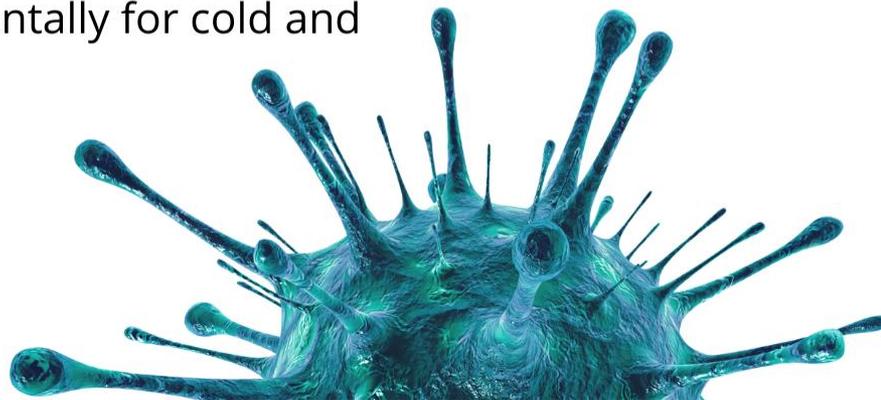
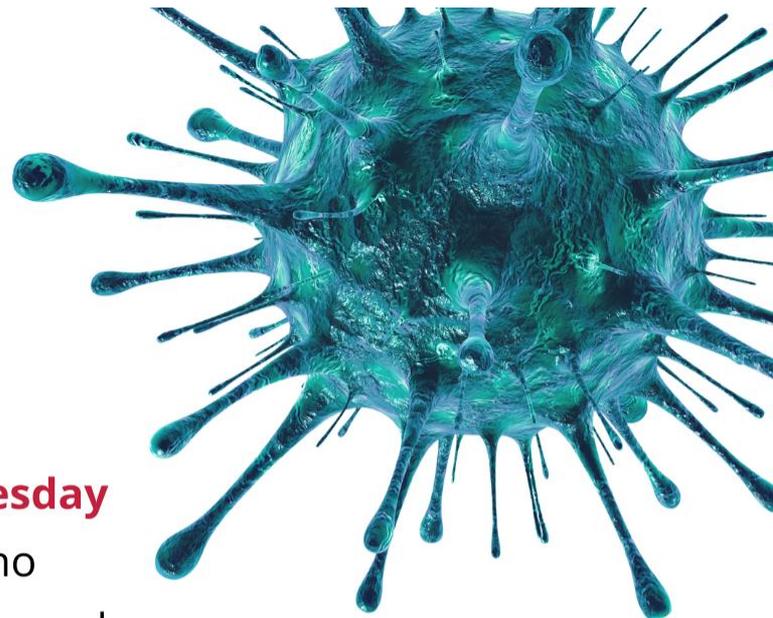




FREE ONLINE INFORMATION EVENING

An **online information evening** will be held this **Tuesday March 24th at 7pm, Sydney time** for all patients who would like further information on how to support you and your family nutritionally and supplementally for cold and flu symptoms.



Key outcomes of this webinar

What is COVID-19?

What are the signs and symptoms?

What strategies can we take to minimize risk?

What nutrients can we take to minimise mild symptoms

When to know if you need to go to hospital

How can we support you?

What is COVID-19?

Human coronaviruses, first characterized in the 1960s, are responsible for a substantial proportion of upper respiratory tract infections in children.

Since 2003, at least 5 new human coronaviruses have been identified, including the severe acute respiratory syndrome (SARS) coronavirus, which caused significant morbidity and mortality.

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

https://journals.lww.com/pidj/fulltext/2005/11001/history_and_recent_advances_in_coronavirus.12.aspx

COVID-19 CORONAVIRUS PANDEMIC

Last updated: March 24, 2020, 02:33 GMT

[Case Graphs](#) - [Death Graphs](#) - [Countries](#) - [Death Rate](#) - [Incubation](#) - [Age](#) - [Symptoms](#) - [News](#)

Coronavirus Cases:

379,080

[view by country.](#)

Deaths:

16,524

Recovered:

102,423

Signs and Symptoms?

The COVID-19 virus affects different people in different ways. COVID-19 is a respiratory disease and most infected people will develop mild to moderate symptoms and recover without requiring special treatment. People who have underlying medical conditions and those over 60 years old have a higher risk of developing severe disease and death.

Common symptoms include:

- fever
- tiredness
- dry cough
- Aches and pains
- Runny nose
- Sore throat
- Diarrhea
- Nausea

<http://www.ncbi.nlm.nih.gov/pubmed/26242570>

Signs and Symptoms?

The more worrisome symptoms include:

- shortness of breath
- Difficulty breathing
- Breathing distress due to a build up of mucus

This is because they lead to pneumonia very quickly.

This may lead to inflammation and the buildup of mucus and fluids in the airway of the lungs (pneumonia).

<https://www.mayoclinic.org/diseases-conditions/coronavirus/symptoms-causes/syc-20479963>

How can we minimize risk

1. Isolation and social distancing – at least 1 metre distance
2. Avoid contact with people that might have mild symptoms but pass on to you.
3. Wash hands thoroughly with soap and water or hand sanitizer
4. Avoid touching your face
5. Cover your mouth and nose when coughing and sneezing
6. Stay at home and if you show any symptoms at all – do not leave the house

https://www.who.int/health-topics/coronavirus#tab=tab_2

How can we minimize risk

7. Refrain from smoking and other activities that weaken the lungs
8. Take supplements to support the immune system
9. If you do get symptoms act quickly

<http://www.ncbi.nlm.nih.gov/pubmed/26242570>

Nutrients to support the immune system

- **Vitamin C** – liposomal vitamin C – best absorption outside IV. Anti viral. 3-5gms per day (some advocate as much as 20gms) Go to bowel tolerance i.e.: just short of diarrhea.
- Zinc – high dose zinc could provide enhanced protection in the intestinal tract and stimulate humoral immune response against viruses in animals.
<https://www.greenmedinfo.com/article/high-dose-dietary-zinc-oxide-mitigates-infection-transmissible-gastroenteritis>

Suggest 50mg per day and 50mg twice a day in active infection.

- Vitamin A – 5,000IU per day
- MCN Nasal spray – this is antiviral, antifungal and anti bacterial – use this twice a day to protect your nasal passages from the virus. 2 sprays in each nostril twice a day. (it stings at first but will clear the head)

Nutrients to support the immune system

- **Transfer Factors –**
transfer factors are a low molecular weight lymphocyte (natural killer cells) capable of transferring cell-mediated immunity to T Lymphocytes to prevent viral, parasitic, fungal and some bacterial infections.

the targeted transfer factor products.

Contact Us Register With Researched Nutritionals® Capsule Includes:

Features	Constituents/Actions	Benefits*
NK Maximizer Bioplex™	<ul style="list-style-type: none"> Proprietary super blend of transfer factor, larch arabinogalactan, IP-6, shiitake and maitake mushrooms 	<ul style="list-style-type: none"> Promotes healthy NK cell levels & immune modulation Engulfs foreign particles in blood stream and tissues Promotes metal chelation to prevent buildup of minerals which may weaken immune system
Macrophage & T-Cell Pro Blend™	<ul style="list-style-type: none"> Proprietary blend of beta glucan, and astragalus 	<ul style="list-style-type: none"> Activates white blood cells known as macrophages and neutrophils Provides one of the immune system's first line of defense against foreign invaders Removes cellular debris & speeds up recovery of damaged tissue Promotes healthy T-cell function and cellular replication
Healthy Cell GTP™	<ul style="list-style-type: none"> Proprietary blend of potent green tea and pomegranate extracts 	<ul style="list-style-type: none"> Promotes healthy cell division Supports body's malignant cell apoptosis response Effective antioxidant properties
Zinc, Selenium	<ul style="list-style-type: none"> Integrated blend of key immune nutrients 	<ul style="list-style-type: none"> Strengthens immune function Promotes normal cell growth Boosts antioxidant levels

<https://fb.cuni.cz/file/5680/FB2013A0007.pdf>

Nutrients to support the immune system

- **Red Algae – contains mannose binding lectins which are antiviral and have been shown to penetrate and break down the shells that surround the SARS and MERS coronavirus. In a 2018 study (MBL2 gene – is switched off that creates these mannose binding lectins)**
 - **The most promising form of mannose binding lectins is a component of *Scytonemia varium* red algae and New Zealand's red algae species called *Griffithsia* sp. This has been patented by the US government for its ability to treat Ebola, SARS, Hep C and H5N1 virus.**

<https://plantmedicines.org/red-algae-extract-treats-ebola-and-hiv-sars-and-hcv/>,
<https://www.mdpi.com/1660-3397/17/8/440>

Nutrients to support the immune system

- **NAC –mucolytic. Helps break down mucus and antioxidant that can influence several inflammatory pathways. Precursor of glutathione which helps control inflammation. It can decrease viscosity of the sputum, clean the bronchi leading to a decrease in dyspnea and improved lung function. 600mg 3 x day.**
- **Quercetin – inhibitor of the protease of SARS.**

<https://www.greenmedinfo.com/article/study-natural-compound-called-quercetin-3-beta-galactoside-was-identified-inhi>,
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2707813/>

.

Herbals to support the immune system

- **Licorice** – used for centuries for lung disease and published evidence suggests it can fight SARS. Broad spectrum antiviral and research in China shows it inhibits viruses that include SARS coronavirus, herpes, HIV, hepatitis and influenza
- **Astragalus** – Infectious bronchitis due to avian coronavirus. Astragalus inhibited IBV replication in vitro. There was a decreased viral replication after astragalus treatment with reduced levels of cytokines – IL-1B, IL-6, IL-8 and TNFa.
- **Flaxseed and probiotics** – lactobacillus plantarum/fermentum with flaxseed improved immune status and integrity of jejunum during infection.

<https://www.greenmedinfo.com/article/astragalus-polysaccharides-inhibit-avian-infectious-bronchitis-virus-infection>, <https://www.greenmedinfo.com/article/probiotics-and-flaxseed-administered-together-improve-condition-piglets-confir>

Herbals to support the immune system

- **Sambucus (Elderberry) – anti-inflammatory, antiviral. Inhibits the replication of Human corona virus NL63 (HCoV-NL63) and blocked virus attachment**
- **Propolis – antiviral activity**

[https://www.greenmedinfo.com/article/species-elderberry-demonstrated-antiviral-activity-against-human-coronavirus,](https://www.greenmedinfo.com/article/species-elderberry-demonstrated-antiviral-activity-against-human-coronavirus)
<https://www.ncbi.nlm.nih.gov/pubmed/18610553>

Lectins in plants inhibit replication - SARS

The 15 coronavirus-inhibiting plants were:

- Amaryllis (Hippeastrum hybrid)
- Snowdrop (Galanthus nivalis)
- Daffodil (Narcissus pseudonarcissus)
- Red spider lily (Lycoris radiate)
- Leek (Allium porrum)
- Ramsons (Allium ursinum)
- Taro (Colocasia esculenta)
- Cymbidium orchid (Cymbidium hybrid)
- Twayblade (Listera ovata)
- Broad-leaved helleborine (Epipactis helleborine)
- Tulip (Tulipa hybrid)
- Black mulberry tree (Morus Nigra)
- Tobacco plant (Nicotiana tabacum)
- Stinging nettle (Urtica dioica)

<https://www.greenmedinfo.com/blog/can-herbal-medicines-fight-wuhan-coronavirus>

When to go to hospital

- When you have any difficulty breathing
 - Shortness of breath
 - Wheezing that is affecting breath
 - Mucus that you cannot remove

You need to call ahead and let the hospital know you are coming with suspected COVID-19.

.

How can we help

- How can we help?
 - More appointments available
 - I will be available for ½ hour herbal consults Thursday 1pm – 6pm each week (to be extended where need be)
 - We will be having regular webinars/facebook sessions to keep you informed
 - If you are feeling anxious/depressed or alone, ring us

.

THANK YOU AND QUESTIONS

CONTACT US:

MTHFR Support Australia



info@mthfrsupport.com.au



Tel: 02 99081888



www.mthfrsupport.com.au

Copyright MTHFR Support Australia 2106. All rights reserved. This document may not be copied or Distributed without the prior written permission of Carolyn Ledowsky