

Boost your immune system **NATURALLY** & fight respiratory tract **VIRAL** infection

Evidence-based research with over 60 medical/scientific journals cited.

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Eat lots of different fruits & vegetables * (especially from Cruciferous and Allium family)

Herbs & Spices (especially oregano, thyme, sage, mint, turmeric, ginger)

Vitamin C rich foods (e.g. bell pepper, orange, kiwi, strawberries, broccoli etc.)

Vitamin D supplement (see [dosage](#))**

Drink herbal teas (e.g. green tea and others)

Fermented foods (e.g. sauerkraut)

Oats and Mushrooms (for immune boosting beta-glucans)

Brazil nut daily (for selenium)

Hemp/Pumpkin seeds (for zinc)

Quit smoking & Limit alcohol

Adequate sleep

Reduce stress

Exercise regularly

Laugh more

*organic is best.

**should be taken with largest meal of the day [[reference](#)].

Supplements to consider: Vitamin C (see [dosage](#) if symptomatic), N-acetyl-cysteine (NAC), olive leaf extract, elderberry syrup, echinacea.

At first symptoms (e.g. feeling not quite right, loss of smell, runny nose, headache, sensitive throat, body aches, temperature, cough etc), the following could be done throughout the day:

Iodine 0.25% mouthwash (gargle 2mins then spit) ~1tbsp. Note this is 99.75% water. This can also be used as a nasal rinse for short term use, see below.

Virgin Coconut oil (gargle 2mins then swallow) ~1/2 tsp

Salt water (gargle 2mins then spit).

Green tea (gargle 2mins then spit). Ordinary black tea may also work.

Colgate Plax or Total, or Chlorhexidine/Corsodyl or Listerine Essentials mouthwash, thrice daily. [[reference](#)]

The above could also be done intermittently as a prophylactic. For additional effect some do nasal rinsing, e.g. salt water solution in a neti-pot or a [1% baby shampoo water solution](#) (note that the water must be boiled then cooled for nasal rinsing purposes), twice daily. (Note: 1ml = 20 drops)

If you have access to prescription Ivermectin see [here for dosage](#) [[references](#)].

If allergic to any of the above then avoid. Please share this article with others if you found it helpful. Thanks.

Sample references:

Fruits & Vegetables, Stress, Exercise, Laughter, Smoking, Sleep:

www.health.harvard.edu/staying-healthy/boost-immune-system

academic.oup.com/ajcn/article/96/6/1429/

sfamjournals.onlinelibrary.wiley.com/doi/full/

will.illinois.edu/news/story/variety-of-fruits-vegetables

www.ncbi.nlm.nih.gov/pmc/articles/PMC2686627/

nutritionfacts.org/video/preventing-copd-with-diet

theatlantic.com/health/2020/12/covid-19-sleep

Herbs & Spices:

www.healthline.com/nutrition/antiviral-herbs
www.sciencedirect.com/science/article/S175646
www.sciencedirect.com/science/S016635421
www.ncbi.nlm.nih.gov/pmc/articles/PMC4022204/
www.ncbi.nlm.nih.gov/pubmed/23123794
www.ncbi.nlm.nih.gov/pmc/articles/PMC4032839/
plantmedicines.org/ginger-antiviral/

Vitamin C:

www.ncbi.nlm.nih.gov/pubmed/10543583 (see dosage)
www.ncbi.nlm.nih.gov/pmc/articles/PMC6057395/
www.ncbi.nlm.nih.gov/pmc/articles/PMC3659258/
<https://www.mdpi.com/2072-6643/11/4/708>
www.ncbi.nlm.nih.gov/pmc/articles/PMC7172861/

Vitamin D:

pubmed.ncbi.nlm.nih.gov/30675873/
www.ncbi.nlm.nih.gov/pmc/articles/PMC3166406/
news.harvard.edu/gazette/story/vitamin-d-cold-and-flu/
www.ncbi.nlm.nih.gov/pmc/articles/PMC6379634/
psychologytoday.com/us/vitD-and-covid-19-deaths
mayoclinic.org/discussion/how-much-vitamin-d-do-i-need/
www.news-medical.net/news/20200604/Study

Herbal teas (e.g. green tea and others, can also be used to [gargle](#))

pubmed.ncbi.nlm.nih.gov/32708322/
ncbi.nlm.nih.gov/pmc/articles/PMC7367004/
www.ncbi.nlm.nih.gov/pubmed/31861349
www.ncbi.nlm.nih.gov/pubmed/21338496
www.ncbi.nlm.nih.gov/pubmed/30037024
www.ncbi.nlm.nih.gov/pubmed/29339972
ncbi.nlm.nih.gov/pmc/articles/PMC6152177/
sciencedirect.com/science/article/pii/S22115203
pubmed.ncbi.nlm.nih.gov/22619553/
ncbi.nlm.nih.gov/pmc/articles/PMC1142193/
www.ncbi.nlm.nih.gov/pubmed/26490660

Add lemon or pinch of VitC powder to green tea.

www.purdue.edu/uns/x/2007b/Tea.html
www.ncbi.nlm.nih.gov/pubmed/17688297

Fermented foods:

<https://gut.bmj.com/content/early/2021/01/04/gutjnl>
sfamjournals.onlinelibrary.wiley.com/full/10.1111/
www.arthritisprotocol.com/fermented-vegetables.html (how to make)
<https://www.youtube.com/watch?v=jBruZKbAsFY>

Oats & Mushrooms:

www.ncbi.nlm.nih.gov/pubmed/17895634
www.ncbi.nlm.nih.gov/pubmed/30049632

Brazil nut (selenium):

www.ncbi.nlm.nih.gov/pmc/articles/PMC4288282/
www.ncbi.nlm.nih.gov/pmc/articles/PMC3723386/
academic.oup.com/jn/article/133/5/1457S/
www.medicalnewstoday.com/articles/325000

Hemp/Pumpkin seeds:

www.healthline.com/nutrition/best-foods-high-in-zinc
www.ncbi.nlm.nih.gov/pubmed/9701160
www.ncbi.nlm.nih.gov/pubmed/32319538

Gargling:

[salt water gargling & coronavirus study](#) (reduced duration by 2.5 days)

www.sciencedaily.com/releases/2020/04/03115117.htm

www.nature.com/articles/s41586-020-2196

www.ncbi.nlm.nih.gov/pmc/articles/PMC3793484/

www.ncbi.nlm.nih.gov/pmc/articles/PMC3798579/

www.ncbi.nlm.nih.gov/pubmed/16242593

ncbi.nlm.nih.gov/pmc/articles/PMC7482897/

ncbi.nlm.nih.gov/pmc/articles/PMC7317247/

ncbi.nlm.nih.gov/pmc/articles/PMC7266767/

academic.oup.com/jid/article/222/8/1289/5878067

Iodine (e.g. Lugols, Betadine) mouthwash:

www.ncbi.nlm.nih.gov/pmc/articles/PMC5986684/ (0.23% concentration used)

www.journalofhospitalinfection.com/article/S0195-6701

yourstory.com/2020/03/coronavirus-symptoms-covid-19

www.ncbi.nlm.nih.gov/pubmed/18974539

Virgin Coconut Oil:

ateneo.edu/coconut-oil-and-its-derivatives-effective-and-safe-antiviral

www.ncbi.nlm.nih.gov/pubmed/21752292

Salt pipe/inhaler (drop of iodine [can also be added](#) to the salt for nasal & mouth inhalation):

www.ncbi.nlm.nih.gov/pubmed/26551167

saltcave.co.uk/adults/list-of-studies

Olive leaf extract (or extra virgin olive oil):

www.ncbi.nlm.nih.gov/pmc/articles/PMC6412187/

www.ncbi.nlm.nih.gov/pmc/articles/PMC3002804/

Elderberry (prophylactic use):

www.sciencedaily.com/2019/190423133644.htm

www.ncbi.nlm.nih.gov/pubmed/11399518

www.ncbi.nlm.nih.gov/pubmed/15080016

N-acetyl-cysteine:

foundationalmedicinereview.com/12/1/25.pdf

www.thailandmedical.news/covid-19-nac-supplements-helps

Echinacea:

virologyj.biomedcentral.com/articles/10.1186/1743-422X-6-197

www.ncbi.nlm.nih.gov/pubmed/28279802

www.ncbi.nlm.nih.gov/pubmed/26265958

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