

Overcoming COVID-19 using Plant Medicine

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Being an herbalist of Color I know that there are many healers worldwide with a wealth of knowledge on plant medicine. As a Clinical Herbalist my first thought was of how my clients, my family and my community needed strategies that could possibly save lives. I began this research looking for herbs that could assist people in countries with limited medical facilities for a pandemic, but also folks in the U.S. who have no access to health care—the poor and the homeless. My thoughts and research since early January were to find out what plant medicine will be helpful for people dealing with COVID-19. Interested in digging deeper? Go to sections 7 & 8 for tons of information to dive into. Learning that this novel Coronavirus SARS2-2019 was very close genetically to the SARS1 was key to my research and having access to antiviral information guides me. Regarding research: it's scientific, but not necessarily humane; it's "evidence based," but it's randomization let's people fall through the cracks if a cure is found; it's profit driven; it doesn't necessarily come with thousands of years of traditional use by people from around the world... but, it is very helpful when it saves a life. People need to decide for themselves their own well being strategies. I chose plant medicine because plant medicine chose me. Another thought, while I love our native plants I learned that one of the beneficial plants (kudzu/Ge Gan Tang) is became an invasive species in many parts of the U.S. If this in your area you have some of the medicine already!

*I was delighted to receive information on **Current Treatment** from my niece (studying to be a Chinese doctor) that translated work being done currently in China, especially since the original publications were in Chinese. I did not reprint it here as it is many pages, but it is very comprehensive. (See section 1) Additionally, 23 provinces in China issued Chinese Medicine programs for prevention of COVID-19 until Feb. 12, 2020. They found that few medicines were consistently **used to tonify qi to protect from external pathogens, disperse wind and discharge heat, and resolve dampness.** (See section 3) My acupuncturist and I discussed the current pandemic extensively and he recommended a few formulas for initial prevention, clarifying the first goal is to send pathogens "up & out." One formula is: **Gui Zhi Tang.** We both agreed that **Yin Qiao** was a basic "go-to" for colds and flus, My acupuncturist explained to me how formulations will change depending on the client, the diagnosis and the time of year, as he shared that the SF Bay Area is experiencing the transition from Winter to Spring, not the conditions in Wuhan when the Chinese studies and formulations were composed earlier this year. Both my acupuncturist and my niece recommend: **Yu Ping Feng San** for prevention. My niece recommended: **Hu Xiang Zheng Qi San** formula for treatment, while my acupuncturist recommended a fairly new (100 years old) remedy for treatment as: **Gan Mao Ling**, which is used at later stages of the disease. When looking at the formula I noted that many of the recommended herbs were ones noted in Stephen Buhner's book on Antivirals. China also endorsed **Shuang Huang Lian** after **Ban Lan Gen** (Isatis) was endorsed.*

***One of the most interesting studies** I found was about the Chinese researchers studying 312 plants that would fight SARS-1. Their findings are spectacular and I am hoping that worldwide people can use plants from the **Polygonaceae, Lauraceae, Oleacea, Labiatae** (Labiaceae), **Magnoliaceae** and **Nelumbonaceae** plant families that will be useful in the fight against COVID-19 (see section 4 below). Hopefully there are plants in these families with antiviral actions that your local herbalist can make specific recommendations regarding dosages and safety. Coordinate your decision to use herbal medicine with your doctor, especially if you are on any medications.*

***Stephen Buhner's book on Antivirals and his recent article** were helpful since I don't read Chinese. He has specific protocols that range from the common cold to coronaviruses and other viruses. His book enables English readers the ability to see the work done in Asia on fighting coronaviruses. (See section 2 below). I received two very similar messages with advice from a doctor on his way to Wuhan. (See section 5) You may notice some repetition of herbs in each section, but note that both Western and Eastern herbalists formulate in different ways or with variations, and the two systems are completely different. My acupuncturist has seen Stephen Buhner's work and he recommends the Chinese formulations and therapeutic goals above Western thoughts around addressing coronaviruses. Individuals need to make their own choices around self-care. Finally, check out a database that's tracking studies on viruses and therapeutics. (See section 6)*

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*While we must be safe by following precautionary measures as described on the CDC and WHO websites, talk to your private doctor regarding your individual health needs. I personally believe folks should wear masks in public, especially since the virus can be shed before showing any symptoms for up to 2 weeks, and there are some outlying people that remain positive for up to 27 days after recovering. It's a totally new virus and disease so again, folks need to get more information and choose how they care for themselves and their families. Ask your local Acupuncturist and/or Chinese Medicine Doctor for advice on traditional remedies. **For online information on Chinese Herbs:***

<https://www.americandragon.com/IndividualHerbsIndex2.html>

Please note that we can grow some of the plants listed below. Seeds are available at: Horizon Herbs and Peg Schafer's Chinese Medicinal Herb Farm. Sending blessings that you and your family be well all days and all ways. Are you caring for your community? Order bulk herbs online from: Mountain Rose or Pacific Botanicals. Get fresh or dry herbs from The Sonoma County Herbal Exchange or seeds and plants from The Chinese Medicinal Herb Farm.

*The advice from different herbalists varies widely based on training, tradition and experience. Anti-viral herbs vary worldwide, so if we are able to use our local, traditional plants or widely available plant medicine the better. Many people do not have access to Chinese herbs, so please use what you have to build your immunity first. If your culture has effective antivirals, use them. If you feel you have symptoms that are leading to the COVID-19 disease, use appropriate anti-bacterial plant medicine to avoid the secondary infections that may cause pneumonia. In all cases, if you do have herbs that are supportive to your respiratory health please use them. Best of health and love to you all!
~ Holly ~ pinaymujer@gmail.com ~ lunanuevawellness@gmail.com ~ 415-235-6479 ~*

1. How COVID-19 (2019-nCoV) is Currently Treated in China with TCM **(a compilation based on 3 studies)¹**

Update: eLOTUS is compiling many studies and information from China at:
<https://www.elotus.org/content/tcm-resources-covid-19>

The historical record for Chinese medicine is ancient and this work is thousands of years in the making. I recommend printing this document (with its valuable information) and finding out if your doctors can coordinate with your Complementary and Alternative Medicine Practitioners (Acupuncturists, Traditional Chinese and/or Herbalist). I especially love this work that was compiled, translated and edited by Dr. John Chen, Lori Hsu and others of the eLotus group. It describes medical treatment and formulas at different stages of the COVID-19 disease. Specific treatment strategies, formulas, moxibustion and acupuncture points are suggested based on specific TCM clinical manifestations, diagnosis and physical examinations (CT scan, tongue and pulse). For downloadable copies of the PDF, which we can share with everyone, go to: <https://www.elotus.org/article/how-covid-19-2019-ncov-currently-treated-china-tcm> ~ also note that the work has been updated by Dr. Tang Ying (Compiled, Translated and written by Lori Hsu, MTOM, & Debra Nash-Galpern, L.Ac., DiplOM)~ you can download and print this document as well:
<https://www.elotus.org/article/specific-applications-tcm-prevention-and-treatment-covid-19-integration-tcm-educational-curr>

This compilation summarizes the 3 phases of treatment with formulas addressing the Prevention Phase, The Influenza Phase, and the Recovery Phase.

Prevention Phase

A formula addressing viral infection & "flu" symptoms

Influenza Phase

Diagnosis: Wind-Cold Invading the Exterior

¹ <https://www.elotus.org/article/how-covid-19-2019-ncov-currently-treated-china-tcm>

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Treatment Strategy: Expel wind, Release the Exterior, Clear Heat, Detoxify

Formulas: Ge Gen Tang (kudzu) or Chai Ge Jie Tang (Bupleurum+Kudzu) decoctions

Diagnosis: Toxic Heat Attacking Lung

Treatment Strategy: Expel Wind, Release the Exterior, Clear Heat, Detoxify

Formulas: Yin Qiao San (honeysuckle+forsythia powder) and Qing Wen Bai Du San

Diagnosis: Damp Cold in the Lung

Treatment Strategy: Expel Wind, Release the Exterior, Dispel Damp Cold

Pneumonia Phase

Diagnosis: Shaoyang Syndrome with Damp

Treatment Strategy: Harmonize Shaoyang Syndrome, Clear Damp Heat

Formulas: Xiao Chai Hug Tang with San Ren Tang or Gan Lu Xiao Du Dan

Diagnosis: Damp Heat Afflicting the Lung

Treatment Strategy: Transform Dampness, Detoxify, Disperse the Lungs and Expel

Pathogens

Formulas: Ma Xing Yi Gan Tang, Xiao Xian Xiong Tang and Cao Guo Zhi Mu Tang

Diagnosis: Toxic Stagnation Obstructing the Lung

Treatment Strategy: Detoxify, Arrest Wheezing, Transform Blood Stasis and Open Collaterals

Formulas: Bai Ju Jia Ren Shen Tang with Si Tu Tang

Diagnosis: Closed Interior and Abandoned Exterior Syndrome

Treatment Strategy: Open the Closed, Consolidate the Abandoned, Detoxify, Rescue Reversal

Formulas: Si Ni Jia Ren Shen Tang taken with An Gong Niu Huang Wan and Zi Xue San

Recovery Phase

Treatment Strategy: Tonify Qi, Nourish Yin, Tonify Lung and Open Collaterals

Formula: Sha Shen Mai Dong Tang

2. Guangdong Province: Chinese Medicine Protocol for Pneumonia Due to Novel Coronavirus & Formulas for Respiratory Virus from Respiratory & Intensive Care Departments of Hubei Province-Integrated Chinese/Western Medicine Hospitals

These works, translated by Shelly Ochs and Thomas Avery-Garran provide formulations by Chinese Traditional doctors and were used while treating COVID-19 patients. Please print them and seek advice from your Acupuncturist and/or Traditional Chinese Medicine Doctor. Discuss with your doctors use of Chinese medicines in an integrative fashion as there currently are no cures and/or vaccines in use.

<https://redwingbooks.com/wp-content/uploads/2020/03/WeChat-post-formulas-Jan.-29-1.pdf?fbclid=IwAR28qeluj8KlqHbrO-HUUYrHZoMvB2C4llqoxl8vpbviMCHR6TtM8qelUnw>

3. From the Flu to Coronavirus: Strategies based on Stephen Buhner's Herbal Antivirals Book and Article²:

Chinese studies on SARS1 (2003-2005), "...In addition to clinically approved drugs, some components of traditional Chinese medicine are found to be effective inhibitors of SARS-CoV replication (Wu et al., 2004b). For examples, glycyrrhizin, the bioactive compounds of licorice root (Gan Cao), is one of the first compounds found to be active against SARS-CoV in vitro (Cinatl et al., 2003a). Sinigrin, a pheno-lic compound derived from Isatis indigotica root (Ban Lan Gen), exhibits the anti-SARS-CoV potential by inhibiting SARS-CoV main proteinase activity (Lin et al., 2005). Baicaline, a flavonoid derived from Scutellaria baicalensis [Huang Qin/baical skullcap], inhibits SARS-CoV replication in vitro and in vivo (Chen et al., 2004). These findings might explain some beneficial effects of traditional Chinese medicine observed in SARS patients (Zhang et al., 2004). It also suggested the anti-SARS-CoV potential of natural products from Chinese medicinal herbs."

Stephen Buhner published "HERBAL TREATMENT FOR CORONAVIRUS INFECTIONS" on 3/1/20 on his website. He explains the protocol he originally described about SARS1 in his Antiviral book, but it is

² <https://www.stephenharrodbuhner.com/wp-content/uploads/2020/03/coronavirus.txt.pdf>

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updated to address COVID-19. To download: <https://www.stephenharrodbuhner.com/wp-content/uploads/2020/03/coronavirus.txt.pdf>

SARS GROUP OF VIRUSES & SPECIFIC ANTIVIRAL HERBS:

- **Baikal Skullcap** ~ Huang Qin ~ *Scutellaria baicalensis*
- **Houttuynia** ~ Yu Xing Cao Yu Xing Cao ~ *Herba cum radice houttuyniae cordatae*
- **Woad Root** ~ Bei ban lan gen ~ *Isatis indigotica*
- **Licorice Root** ~ Gan Cao ~ *Glycyrrhiza uralensis*
- **Weeping Forsythia or Golden Bell** ~ Liánqiáo ~ *Forsythia suspense*
- **Shrubby Sophora** ~ Ku Shen ~ *Sophora falvescens*
- Red Spider Lily ~ Higanbana ~ *Lycoris radiata* (extremely potent)

ANTIVIRALS FOR CORONAVIRUSES AS A GROUP

- **Japanese honeysuckle** ~ *Lonicera japonica* ~rěn dōng téng [忍冬藤](#) / jīn yín huā [金銀花](#); er hua (二花) shuang hua (雙花) geumeunhwa Korean
- **Japanese knotweed** ~ *Polygonum cuspidatum* ~Hu Zhang
- **2020 CLINICAL TRIALS OF SHUANGHUANGLIAN FORMULATION**
(Currently being tested in China for treatment of COVID19).
 - *Forsythia suspensa* fruit (2 parts)
 - *Lonicera japonica* (1 part)
 - *Scutellaria baicalensis* (1 part)
 - Suggested dosage: 1 tsp 3x daily.

NOTE: Buhner suggests adding the immune formulation (below) from the following protocol in order to activate the most effective healthy immune function for this particular viral pathogen.

- **SARS-group Treatment Protocol (composed of three tincture formulations):**
 1. **Core formulation:** *Scutellaria baicalensis* (3 parts), *Polygonum cuspidatum* (2 parts), *Pueraria* (2 parts), *Glycyrrhiza* (1 part), decocted *Sambucus* leaf tincture (1 part). Dosage: 1 tsp 3x day, if acute 1 tsp 6x day.
 2. **Immune formulation:** *Cordyceps* (3 parts), *Angelica sinensis* (2 parts), *Rhodiola* (1 part), *Astragalus* (1 part). Dosage: Same as number one.
 3. **Cellular protection/cytokine modulation/spleen-lymph support:** *Salvia miltiorrhiza* (3 parts), *Ceanothus* (2 parts), *Bidens pilosa* (1 part). Dosage: Suggested dosage: 1 tsp 3x daily.
- **SPECIFIC GOALS IN DEALING WITH CORONAVIRUS-(SARS1 & 2)**
 - a. **To block attachment of coronavirus (SARS1) to ACE2 receptors:** Licorice root/*Glycyrrhiza* spp, Baikal Skullcap/*Scutellaria baicalensis*, luteolin, horsechestnut/*Aesculus hippocastanum*, Japanese knotweed root/*Polygonum cuspidatum*, Chinese Rhubarb/*Rheum officinale*, elder leaf or bark/*Sambucus* spp and cinnamon (at varying degrees) and plants high in procyanidins and lectins
 - b. **To increase function of ACE2 and lower angiotension II levels:** Kudzu/*Pueria* spp, Red sage/*Salvia miltiorrhiza*/Dan shen, ginkgo biloba
 - c. **To assist ACE Inhibitors increase ACE2 for protection of the lungs:** hawthorn/*Crataegus* spp & kudzu/*Pueraria* spp
 - d. **To prevent pneumonia in lungs and effects of cytokine storm by:** Modulate cytokine responses (*Salvia miltiorrhiza*), including the lowering of TGF levels [*Angelica sinensis*/dong quai, *Astragalus mongholicus*], regulating HMGB1 (*Salvia miltiorrhiza*), and reducing IL-1b [*Japanese knotweed/Polygonum cuspidatum*, Baikal skullcap/*Scutellaria baicalensis*, *Cordyceps* spp, *Pueraria* (kudzu), and *Boneset/Eupatorium perfoliatum*]

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- e. **To prevent severe hypoxia:** rhodiola
- f. **To protect cilia cells for moving mucus out of the lungs:** cordyceps, olive oil and leaf, berberine plants, biden pilosa
- g. **To reduce autoimmune response:** rhodiola, astragalus, cordyceps
- h. **To protect endothelial cells:** Japanese knotweed/*Polygonum cuspidatum*
- i. **To protect spleen and lymph:** red root/*Ceanothus spp*, poke root/*Phytolacca*, Baikal skullcap/*Scutellaria baicalensis* *Salvia miltiorrhiza*, *Bidens pilosa*
- j. **To stimulate dendritic cell maturation:** cordyceps
- k. **To increase T-cell counts:** licorice, red root, elder and zinc

SARS1 PROTOCOL (beginning on Day 1 of infection):

Tincture: Angelica sinensis+Salvia miltiorrhiza+kudzu (equal parts)/1 tbl every hour

Water Infusion: Angelica sinensis+Salvia miltiorrhiza+ kudzu (4 oz. each; bring 1 gallon water to boil, let sit 4 hours, strain)/12 oz every hour

FOR COLDS, FLUS & CORONAVIRUS (SARS1 original writings from his book):

- **Think it's the flu? Treatment for Early Onset (to prevent flu infections)**
 - i. Homeopathic- Oscillicoccinum +Tincture of: Echinacea augustifolia (root) or ginger root+red root+licorice (1:1:1) at 30 gtt/every hour, each day until symptoms reside
- **Think it's the flu? Treatment for Mild Infection**
 - Part 1: Ginger root tea+lime+honey+cayenne or elderberry syrup
 - Part 2: Tincture of: lomatium, red root, licorice, isatis (2:2:2:1) @ 30 -60 gtt./hr. until symptoms reside
- **Goals for Treatment of Moderate and Severe Infections**
 - Part 1: Inhibit invasion of host cells
 - Part 2: Reduce cytokine levels to reduce tissue damage
 - Repair damaged tissues
 - Normalize immune response
 - If sepsis: large quantities of HMGB1 inhibitors
- **3 Formulas for Treatment of Moderate & Severe Flu Infections**
 - **Antiviral Tincture**> Chinese skullcap, isatis, licorice, houttuynia, lomatium, red root, yerba santa, elephant tree, osha, and either immortal or pleurisy root- equal parts) @ moderate> 60 gtt/hr. or severe> 1-2 tsp/hour
 - **Ginger Tea**
 - **Immune Complex Tincture** (astragalus, cordyceps, rhodiola-equal parts) @ moderate: ½ tsp. TID; severe: 1-2 tsp up to 6/day

4. Can Chinese Medicine Be Used for Prevention of Corona Virus Disease 2019 (COVID-19)? A Review of Historical Classics, Research Evidence and Current Prevention Programs.³

Abstract Published on 2/17/20 by Luo H^{1,2}, Tang QL³, Shang YX^{2,3}, Liang SB^{2,3}, Yang M^{2,3}, Robinson N^{2,4}, Liu JP^{5,6}.

OBJECTIVE: *Since December 2019, an outbreak of corona virus disease 2019 (COVID-19) occurred in Wuhan, and rapidly spread to almost all parts of China. This was followed by prevention programs recommending Chinese medicine (CM) for the prevention. In order to provide evidence for CM recommendations, we reviewed ancient classics and human studies.*

METHODS: *Historical records on prevention and treatment of infections in CM classics, clinical evidence of CM on the prevention of severe acute respiratory syndrome (SARS) and H1N1 influenza, and CM prevention programs issued by health authorities in China since the COVID-19 outbreak were retrieved from different databases and websites till 12 February, 2020. Research evidence included data from*

³ [Chin J Integr Med](#). 2020 Feb 17. doi: 10.1007/s11655-020-3192-6.

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clinical trials, cohort or other population studies using CM for preventing contagious respiratory virus diseases.

RESULTS: The use of CM to prevent epidemics of infectious diseases was traced back to ancient Chinese practice cited in Huangdi's Internal Classic (*Huang Di Nei Jing*) where preventive effects were recorded. There were 3 studies using CM for prevention of SARS and 4 studies for H1N1 influenza. None of the participants who took CM contracted SARS in the 3 studies. The infection rate of H1N1 influenza in the CM group was significantly lower than the non-CM group (relative risk 0.36, 95% confidence interval 0.24-0.52; n=4). For prevention of COVID-19, 23 provinces in China issued CM programs. The main principles of CM use were to tonify qi to protect from external pathogens, disperse wind and discharge heat, and resolve dampness. The most frequently used herbs included **Radix astragali** (*Huang qi*), **Radix glycyrrhizae** (*Gan cao*), **Radix saposhnikoviae**/"Silver Root" (*Fang feng*), **Rhizoma Atractylodis Macrocephalae** (*Bai zhu*), **Lonicerae Japonicae Flos** "Japanese honeysuckle" (*Jinyin hua*), and **Fructus forsythia** (*Lian qiao*).

CONCLUSIONS: Based on historical records and human evidence of SARS and H1N1 influenza prevention, Chinese herbal formula could be an alternative approach for prevention of COVID-19 in high-risk population. Prospective, rigorous population studies are warranted to confirm the potential preventive effect of CM.

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5. Six Plant Families Identified with Usefulness Against SARS-1⁴

Focused on the Constituent: Emodin

Can plants in these families protect us from COVID-19?

Out of 312 plants studied, six Plant families (**Polygonaceae, Lauraceae, Oleaceae, Labiatae** (Lamiaceae), **Magnoliaceae and Nelumbonaceae**) were found to have blocked 60–90% of the binding of S protein to ACE2. The researchers believe the Emodin constituent in these plant families is the key to inhibiting the binding, showing possibility of fighting the SARS-1 virus. The researchers then focused on three plants of the Polygonaceae Family to see the effect of inhibition:

- *Radix et Rhizoma Rhei* (**Da- Huang**) is the root tuber of plant *R. officinale* Baill.
- *Radix Polygoni multiflori* (**Ho-Shou-Wu**) also known as **Foti**
- *Caulis Polygoni multiflori* (**Yeh-Chiao-Teng**) are the root tuber and vine of plant *P. multiflorum* Thunb.

With the worldwide range of plants in these families we may be able to address the virus by studying more plants. Wikipedia (<https://en.wikipedia.org/wiki/Emodin>) lists the following plant species that produce emodin:

- [Acalypha australis](#)
- [Cassia occidentalis](#)^[6]
- [Cassia siamea](#)^[7]
- [Frangula alnus](#)^[8]
- [Glossostemon bruguieri](#) ^[9]
- [Kalimeris indica](#)^[10]
- [Polygonum hypoleucum](#)^[11]

⁴ Tin-Yun Ho a, Shih-Lu Wu b, Jaw-Chyun Chen c, Chia-Cheng Li d, Chien-Yun Hsiang d., "Emodin blocks the SARS coronavirus spike protein and angiotensin-converting enzyme 2 interaction." <https://www.sciencedirect.com/science/article/pii/S0166354206001215>

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- [Reynoutria japonica](#) (syn. *Fallopia japonica*)^[12] (syn. *Polygonum cuspidatum*)^[13]
- [Rhamnus alnifolia](#), the alderleaf buckthorn^[14]
- [Rhamnus cathartica](#), the common buckthorn^[14]
- [Rheum palmatum](#)^[15]
- [Rumex nepalensis](#)^[16]
- [Senna obtusifolia](#)^[17] (syn. *Cassia obtusifolia*)^[18]
- [Thielavia subthermophila](#)^[19]

Check this out! Another study on anthraquinone emodin:

<https://nph.onlinelibrary.wiley.com/doi/full/10.1046/j.1469-8137.2002.00459.x>

6. Word of Mouth: 2 Personal Messages from Abroad & Locally What do we believe and not believe?

"... There's still hope & much love... This is from my friend's friend: Classmate's pro-nephew, graduated with a master's degree, and works in Shenzhen Hospital. He is being transferred to Wuhan to study the new pneumonia virus. He just called and asked me to tell all my relatives and friends that if a runny nose and sputum occur during a cold, it cannot be concluded that it is new-type coronavirus pneumonia. Because coronavirus pneumonia is a dry cough without runny nose, this is the simplest way to identify it. He also informed that the new type of coronary pneumonia virus is not heat-resistant and will be killed in an environment of 26-27 degrees. Therefore, drink plenty of hot water to prevent the virus. As long as the body maintains heat, eat more ginger and do more Exercise, you will not be infected with the virus. If you have a high fever, cover the quilt and drink ginger soup to increase the body's heat energy without the need for a vaccine. Eating more ginger, garlic pepper, and pepper can solve it; eat less sweet, sour, and salty, and don't go to cold weather areas. The virus will disappear completely when exposed to the sun. Everyone can share it and help one by one."

"... I got this from my cousin in Arkansas, her husband is an MD: This info is from my friend that works for CDC that passed this along to his family and friends. I'm passing it along as well... The new NCP coronavirus may not show sign of infection for many days, how can one know if he/she is infected. By the time they have fever and/or cough and goes to the hospital, the lungs is usually 50 % Fibrosis and it's too late!

Taiwan experts provide a simple self-check that we can do every morning: Take a deep breath and hold your breath for more than 10 seconds. If you complete it successfully without coughing, without discomfort, stuffiness or tightness, etc., it proves there is no fibrosis in the lungs, basically indicating no infection. In critical times, please self-check every morning in an environment with clean air.

SERIOUS EXCELLENT ADVICE by Japanese Doctors treating COVID-19 cases: Everyone should ensure that your mouth & throat is moist, never DRY. Take a few sips of water every 15 mins at least. WHY? Even if the virus gets into your mouth...drinking water or other liquids will WASH the virus down through your esophagus into the stomach. Once there in tummy...your stomach ACID will kill all the virus. If you don't drink enough water more regularly...the virus can enter your windpipes and down into the LUNGS. That's very dangerous. Pls send and share with family, friends and everyone."

7. Data compiling Research: Covid2019 / SARSCoV2 coronavirus antivirals by Peter D'Adamo, ND⁵

This chart compiles current and past studies of different medications, constituents, herbs addressing coronavirus, flu, herpes, HIV, and hepatitis with antiviral actions. Some of the plant medicine listed above is included, along with pharmaceuticals. SEE:

<https://www.datapunk.net/covid19/antivirals.pl#86>

⁵ <https://www.datapunk.net/covid19/antivirals.pl#86>

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7. Traditional Chinese Medicine in the Treatment of Patients Infected with 2019-New Coronavirus (SARS-CoV-2) ~ or ~ (Studies for Science Geeks)

Like doing research? Here's two compilation of the variety of therapies used in China, including conventional therapies, traditional medicines and formulas. Enjoy your research:

<https://www.ijbs.com/v16p1708.htm>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7098036/>

8. Dispel Fear with Knowledge ~ Helpful Resources for you to Share with Others

•Dr. John Campbell (Nurse Teacher in the U.K.) with daily updates. This one is on Vitamin D:

<https://youtu.be/W5yVGmfivAk>

•Dr. Seheult of "MedCram" with Daily Updates

<https://www.youtube.com/user/MEDCRAM/videos>

•Daily statistics:

<https://youtu.be/NMre6IAAAiU>

– <https://www.worldometers.info/coronavirus/>

–Downloadable pdf: <https://www.mdpi.com/1999-4915/12/2/135/pdf>

•Global Updates posted daily by John Hopkins:

<https://gisanddata.maps.arcgis.com/apps/opsdashboard/index.html#/bda7594740fd40299423467b48e9ecf6>

•American Herbalist Guild:

–<https://www.americanherbalistsguild.com/covid-19-resources>

•eLOTUS:

–<https://www.elotus.org/content/tcm-resources-covid-19>

•Vasant Lad (Ayurvedic Perspective):

–<https://www.ayurveda.com/ayurvedic-perspective-on-covid-19>

•Get Radical: Boil Roots:

–<https://docs.google.com/document/d/1fPaNqc7acJuxOZLDWqDNHkgrZcLkAFX-2hwZKPVDahk/mobilebasic#>