

COVID prevention strategies

Prepared by Daniel Castro based off scientific research . (update Dec 2020)

In addition to what public health officials say for COVID prevention (social distancing, sanitation, masks), there are many other known strategies that can help prevent infections like COVID.

1. **Avoid sugar**- sugar is to the immune system like alcohol to people- makes them inefficient
2. At least 2 cups (more is better) of **vegetables** daily
3. At least 2 **fruits** daily (variety is better; fresh or frozen)
 - a. Both veggies and fruits increase nitric oxide in the body, which is linked by various mechanisms to stop replication of coronavirus)
4. Lots of **water** (avoid sodas or artificially sweetened drinks)
 - a. **Contrast showers** boost your immunity and circulation (one way to do it is: 4 minutes warm water, followed by 30 seconds cold water, then 1 minute warm water, followed by 30 seconds cold water; then 1 minute warm water, finish with 30 seconds cold water)
5. Good **sleep**- adults aim for around 8 hours per day (children need more)best if bedtime before 10 PM
6. **Fresh air** in area with lots of trees- “forest bathing” improved the immune function
7. Vitamin D 2,000-5,000 units daily- immune booster; those who died from COVID had much lower levels of vitamin D than the survivors, that is, you will fair better with high vitamin D levels)
8. Vitamin C 1000 mg daily (or more)- works for respiratory infections
9. Zinc 30-50 mg daily (shown to stop coronavirus replication in vitro); (consider addition of quercetin 500 mg twice daily, especially if active exposure to COVID)
10. **Trust in God**- build up your spirituality in these end times! Read your Bible and pray regularly to God.

There are other suggestions for specific conditions (like diabetes, emphysema, etc), but the above are principles applicable to all.

NAC (N-acetyl cysteine) 600 mg twice a day has been shown to reduce flu symptoms by 50%, as well as decrease frequency and length of flu episodes