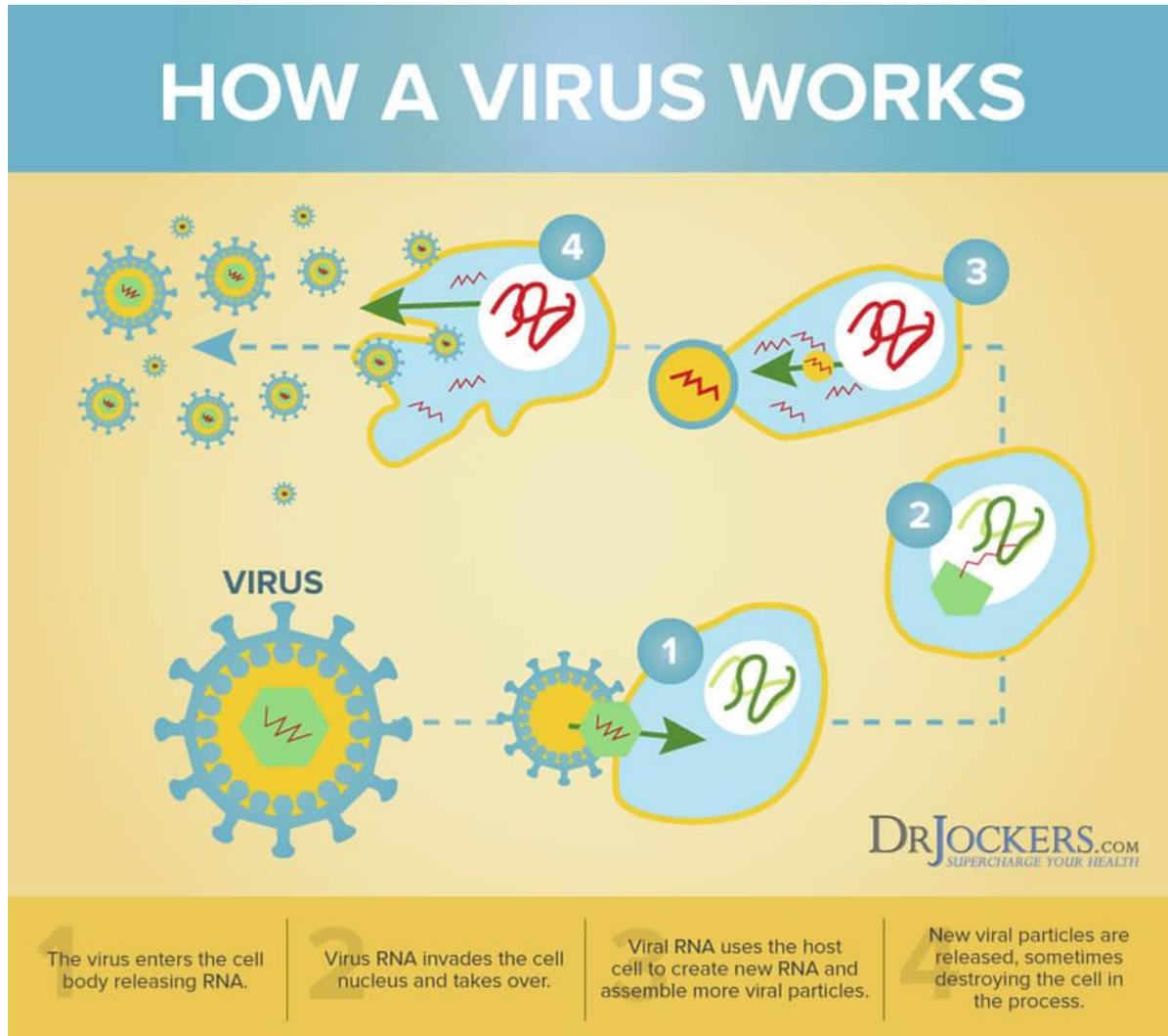


COVID-19- A Natural Perspective with Dr. Robert Silverman and Dr. Dane Donohue

Leadership: The ability to step forward to guide a group of people



What is coronavirus (COVID-19)?

- a. It's a respiratory illness that can spread from person to person
- b. it's a viral disease caused by the SARS-Cov-2 virus that is a global pandemic
- c. Viruses enter our cells and take over because they want to replicate their genetic material and produce more viral particles.
- d. We need antibodies to kill the virus and we need to prevent the virus from entering our cells!

What makes COVID-19 so virulent?

- a. this virus has spike proteins that are used to bind to the membrane of the human cells that they infect
- b. the binding is activated by furin
- c. the virus has a specific structure that allows it to bind at these 10 times more tightly than the SARS-COV
- d. The virus can live for 72 hours and can live in the air for 3 hours and on cardboard for 24 hours
- e. no known human antibodies as of yet
- f. we are all susceptible
- g. Zoonotic Virus: Mutated from animals into humans so we haven't seen this virus before
- h. R0 (R-Number)- The number of cases an infected person will cause by transmission.
 - i. Measles: R0 of 12-18
 - ii. Covid 19: R0 of 2.2
 - iii. Sars: R0 of 2.7
- i. There is a possibility of a second wave when people start coming back into the population. Will we see what happens in China?

What's the timeline we are looking at?

- a. We are now testing
- b. Dr. Rob thinks it may get worse before it gets better. 60-90 days.

What does flattening the curve mean?

- a. The concept of flattening the curve is to stagger the number of new cases over a longer period so that people have access to care

How does your body fight viral attack?

- a. Covid-19- 10-100 times more damaging to the lungs because of a viral tropism than the typical SARS.
- b. This virus because of the damage, creates a "cytokine storm" trying to kill the virus so its typically not the virus that kills people.
- c. 80% will have a positive outcome to the virus.
- d. 20% will have a negative response to the virus including more serious symptoms and sometimes even death.

What are the 20%- Comorbidities (make you more likely to have a negative outcome to Covid-19):

- a. CVD. Smoking: High % of smokers in China and Italy
- b. diabetes
- c. obesity
- d. elderly
- e. chronic pulmonary disease

- f. chronic liver or kidney disease
- g. radiation therapy
- h. autoimmune conditions
- i. chronic neurological diseases

Bulletproof your Immune System: What can you do? What if you have the infection. How can you prevent it?

What not to eat?

- a. No Gluten, No Sugar, No refined starches
- b. No processed food: No quality nutrients that your immune system needs right now
- c. No Dairy: proinflammatory and mucus producing which bacteria and viruses love.
- d. No Smoking
- e. No Artificial Sugars

What should we Eat?

- a. Plant Blased: Eat the rainbow, lots of green and colors
- b. Organic grass fed meats
- c. SMASH: Salmon, Mackerel, Anchovies, Sardines and Herring
- d. Garlic, Onions, Fermented foods (sauerkraut, Kimchi, kombucha)- Good prebiotics

What about Time restrictive eating (intermittent fasting)?

- a. 10-14 hours with no food
- b. Autophagy: Breaking old cells down, kills viruses
- c. Reduces blood sugar
- d. Produces Ketone bodies which reduces inflammation and improves immunity

What Supplements should we be taking?

- a. Immune support (nutri-dyn): Vitamin C, Zinc Citrate, Mixed Mushrooms complex
- b. D3- 5,000 with K2 (prevents calcification and plaquing)
- c. Probiotics: Spore Probio: Bacilis Subtilis (big impact on the immune system)
- d. Vitamin C
- e. Liposomal Glutathione
- f. Beta Glucans
- g. Fish Oil- Omega 3
- h. Elderberry

What about Sleep (7-8 good quality hours)?

- a. We regenerate and recover while sleeping
- b. Melatonin: Helps with the cytokine storm
 - a. Children have 10x's the Melatonin and don't get this virus
- c. Balance of Sympathetic and Parasympathetic

- a. Vagus Nerve: Innervates the Gut and decreases peripheral inflammation
- b. Laser: Violet Light to stimulate the vagus nerve

What about Exercise?

- a. Get regular exercise
- b. Go for long walks
- c. Do body weight exercises
- d. Mild to moderate exercise for approx. 30-45 minutes a day helps boost immunity
- e. Get a My Zone belt to track exercise

What about getting Adjusted?

- a. Improves the nervous system function
- b. Body is interconnection
- c. Vagus Nerve- Cranial nerve at the C1 vertebra

Please Take care of your Gut

Healthy Gut = Healthy Immune System

Resources:

Dr. Robert Silverman <http://www.drrobertsilverman.com/inside-out-health/>

CDC COVID-19 response team

Hub.jhu.edu

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