

# NATURAL HOME REMEDIES FOR CORONAVIRUS



If we read anything, we are aware of the Coronavirus, or Covid-19, that is making its way around the globe in 2020. This is a flu-like virus that originated in China and which causes respiratory symptoms, among others.

As of March 2020, there is no antiviral medication or vaccine to treat or guard against this contagious virus. Like the flu, it can be particularly dangerous to those with weak or compromised immune systems. The majority of those who get this virus do recover from it without lasting damage.

In order to diagnose Covid-19, a doctor would take a sample of mucus or blood for testing.

Transmission of this virus is by droplets of fluid as a result of coughing or sneezing. Therefore, shaking hands with someone who has it, or touching a contaminated surface and then your mouth, or being near someone who is ill and coughing, all can transmit the virus to you or from you to others.

The incubation period for the virus appears to be 2-14 days. You are at your most contagious when you are symptomatic, especially feverish. Some countries are implementing thermal scanning as part of their health security measures, particularly at public transportation terminals. If you are found to have a fever, you may be subjected to further tests and quarantine.

Some people have become sick with the virus even though they have no known connection to outbreak areas. It is wise, however, to be particularly cautious when you have traveled to places where presence of the virus is known.

## **WHAT ARE THE SYMPTOMS?**

- Cough
- Diarrhea (rare but possible)
- Fever
- Headache
- Pneumonia (in acute cases)
- Runny nose
- Sneezing
- Sore throat
- Vomiting

## **PREVALENCE**

Because this is a new strain of coronavirus, the statistics will change daily as new reports come in. In other strains of coronaviruses, antibodies do not last long so you can catch it more than once.

## **ALLOPATHIC TREATMENT**

- Avoid contact with sick people
- Avoid smoke and smoking
- Flu vaccination
- Humidifier
- Over-the-counter pain relief, such as ibuprofen
- Rest
- Stay hydrated

## **SELF TREATMENT**

There is currently no known cure in traditional medicine. Many of the following primarily are suggestions for strengthening your immune system but some of the Alternative Therapies may be helpful treatments. Some Chinese hospitals are using herbal remedies along with more traditional medicines to treat patients. <https://www.scmp.com/news/china/society/article/3051009/coronavirus-do-herbal-remedies-work-and-could-they-help-stricken>

## **DIET**

A healthy immune system is always the first line of defense against disease and inflammation. To promote a healthy immune system, it is important to eat a balanced diet, with as much variety as you can manage, with lots of whole, fresh vegetables and fruits, quality protein and healthy sources of monounsaturated fat. The Zone is an excellent nutrition plan.

## **FOODS THAT MAY IMPROVE IMMUNITY OR PROMOTE HEALING**

- A variety of herbs and spices
- Bone broth
- Soft, bland foods while ill
- Whole, living foods in a variety of colors

## **FOODS AND OTHER SUBSTANCES TO REDUCE OR ELIMINATE**

- Avoid alcohol
- Avoid empty calories and load up on foods that provide a plethora of vitamins and minerals.
- Avoid smoking
  - Caffeine
  - Fruit juice
  - Grains
  - Greasy foods
  - Sugar

## **TEAS AND OTHER LIQUIDS**

- Electrolyte fluids

- Pure water
- Tea made from the herbs listed below

## HERBS AND SPICES

- Honeysuckle
- You will find a list of herbs here: <https://www.ncbi.nlm.nih.gov/pubmed/32065348> that Chinese doctors are using but getting the right mixture may be difficult and as suggested elsewhere, an art rather than a science.
- Astragalus
- Basil
- Dandelion
- Echinacea
- Elderberries
- Fennel
- Garlic
- Ginger
- Ginseng
- Lemon balm
- Licorice
- Oregano
- Peppermint
- Rosemary
- Sage

## ESSENTIAL OILS

Essential oils can be administered via a diffuser for inhalation, administered topically in a carrier oil (coconut, almond, olive, etc.), or undiluted drops can be added to a hot bath or compress. Find recipes for blends on the web or create your own. The following are considered anti-viral.

- Bergamot
- Cinnamon bark
- Clove bud
- Clove Nutmeg
- Eucalyptus
- Green sandalwood
- Lemon
- Lemon Balm
- Lemon myrtle
- Manuka
- Niaouli
- Red thyme
- Rosemary

- Tea tree
- Thymol (a chemical in Thyme)

## **OTHER SUBSTANCES AND SUPPLEMENTS**

- Vitamin C
- Vitamin D3
- Magnesium
- Zinc
- Selenium

## **HYDRATION**

Water is essential and a main nutrient for the human body. Without it, you cannot survive for many days. Staying hydrated is fundamental for a healthy body, so how much is enough? There are so many differences in people (i.e., how much we sweat), as well as the diets we consume (a lot of water comes from healthy, whole foods), but a general rule is to consume enough water that your urine is clear, but not so much that you dilute your nutrients. If you are taking certain supplements that make your urine yellow, then you can start out with the formula of drinking ½ to one ounce of water for each pound you weigh. If you weigh 130 pounds, drink 65 to 130 ounces of water a day. Definitely drink when you are thirsty.

## **EXERCISE**

That exercise is beneficial for overall health is undisputed. If you are ill, you will want to take it easy, of course, but there is always something you can do to support your body. Do what you can without making yourself feel worse. Exercise in fresh air whenever possible.

## **SLEEP**

Studies show that lack of quality sleep affects the production of disease-fighting antibodies. If you wake in the morning after 7-9 hours of uninterrupted sleep feeling unrested, you aren't getting enough sleep or you have an underlying health condition.

## **EMOTIONAL SUPPORT**

Stay calm. Anxiety undermines health. Practice relaxation exercises, talk to a friend, Pray!

## **PREVENTION**

- A wholesome, balanced diet
- Adequate hydration
- Regular exercise
- Low stress levels
- Quality sleep
- Avoid close contact with people who are ill.
- Avoid touching your eyes, mouth, nose.
- Clean and disinfect frequently touched areas.
- Cover your mouth with a tissue when you cough, dispose of the tissue and wash your hands.
- Stay home when you are ill to protect others.

Wash hands frequently with soap and hot water. Wash for at least 20 seconds. Use alcohol-based sanitizer when hot water and soap are unavailable.

- Wear a facemask if you are ill to protect others.
- Quarantine yourself as much as possible if you suffer from the virus.
- You might wear a facemask to keep yourself from touching your face. It will provide a very little protection from airborne contaminants.