

## PREVENTION OR IF UNWELL with (COVID-19) Virus

### 1. Vitamin C .. dosing guide for Humans

In cases of 'extreme' disease – like **late stage infections 8-12 grams is optimal.**

#### **TREATING FLU, BRONCHITIS, PNEUMONIA, SARS (COVID-19) Corona Virus**

Some people have taken a lot more like.... 20mg (20,000mg) per day ( 20 satchels a day), depending how unwell or sick.

for example below are some different brand of the Liposomal Vitamin C

~ "Dr Mercola's Liposomal Vit C" Capsules (one capsule = 500mg)

e.g. simply take **12,000 mg a day 24 capsules.**

Suggest taking 8 capsules - 3 x daily as general support or take 4 capsules, every 6 minutes for 10 repeats for treating "acute symptoms"

**OR**

~ "LivOn Liposomal Vit C" or California Gold - Satchels of gel (one satchel = 1,000mg)

**Take 12 satchels per day.**

3 satchels in a glass of water or juice, rpt (4) four times a day for general health or take 2 satchels of the gel in a shot gun of water every 6 minutes for 10 repeats for treating " acute symptoms"

**OR**

~ "BioCeuticals Liposomal Vitamin C" Liquid (5ml or 1 metric teaspoon=1,000mg)

\* from your local Pharmacy in Australia or [www.vitalityandwellness.com.au](http://www.vitalityandwellness.com.au) or ebay

Take 2 teaspoons in a little juice or water, repeat every 5 minutes to 10 minutes taking a dose of 10 repeats. **Hold for 30-20 seconds between the cheek or the gum.**

\* Usually it just takes one days dosing to see a **huge improvement**, can then reduce or continue dosing for a little longer at the same amount and frequency.

Different Brands and types of "Liposomal Vitamin C" can order from supplier

Dr Mercola - Liposomal C	Two capsules = 1,000mg vitamin C	(ascorbic acid)	GEL
LivOn Liposomal C	One satchel = 1,000mg vitamin C	(sodium ascorbate)	GEL
BioCeutical - Liposomal C	One teaspoon = 1,000mg vitamin C	(sodium ascorbate)	LIQUID
California Gold Nutrition LiposomeUP™	One satchel = 1,000mg vitamin C	(sodium ascorbate)	GEL

**NOTE:** for those who can't take "acidic" (*stomach ulcers, or sensitive stomach*) type vitamin C, then use the LivOn Liposomal vitamin C gel or the Bioceutical liposomal vitamin C – liquid, California Gold LiposomeUP.

OR

~ You can take just plain "Vitamin C" dissolvable *powder (called sodium ascorbate)*

\* See Page 7-8

Reference: **Vitamin C protects .. against all virus e.g CoronaVirus**

<https://www.greenmedinfo.com/blog/vitamin-c-protects-against-coronavirus>

2. Use a plug in “**Air Humidifier**” ( we use the model no: CF-2530) ABLE ASTHMA.  
Add water and a tablespoon or so of **Eucalyptus oil**.  
Have set up & on in your room beside your pet ( at home or at hospital beside).  
**This will help clear congestion and aid more oxygen to your breathing.**

3. Take the HAMPL China Oral Nosode *\* if you have it*

**General Immunity**

**Take** 2-3 drops or pills orally (which is one dose) to dissolve in mouth.

*\* Take away from coffee and cleaning teeth as they can anti dote the homeopathic remedy.*

**FREQUENCY repeats** One dose once a day for 4 days. One dose once a week for 4 weeks. One dose once a month for Four months. Then one dose once following year.  
Then finished. Same amount & dose for all ages.

**OR**

**Active Infection in your area or when travelling**

Take a dose once a day.

**OR**

**If you have diagnosis of active Infection (without/with symptoms).**

Add a few drops of the CHINA ORAL NOSODE with 1 teaspoon from each herbal formula CV-2, 3, 4 with 1 teaspoon of vitamin C all together in one cup to take.

**Repeat mixture, and take, up to 6 times a day.**

4. Take the herbal CV-2, CV-3 CV-4 herbal mixtures *\* if you have them*

**HUMAN all ages with ACTIVE infection**

Add 1 teaspoon from each bottle of **CV-2, CV-3, CV-4 herbal mixtures**, 1 teaspoon of **Liposomal Vitamin C** and a few drops of the **China Oral Nosode** in a little juice or water or broth and drink.

Make up and repeat this mix EVERY 15 mins to half hour or HOURLY - up to SIX times a day.

## Why “needless” deaths from this threatening virus?

Because doctors, health authorities, hospital administrators and politicians have not read history. Not even the Chinese!

This week several members of the Orthomolecular Medicine News Service (OMNS) were asked, “How would you treat the coronavirus?”

### Here are opinions of experts who study the potential of nutrients to fight disease.

**Dr. Andrew W. Saul**, an international expert on vitamin therapy, says, “The coronavirus can be dramatically slowed or stopped completely with the immediate widespread use of high doses of vitamin C. Bowel tolerance levels of C taken in divided doses throughout the day, is a clinically proven antiviral, without equal.”

Saul adds, “**Dr. Robert F. Cathcart**, who had extensive experience treating viral diseases remarked, ‘I have not seen any flu yet that was not cured or markedly ameliorated by massive doses of vitamin.’”

**Professor Victor Marcial-Vega** of the Caribe School of Medicine responds, “Given the relatively high rate of success of intravenous vitamin C in viral diseases and my observation of clinical improvement within 2 to 3 hours of treatment, I strongly believe it would be my first recommendation in the management of the coronavirus.”

He adds, “I have also used intravenous vitamin C to treat patients with influenza, dengue fever, and chikungunya, for 24 years.”

**Dr. Jeffery Allyn Ruterbusch**, Associate Professor at Central Michigan University, says, “I believe all of us agree on the greatly increased benefits of vitamin C when people are placed under any stressful condition.”

**Dr. Damien Downing**, former editor of the Journal of Nutritional and Environmental Medicine, writes: “Swine flu, bird flu, and SARS, all developed in selenium-deficient China. When patients were given selenium, viral mutation rates dropped and immunity improved.”

**Reference:** <https://www.mpnnow.com/news/20200128/dr-gifford-jones-people-are-dying-needlessly-of-coronavirus>

**Note from editor:** raw **brazil nuts** has a good amount of natural selenium in it. Only a good thing to each a few or so a day.

Several other authorities agreed that high doses of **vitamin C**, along with 3,000 IU of **vitamin D**, ( as in cod liver oil capsules) and **20 milligrams of zinc**, was a good combination to help fight viral diseases.

And **Drs. Carolyn Dean** and **Thomas Levy**, both world authorities on magnesium, stressed that the mineral is involved in 1,000 metabolic reactions and that maintaining adequate levels improves immunity. Another over-riding opinion was that few people know that high doses of C increase immunity and destroy viral diseases.

This information is not new. During the great polio epidemic of 1949-50 Dr. Frederick R. Klenner, a family physician in North Carolina, treated 60 polio patients with high doses of intravenous vitamin C. None developed paralysis. This discovery should have made headlines around the world but Dr. Klenner's news fell on deaf ears.

Later, **Klenner** proved that high doses of C could also be effective as treatments for meningitis, pneumonia, measles, hepatitis and other viral and bacterial diseases. Even the bite of a rattlesnake. Again, only scorn from the medical profession.

#### **What does this mean to North Americans?**

Patients with a diagnosis of coronavirus should be given intravenous vitamin C, and it will save lives. The problem is that most doctors still refuse to believe IVC is effective.

I'm not your doctor. But my family and friends know to visit a health food store and stock up on Medi C Plus, a powdered form of vitamin C that I developed which allows for high doses to be easily consumed and which contains needed lysine and magnesium. Vitamin C pills will do, but you must swallow many of them.

Start taking 2000 mg twice a day to build up immunity. If flu symptoms develop, take 2,000 mg every hour up to bowel tolerance, and see a doctor. Large doses of C cause loose stools. But better to sit on a toilet than under a gravestone.

***Dr. Ken Walker (Gifford-Jones)** is a graduate of the University of Toronto and The Harvard Medical School. He trained in general surgery at the Strong Memorial Hospital, University of Rochester, Montreal General Hospital, McGill University and in gynecology at Harvard. He has also been a general practitioner, ship's surgeon and hotel doctor. Sign up for medical tips at [docgiff.com](http://docgiff.com), and take a look at the new web site.*

## Dr Andrew Saul

His personal story of recovery from pneumonia – in just 3 hours – is remarkable to say the least. Is seen on Utube Interview. When struck down with acute “viral pneumonia”. As antibiotic drugs can only treat bacterial infections, he new about vitamin C. So he took 2,000mg in a glass of water every 6 mins. He timed it.

*( Editor ... so that would mean he took 10 repeats with 2 satchels of the gel in a shot gun of water every 6 minutes)*

So he averaged taking **20,000 mg of Liposomal Vitamin C in one hour.** Before long he forgot how sick he was.

## Dr John Gray

... Says he took Liposomal C to help treat is Parkinson’s Disease. He no longer has this. See his Utube story and website.

## Dr Thomas Levy

... Says... Virtually all disease is caused by oxidized stress of low grade infections. (and commonly starts in the mouth). Using Liposomal Vitamin C and Ozone therapy can eliminate or wipe out all infections. **Oxidative-Stress causes all diseases at a molecular level.**

Dr. Levy has reviewed extensive amounts of literature on vitamin C and says viral pneumonia, diphtheria and other diseases and toxins have all responded well to treatment with vitamin C. “You find me a toxin, I’ve got the cure,” he says

## Vitamin C recommendations:

What the doctors have to say... Based on his experience, Dr. Klenner recommended adults take at least 10 grams of ascorbic acid daily and children under 10 years of age take at least 1 gram for each year of life to maintain health. Dr. Levy says sodium ascorbate or ascorbic acid can be used as a cost-effective, well-tolerated form of vitamin C for keeping the gut mostly detoxified. But to achieve near-complete absorption, he suggests vitamin C products utilizing liposomal encapsulation technology as an additional option.

**In the case of acute infections and toxic states, Dr. Levy recommends intravenous sodium ascorbate, typically at doses of 50 grams or more, over several hours for most individuals.** At the same time, he recommends also administering the liposome-encapsulated form of vitamin C orally.

In the absence of intravenous sodium ascorbate. Dr. Levy recommends sodium ascorbate or ascorbic acid at levels up to bowel tolerance, and then the liposome-encapsulated form of vitamin C at the rate of several grams hourly. Subsequent dosing should be guided by symptoms and clinical response.

## References

<http://www.einstein.yu.edu/news/releases/907/study-finds-vitamin-c-can-kill-drug-resistant-tb>  
[http://seanet.com/~alexs/ascorbate/198x/smith-lh-clinical\\_guide\\_1988.htm](http://seanet.com/~alexs/ascorbate/198x/smith-lh-clinical_guide_1988.htm)

## April 11, 2014 by Dr. Thomas Levy

Then the flu hit me, as hard as I had ever been hit. I had recently closed my clinic, and I no longer had the availability of the intravenous vitamin C upon which I had relied for so long.

So, I took vitamin C powder until the diarrhea was continuous. And then I remembered the "liposome vitamin C" product. The only thing that stuck in my mind was that I was told it did not have the bowel / diarrhea effect of high doses of regular vitamin C.

So, I figured that was going to be the only way to get more vitamin C "on board," which I knew was what I needed. I took about **five or six grams, all at once in some juice.**

**Within 45 minutes to an hour**, I was having a difficult time remembering how sick I had felt, as I was starting to feel so good.

My clinical opinion is that one gram of properly-produced and orally-ingested liposome-encapsulated vitamin C is as or more effective than 5 to 10 grams of vitamin C given intravenously, *for an acute viral syndrome*. When someone is ill, my advice is still to use as many forms of vitamin C as available, and dosed as highly as is feasible.

Liposomes predominately get taken up by the lymphatic system in the gut, not the portal circulation. There is no significant "one-pass" liver metabolism that takes place with a quality liposome preparation.

On the other hand, the liposomes, especially in the case of those containing vitamin C, rapidly load up the immune cells in the lymphatics of the gut, achieving high intracellular levels of this nutrient. Colloquially speaking, one could say this "supercharges" the immune system cells. The amount of liposome-encapsulated vitamin C that eventually reaches the bloodstream via the thoracic duct is already lessened in amount by this immune cell loading, and what finally reaches the blood quickly gets taken up inside other cells throughout the body. Relative to un-encapsulated, regular vitamin C in the blood, little encapsulated vitamin C gets excreted via the urine. So, a blood level of one versus the other really gives little meaningful information in comparing potential clinical impact, or in comparing how much vitamin C is actually reaching where it needs to go.

When a liposome vitamin C "blood level" declines, it means it's leaving the blood and entering cells, not being excreted by the body.

## Shanghai Government Officially Recommends Vitamin C for COVID-19 by Andrew W. Saul

(OMNS Mar 3, 2020) The government of Shanghai, China has announced its official recommendation that COVID-19 should be treated with high amounts of intravenous vitamin C. (1) Dosage recommendations vary with severity of illness, from 50 to 200 milligrams per kilogram body weight per day to as much as 200 mg/kg/day.

These dosages are approximately 4,000 to 16,000 mg for an adult, administered by IV. This specific method of administration is important, says intravenous therapy expert Atsuo Yanagisawa, MD, PhD, because vitamin C's effect is at least ten times more powerful by IV than if taken orally. Dr. Yanagisawa is president of the Tokyo-based Japanese College of Intravenous Therapy. He says, "Intravenous vitamin C is a safe, effective, and broad-spectrum antiviral."

Richard Z. Cheng, MD, PhD, a Chinese-American specialist physician, has been working closely with medical and governmental authorities throughout China. He has been instrumental in facilitating at least three Chinese clinical IV vitamin C studies now underway. Dr. Cheng is presently in Shanghai continuing his efforts to encourage still more Chinese hospitals to implement vitamin C therapy incorporating high oral doses as well as C by IV.

Dr. Cheng and Dr. Yanagisawa both recommend oral vitamin C for prevention of COVID-19 infection. An official statement from Xi'an Jiaotong University Second Hospital (2) reads:

*"On the afternoon of February 20, 2020, another 4 patients with severe new coronaviral pneumonia recovered from the C10 West Ward of Tongji Hospital. In the past 8 patients have been discharged from hospital. . . [H]igh-dose vitamin C achieved good results in clinical applications. We believe that for patients with severe neonatal pneumonia and critically ill patients, vitamin C treatment should be initiated as soon as possible after admission. . . [E]arly application of large doses of vitamin C can have a strong antioxidant effect, reduce inflammatory responses, and improve endothelial function. . . Numerous studies have shown that the dose of vitamin C has a lot to do with the effect of treatment. . . [H]igh-dose vitamin C can not only improve antiviral levels, but more importantly, can prevent and treat acute lung injury (ALI) and acute respiratory distress (ARDS)."*

For more information, below is a list of previous reporting by OMNS on COVID-19 and vitamin C:

Mar 1, 2020	<a href="#">News Media Attacks Vitamin C Treatment of COVID-19 Coronavirus</a>
Feb 28, 2020	<a href="#">Vitamin C and COVID-19 Coronavirus</a>
Feb 23, 2020	<a href="#">TONS OF VITAMIN C TO WUHAN: China Using Vitamin C against COVID</a>
Feb 21, 2020	<a href="#">Three Intravenous Vitamin C Research Studies Approved for Treating COVID-19</a>
Feb 16, 2020	<a href="#">Early Large Dose Intravenous Vitamin C is the Treatment of Choice for 2019-nCov Pneumonia</a>
Feb 13, 2020	<a href="#">Coronavirus Patients in China to be Treated with High-Dose Vitamin C</a>
Feb 10, 2020	<a href="#">VITAMIN C AND ITS APPLICATION TO THE TREATMENT OF nCoV CORONAVIRUS: How Vitamin C Reduces Severity and Deaths from Serious Viral Respiratory Diseases</a>
Feb 2, 2020	<a href="#">Hospital-based Intravenous Vitamin C Treatment for Coronavirus and Related Illnesses</a>
Jan 30, 2020	<a href="#">Nutritional Treatment of Coronavirus</a>
Jan 26, 2020	<a href="#">Vitamin C Protects Against Coronavirus</a>

## References

1. <https://mp.weixin.qq.com/s/bF2YhJKiOfe1yimBc4XwOA>
2. <http://2yuan.xjtu.edu.cn/Html/News/Articles/21774.html>

## Nutritional Medicine is Orthomolecular Medicine

Orthomolecular medicine uses safe, effective nutritional therapy to fight illness. For more information: <http://www.orthomolecular.org>

## Find a Doctor

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