

# My Personal Coronavirus Treatment Regimen

*\*For david's personal use – Not Medical Advice!*

## Pre-Exposure / Prophylactic, Preventative Treatment:

- **Take 1 Zinc Supplement + 1 Quercetin + 1 EGCG daily** for several days, then every other day to build up and maintain levels of intracellular zinc. Very important to keep a full treatment dose of 10 days x 3 times a day in reserve in case I actually get sick.
- Take Vitamin D daily. Takes time to build up levels of Vitamin D3 in body.
- Take Vitamin C daily.
- Take Vitamin A daily – Some Vit A studies indicate that it plays an important role in mediating damage to epithelial cells in the lungs.
- Take Probiotics – consistently throughout all phases.

## High Risk Phase – But Not Yet Sick.

- If I start to get concerned about pre-sick symptoms, maybe I got exposed etc – I will go back to daily **Zinc + Quercetin + EGCG supplementation** until I feel it passes, or it turns into “First Symptoms”.
- I will add a ½ teaspoon once or twice a day of **Baking Soda** to lightly boost PH levels.
- Nasal Rinses, Salt Water gargles, Mouthwash Gargles, Antiseptic Sprays, anything to potentially lower viral load will be added and continued into “First Symptoms” phase.

## First Symptoms – and I am sure I have been infected and am showing symptoms

- **Immediately** hit the **Baking Soda Treatment Plan** - taking ½ teaspoon of Baking Soda dissolved in water 6 times on the 1<sup>st</sup> day. Then 4 doses on 2<sup>nd</sup> day, and 2 doses on 3<sup>rd</sup> day, and then 1 a day until symptoms are gone. **This is my PRIMARY INITIAL DEFENSE!**
- **Immediately** increasing to 3 times a day for 2 days, then 2x per day on the **Zinc + Quercetin + EGCG supplementation**. **This is part of my PRIMARY INITIAL DEFENSE!**
- Take 1 Tablespoon of Elderberry every 3 hours. Elderberry has extremely powerful antiviral properties. This is my THIRD MOST IMPORTANT INITIAL DEFENSE.
- Take high dose Vitamin C two to three times a day. Studies are showing that it greatly reduces lung damage, and is increasingly being used by doctors to fight Coronavirus.
- Continue with Vitamin D & A daily.
- Take 1 Garlic every 6 hours (*2 tabs on 1<sup>st</sup> dose*)
- Take one Ginger Tablet every 6 hours (*2 tabs on 1<sup>st</sup> dose*)  
*\* Garlic and Ginger are potent antivirals. Many studies to support. NOT counting on these to cure anything, but as supportive fighters. Everything helps.*
- Staying Warm, Heating Pad. Plenty of Fluids. Humidifier for lungs.

**IMPORTANT NOTE:** This treatment plan at the “First Symptoms Stage” and “Worsening Symptoms” stages below - assumes that things have reached a point that medical help is limited, or medications are in short supply. Honestly, if I can find a doctor dispensing Chloroquine, I will get some at this stage, simultaneously stopping the Quercetin/EGCG. I will also be wide open to getting and taking antibiotics. Zithromax looks like the one I want.

## **In the event of Worsening Symptoms after a day or two**

If Symptoms don't begin to improve within 2 – 4 days, or start to actually worsen, or difficulty breathing occurs (*at any time*), and it appears that the Virus or Coinfection may be taking hold in lower respiratory / pre-pneumonia then if possible, I plan on heading to the Doctor for Antibiotics IMMEDIATELY. I might even do this on day one. Using Antibiotics at early stages to STOP any bacterial co-infections is critical in my mind. I will at worsening stage add the following to my regimen...

- Heavy daily dosing with Resveratrol throughout the day
- Add (1) Curcumin/Turmeric once every 12 hours
- Add (1) NAC pill every 12 hours
- Begin a low dose of Benadryl or other antihistamine
  - \* *The above 4 show some promise in dealing with Cytokine Storm, and this is the phase that Cytokine Storm could come into play.*
- Take ½ – 1 Primatene Tablet every 12 hours
  - \* *Primatene increases breathing ability, and helps in any development of Sepsis*
- Time to strongly consider hospital visit if it continues to worsen and breathing goes downhill so bad that I may need a ventilator – if even available.

## **If Symptoms continue to worsen after another day or two or few, and it starts getting severe, and no doctor available:**

- Continue everything listed above. At this point - taking the maximum number of substances available and it is in God's hands. If Hospitals are still functional – then I'm there at this point. If I can get stronger antibiotics at this point they will also be welcome – but Ventilator Support and/or additional Oxygen assistance is what matters here. I have some faith that Bronkaid, or Primatene Tablets might help here to some limited degree. The main ingredient, epinephrine, is also used to treat Sepsis which if things keep going down hill would probably be one of the next developments as pneumonia fueled cytokine storms start ravaging my organs. Writing this serves to remind me why I want to FIGHT HARD, FAST AND EARLY to get this under control before it reaches this point, because the next stop on the train ride will most likely be depositing me at either flaming, or pearly gates.

## **ADDITIONAL THOUGHT NOTES:**

**(1)** Battle is probably won/lost in the first week, so initial treatments must begin immediately as symptoms first develop. If I have enough of the Quercetin/EGCG/Zinc supplements to take them in advance consistently as a prophylactic preventative – then evidence and common sense indicates that I am way ahead of the Virus already by the time symptoms emerge. But I need to remember to hold back in reserve enough for a full treatment regimen of 5 days.

**(2)** Regarding Quercetin, I am looking at 500 – 800mg as defining a “Dose”

**(3)** Regarding EGCG, I am looking at 200 – 350 mg of actual EGCT content as defining a “Dose”

**(4)** Regarding Zinc, I am looking at 50 Mg as defining a dose (*different zincs absorb better – and I personally like Zinc Gluconate, but honestly the differences are trivial.*)

*\* Quercetin and EGCT doses referenced above are what I have found in several supplements I have seen / obtained. I am not a stickler for “exactness” in supplementation – although, it would be nice, AND RESPONSIBLE, for our Senior Healthcare Providers to run some studies to determine effectiveness at various dosages. I would follow that data if they were doing it. But they are NOT! They put all their money & focus on Vaccines and often Toxic/Expensive Drugs.*

**(5)** Quercetin and ECGC serve the purpose of increasing Zinc Levels intracellularly. Long term side effects can be a decrease in Copper (Cu) & Iron (Fe) levels. Longer term I believe in taking occasional “holidays” from taking these (*in lower risk periods*) and trying to rebuild Cu & Fe.

**(6)** **This treatment also serves me to address issues of Influenza**, which are viruses that operate in a similar mechanism (*Step 1 – Virus must enter cell; Step 2 – Virus replicates inside Cell through a process of RNA Replicase.*)

**(7)** In regards to other supplementation, or additional things like Garlic, Ginger, NAC, Turmeric, Goldenseal/Echinacea, etc.... I say the more the merrier – whatever looks like it might help, and I am always open to additional approaches. HOWEVER... Liver & Kidney toxicity/strain becomes an issue at any time that you are pumping your body with supplements or drugs – whether they are man made or not. Even gorging on food can stress your body. It is important to know my body, and know when to back off. If I feel that my body is straining a bit too much to process whatever I am taking, I am going to start prioritizing, maybe even switching up stuff, alternating some things on and off. But my main, primary things are going to be PH Balance and Intracellular Zinc boosting, Probiotic support and Vitamins D + C + A.

**(8)** With the above said, the Wuhan Coronavirus also has this little potential side effect called “Horrible Death”. If I have to stress my body a little in the Fight to kill this thing – I am going to weigh the risk/reward. I often think about Chemotherapy Treatments for Cancer when trying to put this in perspective. Chemotherapy is horribly toxic. Makes you sick as a dog, puking, hair falling out, etc. But it is prescribed because it is determined to be more Toxic to the Cancer than the Body. And you hope the Body outlasts the Cancer – and if it does, you live. At latter stages, fighting Coronavirus could get like this if Cytokine Storm / Sepsis comes into play. So I will fight this damn thing early – and fight it fast – and fight it hard! **Resveratrol becomes a Go-To Mandatory for me if I get to these final stages.**

**(9) VIRAL LOAD:** Can’t say enough about reducing Viral Load at ALL phases. I will be social distancing, wearing a mask or face barrier, even if it is just a bandanna or homemade mask, and glasses or goggles in a high risk situation. I’m lucky in that I work from home, so I won’t go out more than absolutely necessary. When I do go out, say to the grocery, I am going in with purpose, with a list, not touching my face, not touching anything I am not buying, and I am going to bulk buy for the week or as long as I can. I am going to do Nasal Rinses, Gargles and Throat Sprays after trips out or potential exposures, and routinely if I feel pre or existing symptoms. Viral Load is a term that represents the Coronavirus Army that is trying to invade my body and kill me. My Goal is to KILL the Virus every way I can, and put up as many barriers as I can to prevent that Army from getting in. I Must Keep That Viral Load Low!

**(10)** If someone in my family gets sick – they get isolated fast! Honestly, I think that if someone in my family gets this – then the odds are good that it has spread in my household – because this stuff is just that dam contagious. At this point I want to REDUCE VIRAL LOAD and CONTACTS as much as possible, so that if it does spread it does so in the most manageable way possible. If I am right about my prophylactic treatment plan, then the odds of someone dying or getting critically ill in my family is Low. But I’m not rushing out to hug an infected person or other family member either. Our natural instinct is to grab and hug our children when they are crying, hurt, miserable in pain. I am no different, nor is my wife. But I have to keep solidly in my mind the following question..... how much pain and suffering and sadness is ahead of them if they lose their Mom or Dad? Or if we lose them?

**Everything changes with this disease. It isn’t business as usual.** I wish I believed our Senior Healthcare Officials & Pharmaceutical Companies felt that way. What I really wish is that they were distributing this cheap, easily available and safe Chloroquine drug that every bit of data is pointing to it working – and also exploring alternative, cheap “Poor Man’s Treatments” such as mine, which the studies, data and anecdotal evidence also seem to indicate it will help.

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## **USING BAKING SODA TO FIGHT PH-DEPENDENT VIRUS REPRODUCTION (A REFERENCE)**

The following is an excerpt from  
[https://archive.lib.msu.edu/DMC/sliker/msuspcsbs\\_armh\\_armandhamm42/msuspcsbs\\_armh\\_armandhamm42.pdf](https://archive.lib.msu.edu/DMC/sliker/msuspcsbs_armh_armandhamm42/msuspcsbs_armh_armandhamm42.pdf).

It provides the recommended dosages from the Arm and Hammer Company for colds and influenza as given back in 1925:

→**During the first day** take six doses of half teaspoonful of Arm & Hammer Bicarbonate of Soda in glass of cool water, at about two hour intervals.

→**During the second day** take four doses of half teaspoonful of Arm & Hammer Bicarbonate of Soda in glass of cool water, at the same intervals.

→**During the 3rd day** take two doses of half teaspoonful of Arm & Hammer Bicarbonate of Soda in glass of cool water morning and evening, and thereafter half teaspoonful in glass of cool water each morning until cold is cured.

**This is NOT provided as Medical Advice, but is referenced as an historical account of a treatment plan.** More accounts of using Baking Soda to treat influenza or other PH-Dependent viruses can be found at the following page:

<https://drsircus.com/flu/uses-in-daily-health/>