

Some Thoughts About Dealing With COVID-19

Although I'm **not** a medical professional, I am a physicist who has extensive scientific training (e.g. in being skeptical). Additionally I've always had an interest in health issues (e.g. I've subscribed to multiple different health newsletters — like [this](#))...

The CDC's COVID-19 [recommendations](#) are very good — but (in my opinion) do not go far enough (esp. on the [protection](#) part).

What most people are not aware of is that (basically), there are two very distinct and different ways of looking at human health: *Western* (ours) and *Eastern*.

The **Western** perspective is that we address medical *issues* (e.g. COVID-19) by identifying specific medical modalities (problems). After that, doctors then proceed to specific preventives (e.g. a vaccine), *and* specific cures (e.g. a physician prescribed medicine).
(BTW a lot of this perspective is driven by pharmaceutical companies, who are in the business of providing both vaccines and cures.)

The **Eastern** perspective is much more [holistic](#). Their position is: if you are in overall good health, your body will automatically take care of most attacks on itself. Therefore, when faced with a medical issue, a physician doesn't need to know the specific problem, or its cause. The initial strategy is to get your body in optimum health.
(IMO pharmaceutical companies do not favor this perspective, as maintaining good health is more oriented towards prevention, and that is not consistent with them selling potentially therapeutic medication — which is the vast majority of their business.)

A key part of the *Eastern* perspective on overall good health, is to focus on a person's [immune system](#), which is our **best** and **first line of defense against almost any illness**.

Their idea is to fortify immune systems (as a preventive measure), and then to shore up an immune system (when it is under attack).

See this [detailed study](#) about how the Immune System works, plus a discussion of immunology (how the immune system is assisted.) [Understanding the Immune System](#) is a slightly less technical description, but is excellent.

A key takeaway is: if a person's immune system is strong, then the need for a vaccine is significantly reduced!

Since we don't currently have a proven vaccine for COVID-19 (and it won't be available for some time), addressing our own immune system is something meaningful that can be done **today**.

So how do we assure a strong immune system? Here are Harvard Health's excellent general [recommendations](#). IMO these should be aggressively emphasized to the American public (*combined* with sensible advice like frequent hand washing)!

Please read and apply these excellent recommendations: [Seven Easy Ways to Boost Your Immune System](#).

Here is an interesting study about our immune system and a similar virus situation: [SARS Coronavirus and Innate Immunity](#).

Also consider [AHCC](#) (a mushroom derivative) which is an immune system booster supplement that has scientific studies to support it.

Specifically there have been "over 20 human AHCC clinical studies, 90+ papers published in PubMed-indexed journals, and 100+ pre-clinical and in vitro studies" (ref: [here](#), [here](#) and [here](#)).

Further, AHCC is low cost and has very few known side-effects. (See [here](#), [here](#) and [here](#) for some sample articles.) It can be purchased OTC at some local drug stores, or on [Amazon](#).

What I do is keep adequate AHCC on-hand, and I only start taking it after I feel some symptoms of an illness coming on.

Of course you should consult with your physician regarding AHCC (or *any* supplements). However, be aware that Western doctors don't have salespeople marketing AHCC to them as a solution, as AHCC is made up of natural ingredients that pharmaceutical companies are unlikely to patent. As a result, few US physicians are aware of the benefits of AHCC.

Along this same line of thinking, Elderberry ([Sambucol](#)) and other herbal anti-virals should be in your arsenal to fight viral and bacterial illnesses (e.g. see [here](#), [here](#), and [here](#)). *The same advice regarding first consulting your physician, applies.*

When faced with COVID-19 –

- 1 - *a Western medical expert would say: we need to do multiple double-blind clinical studies, and then have extensive public comment, before making any official recommendations.*
 - 2 - *an Eastern medical expert would say: we need to start by immediately optimizing the immune system of citizens.*
 - 3 - *an independent medical expert would say: we should combine the best of both the Eastern and Western experiences.*
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One more *suggestion*: if you start feeling COVID-19 [symptoms](#), know that heat and humidity are the enemies of viruses ([here](#), [here](#), [here](#) & [here](#)). So another simple, free symptomatic treatment is to (carefully) inhale the steam from a boiling pan of water (see [here](#)).

Let me know any questions.

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