

A close-up photograph of a scientist wearing a blue lab coat and a white and blue face mask. The scientist is looking through a petri dish that contains a light blue, translucent liquid. The background is slightly blurred, showing the scientist's face and the mask.

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CORONAVIRUS

What is it and how can it affect you?

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Declared a global health crisis by the World Health Organisation

It has been declared a global health crisis by the World Health Organisation (WHO) but what is the Coronavirus and why is everyone panicking?

Let's start with what the Coronavirus is not. Sadly it's not a light beer to be leisurely sipped in the late afternoon sun. Coronaviruses (CoV) are members of a large family of viruses ranging from the common cold to Severe Acute Respiratory Syndrome (SARS-CoV).

Coronaviruses are zoonotic meaning that they can be transmitted between animals and people. Research found that SARS-CoV was transmitted from civet cats to humans and MERS-CoV from dromedary camels to humans.

The current coronavirus has been named 2019-nCoV it is a new strain which until now has not previously been seen in humans.

Common signs of infection include:

Respiratory symptoms, fever, cough, shortness of breath and breathing difficulties. In more severe cases infection can cause pneumonia and severe acute respiratory syndrome, kidney failure and even death.

At present symptoms are thought to appear between two and ten days post contracting the virus. There is evidence, though it is yet to be confirmed, that the virus can be spread by asymptomatic people – people who carry the virus but are not yet sick.

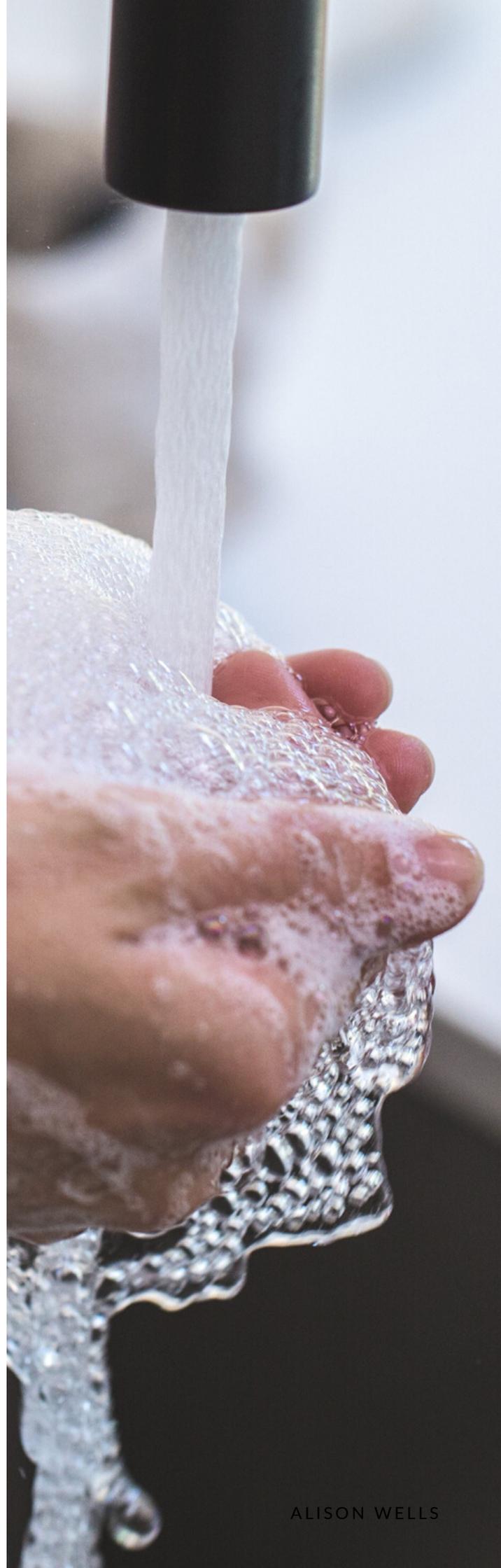
How can you protect yourself?

Just like the common cold and the flu virus, this current Coronavirus is spread when a person coughs or sneezes. Droplets land on the surrounding surfaces which are then unintentionally picked up on the hands of those passing by who, unknowingly carry the virus with them spreading it as they go. Thus other people are consequently infected when they touch infected surfaces and then bring their hands to their mouth, nose or eyes.

So, it would make sense that the single most important thing you can do is wash your hands and keep them as clean and as dry as possible. Do you're best to avoid touching your mouth, nose or eyes with unwashed hands – this may be tricky as we unconsciously do this about 15 times an hour!

Top Tips:

- Carry a hand sanitiser with you to make frequent cleaning of hands easy.
- Always wash your hands before you eat.
- Be especially careful in busy airports and other public transport systems about touching things and then touching your face.
- Carry disposable tissues with you, cover your nose and mouth when you cough or sneeze and dispose of the tissue carefully (catch it, bin it, kill it).
- Do not share snacks from packets or bowls that others are dipping their fingers into.
- Avoid shaking hands or cheek kissing if you suspect viruses are circulating.
- Regularly clean, not only your hands but commonly used surfaces and devices you touch or handle.



Is there anything else you can do?

Vitamin C

A recent report states that if you get your blood levels of vitamin C high enough no virus can survive.

To do this at “home” you would simply supplement vitamin C up to bowel tolerance – the dose that gives you loose bowels - then continue at this level of supplementation. For example, you would take 1 gram of vitamin C every hour until your bowels are loose. This level will be different in everyone. The grams that you took to achieve the loose effect would then be your base line dose which can simply divide over the course of the day i.e. 6 grams to loose bowls would work out at 2g at breakfast 2g at lunch and 2g at dinner.

Intravenous vitamin C has been shown to save lives from other “killer” flus.

Boost your immune system

Primates (us, apes and monkeys) and fruit-eating bats are unable to internally produce vitamin C and consequently must consume vitamin C rich foods to survive. Which is interesting in the context of viruses. Take Ebola as an example. Ebola kills humans, primates and fruit-eating bats, but no other animals.

A study in the Orthomolecular Medicine reported headed “Vitamin C protects against coronavirus” recommends optimising your immune system with Vitamin C, D, Magnesium, Zinc and Selenium all of which have been shown to strengthen the immune system against viruses.

Vitamin C

3,000 milligrams (or more) daily, in divided doses.

Vitamin D3

2,000 International Units daily. (Start with 5,000 IU/day for two weeks, then reduce to 2,000)

Magnesium

400 mg daily (in citrate, malate, chelate, or chloride form)

Zinc

20 mg daily

Selenium

100 mcg (micrograms) daily

<http://orthomolecular.org/subscribe.html>



What about Food?

Food sources:

Vitamin C

Oranges, grapefruit, strawberries, tomato, sweet red peppers, broccoli and potato.

Vitamin D

Salmon, Herring, sardines, Cod liver oil, Canned tuna, Egg yolks, Mushrooms and fortified foods.

Magnesium

Dark leafy greens, oatmeal, buckwheat, unpolished grains, dark chocolate, raw milk, nuts & seeds, lima beans and molasses.

Zinc

Oysters, organ meats, soybean, wheat germ, seeds, nuts, red meat, chicken, herring, milk, yeast, leafy and root vegetables.

Selenium

Brazil nuts, fish, ham, beef, Turkey, Chicken, cottage cheese, Eggs, Brown rice, sunflower seeds, baked beans, mushrooms and spinach

In Summary

There is no need to panic about the Coronavirus. However, given the amount of travelling that we all do on a daily basis combined with exposure to those who often travel internationally added to the population density of the cities and towns that the majority of us call home, it would be wise to remain cautious. Bolstering your system with the right nutrients is essential not only in fighting the Coronavirus but also fighting the common cold that you're even more likely to contract on your way home from work.

Should you find yourself suffering from any of the symptoms described above please phone your healthcare provider to obtain the appropriate advice.