

Coronavirus and COVID-19: Good News from Abroad, ICIM and AMA

By Simon Yu, MD

As I write this, COVID-19, the disease caused by coronavirus, has spread from its initial outbreak into a global pandemic, changing life as we now it around the globe, in our nation, and in our homes and communities. You can see the latest statistics on Johns Hopkins' [Coronavirus Resource Center Map](#). The data gives a real-time illustration of how countries are faring through a combination of restricting travel, social distancing, testing, and treatment.

The coronavirus pandemic is feeding fear into the psyche of the public mind and creating a medical, economic and financial roller coaster ride. Who benefits from this coronavirus mania when tens of millions of people are dying from bacterial, fungal, mycobacterium and parasite infections every year? Coronavirus is considered a common RNA virus, related to the common cold virus. What makes this COVID-19 coronavirus so special and fearful?

Coronavirus is smart, sneaky, and stealthy. Smart, because our immune systems have not seen it before, so we have no innate immunity. Children and young people fare far better, perhaps because they have the advantage of youth with healthier lungs and stronger hearts. Sneaky and stealthy, because those infected are able to spread the virus before they are symptomatic, giving the virus a big head start. Statistics show that about 20 percent develop severe disease and serious complications that are life threatening, especially in the older population.

Now that community transmission is in force, the public health focus is on “flattening the curve.” This is to slow the rate of growth in cases, and spread them out over time. Unless this succeeds, our medical system will be overwhelmed, given limits on hospitals and staff, ICU beds, ventilators, personal protective equipment, drugs and the like. A century ago, there was a great example of this comparing the response of St. Louis and Philadelphia to the 1918 Spanish Flu pandemic. Philadelphia held a big parade, and the virus spiked. St. Louis closed down, and had a much smaller, flatter caseload. The unprecedented shutdown of schools, sports, businesses, restaurants, entertainment, and growth of work from home arrangements are aimed at helping more states and communities “Be like St. Louis.”

Equally important is finding ways to better treat the 20 percent who develop more severe disease and its serious complications that are life threatening – therapeutics, as well as prevention. Coronavirus is in the family of RNA viruses, which includes the common cold (rhinoviruses), influenza, SARS, and MERS.

Several speakers at recent *The Roots of Toxicity* conference, the joint dental-medical conference sponsored by ICIM, AAEM, IAOMT, and IABDM in Dallas spoke about issues surrounding prevention and treatment of viruses, including current controversies. Rather than focus on them here, I call your attention to [ICIM's Position Statement](#) and recommendations. In addition, here are the recommendations from the American Medical Association (AMA), [A Physician's Guide to COVID-19](#).

There are no effective antiviral medications for RNA coronavirus available according to NIH and government officials. However, there are many recommendations available thru internet, some are reputable and some of them are taking advantage of fear and panic to sell their products.

There is some Good News on how to treat coronavirus, COVID-19. Dr. Helmut Retzek from Austria, my good friend who is in general medical practice near Vienna, does a lot of medical research from

PubMed and shared his findings, [Drugs That Actually Help Against Coronavirus Pneumonia](#). Oddly, the blood pressure medication, Losartan, and malaria parasite medication, chloroquine or hydroxychloroquine, have been used for the treatment of coronavirus interstitial pneumonia successfully in Wuhan. Tamiflu for influenza virus is not effective. The ACE inhibitor, Losartan, and the autophagy inhibitor, anti-malaria chloroquine are probable to reduce virus-induced pulmonary injury.

For prevention and prophylactic measures in my medical practice, I recommend taking extra vitamin C up to 10,000 mg/day, 10,000 U of vitamin D3 with extra vitamin K2, boron, extra zinc, selenium and natural herbal therapy and homeopathic remedies as general immune support therapies. High dose IV vitamin C drips up to 90,000 mg or IV UV/Ozone therapy are also available, but I strongly recommend you stay at home and self-quarantine for two weeks if you think you have coronavirus and follow the above instructions (we see many immune-compromised patients in our practice).

Some of the related articles on my [website](#) include: [Quarantine Iowa: Global Whining on Parasites, Parasites Follow Money: Disease Follows Money](#), [Fowl Play on Swine Flu: Medical Marshall Law on Flying Pigs](#), and [Paradox of Alkaline Diet / Anti-Oxidant Supplements: Diametrical Effects of Too Much Too Good Stuffs](#). Stay informed, stay home, enjoy nature, practice good hygiene, take care of yourself and your family, and look out for your neighbors. Working together, looking out for and protecting each other, we will get through this.

Fear and panic are worse than COVID-19 viral infections. For the brave, we will have our [Acupuncture Meridian Assessment \(AMA\) Training](#) April 23-26 in St. Louis for doctors, dentists and health professionals. Learn how to detect allergy/immunology, dental, fungal, heavy metal, and parasite problems. Click [here](#) for information and registration.

Dr. Simon Yu, M.D. is a Board Certified Internist. He practices Internal Medicine with an emphasis on Integrative Medicine to use the best each has to offer. For more articles and information about integrative medicine, patient success stories, and Dr. Yu's new book, [Accidental Blow Up in Medicine: Battle Plan for Your Life](#), visit his website at www.preventionandhealing.com or call Prevention and Healing, Inc., 314-432-7802. You can also attend a free monthly presentation and discussion by on Integrative Medicine at his office on the second Tuesday each month at 6:30 pm. Call to verify the date. Seating is limited, arrive early.



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