



THE GOLDEN WINDOW FOR TREATING VIRUSES

One of the secrets to not getting sick is stopping viruses in their tracks by preventing them or treating them as soon as you feel symptoms. If you do this right away, it's surprisingly effective for preventing a virus from taking hold or reducing the symptoms and duration. I call this the Golden Window for treating viruses.

What To Have On Hand To Take At The First Signs Of A Virus:

Antiviral Chinese Herbs

- The cornerstone of both virus prevention & treatment. There are several options: pills, powders, different strengths, and price points. **Talk with our Acupuncturists to get the Chinese Herbs right for you to have on hand for prevention and if you have been exposed or start to feel sick.**

Xlear Nasal Spray

- Prevention: 2 sprays each nostril, wait then blow nose, 2 times a day
- Possible exposure: 3-5 times a day • Sick: 5 times a day

Propolis Throat Spray

- Prevention: 2 sprays in back of throat 2 times a day
- Possible exposure: 3 times a day • Sick: 3-5 times a day

Vitamin D

- Prevention: Personalized dosing based on the amount in your blood. Target blood levels of 50-60 ng/ml before getting sick to prevent severe Covid-19 infection. Get sun exposure and supplement. The dosage to achieve the target range is on average between 5,000-10,000 IU/day. Preferably also supplement with Cod Liver Oil with Vitamin D b/c it has Vitamin A which is synergistic.
- Possible exposure: 10,00-15,000 IU/day for 3-5 days
- Sick: 100,000 IU on day 1 & 2; then 10,000 IU/day until symptoms resolve

Vitamin C

- Prevention: 500-1,000 mg/day depending on how much you get in your diet
- Possible exposure: 1,000-1,500 mg/day
- Sick: increase to bowel tolerance such as 1,000 mg several times a day

Vitamin A (1 IU = .3 mcg in case it's listed as mcg)

- Prevention: 3,000-5,000 IU/day. Check how much is in your Cod Liver Oil.
- Possible Exposure: 10,000 IU/day for 3-5 days
- Sick: 10,000 on days 1 & 2; then 5,000 IU/day until symptoms resolve

Zinc

- Prevention: 7-15 mg/day depending on how much you get from your diet
- Sick: zinc lozenges that you suck on for 20-30 min, every 4 hours

Curcumin/Turmeric (make sure it's activated or with black pepper)

- Prevention: 500 mg/day
- Possible Exposure or Sick: 1,000 mg/day, continue for a month because it has been shown to reduce long term symptoms

Quercetin

- Possible Exposure: 500-1000 mg/day, highly effective at this stage
- Sick: 500-1000 mg/day, if you are having inflammation & allergic reactions

Probiotics

- In fermented foods such as raw sauerkraut, pickles, kimchi, kombucha. Can also supplement with a pill. We carry a high quality pre- and pro-biotic pill that is shelf stable and only available through medical professionals.

Anything to reduce phlegm if you get sick According to Chinese Medicine, Covid-19 always has a phlegm component even if you don't feel it yet.

- **N-Acetyl Cysteine**: 500 mg twice a day for respiratory, sinus, & liver support
- **Fresh Lemon and Ginger Tea or Traditional Medicinals Breathe Easy Tea**
- **Less dairy, alcohol, sugar, fried, and greasy foods**
- **Cupping** to support the lungs: In most cultures cupping is a home remedy. Our acupuncturists can advise you on buying a cupping set and show you how to use it to support the lungs.

Other specialized support if you get sick

- **CoQ10**: 100-200 mg/day if significant fatigue
- **L-Arginine**: 1.5 g twice a day if respiratory symptoms
- **Glutathione**: 500 mg twice a day if respiratory symptoms

**Stock up now so you have everything on hand
for health and peace of mind!**

Available at Thrive Acupuncture and Wellness:

- Chinese herbs, Xlear nasal spray, & probiotics

Available at our online dispensary wellevate.me/christina-ness:

- All other supplements (look for the Practitioner Protocols once you login)

Let us know if you want help creating a plan that will work for you.

If you think you missed the Golden Window and the virus starts to take hold, get in touch ASAP so we can get you a customized herbal prescription that is stronger and tailored to your body and your symptoms.



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