

CORONAVIRUS WHAT'S WORKING AND WHAT COULD BE CONTRAINDICATED

Wellness-Hacker.com



I wanted to get this information out fast and will update it as more information becomes available

NEED TO KNOW



Quercetin is very Promising

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. ***Quercetin is a non-prescription substance that is not being talked about enough in the mainstream media. It has the same action as the anti-malaria drugs hydroxychloroquine and chloroquine which have shown great promise in some small trials. Take Quercetin at the same time as your Zinc. It helps the zinc get into the cell and prohibits the virus from entering.

So, **Quercetin is a zinc ionosphere and is used to increase zinc intra-cellularly and inhibit viral production.** Therefore, this can (possibly) be used prophylactically. In short, Quercetin closes the door to the virus and does not let it enter the cell and therefore it cannot replicate.

Dosage for Ebola infections was 3-7 grams or 3000-7000 mg. It looks like 1000 mg 3 x a day is a good place to start.

I always want to show you the science backing up my ideas so please reference the below:

- "As an FDA-approved drug ingredient, quercetin offers great promise as a potential drug in the clinical treatment of SARS."
- Quercetin as an Antiviral Agent Inhibits Influenza A Virus (IAV) Entry
- Zinc ionophore activity of quercetin

The world's fastest supercomputer ran an algorithm to search for already approved FDA drugs that might work to fight off the coronavirus.

The non-prescription compound Quercetin was Number 5 on that list...



The world's fastest supercomputer identified chemicals that could stop...

IBM's Summit supercomputer identified 77 drug compounds that could stop the coronavirus spike from infecting host cells. This could help scientists create...

CNN - Cecilia Anderson | Mar 19

link to :[Cnn Article](#)

Substances that may be Contraindicated

NSAIDs like Advil and ACE Inhibitors like Vasotec

More and more information is coming out about **NSAIDs like Advil and Cortisone. It may be best to avoid them at this time.** I know that there is pain associated with Covid19, so if you must take something, it is advised you take Tylenol or acetaminophen. However, if you are just trying to lower a fever, please be aware that a fever is your body's way of fighting off infections. So unless you are extremely uncomfortable, you should let your body work on the fight and allow your temperature to rise a little bit.

"The French government has reported that 'grave adverse effects' are linked to the use of non-steroidal anti-inflammatory drugs (NSAID). They urged that the treatment of a fever or of pain linked to Covid-19 should be paracetamol."

And French Health Minister Olivier Veran (who has also worked as a neurologist) said that "taking anti-inflammatory drugs (ibuprofen, cortisone...) **could be an aggravating factor of the infection.** If you have a fever, take paracetamol (Tylenol). If you are already on anti-inflammatory drugs or in doubt, ask your doctor for advice."

Furthermore, **anyone on ACE inhibitors, usually used for hypertension or diabetes** should talk to their doctor about whether or not to continue to take them as a study in the Lancet proposed:

We therefore hypothesise that diabetes and hypertension treatment with ACE2-stimulating drugs increases the risk of developing severe and fatal COVID-19.

This is still being studied but the rationale as to why they are, makes sense. If Querceetin closes the door on the virus, **ACE inhibitors open the door, and actually create more doors.** Be cautious and reference this article in the Lancet:

[https://www.thelancet.com/journals/lanres/article/PIIS2213-2600\(20\)30116-8/fulltext](https://www.thelancet.com/journals/lanres/article/PIIS2213-2600(20)30116-8/fulltext)

Complete List of Ace Inhibitors:

benazepril (Lotensin, Lotensin Hct), captopril (Capoten), enalapril (Vasotec), fosinopril (Monopril), lisinopril (Prinivil, Zestril), moexipril (Univasc), perindopril (Aceon), quinapril (Accupril).



List of Non-Prescription Substances that could be of help with the Coronavirus

***To be clear, I do not think you need to take all of these at once. You need to do a regimen and do it consistently and correctly. Even if you just did, for example, the Vitamin C, the D, the Quercetin, and the zinc — but did them properly and constantly that may be a good combination for you. This is where you work with your own body. Here is everything in one list and I will continue to update it and back it up with science.*

1. **Vitamin C** (Studies are underway in China and at least one Doctor in New York is using intravenous Vitamin C on his Covid19 Patients) Don't underestimate this. There are 3 studies going right now. This is a water soluble vitamin. You must have it in your system throughout the day (or you could take intravenously). To keep in your system take 3000 buffered upon waking. After that, take 2000 every half hour until bowel tolerance. The first time you do this it is best to write down the amount and time yourself. You need to find your dose, so you need to see how much you need until bowel tolerance. Personally, I find this VERY effective. There are also studies that show this can help with viral Pneumonia and sepsis. Vitamin C can be very powerful when taken in an efficacious dose.
2. **Vitamin D** — I do not believe in mega-dosing this. But take it. Also, go out in the sun, put on some good music and lie in the grass. I'm not kidding.
3. **Zinc and Zinc Lozenges** are great. Zinc inhibits Coronavirus RNA, but as explained earlier, it has a hard time actually getting INTO your cells. That is where Quercetin comes in. It is the special substance that will make Zinc efficacious.
4. *****Quercetin** (I am highlighting this as this is a little known fact right now, and can be very valuable). Take this at the same time as your Zinc. This is acting in the same way as the anti-malaria drugs, hydroxychloroquine and chloroquine, that has been working. It is helping the zinc get into the cell and prohibits the virus from entering.
I am taking 1000 mg Three times a day.
5. **NAC** 600 mg twice a day... This has been proven to help with the flu. They often give it with Antiviral prescription drugs to improve their efficacy.
6. **Saffron** *details to follow
7. **Selenium**
8. **Lysine**
9. **Humic Acid / Fulvic (take with Resveratrol)**
10. **Silver**, take. 1 tsp 2 x a day and Nebulize Sovereign Silver



Substances for Coronavirus: ongoing list

AYURVEDIC MEDICINE

1. Nigella Sativa

HOMEOPATHIC

(Suggested by Indian Government)

1. In India they are swearing by Arsenic Album 30

FOODS to consume:

Matcha green tea (which has Quercetin in it)

Nori

Shitake Mushrooms

Hot Herbal teas of any kind

Chaga Tea (high in quercetin)

HERBS

Bupleurum (Chinese Medicine)

Protease inhibitors:

Birch Bark Extract

Forscollolum

Licorice Root

Calendula

Cinchona (as an herb that they also use for Malaria. Can get zinc into cells and zinc breaks down the virus)

