

URGENT!

SARS-COV-2 SUPPLEMENT GUIDELINE FOR +60

We need to make sure ALL of our senior population receive the vitamin and mineral supplements that are essential for how well our body copes with the SARS-CoV-2 infection.

50% of our population +60 years will be deficient in:

- VITAMIN C** Take 2x 1g buffered Vit C/day (morning & mid-day). Also for HOSPITALIZED Covid-19 patients.
- ZINC** Supply up to max 30 mg of Zincbiglycinate/day. Also for HOSPITALIZED Covid-19 patients.
- SELENIUM** Up to 100 µg per day. Also for HOSPITALIZED Covid-19 patients.
- VITAMIN D** Supplementation of up to 9000 IU/day with fatty food, during this health crisis.
- VITAMIN E** 12mg per day of D-alpha tocopherol

By optimizing our levels in the above vitamins and minerals, we have a better chance at fighting off the Covid-19 virus with our own immune system!

URGENT!

SARS-COV-2 SUPPLEMENT GUIDELINE FOR +60

- VITAMIN C** is an important nutrient for immune health, specifically for white blood cells to fight infections. It also enhances iron absorption, and adequate iron can help protect against vulnerability to infection.
- ZINC** has shown to be crucial in how well our body clears itself of the Covid-19 virus. Older people absorb it less well. Look for a well absorbed form like Zincbiglycinate.
- SELENIUM** is a potent antioxidant and a cofactor of glutathione peroxidase, an important antioxidant enzyme. A deficiency in selenium can alter the immune response and increase the pathogenicity of a virus.
- VITAMIN D** supplementation reduces the risk of acute respiratory tract infection, the most benefit is seen in those who are very vitamin D deficient and those not receiving mega-doses. Most people are deficient in Vitamin D, as it is not found in sufficient amounts in most foods, so exposure to sunlight and supplementation is important.
- VITAMIN E** is one of the most efficient antioxidants and plays an important role in lung and liver protection. Deficiencies can alter immune responses and contribute to an increased viral load.

By optimizing our levels in the above vitamins and minerals, we have a better chance at fighting off the Covid-19 virus with our own immune system!

URGENT!

SARS-COV-2 SUPPLEMENT GUIDELINE FOR +60

Should one of you loved ones come down with the disease, call your doctor, and remind him also about:

BAIKAL SKULLCAP

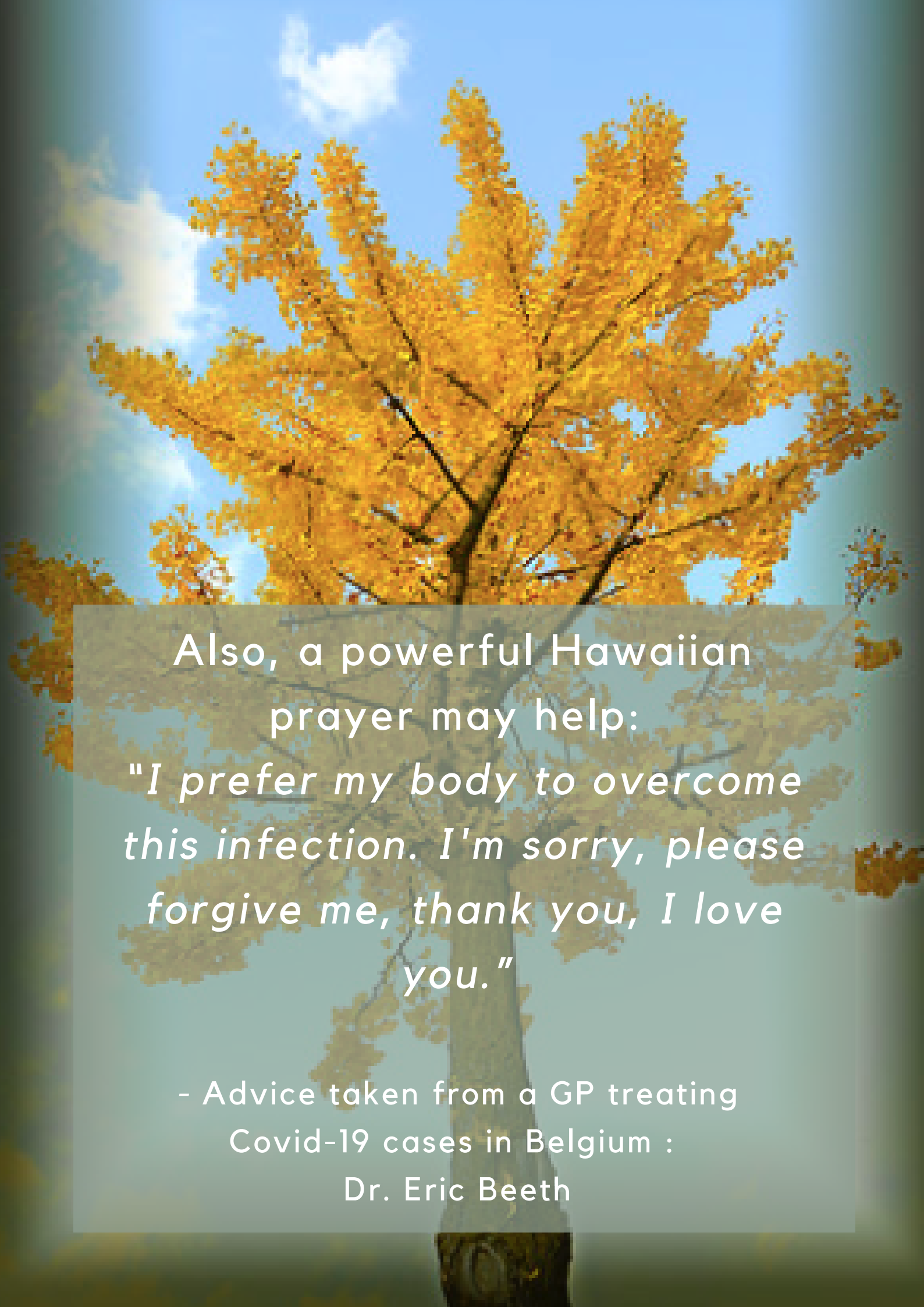
Scutellaria baicalensis has many therapeutic uses, and has shown promising anti-viral activity against the 2003 SARS Coronavirus when tested back in 2004. As not many SARS antivirals are available OTC, BAIKAL SKULLCAP should be considered a healthy choice for a GP if a vulnerable person is treated for Covid-19 at home.

GINKGO BILOBA

Powerful PAF-acether blocking ginkgolides extracted from the naturally fallen yellow leaves of the Ginkgo-biloba tree is a way to dampen the dangerous PAF-acether release provoked by the SARS-CoV-2 virus. It has not yet been extensively tried as a remedy to avoid – or reduce the “ground-glass” shortness of breath clinical picture, but it seems to Dr. Beeth well worth a try. Ask your doctor, as some interactions exist.

FEVER

Is a healthy response to a viral infection: give more water, and keep the patient warm and comfortable. Place passive humidifiers on all radiators to lessen the spread of the virus. Avoid Aspirin-like medication, as they may cause the wrong response of the PAF-acether.



Also, a powerful Hawaiian
prayer may help:

*"I prefer my body to overcome
this infection. I'm sorry, please
forgive me, thank you, I love
you."*

- Advice taken from a GP treating
Covid-19 cases in Belgium :
Dr. Eric Beeth