

## **An Ounce of Prevention is Worth a Pound of Cure**

*By Dr Kat Lindley, D.O. FCOFP*

It has been the longest 15 days to flatten the curve and now year and many more months than we can count later, we are still living with the threat of SARS-CoV-2 and more lockdowns over our heads. It is important to note that we have learned that there are some things we can do at home to keep our immune systems optimized and ready to fight the invisible pathogen. One of the most common risk factors in developing COVID-19 illness are low levels of vitamin D and obesity, so we need to make sure that we address those before we become ill. Below I have listed certain protocols of nutraceuticals that can be bought at the store and used at home. First protocol lists the names and dosages of vitamins and supplements used in the prevention of COVID-19, second shows the same used during the treatment of active illness and third one may be used in those individuals who have been adversely affected by the COVID-19 vaccine.

As we navigate these uncertain times, we need to remember that we humans are resilient, our strength is found in adversity, and working together in our own community is what will make a difference at the end. The future may be uncertain and as we face more controversy with vaccine mandates and passports, we need to make sure that we take care of ourselves, body, mind and spirit. Our bodies are amazing creations, when under attack and primed, they know what to do and at the end, the result is a strong immune system that will recognize future threats. As mentioned, below is the list of nutraceuticals to use, but before you start any regimen please contact your physician or read about side effects and risks of the supplements recommended. Be brave, stay the course, HOLD THE LINE.

### **COVID Prevention Cocktail**

Vit D 2-5000 units

Vit C 2000 mg

Zinc 25 mg

Quercetin 500 mg daily

Elderberry 150 mg daily

Black seed oil 40-80 mg/day

N-acetyl cysteine 600 mg twice daily

Melatonin 3-5 mg daily

### **COVID Treatment**

Vit D 10,000 units

Vit C 3000 mg

Zinc 50 mg

Quercetin 500 mg twice daily

Elderberry 150 mg daily

Black seed oil 40-80 mg/day

N-acetyl cysteine 1200 mg twice daily

Melatonin 10 mg daily

Pepcid 20 mg twice daily

\*\*\*Aspirin 325 mg daily (if no contraindications)

### **COVID Vaxx Detox**

Vit D 10,000 units

Vit C 3000 mg

Zinc 50 mg

Apple pectin 700 mg twice daily

Magnesium 500 mg daily

Selenium 200 mg daily

N-acetyl cysteine 1200 mg twice daily

Black seed oil 40-80 mg/day

Some final observations...

Ketogenic diets have shown a strong anti-inflammatory effect and some data suggest that they may be useful for reducing viral replication and may help with the recovery. Vitamin D is extremely important in prevention and treatment of Covid-19 and the optimal level in the blood is 50 ng. I highly recommend checking your levels. Exercise is essential for our health. If you develop COVID-19, I recommend you exercise as tolerated, even if just moving around a little or going for a walk in the sun, then get some rest. Sleep when tired and allow your body to rest. I always tell my patients “listen to your body, it knows the way”.

I will leave you with these last words ” The secret to happiness is freedom. The secret to freedom is courage.” There comes a time in our lives when we are called to do something bigger than ourselves and how we respond to this call is what distinguishes us from the crowd.

*Dr. Kat*

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