feel like you need to go to the hospital, do so!!

Long Covid is the next article topic; stay tuned!

Your Journey to Health and Healing,

Gary E Foresman MD