



Omicron Update

A Christmas Miracle

By: Gary E Foresman, MD

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As we close out 2021, I find great hope in this season as always, but especially with the death of the delta variant. That America and the Earth could be so blessed to see the end of such a virulent organism (delta), driven out by the more transmissible, yet meeker variant omicron should be the headlines we see. But, no, the mainstream media sends the message of fear that drives the pharmaceutical industry to massive profits.

Please stop buying the message of fear. Even when I recommended the Moderna vaccine, it was out of respect for the original virus, then alpha, then delta variants, not the fear of them. And yes, there is a huge difference. Now omicron has done what no vaccine could: wiped out the severe variants by harnessing greater infectivity with vastly lower mortality, an excellent viral strategy.

In “Early Assessment of the Clinical Severity of SARS-CoV-2, Omicron Variant in South Africa” <https://www.medrxiv.org/content/10.1101/2021.12.21.21268116v1> we see the yet to be peer-reviewed study on what omicron is like. Rate of hospitalization decreased by 80%! However, once hospitalized, disease severity can mimic delta. Similar data has been found around the world. Every virus from the common cold to influenza has risk associated with it; this current variant carries a mildly higher risk of mortality than the common cold.

We have and will continue to see a remarkable increase in cases due to the superior transmissibility of the omicron variant, which is nearly 100% of the cases now. As the South African physicians have noted, the case rate has become completely uncoupled from the rate of hospitalization and mortality! There are still some tough times ahead due to the sheer number of cases, but at least we have some hope for a reprieve before the next severe variant hits.

In “Striking Antibody Evasion Manifested by the Omicron Variant of SARS-CoV-2” <https://www.biorxiv.org/content/10.1101/2021.12.14.472719v3> we also see a very well-done pre-peer-review analysis. Even after booster shots, there was a 6.5-fold decrease in the ability to neutralize omicron vs the original virus. Most monoclonal antibody therapies will be almost useless now.

The combination of reduced severity of omicron with its evasion of vaccines aimed at the original virus has led me to the following recommendations:

- *For the unvaccinated*: please don't vaccinate against omicron using a vaccine aimed at the original virus. You will catch this omicron virus; this has been the one you have been waiting for to increase natural immunity. You will catch it even if you had previous versions of the virus.
- *For the “triple-vaxed”*: you will most likely catch this virus, but have done what you can to minimize the already low rates of complications from omicron. Please don't get a 4th dosage of the old vaccine, massive levels of antibodies that are barely helpful against omicron can only harm you.

- For those who got Moderna or Pfizer but haven't gotten a booster: please don't get a booster, but consider a booster if you are in a high-risk category (diabetes, HTN, ischemic heart disease, COPD, on chemotherapy, on immunosuppressants, over 70 years old). Current data indicate that a booster might only help for 10 weeks! <https://www.webmd.com/vaccines/covid-19-vaccine/news/20211227/covid-booster-protection-wanes-new-data> You will get this virus as well, but hybrid immunity (vaccination plus natural immunity) will serve you far better for the future when more severe variants come around.
- For those under 18 and for those currently pregnant: I have never recommended vaccinating these two groups even in the face of delta. Now the risk: benefit ratio is even further skewed towards risk. The risk of severe side effects including need for hospitalization from the vaccination in this age group and those who are pregnant greatly outweigh the risk of this mild variant.

On Prevention: There are some in our government/healthcare system 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 did recommend specific Covid vaccines (Moderna primarily), 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.

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 **OrthoMune** 2caps daily or other mushroom based immune support like **Stamets 7** (Host Defense), or **Astragalus Jade Screen** (Planetary Herbals).

The supplement **Quercenase by Thorne** 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.

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.

I will do an article soon on upcoming new drug options, which, obviously, very few will need with omicron. Briefly, the Pfizer drug Paxlovid has the most promise and less toxicity than Merck's molnupiravir; that's the one to watch.

This omicron variant has changed the entire landscape of SARS CoV-2. I currently recommend allowing the natural history of this variant to play out because that is the best medicine. We need people to start actually living again, get rid of the masks (follow local mandates as a sign of social respect) unless you have symptoms of *any* virus. Don't let fear run your life or fall for gloomy predictions made to sell vaccines and drugs.

Omicron, sincerely, will be a gift to 2022. You don't need to fear this variant. You will catch it, vaccinated or unvaccinated, and we will achieve the closest thing we can to herd immunity until the next variant comes around. Being smart people, we will figure out what to do about that variant when it inevitably appears.

Your Journey to Health and Healing,

Gary E Foresman MD