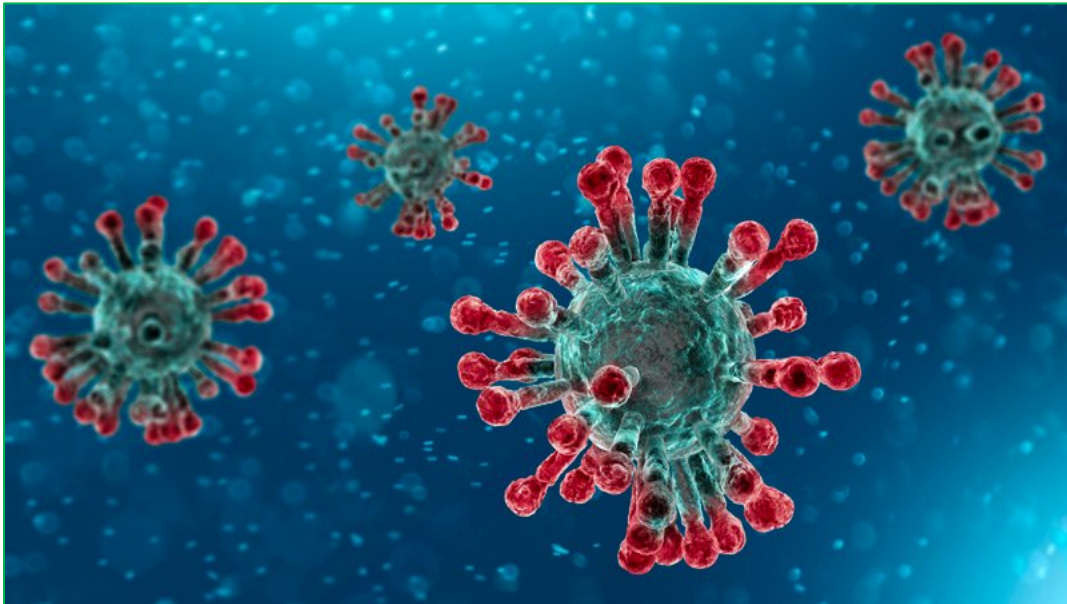


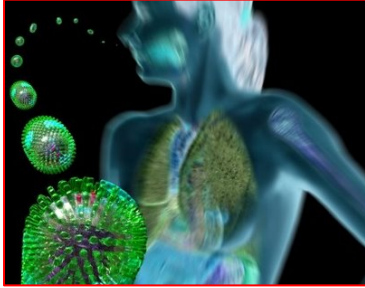
# Genus Epidemicus & Nutritional Supplementation

Natural Health Support For Viral Preparedness



## ACTION PLAN

Based on historical documents & modern scientific studies



## Personal Preparation for Contagious Novel Virus

### A Compilation of Natural Health Information What You Can Do Now.

Because, right now, there is NOT yet a Corona Vaccine (but one has gone into FDA trials) or a drug approved as efficacious, there is still much people can do to provide their bodies with remedies and nutriment that can help support their individual systems to cope with, and recover from, exposure to COVID-19 infection.

This article does not replace medical care and a person should seek medical attention if/when there are flu-like symptoms of fever, achiness, etc.

Medicine is rushing to help humanity with a Coronavirus solution. But it's not here yet. Here's some things you can do now to help have a competitive edge for the challenges this novel virus brings.

This information is an extrapolation of scientific studies, many are not specific to COVID-19, but are specific to challenging viruses and based on knowledge of the nutrients everyone's body needs to have a healthy response to a viral threat.

### First, General Information About COVID-19 Corona Virus According To The World Health Organization.

#### According to W.H.O.

- Symptoms of COVID-19 are non-specific and the disease presentation can range from no symptoms (asymptomatic) to severe pneumonia and death. As of 20 February 2020 and based on 55924 laboratory confirmed cases, typical signs and symptoms include: fever (87.9%), dry cough (67.7%), fatigue (38.1%), sputum production (33.4%), shortness of breath (18.6%), sore throat (13.9%), headache (13.6%), myalgia or arthralgia (14.8%), chills (11.4%), nausea or vomiting (5.0%), nasal congestion (4.8%), diarrhea (3.7%), and hemoptysis [coughing up blood] (0.9%) and conjunctival congestion (0.8%).
- People with COVID-19 generally develop signs and symptoms, including mild respiratory symptoms and fever, on an average of 5-6 days after infection (mean incubation period 5-6 days, range 1-14 days).
- Most people infected with COVID-19 virus have mild disease and recover. Approximately 80% of laboratory confirmed patients have had mild to moderate disease, which includes non-pneumonia and pneumonia cases, 13.8% have severe disease (dyspnea, respiratory frequency 30/minute, blood oxygen saturation 93%, PaO<sub>2</sub>/FiO<sub>2</sub> ratio <300, and/or lung infiltrates >50% of the lung field within 24-48 hours) and 6.1% are critical (respiratory failure, septic shock, and/or multiple organ dysfunction/failure).
- One study showed the most common symptoms at onset were fever (59 [73%] patients) and dry cough (48 [59%]). Other non-specific symptoms included dizziness (two [2%] patients), diarrhea (three [4%]), vomiting (four [5%]), headache (five [6%]), and generalized weakness (seven [9%]).

**Personal Susceptibility, Personal Integrity.** As with all epidemic and pandemic virus, bacterial, and fungal diseases, some people are more susceptible and others are more resistant. Such variations involve many factors such as the individual's genetics, epigenetics (how their bodies uniquely respond to pathogenic threats), nutritional integrity, gut microbiome, accumulation of environmental toxins (pesticides, etc.)



that disrupt cellular metabolic processes, age, level of environmental EMF exposure, level of stress, other preexisting diseases and their medical suppressions, liver function, and many more. Such topics are often the subject of natural health discussion.

### 1. *Genus Epidemicus* Regarding Current Influenza strains and Novel Virus such as COVID-19 “Corona”

As the world braces for a possible viral pandemic, doctors are wondering what’s in store for humanity from a wide variety of challenges. There are important actions that you can take now while the virus is spreading, and while a vaccine or proven medication has not been developed or deployed.

**Setting The Stage.** Such challenges include: Overuse of antibiotics (in commercial meat and milk), loss of rain forests (alters agricultural zones), global warming (extends the range of disease vectors), polluted oceans (introduces inflammatory and estrogenic plastics into the human food supply), Fukushima nuclear radiation (still spewing poison into the oceans and air), poverty, air pollution from industry (9-million died from air pollution in 2018 with India and China as leaders), contamination of municipal water (chemicals, pesticides and drug residues), WIFI and 5G emanations (cited to mutate microbes toward virulence and biofilms), and the biological warfare race to make microbes more lethal, health challenges are multitudinous to say the least.

Recent research cites that taking the winter flu vaccine increases a person’s Corona risk by 36%. [Publication: Vaccine. [www.elsevier.com/locate/vaccine](http://www.elsevier.com/locate/vaccine) “Influenza vaccination and respiratory virus interference among Department of Defense personnel during the 2017-2018 influenza season by Greg C. Wolff <https://www.sciencedirect.com/science/article/pii/S0264410X19313647> Obviously there is more scientific discussion needed about the impact and role of vaccinations.

It’s not really surprising that flu and other viruses can have a fatal impact, particularly regarding people with either weakened (feeble) or overexuberant (allergies, autoimmune) immune systems.

Let’s start with what homeopathic physicians are doing worldwide. Homeopathic physicians are medical doctors who’ve studied a 250-year old discipline of natural cure founded by Dr. Samuel Hahnemann. Homeopathy is also practiced by lay-practitioners as the medicines can “do no harm,” but instead seek to elicit adaptational responses from the body’s innate vitality.

**Note Of Allopathic Persecution.** Please note that Modern Allopathic Medicine’s system and reliance on expensive, toxic drug-medicines does not approve or condone the science of homeopathy.

Despite solid scientific proof of homeopathy’s viability [published in The Lancet, the British Journal of Medicine], homeopathy is persecuted by people who do not understand “energy medicine” and how the human body can heal itself. Currently, the U.S. FDA, backed by pleas of Big Pharma, is considering banning homeopathic remedies and precluding people’s right to access alternative solutions.

**Opinion Simply Put.** If homeopathy didn’t work, nobody would use it. The fact that it DOES WORK, and is inexpensive, it is viable competition to the drug/medicine cartels. This is the reason for its persecution.

**SOLUTION—HERE, NOW.** Blessedly, it’s the opinion of homeopathic physicians that there’s **already a viable solution** to the novel Coronavirus situation. “Novel” means the virus is “new” and that people do not have antibodies.

**Homeopathy To The Rescue.** Most people are unaware that homeopathy has a long, successful history in helping and preventing epidemics with well-documented records regarding dreaded diseases: malaria, yellow fever, meningitis, polio, leprosy, cholera, smallpox and influenza.

The oft-cited Spanish Flu or Global Influenza Pandemic which killed 50-million people worldwide (despite a recent attempt by Wikipedia to errantly lower the number of deaths) was successfully treated by homeopaths with a 98% cure rate. <https://nesh.com/the-new-england-journal-of-homeopathy/vol-7-no-1-springsummer-1998/influenza-1918-homeopathy-to-the-rescue/>

Similar life-saving rates are recorded by physicians around the world via meticulous records from East Indian Homeopathic physicians over the past 200 years.

**History. 1854 – The London Cholera Epidemic.** The House of Commons asked for a report about the various methods of treating the devastating cholera epidemic. Under allopathic (drug) care, the mortality was 59.2%. Under homeopathic care the mortality was only 9%. There are many other similar records from Napoleon’s Army in Russia (1813—typhoid), as well as many epidemics in India all served more successfully and less expensively by homeopathy than allopathy.

Effective against viruses, (antibiotics are not), homeopathy provides powerful, safe, effective, and fast response to epidemic and pandemic diseases.

**Genus Epidemicus.** Did you know that, in outbreaks (such as the winter flu and current Coronavirus), homeopaths all over the world report on the symptoms affecting the majority of patients and then arrive at one (or a few) remedies which cover most cases? This is the *genus epidemicus* remedy which additionally supports the body to be prepared for exposure as well.

Every year, homeopathic committees study the flu and release a specific remedy called *Influenzinum* to help humanity with that year’s flu.

The entire *genus epidemicus* process of consensus to determine the remedy (and making it in sufficient quantity) can be accomplished rather quickly – it becomes self-evident by the symptoms and modalities (the body’s common responses such the body’s normal, natural fever-reponse, chills, mucous discharges, fatigue, bone aches, thirsty/thirstlessness, etc.; and what makes it better (things like warm or cold applications, lying still, etc.) It’s so very inexpensive to manufacture that the poorest countries could easily afford to help their entire populations out of petty cash funds. Medical professionals and even lay people could quickly implement its use.

**Wuhan Viral Outbreak.** One can’t help but wonder with much concern – if only homeopathic pharmacies and organizations that have determined the *genus epidemicus* remedy for the Wuhan, China Coronavirus were allowed to provide the Chinese government a stock solution for quick and easy duplication with instructions on how to proceed. This could likely save many lives and quickly arrest the threat to others. Donating a stock solution to the affected and providing free doses to every person seeking help is inexpensive, practical, and expedient. But how to do this when governments are not accepting and many suffer under the limiting practice of one self-aggrandizing health-care system?

With the current virus concerns, Prof. Aaron To Ka Lun (PDHom, MARH), president of the Hong Kong Association of Homeopathy, gathered data from 30 homeopathic practitioners and tentatively speculated

on a few possible *genus epidemicus* remedies. These remedies were then discussed and used throughout the global homeopathic community enlarging the statistical basis of documented quick ameliorations and recoveries.

Right now, there is consensus regarding the PRIMARY *genus epidemicus* remedy. It's *Gelsemium in many cases, and Bryonia also in many cases.* (So, we employ both preventively. The data is growing toward Bryonia replacing Gelsemium as the leading remedy.) Your homeopathic physician can quickly take a person's case to differentiate and identify the remedy that treats the person (not the disease.)

For those familiar with the remedies of homeopathy, other remedies of important consideration are *Eupatorium Perfoliatum, Arsenicum, and Phosphorus.* (Your homeopath has these remedies.) Also, at this time, homeopaths are discussing other remedies and carefully watching to see what works in various locations and cultures around the world.

Just recently, Dr. Paul Herscu recommended the remedy *Mercurius sol* as additional remedy-option to consider, because the virus may manifest with slight differences in various cultures and environments, and require a different remedy. This is critically important because, again, homeopathic remedies treat the person, not the disease. It's all about how the individual experiences and responds to the assault that reveals the *similimum*—the best remedy. But in times of pandemic, humanity often has collective symptoms that point to the *genus epidemicus*, so homeopathic physicians can quickly check to see if an individual case falls within that scope.

When exposure is likely, homeopathic physicians often recommend for people to take the *genus epidemicus* remedy to prevent a dangerous response to the viral threat, thus to prepare and support the body to handle exposures efficiently. This is called *prophylactic treatment*. Then there is acute action if a person feels the prodromal symptoms of 'coming down with something' while the virus is a concern or in the community.

#### **What to do if there are Novel Virus cases in your community, or expected to come?**

Take a daily dose of the *genus epidemicus* in the 30c potency. A liquid remedy is particularly suitable because it facilitates multiple doses with slight changes to each dose due to the succussion process which is considered superior to taking the same remedy as dry pellet doses over and over. Thus, for a liquid remedy, succuss the bottle 10 times before each dose (smack it on your palm or on a book). A dose is ½ of the pipette. Once a day.

#### **What to do if a person feels "coming down with something" symptoms?**

Take a dose of the *genus epidemicus* in the 30c potency every hour and reduce the frequency as symptoms improve. Contact your homeopathic physician who may want to ensure that your symptoms perfectly fit the *genus epidemicus* remedy and provide an updated potency. Rest. Drink water. Avoid public contact.

**Note:** some homeopaths may create a *genus epidemicus* remedy in their clinic pharmacy and use a combination remedy approach such as Gelsemium 30c, Bryonia 9c, and Nosode all in one liquid bottle.

**Word of Caution. If you or a family member develops concerning symptoms, please seek medical attention.** Medicine is rushing to develop a life-saving vaccine. But it might be months away and most likely, under the current emergency situation, will be released without thorough testing. It may contain toxic adjuvants such as mercury, aluminum, latex, and other insults to the immune system which are used to grab the immune system's attention.

Also, there are on-going trials of medications which can help—medicines formerly used for Ebola virus and HIV. Medicine has life-saving antibiotics for pneumonia and breathing intubations to help people in dire respiratory distress.

Big Pharma will develop medicines. That's what they do. That's the product they sell. People should judiciously consider this as one option—one of several options. Case in point. Today, Ebola treatments are 90% successful with early detection. The drug, Remdesivir™ (for Ebola) and the drug, Chloroquine™ (for malaria), were both effective in stopping Coronavirus from replicating in a petri dish. Also, both drugs prove effective at low doses, and are not considered particularly toxic when compared to other drugs such as chemotherapy and opiates.

## 2. Nutrition To Support Personal Immune Health

**Scientific studies demonstrate key nutritional supplements provide a competitive edge to your innate ability to thwart flu-type virus.**



**Here's the short list of important, easily accessible supplemental nutrients.**

The scientific references are presented at the end of this document so you can read the actual studies that point to these nutrients, and the reasons for selecting these key nutrients:

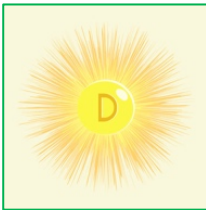
- **VITAMIN C** 3000 - 4000 mg daily. Note, if feeling of “coming down with something” occur, you can take this every hour until ‘bowel tolerance’ is reached which will be a loose stool. Then lower your dose to maintain without loose stool.

**Did you know that high doses of intravenous Vitamin C are proven to arrest the Corona virus infections in their tracks?** At this time, both China and Switzerland have approved Vitamin C drips as a viable treatment for Corona virus.

Here, we're increasing the body's access to Vitamin C orally. It's a good time to increase Vitamin C use to just below bowel tolerance. This means that your individual maximum dose will be slightly less than what causes a loose stool.

- **VITAMIN D3 with Vitamin K2** start with 5000 iu/day for two weeks, then reduce to 2000 iu/day. Use K2 (MK4 or MK7) at the rate of ±100 to 180 mcg per 1000 iu of Vitamin D3. Some Functional Medicine doctors advocate a single, “loading” dose of 50,000 iu of Vitamin D3 the first day, then maintaining with 5000 iu/day. The single loading dose seems to activate certain cellular epigenetic processes.

Keep in mind that Vitamin D3 is best accompanied by Vitamin K2 [and natural Vitamin A (not beta carotene)], and these fat-soluble vitamins have upper limits, so the loading dose concept is done only one time.



Get some mid-morning sunshine on your body. It's the real vitamin D source and helps provide a precious molecule called Cholesterol Sulfate via sun exposure on the skin that is needed for heart health.

- **IODIDE/IODINE** For people without a diagnosis of Thyroid Auto-Antibodies (TPO, TRab, TGab), (without a medical diagnosis of autoimmune Hashimoto's or Graves' Disease) use 12.5 mg of



Iodide/Iodine (Dr. Lugol's historic ratio) daily or seaweed blend. Again, people with Hashimoto's or Graves' should not use high levels of Iodine as doing so can aggravate the thyroid gland which is struggling with an over exuberant immune activity.

- **MAGNESIUM** 400 mg/day. Many like Magnesium bisglycinate because it's tasty and quickly absorbable, thus does not so easily stimulate bowel movements.
- **ZINC** 60 mg/day Recommended ZNC formula. Most people are zinc-deficient because it's been milled out of commercial, processed foods. Practically everyone needs zinc, especially now, because the immune system requires it for immune function.
- **SELENIUM** 200 mcg/day. This is another trace mineral, often in short supply in people who have thyroid issues. Selenium works in tandem with Vitamin C and Zinc for an immunological support team.
- **RED MARINE ALGAE** one capsule daily. See links in the References for the studies and reasons. It's come to the forefront as nutritional support regarding virus concerns.
- **IMPORTANT CONSIDERATION SUPPORT (Through your natural health professional).**



1. **Lomatium Dissectum (Leptotaenia)** -- historical effectiveness regarding tough infections and viral concerns. [Opinion: One of the best anti-viral herbs.]
2. **Thymus Support** to support a balanced immune system response. A balanced immune response is necessary to avoid **cytokine storms** where the Innate Immune System's macrophages and dendrites can wreak "overkill" and "heroic" responses that, if uncontrolled, can cause too much inflammation, swelling, fluid build-up in the lungs, and tissue damage. Note: Echinacea (herb) is famous for supporting immune balance.
3. **Lung Support** to help the lungs' innate processes that maintain health. Very important as the sequel to the virus is pneumonia and **cytokine storms** in the lungs. People with respiratory issues (smokers, emphysemics, and people with a history of pneumonia are particularly susceptible and should take preventative-supportive action.) People who live in cities with horrible air quality such as Wuhan, China (coincidence?), Mexico City, Los Angeles, and cities in India should consider themselves as additionally vulnerable. Last year some nine million people died from air pollution, so air quality is, at this time, a larger concern than winter flu and corona virus combined. **Practitioners of Traditional Chinese Medicine (Acupuncturists)** often have herbal support of the lungs via patent 5-Element theory products that Tonify or Sedate Metal (the element associated with the lungs, and techniques to support a balanced immune response.
4. **Anti-Bacterial Herbal Support** for concerns regarding the viral and bacterial sequels that cause pneumonia and cytokine storms.

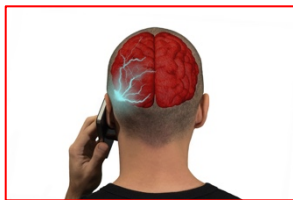
The body has a great need for key nutrients to engage and process viral issues. All the signs of current viral concerns – lengthy, asymptomatic incubation period; people who are silent carriers; widespread dissemination; novel (new) viral challenges – point to preparedness as being a basic responsibility.

**Individualization.** The list above serves as a "core" or basis for people to improve their body's resources for a normal, natural response to a virus infection. With COVID-19, a person must consider if he or she:

1. Has lung susceptibility (History of asthma, pneumonia) – Support the lungs nutritionally now.
2. Has heart issues – Support the heart nutritionally now. [Hawthorne berry is considered to be heart-supportive.]
3. Is on immune-suppressive medications for autoimmune diseases – support immune balance now with herbs and nutrients.
4. Has a history of pneumonia and bronchitis – support the lungs now.
5. Is particularly vulnerable by age or lifestyle (smokers) – support the lungs now.

Identifying pre-existing weaknesses can help bolster the weak system. For example, a person with COPD, or a history of pneumonia or asthma, is well advised to add an herbal lung and heart support to their protocol. A person with a history of weak immune processes might want to add herbal support for the thymus and spleen. Natural health practitioners have clinically-validated support for these tissues.

This way you can custom-design a program specific to your individual circumstances. Bolster your weak areas nutritionally now.



**Turn Off Your WIFI and EMF Devices.** Wuhan, China, home of the Corona Virus, is an early adaptor to the dubious 5G technology that provides faster download speeds. They actually lead the world in the most connected 5G network.

Unfortunately, 5G's oscillating waves are cited by esteemed scientists as disturbing the normal, natural resonance of human DNA and thus cellular metabolic activity. Recently, a scientific study proved that WIFI signals can cause the pathogenic forms of bacteria, e-Coli, to mutate and become more virulent and more prone to developing biofilms as effective defense mechanisms against antibiotics.

**Citation:** Global gene expression analysis of Escherichia coli K-12 DH5α after exposure to 2.4 GHz wireless fidelity radiation

**Does exposure to Wi-Fi increase antibiotic resistance in bacteria? Researchers in this study explored the alterations in the bacterial transcriptome profiling after exposure to Wi-Fi radiofrequency radiation. Previously they found that Wi-Fi exposure of Escherichia coli O157H7 increased antibiotic resistance, motility and ability to form biofilm.**

<https://www.nature.com/articles/s41598-019-51046-7?fbclid=IwAR2Pgllb52Pzvtd7iKAs0xuLBTfVIBeDQG1hT4NAOZV3k7Nv8pKfPqIEyQ#citeas>

So, shut down the WIFI during sleep and minimize your time of exposure.

Many natural health pundits support opposing 5G cellular communications and conducting further scientific studies about its impact on human DNA and bees. The same internet speed (and faster) can be hard-wired into your home via fiber optic cable and thus you can avoid the oscillating emanations of 5G from ugly towers everywhere.

So, keep cell phones shielded and away from your body, especially during sleep.

### **A Final Note—Fear**

There is much we all can do be prepared for exposure to this novel virus. Taking action now can help alleviate fear.

**Refuse to be fearful.** Of course, people are concerned for their families and friends. Taking steps now is a word for the wise. Fear cripples the mind and lowers the immune system's responsiveness via fight-or-



flight hormones. Chronic Fear robs sleep and creates neurotransmitter cascades that alter cellular health. Fear alters the gut-microbiome.

Be concerned, not fearful. Take action.

Know that you can take proactive steps. Like Franklin Roosevelt said, **“We have nothing to fear but fear itself.”** Dispel fear as something counterproductive to your health.

You have viable tools at hand. Now’s the time to use them.

Thank you and here’s to you being prepared for the days to come.  
Best wishes in your Natural Health endeavors!

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