



# Coronavirus Tips COVID-19

PLEASE CONSIDER OUR EMPLOYEE TIME AND BUSINESS and understand it is difficult for us to answer 100's of questions daily. ☺

- \* **FIRST**, please READ this at your leisure then stop by or call if you need us to mail you a supplement or two!!
- \* **SECOND**, please do not hoard so we have enough to go around and share with those who really need it.
- \* **THIRD**, please do not share your germs if you are sick or around others that are sick! If our employees get sick from our customers we may have to close. We can mail or deliver to your car outside the building if you are ill to avoid getting our employees and other customers ill. Please provide us with a credit card over the phone and we can bring your purchase to your car when you arrive!

- **Don't Panic!** The Coronavirus is an "outbreak" (100,000's) not an epidemic (Millions). There are more people that die daily of pneumonia than the Coronavirus at this time.
- Germs (viruses) seek **diseased tissue** and are not the cause of disease. Do not focus on the pathogen (virus) and ignore the terrain (immune system). Keep the terrain healthy with good nutrition, a sound emotional/spiritual balance and there will be little or no illness. The coronavirus is only pathogenic and harmful if the body and mind are weak – Rudolph Virchow
- Remember 75% of deaths are caused by pre-existing conditions and weaknesses in the body. Organ failure only occurs in a body that is malnourished. When the body is weak, secondary infections such as pneumonia (Upper respiratory infections, Severe Acute Respiratory Syndrome (SARS)) are the reason for death, not the virus itself. This virus primarily affects immune compromised and elderly, not healthy adults and children.
- This is an "envelope" virus and all the principles below apply to **prevention and therapies** which should be taken seriously. Many industries including the toilet paper and vaccine industry stand to profit from hype. **Relax and educate yourself instead of panicking** . Current research finds Asians are 5x more genetically susceptible to complications from the virus from 3CL enzyme dysfunction.
- **Symptoms are like a cold:** sore throat, mild to severe upper respiratory tract illness, cough, runny nose.
- The Immune **System** consists of thymus, spleen, bone marrow, blood cells, stomach, liver, and intestinal flora.
- The **Immune System and Body Tissues** break down in these states:
  - **Fear** is a major cause of immune system imbalances in the body. Release fear and trust in Divine prevention or healing through prayer for you and loved ones. Never let it enter your cells.
  - **Associate with LOVING people** to have an optimal immune system.
  - **Minimize Stress** by being in a state of peace builds the immune system.
  - Stay **Hydrated** with 2-3L of pure filtered water daily
  - **Mineral deficiency and malnutrition** cause immune imbalances and weak diseased tissue Remember to eat a High Organic Whole Plant Food based diet that will remineralize and nourish the body to prevent illness.
    - **Non-organic food** contains high amounts Round-up (glyphosate) which de-mineralizes the soil and our body so that tissues are weak.. Especially non-organic wheat, barley, rye, oats, legumes.
  - **Alcohol** depletes minerals and vitamins in the body
  - **Fad Dieting and extreme Ketogenic Diets** create mineral and nutrient deficiencies that may require multivitamin supplements.
  - **High carbohydrate and Sugars** in the diet rob the body of vitamins and minerals
  - **MOST IMPORTANT: Sugar** decreases the immune system by 40% for 12 hours, including honey and fructose sugar from fruit. Avoid sugar and you will keep your immune system strong.

- **Protect Yourself is FIRST PRIORITY and Be Considerate of Others Health when you are ill.**
  - Keep away from individuals who are coughing or sneezing **and** you can wear a bandana or mask if you are around those who are infected to prevent droplets.
  - Use **On Guard** Essential Oil Blend or our homemade Flu Bomb -Daily under your nose when in public
  - Wash your hands often with soap and water or **DoTERRA On Guard Soap** or **On Guard Sanitizing Mist** and NEVER eat from your unwashed hands, touch eyes, or touch nose unless they are clean. See anti-viral essential oils (next page) to make your own blends!
  - Keep hand sanitizer in your car for use after entering public places and touching money, pens, computer screens, door handles, shopping carts. Thoroughly wash hands when you get to work or home.
    - **Sanitizer Recipe:** 1/3 cup Aloe Vera Gel, 2/3 Cup 99% rubbing alcohol or EverClear 95% Alcohol + 8-10 drops of On Guard essential Oil Blend by DoTERRA. **Alternatively** a spray can be made by omitting aloe vera. The alcohol concentration must be >60% to be effective so EverClear is the easiest source to find.
  - Avoid shaking hands and sharing food or drink with others.
  - If someone is sick in your home, disinfect counters, doorknobs, light switches, towels, and shared surfaces often. Do not share towels and wear bandanas or masks to prevent spread from sneezing and coughing.

## Steps to Support the Immune System

- **Optimize Vitamin D levels** In Northern States consider Vitamin D 5000iu daily throughout most of the winter season to achieve Vitamin D levels of 50-80
- **Optimize Vitamin C levels** in the body with WHOLE Foods (Acerola cherry, rose hips), Liposomal, or Intravenous. This is best to do WHEN you get sick, and take a dose every hour or two until diarrhea (which means you have plenty!)
  - Premier Research Labs **Vitamin C** is made from food
  - **Vitamin C with Bioflavonoids** by Thorne
  - Dr. Mercola **Liposomal C** is a non-GMO product that is well absorbed
  - Intravenous Vitamin C at Naturopathic Providers (The Bridge, Cloud 9, Riverbend Health)
- **Medicinal Immune Balancing Mushrooms:**
  - Ex: **Duanwood Reishi** by Dragon Herbs (others include Chaga, Miatake, Shitake, and basically all types)
- **Adaptogenic Herbs to support Stress, Depletion, and Illness**
  - **Immune Dx** by Plantiva
  - Dragon Herbs **Super Adaptogen** & we have many more.
  - Herb Examples: Holy Basil/Tulsi, Ginseng, Cordyceps, Ashwagandha, Eleuthero, Rhodiola, Schisandra

## Remineralize the Body and Tissues to prevent and treat Viruses

- **Let Food be your BEST Medicine!** Eat an Organic Whole Foods Diet, which includes 90% of mineral rich foods like vegetables (ex-broccoli, cauliflower, greens, carrots, peppers, Brussels, yams and so many more), Mushrooms, Nuts, Seeds, Beans, Whole Grains, Fresh Vegetable Juices, Green Grass Drinks (Wheatgrass or Barley Grass Juice), Blue Green Algae (Spirulina, Chlorella).
  - If the diet is not optimal, consider **optional supplementation** of minerals: Take a Whole foods Multi-Vitamin or Mineral Replacement:
    - **Innate or MegaFood One Daily MultiVitamin**
    - **Tonic Alchemy Green Food and Herb Drink**
    - **Trace Minerals:** Fulvic Acid trace minerals or IonBiome trace minerals in Water.
- **Optimize Calcium** as low calcium increases critical illness and mortality. Calcium is necessary for phagocytosis of the virus (death of virus). Avoid things that deplete minerals (above)
  - Eat Whole Food Calcium: Broccoli, Brussels sprouts, cabbage, kale, greens, nuts, seeds, beans, whole grains, sesame seeds
  - Calcium Supplement options:

- Garden of Life Raw Calcium
  - Standard Process Calcium Lactate 1 tsp/day prevention or 2 tsp/day viral treatment
- Optimize **Essential Fatty Acids** (Omega 3 Fatty Acids, Cod Liver Oil, Fish Oil, or eating Wild Game) which help Vitamin D and Calcium assimilation into the tissues for strength.
- **Optimize Dietary Iodine** which is anti-viral: Iodoral or Iodine Complex daily or Kelp food/supplement 2-3x/day

## Anti-Viral (Envelope Virus) Prevention or Treatment

### Pick ONE or TWO to keep in your medicine cabinet!

- Eat **Organic Foods** that contain anti-viral “envelope virus” nutrients: Onions, Leeks, Flax, Ginger, Garlic, Culinary or Essential Oil Herbs (See Below)
- **Anti-Viral Herbs to Eat or Essential oils:** Lemon Balm, Culinary or Essential Oil Herbs ((Thyme, Oregano, Basil, Mint, Rosemary, Sage, Turmeric, Ginger), Thuja (Aborvitae), Frankincense (Boswellia), Tea Tree Oil/Melaleuca, Ravensara
  - ✓ **Elderberry** 3-4 times daily for treatment
  - ✓ **Umcka (Pelargonium sidoides)** 3-4 times daily for treatment
  - ✓ **Oregacillin** has powerful anti-viral herbs and clears mucous from the lungs (oregano, cumin, sage, cinnamon, and ginger), take 1 capsule by mouth 3-4 times a day with food for treatment
  - ✓ **Olive Leaf Extract** stops replication of the virus, stimulates phagocytosis and can be taken 3 times daily with food for treatment
  - **St John’s Wort** destroys protein encapsulates shells (envelop) of viruses (drug and estrogen interactions)
  - **Red Marine Algae (Griffithsin)** halts replication of the virus, fights SARS, supports immunity. This would also remineralize the body.
  - **Licorice** is anti-viral and provides adrenal support
  - ✓ **BEST HERBAL COMBINATIONS for TREATMENT Choices:**
    - **ViraCon by Vital Nutrients** 3 capsules 3-4 times daily. Contains St. John’s Wort, Licorice, Elderberry, Zinc, Berberine and more
    - **Viranon by MediHerb Standard Process** 2 caps twice daily. Contains St. John’s Wort, Thuja, and Licorice
    - **Umcka in Elderberry Syrup** 3-4x/day
    - **Umcka Tincture by HerbPharm** 2-3 dropperfuls, 2-3 times daily
    - **MyKind Elderberry Gummies** – Elderberry, whole food Vitamin C, Echinacea, Rosemary, Zinc
  - ✓ **BEST ESSENTIAL OIL BLEND: *DoTERRA On Guard and BSSC Homemade Flu Bomb Roller Ball***
    - Rub essential oils on the bottom of feet and under the nose. Some brands may also be consumed internally (**DoTERRA On Guard oil**, drops, beadlets, softgels). They are also beneficial in On Guard DoTERRA hand sanitizer and spray disinfectants. (*homemade oils used in sanitizers may include: Oregano, Thyme, Ravensara, Clove, Cinnamon Leaf, Eucalyptus, Rosemary, Melaleuca, Lemon, Frankincense*)
- **Anti-Viral Homeopathics:**
  - **Homeopathic note:** keep them away from electronic devices, phones, computers. Consume on an empty stomach at least 20 minute away from food or drink. Try to avoid peppermint in toothpaste or anytime around a dose as it can make homeopathics ineffective.
  - Influenzinum, Eupatorium, Gelsemium, Bryonia, Perlargonium, Umcka® under the tongue every 2-3 hours for treatment.
  - **Influenzinum and Thymuline** can be taken weekly to prevent flu and coronavirus (3-5 sprays)
  - **Anna’s Virus Defense Homeopathy** is a new blend to used to treat with multiple ingredients every 2-3 hours for treatment.
  - **Umcka Products every 2-3 Hours** work well to treat coronavirus and to prevent secondary respiratory infections from growing.
  - **Elderberry Umcka** has many antiviral homeopathics mixed with Elderberry for treatment.

- **Other Adjunctive Treatments for Acute Illness:**
  - **Argentyn Silver** 1 tsp by mouth three times daily works well for viral illnesses like the flu for **treatment**
  - **Biozym or Wobenzym N or PS Enzyme therapies** anti-viral clean out the blood, debris, and mucous.
  - **Congaplex by Standard Process** supports the immune system, tissues, and organs in illness 9-15/day
  
- **Lung Infection/Mucous in the Lungs for Treatment**
  - **Wellness Formula by Source Naturals** for **treatment** of viral and bacterial lung infections: 3 Tablets/6 caps 3-4x/day with FOOD for infection or 3 per day for **prevention**
  - **BEST Premier Research Labs NAC** (N-Acetyl Cysteine, Turmeric, Licorice, Bromelain) to reduce mucous and inflammation in the lungs 1 cap 3x/day for **treatment**
    - --OR--
  - **BEST Free the Lungs by Dragon Herbs** are Chinese Herbs to reduce mucous and lung inflammation
  - **Oregacillin** has powerful anti-viral herbs and clears mucous from the lungs (oregano, cumin, sage, cinnamon, and ginger), take 1 capsule by mouth 3-4 times a day with food for **treatment**.

Our Website [www.bigskycompoundingpharmacy.com](http://www.bigskycompoundingpharmacy.com) has a Supplement Link Page with Links to FullScript, Emerson Wellevate, and DoTERRA to order some of these supplements online for family and loved ones. We also ship supplements out of state. Dragon Herbs, Standard Process, and Premier Research Labs must be purchased directly thru the pharmacy.

***Again, Please consider our employee health:** If anyone is actively sick or contagious, we can easily bill your card over the phone and leave your package outside the door for pick-up so that you are not spreading the virus to others or entering our building. Uber or a taxi may be another delivery option in your area. Please quarantine yourself for at least a month and consider online ordering of groceries (Costco, Smith's, Super 1 and more) and supplies.*

**3/2020 Kim Fedderly PharmD, MS Holistic Nutrition**

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