



Innovative Health — and Longevity —

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On March 23, 2020 at 6:00 pm we will be broadcasting a FREE webinar entitled, Corona Virus - Protecting You and Your Family.

You can register for the webinar at this [link](#).

<https://www.crowdcast.io/e/corona-virus---protect>

This viral epidemic highlights the benefits of Integrative and Functional Medicine and its focus on immune system support. Join us for information and tips on how you can optimize your immune system.

As of 4 pm March 11, 2020 the total number of coronavirus cases in the US is 938 and total number of deaths is 29. Globally 118,326 cases have been confirmed and 4292 deaths have occurred. Coronavirus causes respiratory tract disease similar to the flu but has a death rate that is much higher (2% versus 0.1%). Most of the deaths have been in the elderly and people with compromised immunity. It is likely that the death rate is overestimated because many people have minimal to no symptoms and everyone with symptoms has not been tested. Never the less, this virus has officially been declared a pandemic and world-wide efforts are underway to contain and mitigate the infection.

Unfortunately, there is no standard treatment for disease caused by this virus except supportive care (oxygen, hydration, steroids and mechanical ventilation). Unfortunately, people contracting serious disease are not being offered a chance at cure with integrative approaches that are relatively inexpensive and carry no significant risk of harm or side effects. Preventive recommendations are also limited to hand washing and avoiding exposure. (1, 2). There is so much more that can be done.

A study published in 1994 demonstrated that as little as 200 mg of vitamin C daily resulted in an 80% decrease in deaths among severely ill, hospitalized patients with pneumonia. (3). In 2017 in the Journal Chest, Dr. Paul Marik published a treatment protocol for sepsis (the kind of severe infection corona victims die of) that gave patients 200 mg of thiamine every 12 hours, 1500 mg vitamin C every 6 hours and 50 mg hydrocortisone every six hours for two days. This reduced the chances of dying from the sepsis from 40% to 8.5%! (4). A study completed in 2019 demonstrated similar amazing results in children. (5)

Researchers in China announced on February 4 that they will investigate the effectiveness of vitamin C infusion for the treatment of severe coronavirus pneumonia. (6) The researchers will use 24 grams of intravenous vitamin C daily for seven days and a placebo group will receive intravenous saline. Other studies are also being designed. This is an extremely safe and relatively inexpensive treatment and I fail to understand why it is not being offered to all sick patients everywhere. While placebo controlled clinical trials have become the gold standard of

medical research, I completely fail to see the logic in withholding a potentially life-saving treatment to countless dying patients waiting for study results. We would know soon enough if it works or not, and the cost would be negligible!

There are also a number of published studies showing that animals with life threatening infections are much more likely to survive if treated with ozone therapy. (7) What is that and why does it work? Medical Ozone is medical grade oxygen that contains a small amount of ozone (O₃). Ozone is widely used as a sterilizing agent. When used for medical applications in the body, it reacts with tissues and blood cells and forms substances called ozonides that can inactivate viruses and support immune system function. It helps to decrease risk of acquiring an infection and supports recovery if one has already occurred. Medical ozone can be administered in medical offices and self-administered at home. To learn more about medical ozone and how it can help you, please visit our website at http://www.innovativehealthohio.com/services_ihl/#ozone.

So, what should you do in the midst of this viral pandemic? While I totally support hand washing and avoiding exposures, they alone are inadequate measures. While you certainly should follow the CDC advice (see links below), you should also optimize your immunity by getting adequate rest, sleep, nutrition and optimal immune system support. You should not subject yourself to excess fatigue by overworking, over-exercising or getting inadequate sleep. You should ensure that you are eating plenty of organic fresh fruits and vegetables. Green juices are awesome. Herbs also have tremendous anti-inflammatory and immune enhancing effects.

You should be sure you have an optimal vitamin D level. There is much research supporting the beneficial role of vitamin D in viral infections. As a general guideline, you should have your vitamin D level tested twice a year and be sure you are in an optimal range between 60 ng/mL and 80 ng/mL. Research supports that the level should be at least 50 ng/mL. (8,9,10).

The coronavirus, as well as the influenza virus, causes an inflammatory storm in the lungs and this storm of inflammation is what leads to respiratory distress, organ failure and death. Certain nutraceuticals help to reduce the inflammation in the lungs from these RNA viruses and help boost the type 1 interferon immune response, which is the body's main way to help create antibodies to fight off these infections.

The following nutraceuticals will help provide anti-inflammatory benefits and strengthen your immune system so that you have fewer chances of contracting the disease or get much milder disease if you do contract it. Depending on your current state of health and risk factors, we can help you to personalize an immune support program and help you to obtain high quality nutraceuticals.

Optimal Immune Support Protocol For Individuals at High Risk

High Potency Multi-Vitamin with adequate Zinc 30 mg, Selenium 200 mcg, Vitamin A 5,000 IU
Vitamin D3 to optimize your level to at least 60 ng/mL

Vitamin C with bioflavonoids: 2000 mg twice daily; the more, the better. Liposomal forms are well absorbed.

Yeast derived beta glucan: 250 – 500 mg

Immune supportive herbs and mushroom extracts

Alpha lipoic acid: 1200 mg

N-Acetylcysteine: 600 mg twice daily

Green powder rich in spirulina

If you fall ill with Coronavirus, please keep increasing your vitamin C to bowel tolerance and if, heaven forbid you end up in the hospital, ask for Dr. Marik's protocol and/or high dose intravenous vitamin C. Please call our office for more information and a personalized plan to minimize your and your family's risk.

While we can help you to stay well with optimal lifestyle and nutraceutical recommendations and infusion treatments, we are unable to treat you at the office if you become ill because only hospitals have a negative pressure-controlled environment that is required to evaluate and treat actively sick patients, while minimizing exposure to other patients and the staff. Please be proactive and optimize your immunity. Don't wait to get sick first!

To your good health,

Dr. Qadir

CDC Recommendations

(1) Steps to Prevent Illness:

<https://www.cdc.gov/coronavirus/2019-ncov/about/prevention.html>

(2) What to do if you are Sick:

<https://www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html>

(3) The clinical effects of vitamin C supplementation in elderly hospitalized patients with acute respiratory infection. <https://www.ncbi.nlm.nih.gov/pubmed/7814237>

(4) Hydrocortisone, Vitamin C, and Thiamine for the Treatment of Severe Sepsis and Septic Shock. <https://www.ncbi.nlm.nih.gov/pubmed/27940189>

(5) Hydrocortisone-Ascorbic Acid-Thiamine Use Associated with Lower Mortality in Pediatric Septic Shock <https://www.ncbi.nlm.nih.gov/pubmed/?term=HYDROCORTISONE%2FASCORBIC+ACID%2FTHIAMINE+USE+ASSOCIATED+WITH+LOWER+MORTALITY+IN+PEDIATRIC+SEPTIC+SHOCK>

(6). Vitamin C Infusion for the Treatment of Severe 2019-nCoV Infected Pneumonia <https://clinicaltrials.gov/ct2/show/NCT04264533>

(7) Ozone therapy in induced endotoxemic shock. <https://www.ncbi.nlm.nih.gov/pubmed/17458689>

(8) Vitamin D prevents acute respiratory infections. <https://www.ncbi.nlm.nih.gov/pubmed/28202713>

(9) Interplay between vitamin D and viral infections <https://www.ncbi.nlm.nih.gov/pubmed/30614127>

(10) Vitamin D and respiratory infections in childhood <https://www.ncbi.nlm.nih.gov/pubmed/26521023>