

Receptivity to Covid-19

By Dr. Connie



With Covid-19, as with all other viruses and micro-organisms, **there are two major factors which contribute to contracting a virus and being sickened by it. The first is the virulence of the organism. The second is the receptivity of the host.**

Covid-19 is more virulent than the common flu virus, as are the SARS and MERS viruses. Though the numbers of people affected and deaths reported are thus far fewer, **the percentage of deaths is higher than with the common flu virus.** In addition to avoiding the virus if and when possible, we can each work to optimize our bodily defenses such that we become less receptive to the virus.

Lifestyle factors can lower our receptivity to hosting viruses.

Adequate sleep and hydration are a must. Eliminating sugar and trans and rancid fats from the diet is a basic dietary step. Children do not become sick after Halloween from being outside in the cold, but rather from upping their consumption of sugar. Sugar (glucose, fructose, honey) can reduce the body's ability to fight infection for up to 5 hours past consumption. The virus fighting white blood cells essentially become comatose. Trans and rancid fats disrupt cellular membranes and create inflammation, the tissues becoming more susceptible to assault.

When we consider those who get sick more frequently and stay sick longer, we look at a few basic parameters. **Anemia is one of the culprits**, whether iron deficiency or B12 or folate deficiency. **Low thyroid is another culprit** (and should be measured not just with TSH, but with free T4 and free T3 values as well). **Adrenal stress** (which can be measured on a salivary Adrenal Stress Index test) depletes Immunoglobulin G, which is the first line of defense of every mucus membrane in the body. **Low vitamin D** is a nutrient correlated with receptivity to respiratory ailments. (While the conventional range for 25 hydroxy vitamin D is between 20 and 100, functional medicine practitioners consider the optimal range to be between 60 and 80).

In addition to optimizing all of the above, there are many helpful supplements for those who fall prey to illness. **High dose, short term vitamin A** (never in pregnancy or in liver disease) gives the immune system a tremendous boost, and helps heal mucus membranes. **Thymic proteins** enhance the function of the thymus gland. IgG can be promoted with **glutamine, gamma linolenic acid**, or specialized formulas. **Antimicrobial botanical formulas**, monolaurin products, liposomal C, colloidal silver, and iodine-based formulas all have antiviral effects. **Essential oils** such as oregano oil are both anti-inflammatory and antimicrobial. Several **homeopathic formulations** have proven useful. (Our office recommends GunaFlu, both as a preventive and as a treatment.)

When the lungs are involved, we find **Bamboo Extract and Usnea** to be particularly helpful. High potency bromelain is anti-inflammatory, thins the mucus, and helps prevent opportunistic bacterial adherence to mucus membranes. **Anti-inflammatory, antimicrobial and mucolytic foods** such as garlic, ginger, cayenne, horseradish are a must. (Dr. Marcel and I always opt for hot and sour soup).

Beyond oral nutrients and botanicals, many of us choose **immune boosting I.V. formulas high in vitamin C** when we are going into a stressful situation or potentially contaminated environments such as urgent care centers, hospitals or airplanes, or when we have contracted a virus.

An additional therapy to consider is the use of **infrared sauna**. Viruses don't like high heat, and we've baked away many a virus in infrared saunas. In naturopathic medical school, we treated viruses with supervised fever treatments and hot bath immersion.

All of which is to say that there are many ways to reduce your susceptibility, even to this virus, and **natural medicine has very useful tools to help weaken the virus and its effect on your body.**

While some of the products mentioned in this article are small suppliers, and only in office, many of the products referenced above can be obtained through **Fullscript, a main dispensary we use. Click on <https://us.fullscript.com/welcome/chernandez> Register and go to favorites. Scroll down to Viral Support, and you will be able to order. For personalized recommendations, please either schedule a phone consult or an in person consult. Be well!**