

REBECCA SNOW
NUTRITION

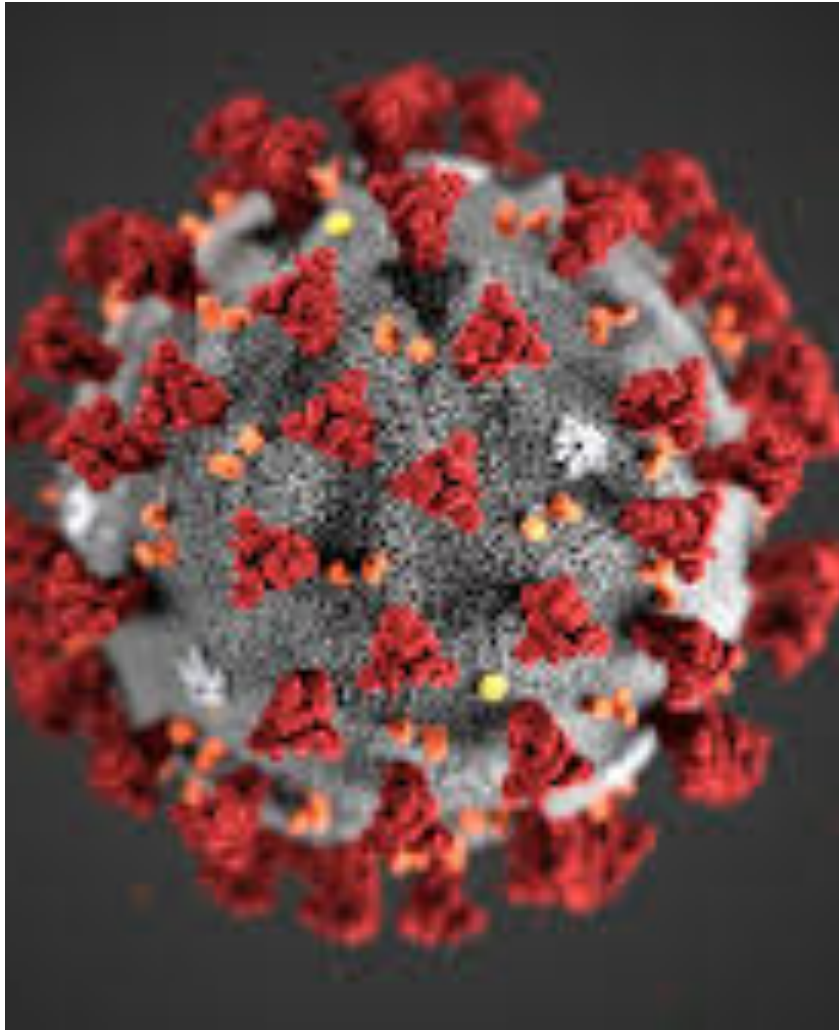
MARCH 25, 2020

6:30-7:45 PM

IMMUNE SUPPORT AND PEACE THROUGH THE STORM

PURPOSE OF THIS WEBINAR

- Provide an overview of COVID19
- Build awareness about all the healthy tools and resources you have available to you
- Create a pandemic food shopping list
- Build your medicine cabinet
- Reduce anxiety and stress relative to pandemic
- Provide action steps to improve resilience, manage stress and create inner peace



DISCLAIMER:
THERE IS NO
KNOWN CURE FOR
COVID-19. NO
EVIDENCE THAT
HERBS OR
SUPPLEMENTS TREAT
OR PREVENT
COVID19

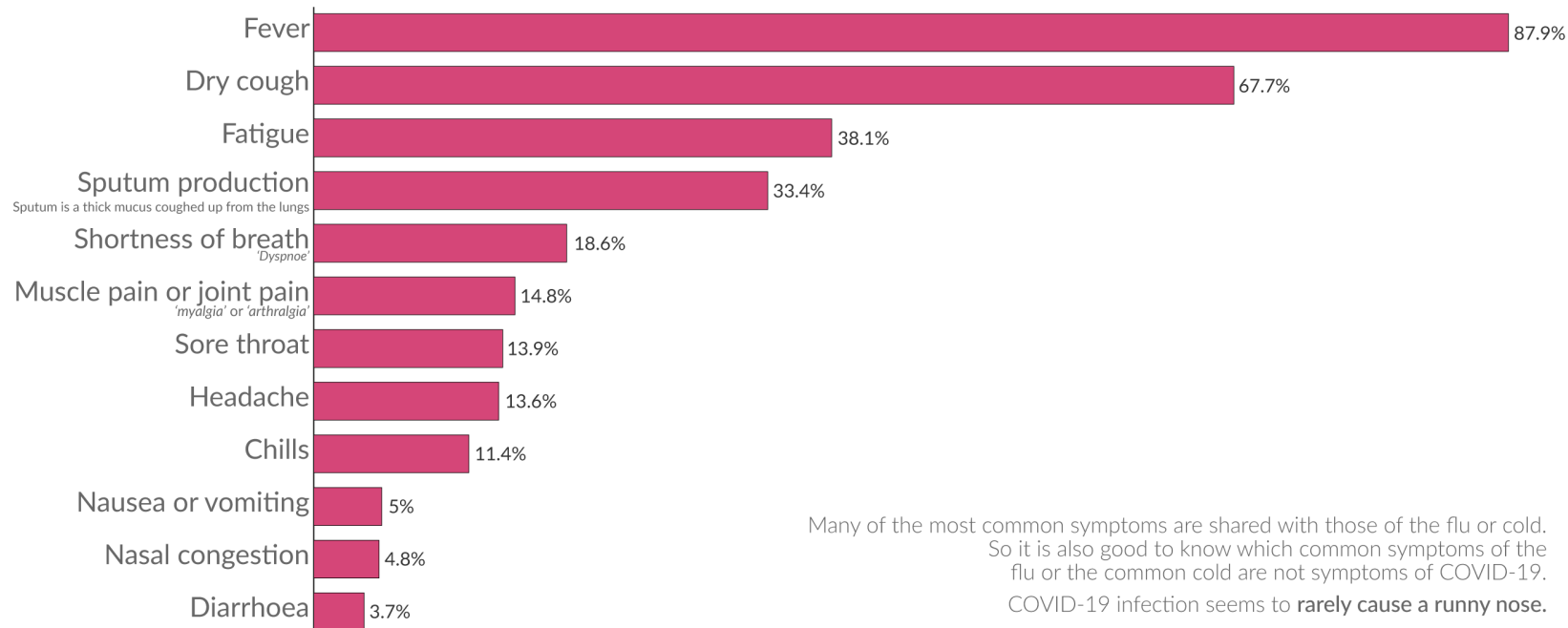
COVID-19

- RNA virus, SARS –CoV-2 causes COVID-19 aka Coronavirus

The symptoms of coronavirus disease [COVID-19]

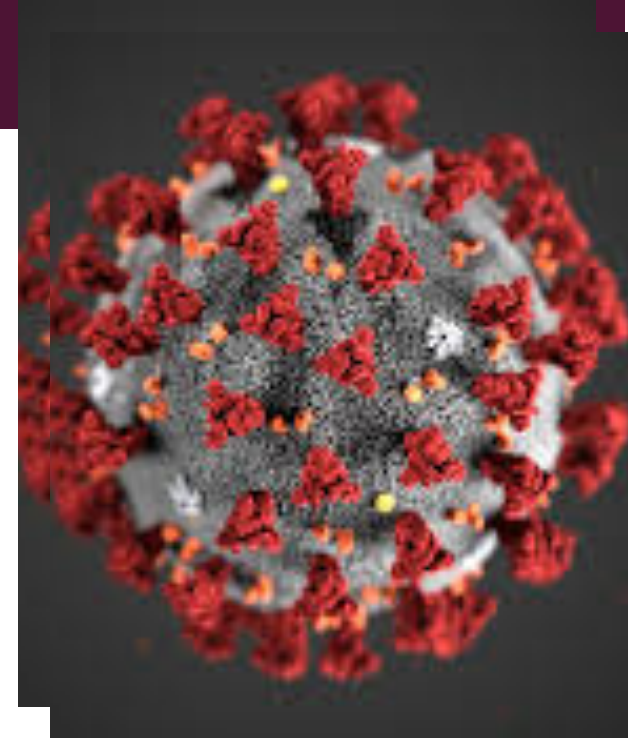
The most common signs and symptoms of 55,924 laboratory confirmed cases of COVID-19.
Reported from China in the period up to February 22, 2020

Our World
in Data



Many of the most common symptoms are shared with those of the flu or cold.
So it is also good to know which common symptoms of the flu or the common cold are not symptoms of COVID-19.
COVID-19 infection seems to rarely cause a runny nose.

Data source: World Health Organization (2020). Report of the WHO-China Joint Mission on Coronavirus Disease 2019 (COVID-19). Symptoms in fewer than 1% are not shown.
OurWorldinData.org – Research and data to make progress against the world's largest problems. Licensed under CC-BY by the authors.



<https://ourworldindata.org/coronavirus> Our world in data
retrieved from WHO 2020,
Report of the WHO-China
Joint Mission on Coronavirus
Disease 2019 (COVID-19)

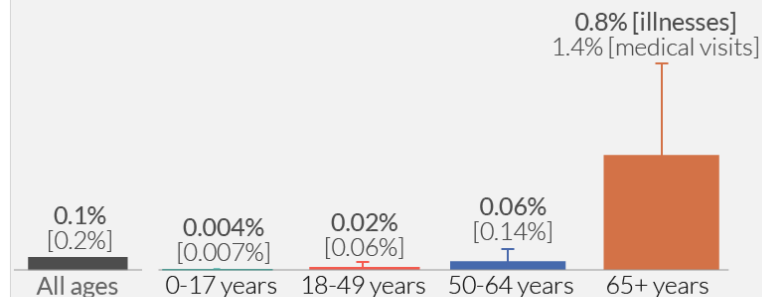
Case fatality rates: COVID-19 vs. US Seasonal Flu

Case fatality rate (CFR) is specific to a location and time. It is calculated by dividing the total number of deaths from a disease by the number of confirmed cases.

Seasonal Flu

Case fatality rates for the influenza season 2018-19 in the USA.

Symptomatic cases are calculated based on models which aim to account for underreporting – figures based on medical visits are therefore also shown in square brackets, which may be a closer comparison to COVID-19 case fatality rates.

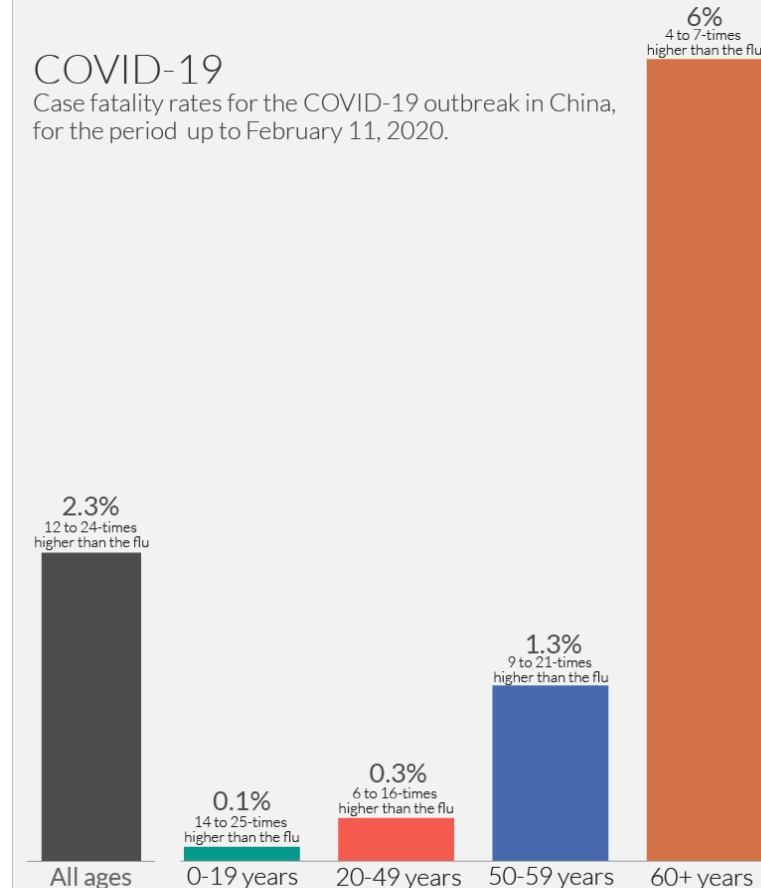


Data: Novel Coronavirus Pneumonia Emergency Response Epidemiology Team. *Vital surveillances: the epidemiological characteristics of an outbreak of 2019 novel coronavirus diseases (COVID-19)—China, 2020*. China CDC Weekly.
US Influenza data is sourced from the US Centers for Disease Control and Prevention (CDC).

OurWorldinData.org – Research and data to make progress against the world's largest problems.

COVID-19

Case fatality rates for the COVID-19 outbreak in China, for the period up to February 11, 2020.



Licensed under CC-BY by the authors Hannah Ritchie and Max Roser.

Our World
in Data

COVID-19 VS INFLUENZA

<https://ourworldindata.org/coronavirus>

Our world in data, retrieved from The Epidemiological Characteristics of an Outbreak of 2019 Novel Coronavirus Diseases (COVID-19) — China, 2020 by The Novel Coronavirus Pneumonia Emergency Response Epidemiology Team

There are five key steps to tackle the coronavirus: Hands, Elbow, Face, Distance and Feel



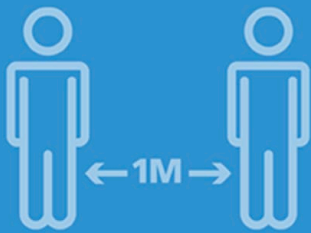
1 HANDS



2 ELBOW



3 FACE



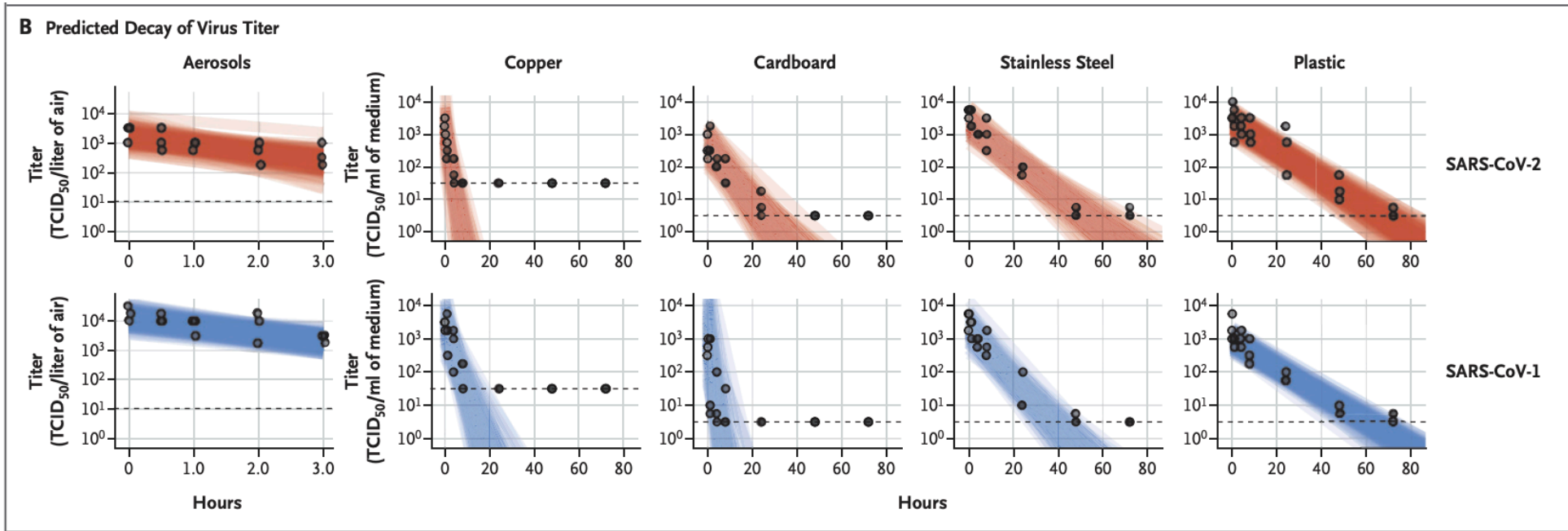
4 DISTANCE



5 FEEL

TOP
PREVENTION
STRATEGIES

COVID 19 SURVIVAL ON SURFACES



Air 3hr
Copper 4hr
Cardboard 24hr
Stainless steel 3d
Plastic 3d

- N van Doremalen, et al. Aerosol and surface stability of HCoV-19 (SARS-CoV-2) compared to SARS-CoV-1. *The New England Journal of Medicine*. DOI: 10.1056/NEJMc2004973 (2020)



Total Confirmed

214,894

Confirmed Cases by
Country/Region/Sovereignty

81,102 China

35,713 Italy

17,361 Iran

13,910 Spain

12,327 Germany

9,052 France

8,413 Korea, South

7,769 US

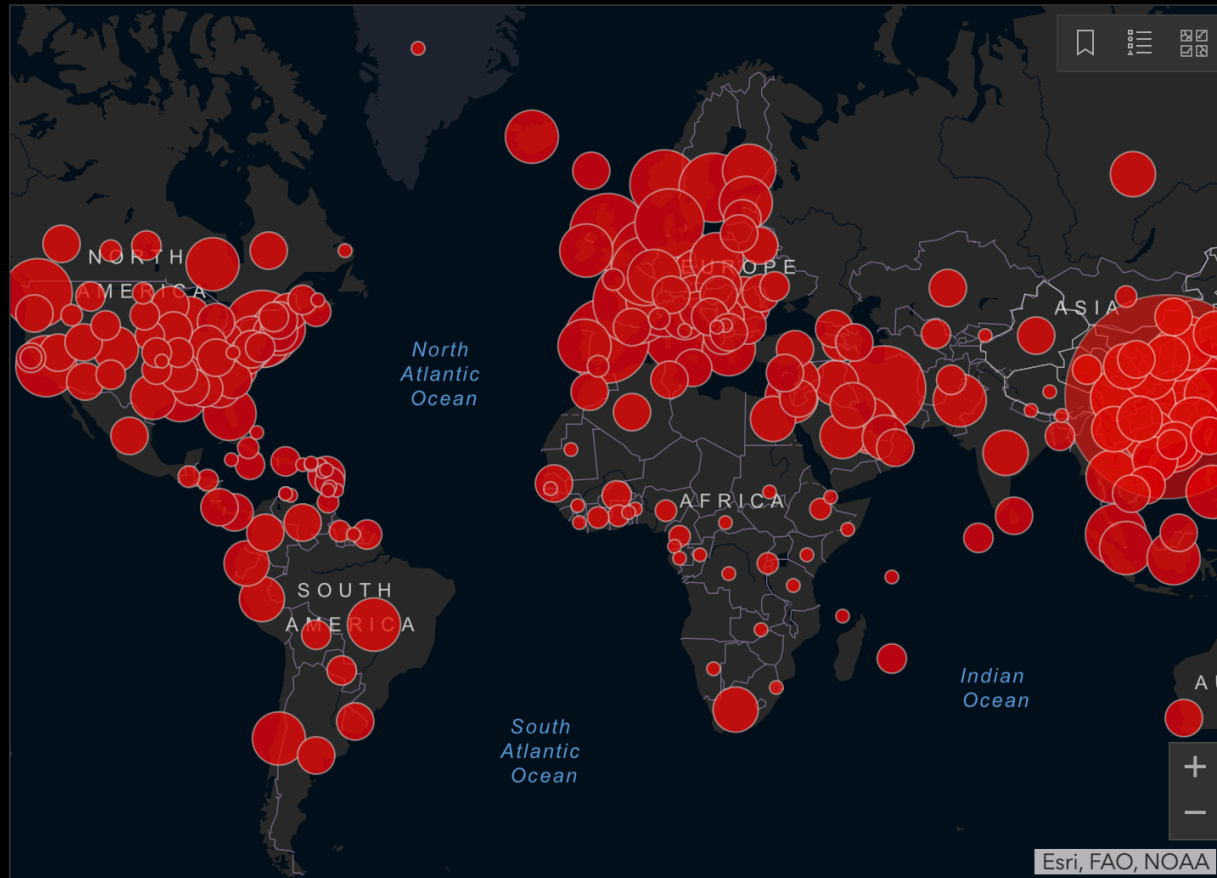
3,028 Switzerland

2,642 United Kingdom

2,056 Netherlands

1,646 Austria

Last Updated at (M/D/YYYY)
3/18/2020, 3:33:03 PM



Cumulative Confirmed Cases

Active Cases

156
countries/regions

Lancet Inf Dis Article: [Here](#). Mobile Version: [Here](#). Visualization: [JHU CSSE](#). Automation Support: [Esri Living Atlas team](#) and [JHU APL](#). Data sources: [WHO](#), [CDC](#), [ECDC](#), [NHC](#) and [DXY](#) and local media reports. Read more in this [blog](#). [Contact US](#) [FAQ](#)

Total Deaths

8,732

3,122 deaths
Hubei China

2,978 deaths
Italy

1,135 deaths
Iran

623 deaths
Spain

148 deaths
France France

84 deaths
Korea, South

71 deaths
United Kingdom United

Total Recovered

83,313

56,927 recovered
Hubei China

5,389 recovered
Iran

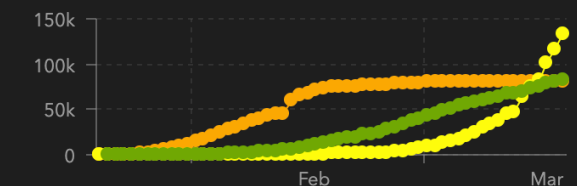
4,025 recovered
Italy

1,540 recovered
Korea, South

1,313 recovered
Guangdong China

1,250 recovered
Henan China

1,216 recovered
Zhejiang China



● Mainland China ● Other Locations
● Total Recovered

Actual

Logarithmic

Daily Cases

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

WHO OFFICIAL SITE



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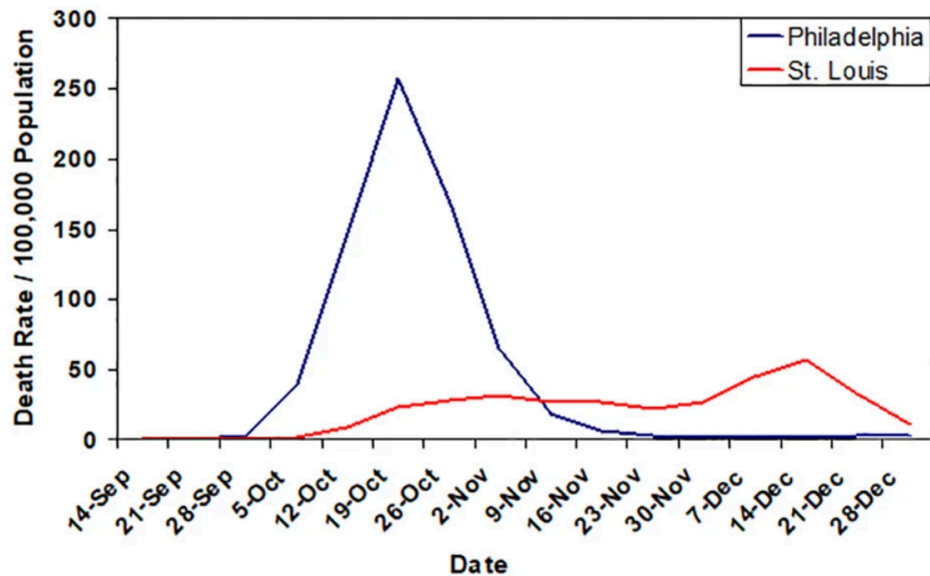
[Home](#) / [Emergencies](#) / [Diseases](#) / [Coronavirus disease 2019](#) / Events as they happen

Rolling updates on coronavirus disease (COVID-19)

Updated 18 March 2020

■ <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/events-as-they-happen>

LEARN FROM HISTORY – 1918 FLU PANDEMIC



- The Institute for Disease Modeling calculated that the new coronavirus is roughly equally transmissible as the 1918 flu, and just slightly less clinically severe, and it is higher in both transmissibility and severity compared with all other flu viruses in the past century.
- <https://www.nytimes.com/2020/03/13/us/coronavirus-deaths-estimate.html>



**KEEP
CALM
AND
CARRY
ON**

WE HAVE MANY OTHER TOOLS AT OUR DISPOSAL

 Hydration, water


 Shower/bath tub

 Sunlight

 Food

 Spice cabinet

 Time

 Prayer and meditation

 Dirt, seeds, soil, gardening (potted plants are fine too)

 Sleep



HYDRATION

HEAT/WATER

- Viruses do not like heat.
- Hot baths/showers
- Steams/soaks



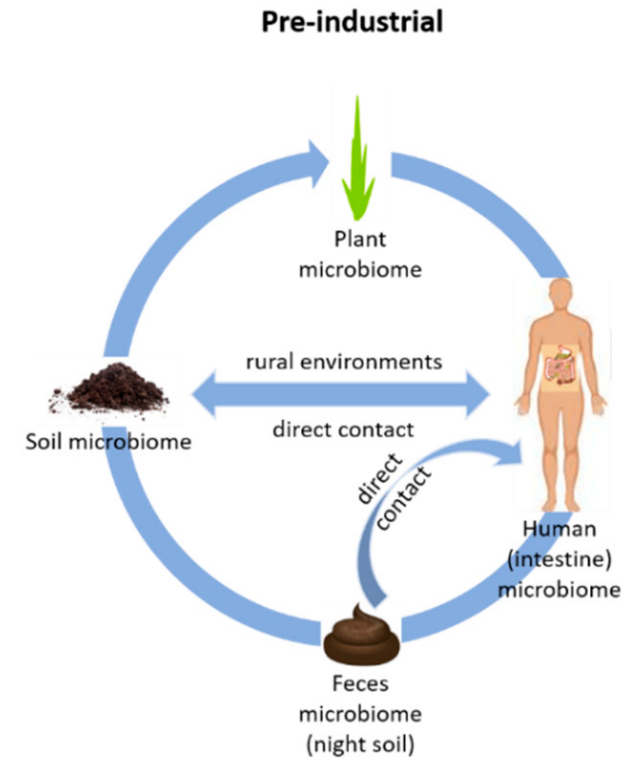


www.unsplash.com

SUNLIGHT / OPEN AIR

■ Hobday, R.A., & Cason, J.W. (2009). The Open-Air Treatment of PANDEMIC INFLUENZA. *Am J Public Health*, 99(Supp2), S236–S242. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4504358/>

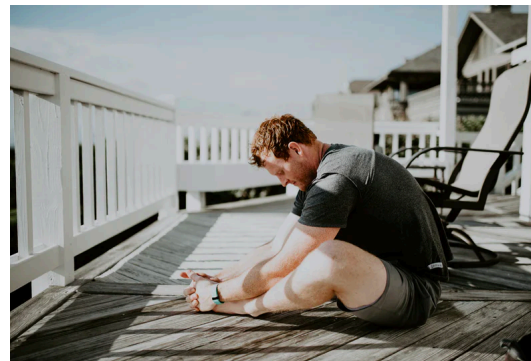
DIRT



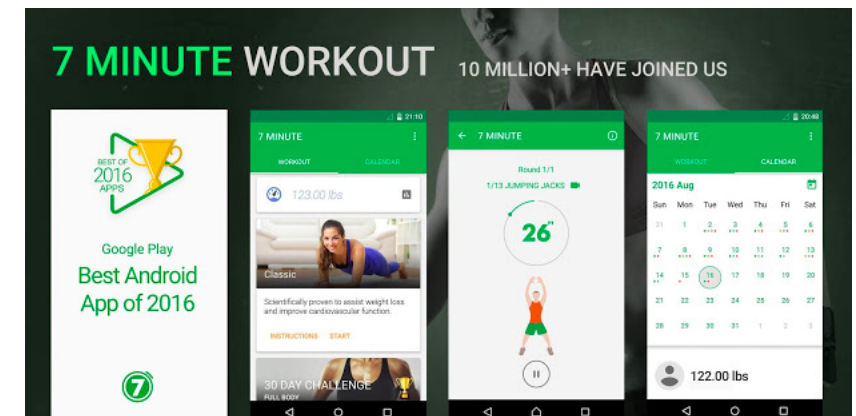
Blum, W. E., Zechmeister-Boltenstern, S., & Keiblinger, K. M. (2019). Does Soil Contribute to the Human Gut Microbiome? *Microorganisms*, 7(9), 287. doi: 10.3390/microorganisms7090287

PHYSICAL ACTIVITY

- Walk outside
- Night time walking with a family member
- Gardening and yard work
- Support local fitness centers offering online classes
- Fitness blender
- 7-minute workout
- Dance around the house with family



www.unsplash.com





SLEEP

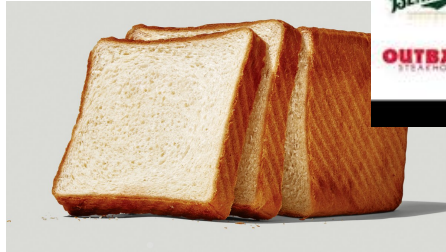
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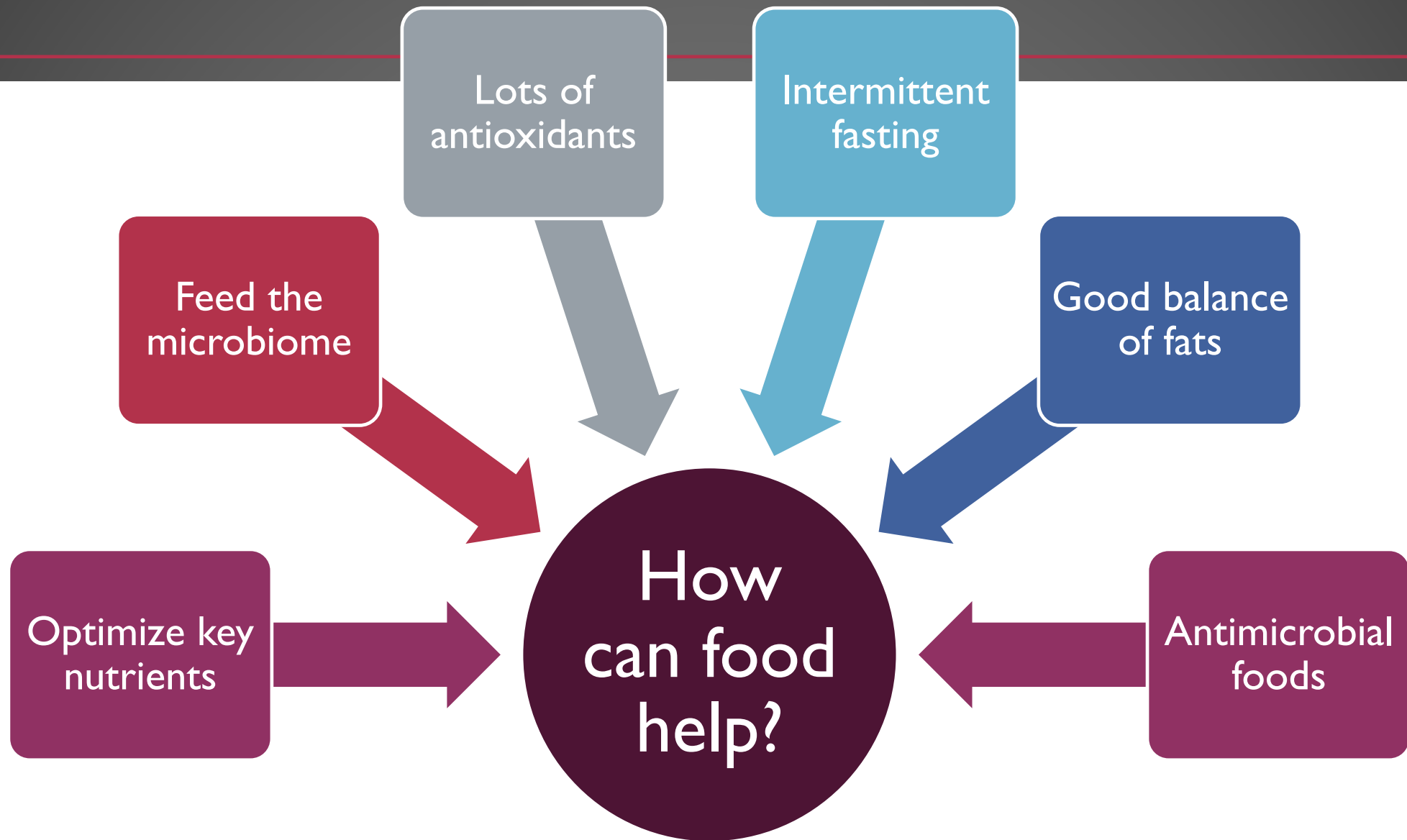
“EAT FOOD
MOSTLY PLANTS
NOT TOO MUCH”
MICHAEL
POLLAN

WHY DOES
FOOD MATTER?

DIETARY INSULTS TO IMMUNITY



- Sugar
- Pesticides
- AGE's – Advance glycation end-product
- Salt
- Processed food
- Soy/canola oil, trans fats
- Excessive calories
- Low nutrient diversity



FOOD IS COMMUNICATION



HOW DO WE EAT HEALTHY IN A PANDEMIC?!?

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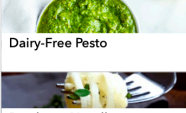







PANDEMIC SHOPPING LIST

PROTEINS

- **Proteins**
- Cheese and yogurt
- Boxed or frozen roth
- Eggs
- Tofu keeps a good bit of time in the fridge 6-8 weeks
- *Canned fish – sardines, salmon, chunk light tuna, mackeral
- *Turkey or beef jerkey
- Frozen meat, ground or breasts of chicken
- Frozen fish
- *Canned beans and lentils - black, kidney, white, pinto, red, French green lentil , garbanzo, red lentil etc. ■
- *Dry beans and lentils – black, kidney, white, pinto, red, French green lentil , garbanzo, red lentil etc.
- Protein powders
 - Collagen peptides, ie.Vital Choice or Great Lakes
 - Whey protein, i.e.Tera's whey
 - Rice protein powder, i.e. Nutribiotics
- Boxed nondairy milks higher in protein – hemp, soy and oat milk
- Raw nuts and seeds – pecan, walnut, almond, cashew, pumpkin, sunflower, chia, hemp, macademia
- Nut and seed butters – peanut butter, almond butter, cashew butter, coconut manna



BROTHS

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Immune Recipes	 Fire Cider Vinegar How to Make Fire Cider	 Ginger Lemon Honey Tea	 Steeped Goji Berry Tea	 Instapot Chicken Soup "for the soul"	 Rebecca's Immune Broth	 Pressure Cooker Bone Broth	 Immune support balls
	 Jello Immune Shots	 Homemade Fudge with mushroom powder	 Rebecca Katz's Magic Mineral Broth	 Kombucha elderberry spritzer	 Sauerkraut (real)	 Sardine Spread with Cucumbers	 Lentil Salad with Ten Spices
	 Dairy-Free Pesto	 Smoked Herring, Dates and Pistachio on Toast	 Pressure Cooker Kitchari	 Coyo with raspberries	 Winter Buddha Bowl	 Salmon Stuffed Avocado Boats	 5-Minute Golden Milk
	 Rutabaga Noodles						



Fruit

- Fresh fruit that lasts the longest – pomegranate, apples, citrus, bananas
- Dried fruit – apricot, mango, apple, plantain, prunes, currants, blueberries
- 100% Fruit Juice – pomegranate, blueberry, grape – get red/blue varieties for more antioxidants
- Frozen fruit – Berries, cherries, peaches, mango, pineapple

- Canned fruit – get varieties without sugar added
- Fruit jam – again get high antioxidant varieties

Starch

- Dried grains: Quinoa, brown rice, white rice, oats, buckwheat/kasha
- Quick oats only need water added

PANDEMIC SHOPPING LIST

FRUIT & GRAINS

PANDEMIC SHOPPING LIST

VEGETABLES

- Vegetable powders
 - Dr. Cowan's
 - Healthforce
- Fresh Vegetables
 - Fridge: Cabbage, broccoli, Brussel sprouts, beets, carrots, turnips, rutabaga, celeriac, celery
 - Root cellar: Sweet potato, potato, onions, garlic, winter squash -butternut, pumpkin, acorn, spaghetti etc.
- Join a CSA i.e. Full Circle Farms
- Wild weeds- chickweed, purslane, nettles, garlic mustard
- Frozen Veggies – Cauliflower
 - rice, kale/collards, peas, spinach, lima beans, broccoli, mixed veg
- Dried vegetables – kale chips, beet chips, seaweed strips
- Mini guacamoles, salsa
- Fermented vegetables – Bubbies pickles, sauerkraut, homemade ferments
- Make your own homemade fermented vegetables - <http://www.nourishingmeals.com/2012/02/how-to-make-lacto-fermented-vegetables.html>



HARVEST SOME WILD GREENS

- Wild Edibles App (to identify wild greens):
<https://itunes.apple.com/us/app/wild-edibles-full/id431504588?mt=8>
- Edible wild food recipes
<http://www.ediblewildfood.com/wild-food-recipes.aspx>
- Foraging guidelines
<http://www.wildedible.com/foraging>



Culinary Herbs and Spices

Add antioxidants to food. Keep well. Aim to use some herbs and spices every day. My favorites for immune health...

Oregano

Thyme

Turmeric

Sage

Rosemary

Ginger

Garlic

Onion

Marjoram

Cinnamon

Coriander

Lavendar

Cayenne

Cumin

Blends

Herbs de provence

Italian seasoning

Garam masala

Curry

PANDEMIC SHOPPING LIST

HERBS & SPICES

PANDEMIC SHOPPING LIST

OTHER

Healthy fats

- Olive oil
- Coconut oil
- Avocado oil
- Coconut flakes
- Butter
- Nut butters
- Cocoa powder

Condiments

- Apple cider vinegar
- Tamari
- Honey
- Avo oil Mayo

Electrolytes

- EmergenC packets
- Hi Lyte
- 40,000 volts
- Keto KI000

mountain rose herbs
Certified Organic
**Shiitake
Mushrooms Whole**
(Lentinula edodes)
NET WT 8 OZ (227 g)
Lot # 23865

Allimax PRO
100 VEGETARIAN CAPSULES
450mg ALLIUM POWDER
Certified Bioactive Stabilized Alliin

Carlson's
Wild Norwegian
Cod Liver Oil
1 mg Omega-3s
Vitamins A & D₃

Zinc 30
Hypochlorogenic
DIETARY SUPPLEMENT
180 CAPSULES

REPAIR GUARD™
Trophic Restorative
Prompt healing relief
Dietary Supplement
90 TABSULES
Patents Pending

HERBARIUM
HERBAL DIETARY SUPPLEMENT
GRINDELIA STRICTA
Hydroalcoholic extract of
Keep out of reach of children

Bo
HERBAL DIETARY SUPPLEMENT
Keep out of reach of children

HERBARIUM
HERBAL DIETARY SUPPLEMENT
HELENUM
Hydroalcoholic extract of Elecampane
Keep out of reach of children

HERBARIUM
HERBAL DIETARY SUPPLEMENT
MOLMOL
Hydroalcoholic extract of Myrica
Keep out of reach of children

HERBARIUM
HERBAL DIETARY SUPPLEMENT
VALENSIS
Keep out of reach of children

HERBARIUM
HERBAL DIETARY SUPPLEMENT
CAPSICUM SPP.
Hydroalcoholic extract of
Keep out of reach of children

gaia HERBS
IMMUNE SUPPORT
Echinacea SUPREME
Traditionally used for overall well-being
2 FL OZ (59.1 ML)

Supplement
LINGONAL VITAMIN C
DIETARY SUPPLEMENT
1 FL OZ (30.1 ML)

gaia HERBS
IMMUNE SUPPORT
Black Elderberry Syrup
4 FL OZ (118.3 ML)

HERBARIUM
HERBAL DIETARY SUPPLEMENT
GRINDELIA STRICTA
Hydroalcoholic extract of
Keep out of reach of children

MOM
Non-GMO • Vegetarian
VITAMIN C & MINERAL POWDER
Antioxidant Support
DIETARY SUPPLEMENT
NET 8 oz (224 g)

Table 1. Provisional daily dosage suggestions for nutraceuticals that might aid control of RNA viruses including influenza and coronavirus

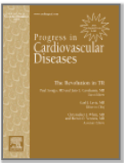
Ferulic acid	500-1,000 mg
Lipoic acid	1,200-1,800 mg (in place of ferulic acid)
Spirulina	15 g (or 100 mg PCB)
N-Acetylcysteine	1,200–1,800 mg
Selenium	50-100 mcg
Glucosamine	3,000 mg or more
Zinc	30-50 mg
Yeast Beta-Glucan	250-500 mg
Elderberry	600–1,500 mg



Progress in Cardiovascular Diseases

Available online 12 February 2020

In Press, Corrected Proof ?



Nutraceuticals have potential for boosting the type 1 interferon response to RNA viruses including influenza and coronavirus

Mark F. McCarty ^a, James J. DiNicolantonio ^b  

ANTIVIRALS



- Baikal skullcap 1-2 g
- Quercetin from leafy vegetables, broccoli, red onions, peppers, apples, grapes, black tea, green tea, red wine, and some fruit juices 500 mg – 2,000 mg
- Houttuynia cordata 1-4 g
- Holy basil, Ocimum sanctum 2-4 g
- Bupleurum spp 500-1,000 mg
- Terminalia from Triphala 1-4 g
- Sweet annie, Artemisia annua 1 g
- Elderberry, Sambucus 15 ml syrup
- Licorice root, Glycyrrhiza glabra 1 g
- Dandelion, Taraxacum officinale 1-4 g
- Berberine from Barberry/Oregon Grape Root 500 – 1,000 mg
- Curcumin from Turmeric, Curcuma longa 500-1,000 mg
- Resveratrol from Japanese knotweed, peanuts, pistachios, grapes, wine, blueberries, cranberries, and dark chocolate 100-200 mg
- Ursolic acid from apples, bilberries, cranberries, elderflower, peppermint, lavender, oregano, thyme, hawthorn, and prunes
- Marine algae – red marine algae, blue green algae
- Osha, Ligusticum porter 1-4 ml
- Beta glucans from yeast, 1-3 tsp yeast daily

Lin, L.-T., Hsu, W.-C., & Lin, C.-C. (2014). Antiviral Natural Products and Herbal Medicines. *Journal of Traditional and Complementary Medicine*, 4(1), 24–35. doi: 10.4103/2225-4110.124335

Vitamin C (C powder,
C capsules, Liposomal
C) 2,000 mg daily

Zinc 20 mg a day

Vitamin D3 2,000 iu

Fish oil/cod liver oil 1
tsp a day

Dried medicinal
mushrooms for
prevention in cooking

Raw garlic 1 clove a day,
up to 6 if infection

Antivirals – choose two
from the list

Fever management –
chamomile, yarrow,
boneset, elder flower,

Anti-inflammatories on
board –Baikal skullcap,
licorice root, zyflamend,
turmeric, Japanese
knotweed, grindelia

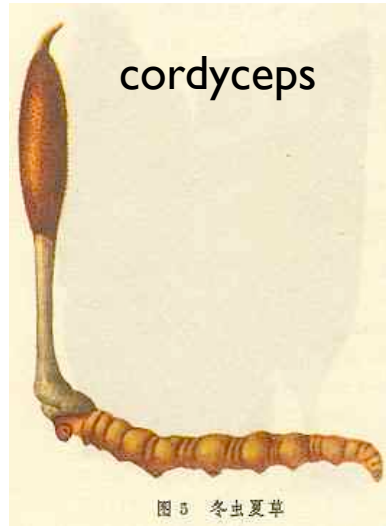
Electrolytes

MY TOP 10 LIST



ALLIUM SATIVUM, GARLIC

- Broad spectrum antibacterial, antiviral, expectorant, warming mucolytic
 - For moist cough with active inflammation
 - One of the principal ingredients in the Four Thieves Remedy during the plague in 1722
 - Used by monks in outbreaks of infectious disease
 - Used in both world wars for gangrene and infection
 - One double blind randomised study in 146 people, reduced incidence and severity of the common cold
-
- Garlic intensive: To begin ingest a chopped raw clove of garlic in the easiest manner possible for you; this may be with toast or a little peanut butter. Repeat every 1/2 hour following that for the next 3 to 4 hours, until you have taken in 6 to 8 cloves. Wrap yourself up in several blankets and go to bed. If possible spend the next day in bed.



cordyceps

图 5 冬虫夏草

“(Cordyceps) A broad spectrum of pharmacologic actions including the modulation of hepatic, renal, cardiovascular, immune, nervous, endocrine, and steroid systems has also been described.” (Liu, W. C., W. L. Chuang, et al., 2008)



Reishi, Ganoderma

Common benefits...
Rich in beta glucans and other polysaccharides
Help to fight off infection
Support innate immunity
Support microbiome
Antiviral, antibacterial
Cholesterol lowering



Shitake mushroom

Maitake, hen of the woods



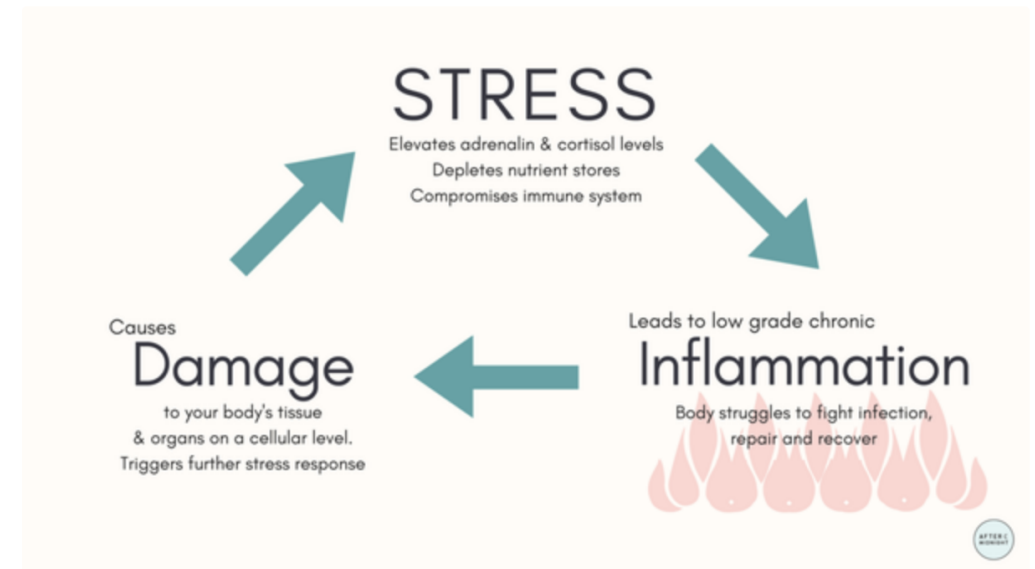


Thai Chicken & Mushroom Soup

2 servings
40 minutes

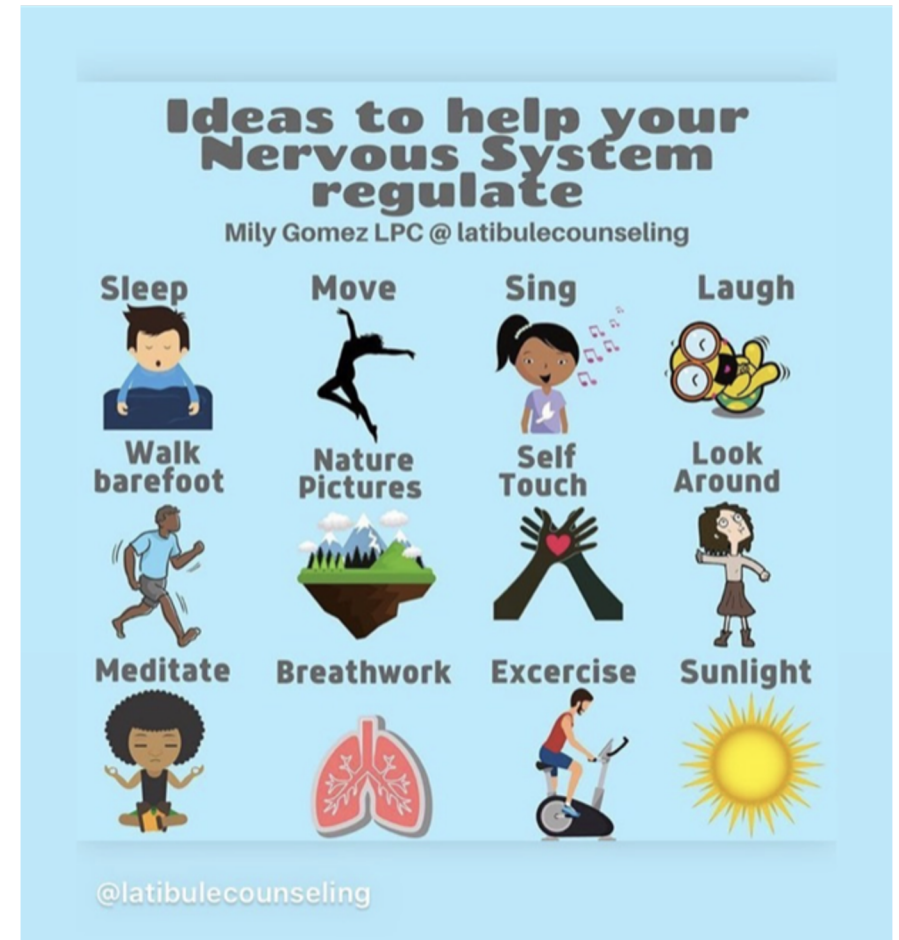
STRESS, MINDFULNESS AND YOUR IMMUNE SYSTEM

- Acute and chronic stress induces immune activation through a number of physiological pathways
- Chronic immune activation can alter health outcomes that resemble those seen in chronic inflammatory diseases such as autoimmune conditions
- Altered immune function can lead to exacerbated symptoms of both physical and psychological illnesses
- RCT on mindfulness meditation and the immune system showed changes in selective biomarkers of immune system activity
- Namly, reductions in NF-kB, reductions in circulating levels of CRP, increases in CD4 T cell count, and increases in telomerase activity



TIPS FROM DR EILEEN FELICIANO, CHILD PSYCHOLOGIST

1. Create a new a routine
2. If you are feeling low and have exhausted many other uplifting options ... get dressed up!
3. Get outside, move your body, change your scenery
4. Stay hydrated, eat well, get enough sleep and rest
5. Reach out to others (skype, text, facetime, phone calls), especially if you need help
6. Lower your expectations and find something you CAN control like organizing your closet or spring cleaning
7. Limit media and how much information you are taking in (enough to stay informed)
8. Spend extra time playing with your children, pets, house plants
9. Be gentle with yourself, others, children and be of service to others
10. Remind yourself daily this is temporary ... this is a season of life and it will pass



@latibulecounseling. "Ideas to help your Nervous System regulate" March 18, 2020



WHAT IS THE EXHALE TO ALL OF THIS?

■ RESILIENCE

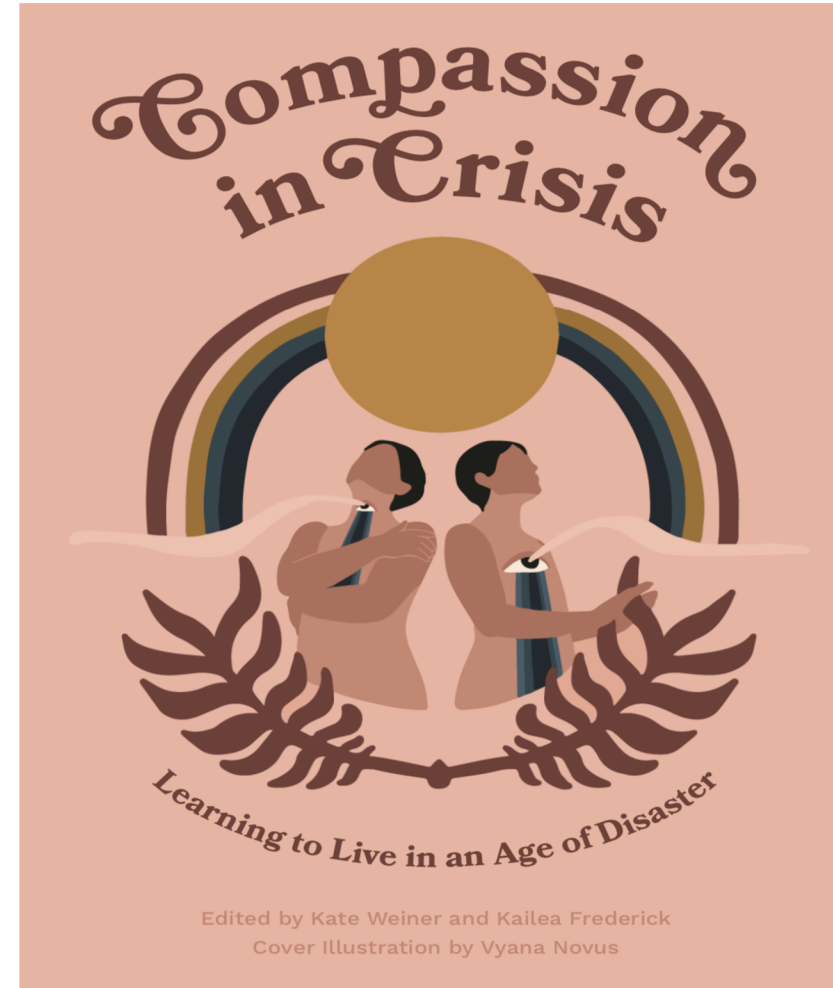
- Perspective
- Levity
- Connection
- Gratitude

RESILIENCE

■ The Stockholm Resilience Center defines resilience as “the capacity of a system, be it an individual, a forest, a city, or an economy, to deal with change and continue to develop.”



E-BOOKS



<https://loamlove.com/shop>



RESILIENCE

- Comfortable with Uncertainty - Pema Chodron
- When Things Fall Apart - Pema Chodron
- Untamed - Glennon Doyle
- Braving the Wilderness - Brene Brown
- All Along You Were Blooming - Morgan Harper Nichols
- Untethered Soul - Michael Singer
- Radical Acceptance - Tara Brach
- Inward - Yung Pueblo
- And Still I Rise - Maya Angelou
- Maybe You Should Talk to Someone - Lori Gottlieb
- Big Magic - Liz Gilbert
- Tiny Beautiful Things - Cheryl Strayed
- Heart Talk - Cleo Wade
- The Places That Scare You - Pema Chodron
- Everything is Figureoutable - Marie Forleo

I Worried

Mary Oliver

I worried a lot. Will the garden grow, will the rivers
flow in the right direction, will the earth turn
as it was taught, and if not, how shall
I correct it?

Was I right, was I wrong, will I be forgiven,
can I do better?

Will I ever be able to sing, even the sparrows
can do it and I am, well,
hopeless.

Is my eyesight fading or am I just imagining it,
am I going to get rheumatism,
lockjaw, dementia?

Finally I saw that worrying had come to nothing.
And gave it up. And took my old body
and went out into the morning,
and sang.

P E R S P E C T I V E

MY STAY-AT-HOME TO-DO LIST

- Appreciate that I have a place to stay inside
- Be patient with the people around me who may feel frustrated, antsy, or scared
- Focus on the things I can control
- Take care of myself physically, mentally, and emotionally
- Take deep breaths to stay grounded and calm
- Cut myself some slack if I struggle to do what's good for me

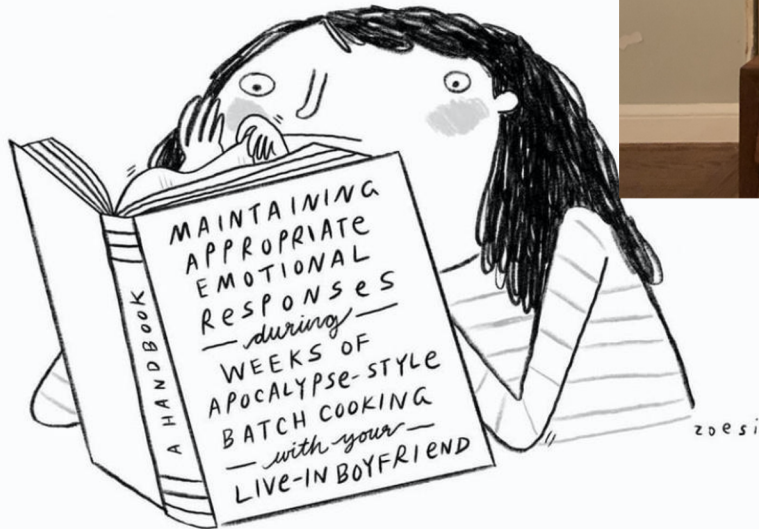
LORI DESCHENE

tinybuddha.com

@tinybuddhaofficial

<https://tinybuddha.com/>

LEVITY

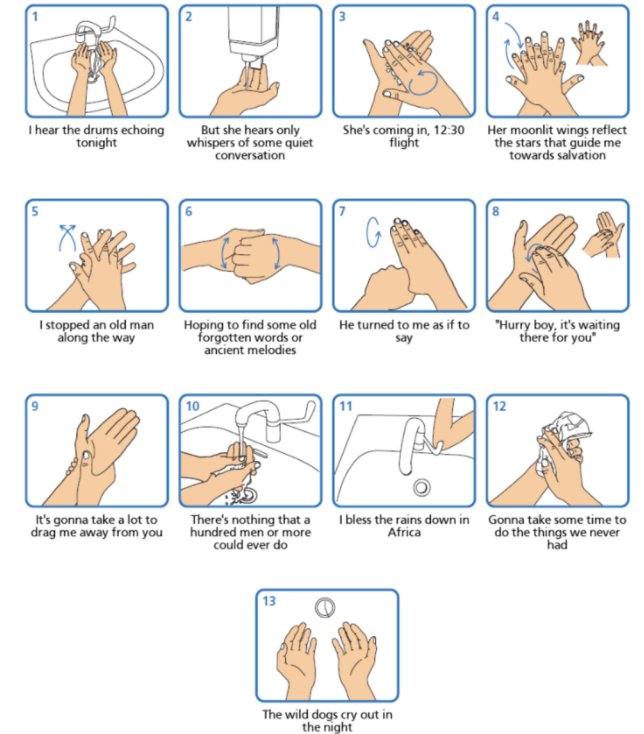


@newyorkermag. "Self-help for self-quarantining".
March 24, 2020



Africa Toto

Hand-washing technique with soap and water



Create your own
<https://washyourlyrics.com>

Africa
Toto

HOW ELSE ARE YOU FINDING LEVITY?

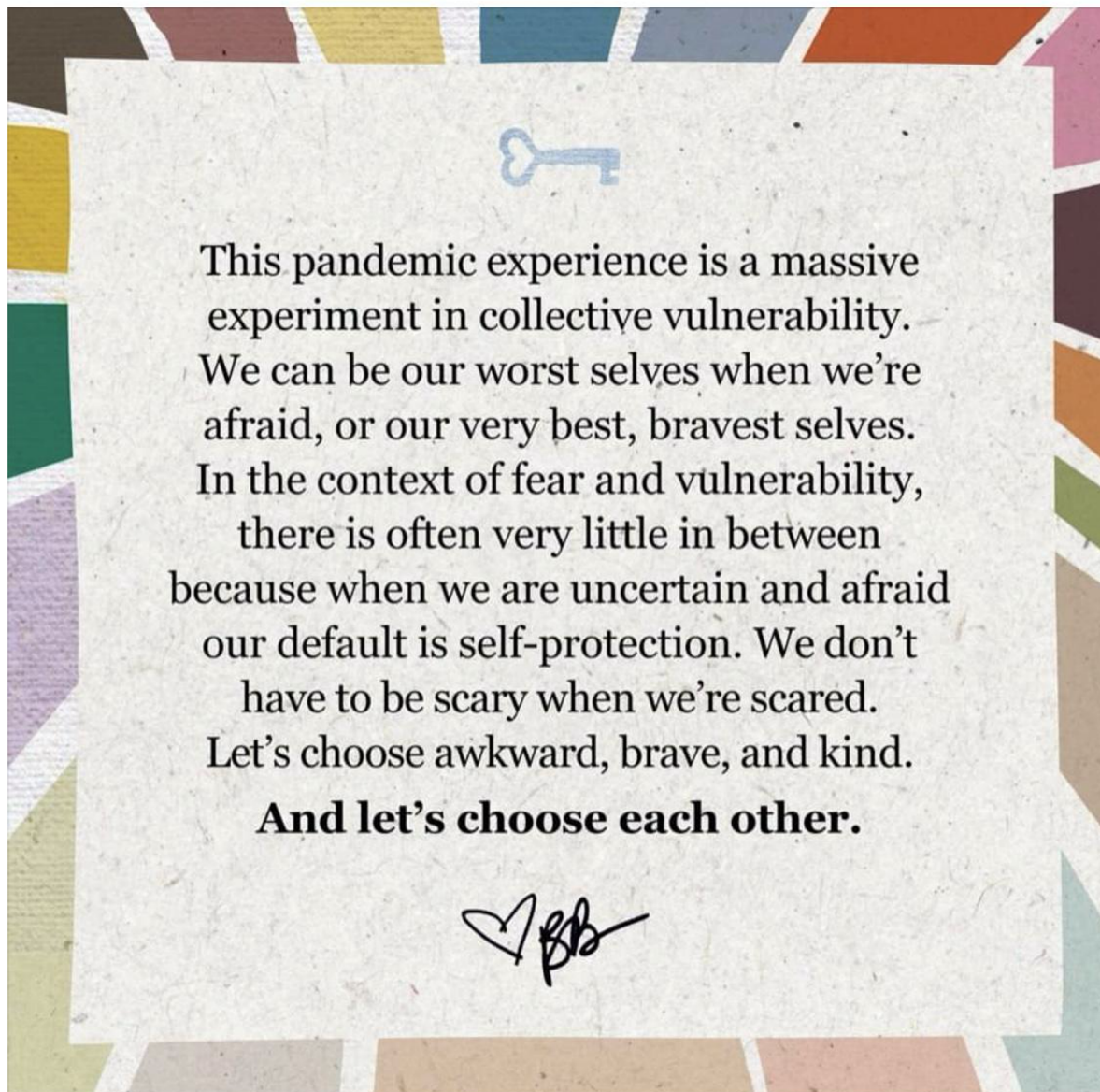


- Virtual birthday parties
- Group text threads
- Virtual dinner parties and workouts
- Laughter yoga

CONNECTION



@jamietworkowski "Hope will not be cancelled" March 15, 2020




This pandemic experience is a massive experiment in collective vulnerability. We can be our worst selves when we're afraid, or our very best, bravest selves. In the context of fear and vulnerability, there is often very little in between because when we are uncertain and afraid our default is self-protection. We don't have to be scary when we're scared. Let's choose awkward, brave, and kind.
And let's choose each other.

A handwritten signature in black ink, followed by a heart symbol.

GRATITUDE

@brenebrown "Collective Vulnerability" March 21, 2020



And the people stayed home.
And read books, and listened, and
rested, and exercised, and made art,
and played games, and learned new
ways of being, and were still. And
listened more deeply. Some
meditated, some prayed, some
danced. Some met their shadows.
And the people began
to think differently.



And the people healed.
And, in the absence of people living
in ignorant, dangerous, mindless,
and heartless ways,
the earth began to heal.



And when the danger passed,
and the people joined together again,
they grieved their losses, and made
new choices, and dreamed new
images, and created new ways to live
and heal the earth fully,
as they had been healed.

@caradelevingne

MEDITATION

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SOME ONLINE RESOURCES

- Claudia Wingo free webinar <https://smileherbschool.com/herbal-support-coronavirus-free-webinar/>
- Dr. Klinghardt free webinar
https://www.youtube.com/watch?v=NctiERzrny4&utm_source=Ki+Science+Customers&utm_campaign=9179290365-EMAIL_CAMPAIGN_2020_03_20_09_18_COPY_01&utm_medium=email&utm_term=0_8308e7953f-9179290365-360749853&mc_cid=9179290365&mc_eid=5c5123cde5
- 7Song <http://7song.com/wp-content/uploads/2020/03/An-Herbalist%E2%80%99s-Notes-the-on-COVID-19-Virus.pdf>
- Deanna Minich –grocery list <https://www.deannaminich.com/wp-content/uploads/2020/03/Prevention-and-Quarantine-Basic-Essentials-March-2020-3.pdf>
- Stephen Buhner <https://www.stephenharrodbuhner.com/wp-content/uploads/2020/03/coronavirus.txt.pdf>
- Fratkin TCM protocol https://drjakefratkin.com/pdf/AT_Virus.pdf