COVID-19: Prevention & Treatment Suggestions

I am **not** a medical professional, but rather a physicist who has extensive scientific training (e.g. in being skeptical)… You should always consult with a competent physician regarding *any* health decisions.

**REDDUCING RISK —**

The CDC’s protections are a good start, but do not go far enough.

It’s essential to see that your **immune system** is in top shape, as it is our **best** and **first line of defense against almost any illness**. (E.g. see this [report](#).)

Follow Harvard Health’s excellent general **immune system recommendations**.

Also read and apply these superior recommendations:

- [Seven Easy Ways to Boost Your Immune System](#).

Here is a **simple preventive recommendation** from a very credible source.

**TREATMENT —**

The CDC guidelines **What To Do If You Are Sick** are a good start.

Also discuss **COVID-19 Possible Cures** (from [here](#)) with your physician.

( **HCQ** + **Azithromycin** + **Zinc** seems to be very promising.)

[Since 400,000± patients may die annually in US hospitals due to mistakes, etc., IMO going to a hospital should not automatically be your first choice.]

If you start feeling COVID-19 **symptoms**, know that heat and humidity are the enemies of viruses (**165°F** will disable the virus). A simple, low-cost treatment is to (carefully) **inhale the steam** from a boiling pan of water.

Also consider **AHCC** (a mushroom derivative) which is an immune system booster supplement with scientific studies. (**This can also be a preventative.**)

Along this same line of thinking, Elderberry (**Sambucol**) and other herbal **anti-virals** should be in your arsenal to fight viral illnesses.

Reference my [COVID-19 Recommendations](#) for more details about these.

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