

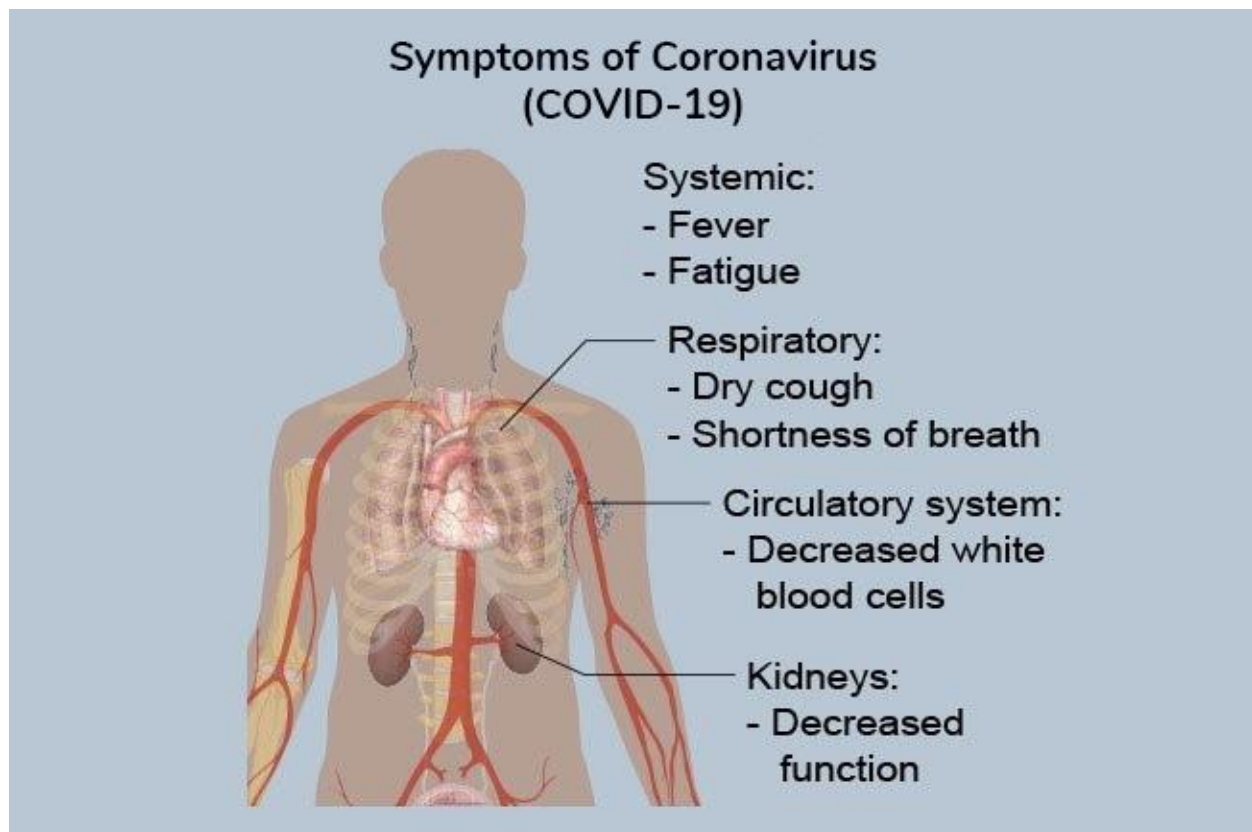
Schwarzbein

How the Coronavirus Spreads

According to the World Health Organization, the coronavirus (COVID-19), which infects the lungs, is transmitted originally through respiratory droplets expelled by coughing and sneezing. In other words, it is spread initially through person-to-person contact occurring, typically, within a six-foot radius of an infected person.

However, the infectious droplets can live on surfaces for up to two weeks. Surfaces include the obvious like door handles, but also clothing and skin. Therefore, you can infect yourself if you have contact with a contaminated surface and then touch your mouth, nose, or eyes. In short, there are only two ways for the virus to infect you: (i) through your nose/mouth/eyes via your hands, or (ii) from an infected cough or sneeze directly onto or into your nose, mouth or eyes.

Coronavirus Symptoms



Precautions

Here is a list of recommended precautions to protect you. **Given the way the coronavirus is transmitted, the most effective thing you can do is focus on your hands.** Most people are far more likely to be exposed to this virus through hand to mouth/nose/eyes contact. While you can't really control what you touch or who else touched it, you can be vigilant about washing your hands and avoiding touching you face with your hands.

- Wash your hands as soon as possible -- no later than upon returning home from being in any public places, shopping, buying gas, or touching other potentially contaminated objects/surfaces. Thoroughly wash your hands with hot water and soap for 10-20 seconds and/or use a greater than 60% alcohol-based hand sanitizer.
- NO HANDSHAKING! Adopt another way of greeting, such as a slight bow, that doesn't require hand to hand contact. Hug judiciously! This includes not hugging me!
- Use ONLY your knuckle to touch light switches, elevator buttons, etc.
- Lift the gasoline dispenser with a paper towel or use a disposable glove.
- Open doors with your elbow, closed fist, or hip. Do not grasp the handle with your hand, unless there is no other way to open the door. This is especially important on bathroom and public/commercial doors.
- Carry a bottle of hand sanitizer with you and use it before returning home. Use a disinfectant wipe to clean the steering wheel and other parts of your car that you touch.
- Use disinfectant wipes at stores and wipe the handle and child seat in grocery carts.
- Sanitize your phones frequently.
- Change your clothes immediately upon returning home from being "out and about" – especially if you have been in close proximity to other people.
- Thoroughly wash fruits, vegetables, etc. that others may have handled in the store.
- If possible, cough or sneeze into a disposable tissue and discard. Use your arm only if you have to as the clothing on your arm will harbor the infectious virus and can be passed on for up to two weeks.
- Make sure any animal product you eat is fully cooked. Handle raw meat carefully. Wash your hands thoroughly before and after preparing.
- In addition, the CDC recommends you avoid visiting areas where there is an outbreak of this infection and to avoid any close contact with anyone who has visited the outbreak area or shows signs of the infection during the last 14 days.

Here are some suggestions from patients I talked to recently:

- When travelling wear clothes that you can readily wash.
- Use a brown paper bag as your travel carry-on instead of your usual carry-on bag. This way you can discard it.
- Wipe off seats in public places before sitting. This includes airplane seats
- Don't kiss or hug your pets if they have been in public places and don't let strangers pet your animals
- Carry your own pen so you don't have to borrow one.

Products That May Help

You may want to consider stocking up in preparation for the possibility of pandemic spread here in the US.

- **Latex or Nitrile Latex Disposable Gloves.** Use when going shopping, using the gasoline pump, and all other outside activity when you may come into contact with contaminated areas.
- **Disposable Masks.** Use masks as a barrier to prevent you from touching your nose and/or mouth. We typically touch our nose/mouth with our hands about 100 times a day without realizing it! Surgical masks will not prevent the virus from a direct sneeze from getting into your nose or mouth. N-95 masks do reduce transmission somewhat, but are not yet recommended for routine outings. Use them primarily if you will be in close proximity to other people, such as when travelling by air or on public transport. They are also difficult to come by right now, but stock up if you have a chance.
- **Hand Sanitizers.** Hand sanitizers must be alcohol-based with greater than 60% alcohol to be effective.

Strengthen Your Immune System

Strengthening your immune system is a process, not an event. You need to start today! If all of your habits are absolutely perfect, you can skip this part. Otherwise, read on...

Eat to Support Your Immune System. The purpose of eating is to rebuild your body's chemistry. To do so, you need to eat the correct balance of complex carbs and protein.

- **You need adequate protein to build antibodies.** Antibodies are a critical part of your immune system. So, make sure you are not going full vegetarian or vegan!
- **Be sure to eat enough complex carbohydrates.** Do not follow a high-protein ketosis diet or practice intermittent fasting. These practices trigger the release of Using (breaking down) hormones instead of Building hormones, which undermines instead of supporting your immune system.
- **Eat regularly and frequently.** Be sure to eat three meals and two snacks or five smaller meals throughout each day in accordance with your personalized diet plan. Skipping or delaying meals increases adrenaline, which, if too high for too long, suppresses your immune response.

Make Sure You Get Plenty of Sleep. For those of you who are not making this a priority, please do so now! If you are a “morning lark,” be asleep no later than 10:00 PM and get a full 8 hours. If you are a “night owl,” be asleep no later than 11:30 and make sure to sleep until 7:30 or 8:00 AM.

Avoid sugar and alcohol! Besides being inflammatory and carcinogenic, these chemicals suppress your immune system. Avoid, avoid, avoid!

Get some sunshine! You need vitamin D for a healthy immune system. If your body doesn't make enough vitamin D (you'd know this from lab testing we have done), you will also need to take supplements.

Stay hydrated. Drink at least one ounce of water per kilogram of body weight. Drink regularly throughout the day. Avoid guzzling liquids right before, during, and after meals so you don't dilute your digestive enzymes.

Exercise appropriately for your metabolic type. If you have a healthy metabolism, you may do more than if you have a compromised or damaged one. Each of you has been given an exercise “prescription.” Make sure to not over-exercise!

Be happy, content and laugh! Happiness has been shown to improve immune function!

Supplements

Arm yourself with supplements that help boost your immune system. Give your immune system every advantage. If you are not already doing so, I suggest you take these supplements.

Core Prevention: At a minimum, take a multi-vitamin, extra Vitamin C, and Vitamin B12, plus either Immuno Boost-BG or SBI Guard.

- **MultiVit Caps:** This is an excellent multivitamin that includes Zinc and Vitamins A, C, B6, B12 and Vitamin E, all of which are anti-viral. Take 2 with breakfast and 2 with dinner.
- **Vitamin C Plus:** Take one daily for prevention. If symptomatic, immediately increase dosage to 1 capsule 4 times a day.
- **Active B12 5000:** Take one sublingually daily.
- **Immuno Boost - BG:** Take one daily to support your immune system and bump to two daily if symptomatic.
- **SBI Guard:** Use one scoop daily to support your immune system and bump to two scoops daily if symptomatic.

If you develop symptoms, add one or more:

- **Vitamin D3 with K2:** – boost your D3 for 5 to 7 days by taking 10,000 IUs at the first sign of infection
- **Classic Zinc:** If you are not already taking Zinc, begin taking 1 a day. If you are already taking Zinc, increase to 2 a day with food to avoid nausea.
- **Schwarzbein Probiotic Daily - 30 Billion:** Improving GI immunity improves total body immunity. Take one daily. If you already take a probiotic, you can increase to my 100 billion formulation for added protection.
- **Inflamm Balance Antiox:** This supplement stimulates antioxidant pathways. Take 2 twice daily. (This one is also good to take regularly lower inflammation). As a precaution – Inflamm Balance Antiox contains turmeric, which thins blood. So, don't take this if you are taking a blood thinner. Here is a link to a site where you can check for interactions with turmeric. <https://www.drugs.com/drug-interactions/turmeric.html>
- **Oregano Oil:** For best results when sick take 2 capsules three times a day
- **Grapefruit Seed Extract:** For best results take 7 to 10 drops in a small amount of water every few hours. Grapefruit Seed extract can also interfere with certain medications. Check first at <https://www.drugs.com/article/grapefruit-drug-interactions.html>

Adrenal Support: Since your adrenal glands play a vital role in helping you fight infections, start now to support your adrenal system!

- **[Adrenal Assist](#):** If you have low adrenal function you may want to boost it with Adrenal Assist. Take 2 after breakfast. Do not take if you have anxiety or feel “wired.”
- **[Adrenal Calm](#):** If you are overly stressed, feeling distraught or overwhelmed consider take this supplement to help calm your sympathetic nervous system. Take one or two after breakfast and dinner as needed.
- **Adrenal Assist plus Adrenal Calm:** If you are tired but not “wired” in the morning but you are “wired” at night and find it hard to fall asleep, take Adrenal Assist after breakfast and Adrenal Calm after dinner.
- **[PQQ Mitochondrial Support](#):** Take two on an empty stomach to improve mitochondrial function and number. This supplement can be stimulating. So, if it causes you to be too “hyper,” stop taking it.