

# Ivermectin Deficiency Syndrome, Part 2: Staying Out of the COVID-19 Graveyard

By Simon Yu, MD

Last week, a friend sent me a [post by Dr. Richard Horowitz](#) on work to advocate for US trials of Ivermectin, GSH (glutathione) and nutraceuticals for COVID-19 viral infection. I want to share this vital information with my readers and to spread this important message to your friends and your doctors; it may save your life and your loved ones. I have been advocating extensive usage of Ivermectin, a common parasite medication, for many chronic, complex patients with asthma, pneumonia, bronchiectasis, IBS, IBD, migraine headache, chronic fatigue, fibromyalgia, diabetes, most neurological disorders including MS, Parkinson's and ALS, cancer and many more conditions. The selection of parasite medications is based on acupuncture meridian assessment (AMA).

How could a common heart deworming medication used in pets play such an important role in antiviral and anti-Covid-19 SARS viral infection? The idea is screening existing libraries of drugs already approved by the FDA in an effort to identify compounds that are effective in other diseases, called "drug repurposing." Ten years ago, I wrote about using Ivermectin for cancer patients in my article, "Searching for an Old New Cure: Ivermectin Deficiency Syndrome?" Recently I wrote about Ivermectin to treat fever of unknown origin in my article, "[COVID19, FUO and UFO Phenomenon](#)," on using Ivermectin to cover COVID-19 viral infection and coinfections. I also wrote on using parasite medications as a part of an anti-aging program with proper dental care and nutritional support.

In the June 2020 issue of *Antiviral Research*, Leon Caly et al of Australia published, "[The FDA approved drug ivermectin inhibits the replication of SARS-CoV-2 in vitro](#)." Highlights include:

- Ivermectin is an inhibitor of the COVID-19 causative virus (SARS-CoV-2) *in vitro*.
- A single treatment able to effect ~5000-fold reduction in virus at 48 h in cell culture.
- It is FDA-approved for parasitic infections, and therefore has a potential for repurposing.
- It is widely available, due to its inclusion on the WHO model list of essential medicines

Dr. Richard Horowitz includes extensive scientific documents and references in his post on using Ivermectin, glutathione and nutritional supplements for preventive and active COVID-19 viral infection.

## [Horowitz COVID-19 Protocol from his Post:](#)

"Prevention: NAC 600 mg BID, Alpha lipoic acid 600 mg once to twice a day, glutathione 500 mg BID, curcumin 1000 mg twice a day, sulforaphane glucosinolate 100 mg twice a day (broccoli seed extract), zinc 40-50 mg/day, Vit C 1 gram TID, 3,6 Beta glucan 500 mg per day."

"For active infection: NAC is doubled to two capsule (1200 mg) twice a day, and glutathione dosing (oral or IV) increases to 2000 mg, 3 x per day, with an increase in Vit C to 2000 mg TID. The rest of the supplements listed above remain the same. Along with the nutraceuticals, we have been using Ivermectin (0.2 mg/kg) once a day for 10-14 days based on multiple peer-reviewed articles on its efficacy for COVID-19. The above treatment protocol has worked well for approximately 30 active patients diagnosed with COVID. Not one patient has ended up in a hospital to date using this protocol, but due to low numbers, statistical significance is difficult to determine, which is why a RCT is essential. Ivermectin may also be useful in high risk individuals as a preventative treatment, according to its pharmaceutical properties and published studies..." Many references are included in his [post](#).

In my own practice, when indicated I use a much higher dosage and never use Ivermectin alone to minimize resistance to the medications. I combine a couple of antiparasitic medications with antibiotics like doxycycline, and antifungal medications to address synergistic causes and effects of coinfections.

Dr. Helmut Retzek from Austria posted in his blog, "[Ivermectin also great antiviral drug – useful even against Coronavirus](#)," as I reported in my recent newsletter. Dr. Atel Hemat from Germany has a recent blog post, "[Is Ivermectin a therapy option for COVID?](#)" He notes viruses are organic structures but strictly speaking not living creatures: "Without a host viruses cannot replicate. Due to this big resemblance in their 'way of life' some scientists call viruses **obligatory intracellular parasites**."

Dr. Frederick T. Guildford, glutathione expert, provided ample information on the importance of glutathione on virus Covid-19 triggers for the production of the cytokine IL-6. It turns out IL-6 depletes intracellular GSH. Many reports show that increased IL-6 is associated with the more severe forms of Covid-19 with cytokine storms. See Guloyan V, et al., "[Glutathione Supplementation as an Adjunctive Therapy in COVID-19](#)," in *Antioxidants* (Basel), September 2020.

I wrote, "[Ivermectin Deficiency Syndrome](#)," about ten years ago as my frustration built up for the medical community overlooking such an inexpensive parasite medication playing an important role for cancer therapy and anti-aging medication as a "tongue in cheek." Ivermectin is also a promising antiviral and anti-COVID-19 agent. I highly recommend reading Dr. Richard Horowitz's post on COVID-19. You can use much higher than 0.2 mg/kg of Ivermectin, and Dr. Atel Hemat reports that you can use 10X higher than the recommended Ivermectin dosage. So, you can help dig yourself out of your graveyard on your own if you know how to get and use parasite medications. Also, don't forget the basic recommendations in my article, "[One Hundred Dollar Cure: Cure for Braves, Skeptics and El Cheapo](#)."

~ November 2020

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](http://www.preventionandhealing.com) or call Prevention and Healing, Inc., 314-432-7802. You can also attend a free monthly presentation and discussion 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.



**Simon Yu, MD**  
**Prevention and Healing, Inc.**  
**10908 Schuetz Road**  
**St. Louis, MO 63146 314-432-7802**  
[www.preventionandhealing.com](http://www.preventionandhealing.com)



*Weaving Internal Medicine with Integrative Medicine to Use the Best Each Has to Offer*