Don't take medical advice from online strangers.

### Preventative :

**Vitamin C**

I'd recommend this to everyone to take preventatively because there is no harm with high dosage or long term use because it is water-soluble. To be brief, *Vitamin C is anti-inflammatory* and there are many foods that have Vitamin C.

**Vitamin D**

I'd recommend this to everyone to take preventatively during the Winter Season. To be brief, *Vitamin D regulates the immune system*. During the winter the days are shorter, everything is colder, people stay indoors and wear long sleeves / jackets. This leads to a Vitamin D deficiency as it is less common in foods, and plays a large part in the reason we have seasonal illness. Vitamin D is fat-soluble meaning your body cannot simply dispose of the excess, leading to adverse side-effects when over a long period of time. The standard maximum daily dosage for Vitamin D3 supplements is 4000IU.

However, for those diagnosed with COVID, I believe the #1 thing one can do is take Vitamin D3 in significant doses. I've listed the maximum recommended dosage above, however I plan to take significantly more than this amount if testing positive. My rationale for a more extreme dosage is that there are no harmful side-effects of higher doses unless there's a significant magnesium deficiency or taken over a long period of time. The goal for Vitamin D3 is to have 25(OH)D levels above 30 ng/ml as soon as possible and I am not too worried about calcification or kidney problems developing from short term high dosage. As stated previously, excess Vitamin D will lead to harmful effects so make sure to think for yourself.

**Oximeter**

There are various products that can work as an oximeter and there's a lot of details but for general advice: don't use a phone application, use warm hands, relaxed environment, same finger each time (left-ring is recommended). The first step is calibrating a baseline for your oxygen levels. After a baseline is established the intention is to note when it deviates by 5% or 10%. The standard advice is visit the ER if below 90% O2 or -10%.

It is common for those having trouble breathing to believe their condition is worse than it is, and an oximeter showing a reading of 94% calms them down and accurately deters them from visiting the ER. It is also common for one to have no stress but have a reading of 89% and now know they need to go to the ER (hypoxia often makes one unaware or confused). Of course it is good to call the ER before visiting the ER. While it will not be completely accurate, at minimum an oximeter is a placebo and can give more objective reassurance over when to and when not to visit the ER.

### Diagnosed :

Vitamin D3 and Vitamin C are traditional and general immunity boosters, which is why I'd recommend them to everyone during this time. The goal of any vitamin is to avoid deficiency - not to overdose. Vitamins are not magical and their benefits are not realized immediately. The following are more alternative and worth thinking about deficiencies or supplements when testing positive.

**Zinc**

To be brief: *Zinc inhibits the replication of the virus.* Zinc blocks the primary viral enzyme RdRp. The standard range for Zinc dosage is 50mg. I would not recommend Zinc preventatively or technically even when diagnosed. Ideally, blood-work would reveal whether one is Zinc deficient, however I would take 25mg 2-3x a day while positive unless there are Zinc side-effects.

**HCG**

**Quercetin**

**EGCG**

To be brief: *these all improve Zinc effectiveness*. These are three zinc ionophores which escort zinc ions through cell membranes into cells where Zinc blocks the primary viral enzyme (RdRp).

**Copper**

The problem with taking Zinc is distorting the Zinc-Copper balance of the body. A deficiency of Copper will lead to the common Zinc side-effects.

**NAC**

To be brief: *NAC improves oxidative stress and inflammatory response*. NAC is shown to be extremely helpful for those with shortness of breath, coughing, lung congestion, etc. Lack of oxygen is the primary symptom leading to hospitalization. Drink water and pair with Vitamin C to reduce side-effect risks. If positive and experiencing symptoms I would take 600-1200mg daily.

**Ivermectin**

**Remdesivir**

**CDS**

**Niacin**

### Extraneous :

**Mental recommendations?**

Write down your plan for when things go south.

Who do you call?

Where do you go?

What do you need?

How will you get there?

Watch comedies, avoid the news.

**Are you having trouble breathing?**

Prone position

Sleep on your stomach, face-down.

Facial steamer, humidifier, steam shower

Nasal decongestant, Cough suppressant

**Are you having trouble sleeping?**

Melatonin

Melatonin dosage varies significantly from person to person. Melatonin has a half-life of a few hours, it can be reasonable to take more if you find it necessary and wake up prematurely.

CBD

Magnesium

Valerian

Many report similar effects using these during COVID - providing relief and helping to relax.

Darkness

Temperature

Weighted blanket

Single-use space

Routine

**Spencer, recommend me something.**

nah.

There are many things unmentioned. Let's hope for vaccine success.

I am in favor of WarpSpeed, AlphaFold, mRNA, accelerated consenting testing (challenge trials) but these are topics for another day.

We have Palaeolithic emotions; medieval institutions; and godlike technology.

<https://www.youtube.com/watch?v=1nIYfjGt0qM>

The Walters - I Love You So