

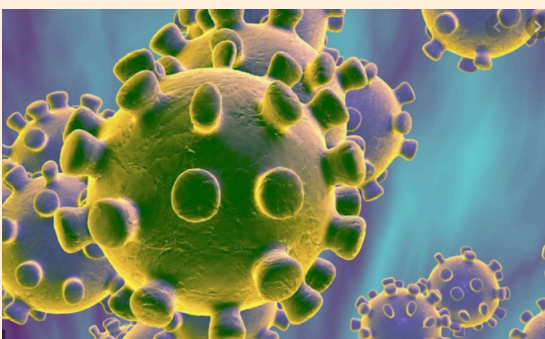
Prevention is the better than cure

THE IMMUNE SYSTEM IS THE DEFENCE OF YOUR BODY. COUNTLESS DIFFERENT CELLS WORKING TOGETHER IN HARMONY, LIKE A FINE TUNED ORCHESTRA, FIGHTING OFF INTRUDERS THAT COULD DISTURB THE BALANCE OF YOUR BODY FUNCTIONS AND PUT OUR WELLBEING AT RISK.

Currently, the emergence of a novel human coronavirus (COVID-19) has become a global health concern causing severe respiratory tract infections.

Although the media claims it to be a “new virus”, it is very similar to other human coronaviruses such as Severe Acute Respiratory Syndrome (SARS) coronavirus, Middle East Respiratory Syndrome (MERS) coronavirus or endemic human coronaviruses (HCoV), and research already shown important facts:

- 1) Human-to-human transmissions have been described with **incubation times between 2-10 days**, facilitating its spread via droplets, contaminated hands or surfaces¹. (Incubation time is the time it takes for the virus to produce symptoms. During the incubation time, people have no symptoms but can spread the virus and infect others)
- 2) COVID-19 can persist on inanimate surfaces like metal, glass or plastic for up to 9 days, but can be efficiently inactivated by surface disinfection procedures with 62-71% ethanol, 0.5% hydrogen peroxide or 0.1% sodium hypochlorite within 1 minute. Other biocidal agents such as 0.05-0.2% benzalkonium chloride or 0.02% chlorhexidine digluconate are less effective¹.
- 3) The coronavirus is surrounded by a lipid membrane which can be destroyed by soap and other cleaning / disinfecting agents².



Symptoms

The most frequent symptoms present at initial stages are:

- High temperature
- A new, continuous cough
- Shortness of breath

WHAT TO DO?³

Do not go to a GP surgery, pharmacy or hospital.

You do not need to contact 111 to tell them you're staying at home.

Testing for coronavirus is not needed if you're staying at home.

Use the [NHS 111 online coronavirus service](#) if:

- you feel you cannot cope with your symptoms at home
- your condition gets worse
- your symptoms do not get better after 7 days

There are 5 ways we can all help stop the spread of viruses⁴

- Clean your hands regularly with soap and water or alcohol-based hand rubs.
- Cover your nose and mouth with a tissue or bent elbow when coughing or sneezing.
- Avoid touching your face, nose and mouth. And avoid shaking hands.
- Stay home if you are unwell.
- Avoid contact with anyone who is unwell – try to stay 1.5 m away from anyone coughing or sneezing.

Face-masks:

Based on current advice, only people who have travelled overseas, are unwell and have access to a face-mask should use it. For anyone else who does not have symptoms, a face-mask is not necessary.



Do NOT take anti-inflammatory drugs such as aspirin, ibuprofen or paracetamol.

Jean-Louis Montastruc, the head of pharmacology at Toulouse hospital, told RTL radio: "Anti-inflammatory drugs increase the risk of complications when there is a fever or infection."⁵

Prevention is key!

Apart from the 5 ways we can reduce the virus from spreading, the most important factor is our immune system.

We can boost our immune system in different ways:

- * Reduce stress and negative emotions
- * Sleep and rest enough hours
- * Eat healthy
- * Exercise regularly (regular physical activity releases endorphins and helps reducing stress)
- * Supplements!

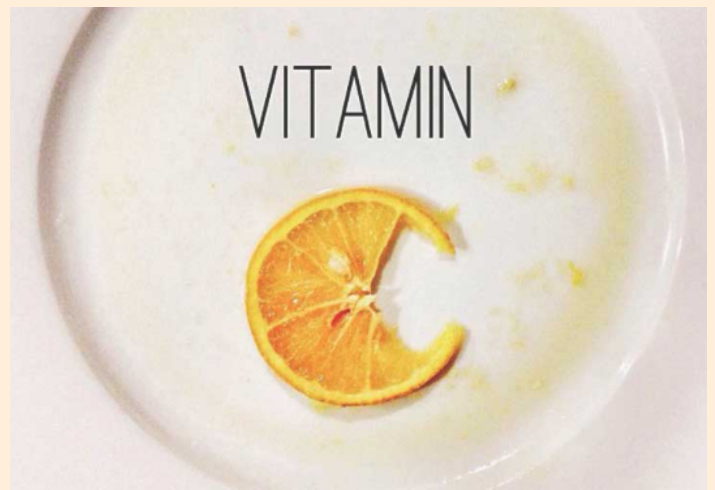
Supplements^{9,10}:

- * EQUINACEOUS: 30 drops, 3 times a day in a little water.
- * SAGEBRUSH TEA: 1 cups daily, preferable on an empty stomach. Broad antiviral effect, including coronavirus strains. (*Artemisia tridentata*, not to be confused with *Salvia officinalis* - Sage tea)
- * PROPOLIS: 2-3 candies daily.
- * GINSENG: Excellent immunostimulant. 200-300 milligrams daily.
- * GARLIC: Immunostimulant and antiviral. It can be black or conventional, or in tablets. 2 / day.
- * VITAMIN C: antioxidant and immunostimulant. 2,000-3,000mg per day
- * VITAMIN D3: 2,000 International Units daily. (Start with 5,000 IU/day for two weeks, then reduce to 2,000)
- * MAGNESIUM: 400 mg daily (in citrate, malate, chelate, or chloride form)
- * ZINC: 20 mg daily
- * SELENIUM: 100 mcg (micrograms) daily



Dr Saskia Kloppenburg Vieth

Integrated Medicine - Addressing the Causes



It seems that VITAMIN C administered intravenously is being of great help for preventing COVID-19 as it does boost your immune system and is a great antioxidant, going directly into your bloodstream.

You can read more about this in this link⁶⁻⁸:

<http://www.orthomolecular.org/resources/omns/v16n12.shtml>

At **NADclinic** we do offer a great deal of infusions. We have concentrated vitamin C on its own or mixed with other vitamins and minerals suiting everyone's individual needs. You can choose to have your infusion in our cosy clinic or comfortably at home where a specialised nurse will go to take personal care of you.

Apart from vitamins and minerals, we also offer pre-mixed i.v. drips such as "Immune Boost" or "Anti-fatigue". In addition you can top-up your infusion with our vitamin B cocktail (B2, B3, B5, B6, B7, B9 and B12) or vitamin D. Both are also available in intramuscular shots.

Find out more at NADclinic.com



References:

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6. <http://www.orthomolecular.org/resources/omns/v16n12.shtml>
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10. <http://orthomolecular.org/resources/omns/v16n04.shtml>

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