

## Grocery Market COVID Remedies

I encourage anyone with chronic disease, older age, or shortness of breath to immediately seek medical care if they believe they have COVID-19. Most people however, will not have severe disease and if they test positive, will not be given treatment. Unfortunately, during the immediate crisis, even though there maybe some medications help for COVID-19, they may not be available to many that need them, and should thus be reserved for those with severe disease.

Before continuing, let me note that antipyretics, medications that lower fever, lower the body's ability to fight viral infections, and antipyretic treatment is not needed unless the temperature rises to over 40° C (104° F). Most people with COVID will likely do better by avoiding these medications unless directed to by their physician. A more in depth explanation is provided [here](#).

These grocery store items that may decrease progression of *mild to moderate* COVID disease to more severe disease, especially if used from the very onset of symptoms. Be nice; don't hoard.

Shopping list:

Vitamin D: 400 to 500 IU per day. A low dose helps *prevent* viral infections, but higher doses do not. It should be taken every day by everyone in the home. Get a month supply.

Zinc supplements: The best form of zinc are zinc acetate, which is difficult to find, and zinc citrate. Zinc gluconate may help – but in my opinion is much inferior. I suggest 7.5 - 10 mg/day as a *preventive*, and 15 mg/day zinc citrate or zinc acetate for treatment of SARS-CoV-2 viral disease.

Oysters: If you can't find zinc, or just enjoy fine dining on canned oysters, there is about 5 mg of zinc in each oyster. For prevention doses, an oyster a day is enough, for a can to last about 8 -9 days. For antiviral treatment, try 1/3 of a 3.5 ounce can per day.

Zinc has many functions in the body, and it is though that chloroquine acts as an anti-COVID-2 agent at least in part by helping zinc enter virally infected cells, and thereby, inhibit viral replication. Another agent that helps zinc enter the cell is quercetin, a flavanol that is found in certain foods. Two items that stand out by their high concentration of quercetin are capers and elderberries. Elderberries are known for their antiviral properties, but are not usually available in a food market. The other great source of quercetin is capers. An alternative plant that appears to act as a zinc enhancer is chamomile. Chamomile is sold as an herbal tea; it will take about 2 to 3 grams of chamomile (@ 4 to 5 tea bags depending on their size), to get enough, made into tea.

Capers: These spicy buds are sold along with the pickles and olives. They are rich in quercetin and kaempferol, another flavanol. I don't think they have any antiviral activity on their own, but they may greatly increase zinc uptake by the cell. I suggest 2 level teaspoons (@ 6 grams) of the tiny (nonpareil) capers a day, with the zinc (or oysters).

Chamomile: Make a tea with about 2.5 to 3 grams of chamomile, and take it with the zinc.

Ginger as an antiviral: Fresh ginger and ginger juice is far better than dry ginger powder which may or may not help. Sorry, there is no way of telling which brands of ginger powder have antiviral activity and which have none. It takes a lot of fresh ginger to treat viruses; about 2 ounces

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of ginger juice or 3 oz of fresh ginger tuber per day, cut into small pieces and used in tea, per day for mild to moderate disease.

**Parsley:** Parsley contains a high concentration of the flavone apigenin, which inhibits TNF- $\alpha$  activity. Dry parsley flakes are easier to use and store than fresh parsley, but fresh or frozen parsley will work. It will take 2 – 3 grams of dry leaf flakes per day, boiled and consumed as tea. (A standard spice bottle has about 14 grams so would last @ 5 – 6 days).

**Pomegranate Juice:** Use about 2 to 4 ounces a day for mild to moderate COVID symptoms.

Ginger juice or tea, parsley tea, and pomegranate juice can be combined together. Use the amounts described above, and drink small amounts throughout the day. Natural medicines don't stay in the body for long periods – so it's best to divide the dose into 4 – 5 doses and take a dose every several hours. Adding a couple of black pepper corns or the equivalent amount of black pepper powder to the parsley tea can increase the efficacy of the combined beverage.

**Broccoli and Cauliflower:** When chewed, these cruciferous vegetables make a compound called sulforaphane that stimulates the body to make antioxidant enzymes that protect the body, and help prevent the damage caused by COVID-19. These vegetables also help prevent cancer. These veggies can be consumed before and during the infection to lower risk, (as can vitamin D and zinc.) Boiling these veggies destroys the sulforaphane, although light steaming leaves some behind. My advice is to eat them raw, so you can get a dose that is the most helpful – when eating them raw, it does not take much. This is a hormetic reaction, so more, is not better.

I suggest 14 grams (1/2 ounce) of raw cauliflower, or about 9 grams (about 1/3 of an ounce) of raw broccoli eaten raw each day to maximize the anti-oxidant benefit.

Coffee has mild immune modulating effects. Having one to three cups a day during mild to moderate infection is likely helpful, other than for those with heart conditions. A moderate amount of chocolate, i.e.; 1/2 ounce of dark chocolate, is also fine.

Things from the grocery store to *avoid* with COVID infection:

The following foods items contain compounds that are generally anti-inflammatory. Thus, they may impair the immune system's ability to clear COVID viral infection:

- Turmeric
- Olive oil
- Sage, Rosemary, Oregano
- Citrus bioflavonoids (citrus peel)
- Green or Black Tea
- True (Mexican Cinnamon) (common ground Chinese cinnamon is not a problem)
- Allspice

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Since the anti-inflammatory effect of olive oil is secondary to its oleic acid content, and this compound may stay in the body for extended periods as part of cell membranes, it may have lasting effects on lowering inflammation. Thus, it may be better to avoid olive oil while risk of COVID is high. The other compounds on this list should only have short duration in the body (generally less than 12 hours), and generally short-term effects (not lasting more than a few days).

This list is my opinion, based on the research I have reviewed. There are no clinical studies I am aware of wherein the effect of these foods have been tested in human or animal infected with COVID-19, SARS, or influenza. This document should not be construed as medical advice.