

## **What Have We Learned From the Covid-19 Pandemic?**

### **Treatment options and outcomes differ between allopathic and holistic protocols.**

The treatment response to Covid-19 worldwide has largely been based upon the allopathic medical model. This model is predicated upon the belief that the symptoms of the disease itself are problematic and need to be controlled or suppressed. Therefore fever, which the majority of patients present with are treated with antipyretics to reduce it and the cough that develops to eliminate mucus buildup in the trachea, bronchial tubes and lungs, is treated with antitussives. Both of these mechanisms are naturally occurring bodily responses to the presence of a foreign invader such as Covid-19 or any other upper respiratory intruder. When this mechanism is subdued or eliminated the infective agent has more time to spread, placing the patient at greater risk of needing additional treatments such as respirators.

Additionally, wearing masks while in public also increases the risk of infection with Covid-19 for several reasons. The first is that they are inadequate to filter out the virus, secondly the person is not able to expel air a sufficient distance in order to decrease exposure, and thirdly the mask increases the persons carbon dioxide level while lowering oxygen levels that are needed to help clear the virus. Where masks are needed are in hospitals, rest homes and for those taking care of infected individuals at home as there is a greater chance of it spreading in these closed in environments.

In high risk patients such as those with upper respiratory conditions like emphysema or chronic obstructive pulmonary disease (COPD), or those with heart conditions, kidney disease or diabetes, the chances of overcoming the disease decreases simply because their own healing mechanisms are compromised due to their diminished state of health. Thus there is a greater likelihood of morbidity and mortality such as what we have seen with the current pandemic.

In contrast to this approach, therapies that enhance the bodies own natural responses to infection have been shown to produce better outcomes during the current Covid-19 pandemic but have received little press coverage. Lets explore some of the more successful natural therapeutics.

Use of intravenous and oral Vitamin C by Chinese physicians very early on in the hospitals in Wuhan, made the outbreak less severe and lowered the mortality rate. Vitamin C is a water-soluble antioxidant that is needed for optimal function of white blood cells as well as for enhancement of our mucus membranes ability to resist infection. Vitamin C levels become deplete during an infection and need to be replenished. Patients who were infected with Covid-19, when given intravenous Vitamin C, were able to recover much faster and avoid being placed in critical care units. [1, 2] It was only after the mortality rate increased in New York, that some of the hospitals begin IV Vitamin C treatments that began to decrease the mortality rate.

Vitamin D levels also seem to be a factor in not only who will become infected, but also who will succumb to the disease. Several studies [3, 4, 5] show that patients who lived in regions with lots of sunshine had lower levels of Covid-19 as well as seasonal influenza and upper respiratory illnesses. This was further corroborated by correlating patient's Vitamin D levels and whether they had contacted or died from the disease. In these cases the clinical significance was staggering with high Vitamin D levels translating to a greater than 80% chance of not coming down with Covid-19 or the flu.

There have been a number of studies on Vitamin A and its benefit to enhance immunity. This is because Vitamin A is needed for the maintenance of mucus membranes and the production of secretory IgA. IgA is the primary anti microbial and anti viral immunoglobulin secreted in response to an encounter with an infective agent. [6] Additionally, Vitamin A has been shown to affect specific IgG antibody levels as well as increasing the total number of lymphocytes. [7] Foods high in Vitamin A are liver, dandelion leaf, Cod liver oil, Burdock, sweet potato, mangos, pumpkin and spinach to name a few.

Homeopathic medicine has also been shown to have a significant impact in the treatment of Covid-19. In a study recently released, the hospitalization rates of cases treated with homeopathic medicines in Italy were compared to rates in those treated allopathically. Of the 50 homeopathic cases that were reviewed with established Covid-19 symptoms, none needed hospitalization and experienced a shorter course of the disease. Prescribed by MD homeopathic physicians, a number of different homeopathic medicines were used and in some cases several in succession as the patients progressed through the disease. Among the most prescribed remedies were Bryonia, Arsenicum album, Phosphorus, Belladonna and Antimonium Tartaricum. For the few cases we have seen here at our clinic, Bryonia and Arsenicum album were the most prescribed, and similar to the Italian study, patients experienced a shorter course of the disease. [8] What should also be pointed out is that during the 1918 Pandemic, the lowest mortality rate was achieved when homeopathic medicines were used when compared to allopathic therapies.

We encourage our patients to practice prevention for any potential illness, but especially during the current pandemic. Also be aware that the Coronavirus normally goes through its life cycle in the fall and winter of the year, so knowing this allows for us all to take preventive measures. Despite the media's general dismissing of natural therapies, they are safe and highly effective.

**Thomas A Kruzel, N D**

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