Osher Center recommendations to prevent and treat COVID 19:

Now is the time to be adherent to great health practices. The immune system works best with a plant-based diet rich in fruits and vegetables, devoid of sugar, plenty of deep sleep, regular exercise. Take advantage of sunshine and clean air and be outside if you can. Keep well hydrated by watching the color of your urine and keeping it pale yellow.

Hand washing has been and continues to be the best way to reduce the spread of infections. Be cognizant of not touching your face or any mucous membranes.

Eat plenty of garlic (crush it and let it air for 10 minutes to activate its antiviral properties). Eat probiotic-rich foods: sauerkraut, kim chee, coconut yogurt, pickles, etc.

One more word about exercise: it has been shown to improve immunity on several levels. Not over-exercising, which has the opposite effect, but moderate exercise strengthens our ability to respond to intruders quickly.

Finally, daily meditation will help your focus on your internal resources and keep the external events at arm’s length. Download Headspace, Sam Harris’ Waking Up App, or Brainwaves.

These recommendations come from several sources including the University of Arizona’s Integrative Medicine Center, Chris Masterjohn, PhD, colleagues, and my own research. There is no evidence-based prevention or treatment for COVID19, but based on what we are all learning about this virus, these are my current recommendations:

Daily immune protection for people who are asymptomatic to help prevent infection:

- Vitamin D3 5000iu daily with evening meal
- Multivitamin daily with copper
- Elderberry 10 ml daily
- Probiotics one daily
- Vitamin C 500 mg daily
- Zinc 15 mg daily as a lozenge
- Melatonin 3- 5 mg nightly
- Spirulina (rich in copper to balance zinc as well as other nutrients)
- Silver nasal spray 2x/day and bedtime (Sovereign Silver)

To fight a brewing Infection:

- Stop Elderberry
- Stop D3
- Increase vitamin C to 1000mg 3x/day
- Increase Zinc to 30 mg/day
- Increase Melatonin to 10 mg nightly
- NAC (N-Acetyl Cysteine) 600 mg twice daily

DO NOT take advil, motrin, ibuprofen or medications in that class of drugs.