

Responding to COVID-19 with simple immune system boosting remedies, as compiled by Dan Castro, MD

1. Vitamin D 50,000 IU for 3 days. Followed by 5,000 units per day – continue until spring
2. Vitamin C 3,000mg in split 1,000mg doses for 1-2 weeks, then decreasing to 1,000mg per day
3. NAC 600mg twice a day (morning and evening) until spring time
4. Quercetin 500mg twice a day for one month
5. Zinc 100mg once daily for 1 month then decreasing to 50mg a day until spring
6. Avoid sugar
7. Drink water in abundance
8. Increased intake of fresh fruits and vegetables (especially green leafy vegetables) ; if possible, do a vegetable juice fast for several days
9. Rest in bed as much as possible
10. Contrast shower daily:
 - Start with 5 minutes hot water; follow with 30 seconds cold water (as cold as tolerated)
 - 1-2 minutes hot water for a second time; followed with 30 seconds cold water;
 - 1-2 minutes hot water for a third time; followed by 30 seconds cold water. Towel dry and take a long nap (hopefully 7 hours long). This can be done twice a day for severe infections
11. Spend time growing spiritually through prayer and Bible study