Coronavirus Prevention

This year’s coronavirus aka “covid2019” is a virus which has a 2-3 % fatality rate and seems to be prevalent in the immunocompromised and elderly – https://www.cdc.gov. For some perspective, the other coronaviruses we have seen in the recent past (SARS and MERS had a 10 % fatality rate). SARS is short for Severe Acute Respiratory Syndrome and MERS is short for Middle East Respiratory Syndrome. While these two coronaviruses had a higher fatality rate they did not spread like the current coronavirus is spreading – the number infected of each of the previous two viruses was far less. Given what we know about the past and the current virus **“Prevention” is the key!!!** Please read on and know that you CAN prevent infection by following the recommended procedures.

Hand Washing frequently

Keep 6 feet between you and another person **even if** they are not coughing

If you are coughing, cough into your elbow/forearm

Use an alcohol-based hand sanitizer when out of the house (purel, germX, Equate hand sanitizer, alcohol swabs)

DO NOT TOUCH your face, mouth, eyes or nose when out in public touching door knobs, shaking hands, store carts etc.

Gargle with warm salt water before bed (virus and bacteria do not survive in a salty environment)

Consider using a nettie pot or nasal lavage to rinse your sinuses – it’s like gargling for your sinuses 😊

Increase your water intake to 60 + ounces a day

Decrease inflammatory foods: sugar, bread, rice, potato, pasta, candy etc.

Get the rest your body needs to recharge your body and immune system daily

Get outside daily for a walk thereby raising your heart rate and rate of breathing – it’s cleansing for your airways, lungs and sinuses!

Increase your vitamin C and D intake – C is essential for your airway health, D is antiviral. Vit C 5000 + mg/day, Vit D 5000 IU = 150 + mg/day

Probiotics boost your immune system in general

Zinc is essential for the immune system

Monolauren is antiviral/antibacterial

Beta-Glucan is antiviral/antibacterial

Echinacea boosts the immune system. Echinacea throat spray adds a layer of airway protection when out in the public

Silvercillin throat spray is antiviral/antibacterial and helps boost the immune system and adds a layer of protection when out in public https://www.ncbi.nlm.hih.gov - Mechanistic Basis of Antimicrobial Actions of Silver Nanoparticles – Frontiers in Microbiology 2016.

Biocidin is a broad spectrum herbal antibacterial and antiviral agent

Elderberry and Goldenseal are antiviral and antibacterial (https// www.realnatural.org/goldenseal-stops-h1n1-flu-virus)

Flu Spray – helps fight various seasonal viruses

Various Homeopathic remedies help fight the signs and symptoms of respiratory illness: Mucolytic Drainage, Immune Enhancer Liquescence, Lung Stim, Acute Viral Reliever

UltraVir and Homepathic #4 by Biotics Research Lab help fight a respiratory virus

“Young Living” (Thieves) and “DoTerra” (On Guard) Essential Oils are powerful immune system boosters and fight bacteria and virus. They come in hand soap, laundry soap and essential oils for application, ingestion and diffusion. Contact your local distributor for more information.

Chiropractic Adjustments have long since stimulated the immune system, improve respiratory function and provide overall sense of well-being

Cranial mobilization help drain the inner ears and sinuses

Cold Laser therapy is uvlight therapy effective as an antibacterial, antiviral and anti-inflammatory therapy – have a session with Dr. Carucci if you are having symptoms of a sore throat, sinus pressure or bronchial symptoms

Rife Machine Technology helps restore the body to it’s normal/healthy frequencies so it can better defend itself and fight virus, bacteria and fungus

Meditation and Chakra work – coming to center has demonstrated deep feelings of peace, relaxation, immune support and decreasing fight/flight overdrive response/stress response

UVC light had been demonstrated to kill virus and bacteria – see Dr. Carucci’s UVC light in the office – see Amazon link below.  
 https://symptoms.webmd.com/cold-flu-map/rm-quiz-differencecold-flu  
 <https://www.ncbi.nlm.nih.gov> – Ultraviolet C irradiation: alternative  
 antimicrobial approach to localized infection  
 <https://ncbi.nlm.nih.gov> – Light as a Broad-Spectrum Antimicrobial.  
 Frontiers in Microbiology 2018   
 GENengnews.com UV Light that is safe for Humans but Bad for  
 Bacteria and Viruses – GEN – Genetic Engineering and   
 Biotechnology News Feb. 9, 2018  
 **Amazon:** D200 Dual Lamp Air Purifier Whole House Filter Uv Light in  
 Duct for Hvac Ac Duct Germicidal $109.80