

***Please note these are general recommendations and do not constitute personal medical advice unless Dr. Gold has personally recommended these specific items to you.**

Immune Protocol for COVID-19

“YOUR IMMUNE SYSTEM is there to PROTECT YOU”

Learn HOW to STAY HEALTHY LONG TERM

You Deserve Great Health, Love & Happiness

First, I know Covid-19 has been scary for many people. It is highly contagious and has caused many folks to end up in the ICU and die from this disease.

About the virus: It is part of the Corona family, the same class as the common cold. The virus has a spiky head, hence its name from the root word meaning Crown. It is the spiky head that infiltrates or attaches itself to human cells and enters the body. It's also the protein that the vaccine tells our DNA to make from the signaling of messenger RNA (which is like an email with instructions). Once the virus enters our cells it can use our own machinery to replicate and then go on to infect other cells.

Symptoms: multiple and can mimic many illnesses including but not limited to the common cold, flu and pneumonia.

- *Loss of taste and smell (in some cases this can be prolonged)

- *Fatigue with foggy headedness and extreme headache

- *Fever (chills & night sweats)

Concerning Symptoms include shortness of breath, low pulse ox, chest pain

High risk conditions for increasing the severity of Covid (not an exhaustive list)

- *Diabetes

- *Asthma & other lung problems

- *Heart disease

- *Smoking

- *Obesity

- *Being elderly and frail

- *Cancer

- *Immunosuppressed (i.e. on steroids)

Fact: According to the latest research most people who get COVID-19, will NOT die from it, thankfully.

Update: Omicron has been shown to be more contagious, but less virulent (less deadly).

Thankfully less people are hospitalized. The thought is Covid-19 blended with the common cold and hence the reason for its characteristics. In addition, it's given the opportunity for those who are unvaccinated to form natural antibodies contributing to herd immunity.

Studies have shown those with predisposed conditions (as mentioned above) tend to get very sick with Covid-19. This brings to light the importance of good health. Personally, I have found many of my patients who take care of themselves (eating cleaner, exercising consistently, meditating regularly or have some other form of Spiritual practice along with good social ties) tend to fair better with this disease. Some of my patients who got Covid told me they had a little cough, runny nose and some fatigue and after a few days they felt fine. One of my 75 year old patients told me her other doctor just randomly tested her for covid (just to see) and found she had covid antibodies. She admits she had no symptoms.

There are also reports of people over 100 who had Covid and lived ([bbc.com/news/uk-england-52732899](https://www.bbc.com/news/uk-england-52732899))

Covid-19 has brought to light the importance of good health.

Most chronic diseases in the US are due to poor lifestyles. The good news is we can change that. Moving even for 10 minutes a day has shown remarkable benefit to the body, especially when we do HIIT (high intensity interval training) workouts. These activities can improve our cardiovascular system, blood sugars and allow us to sleep better, focus and have more energy during the day. Yes, we can all make time for that, even busy moms! It may mean waking up a little early, but it's worth it. I met a mom of 3 yesterday who wakes up 1 hour before her kids. She sleeps like a baby, is strong and feels great and she attributes that to her activity and good diet. Remember you can always modify any workout. And it's always better to do something than nothing.

As for nutrition, healthy food can cost more, but isn't it worth it? A large study in the British Medical Journal showed eating healthy costs **\$1.50** more per day than eating unhealthily. **Yes, just a \$1.50 more per day! Aren't you worth it!!! I believe you're worth MUCH MORE!** 😊
<https://www.hsph.harvard.edu/news/press-releases/healthy-vs-unhealthy-diet-costs-1-50-more/>.

Studies show that eating nutritious foods can (keep you):

- 1.Strong
- 2.Lean
- 3.Help you feel better

- 4.Reduce your risk for hospitalization & early death
- 5.Help reduce pain
- 6.Have more energy to do the things you love
7. Sleep better
- 8.Reduce your risk for cancer including breast cancer
- 9.Reduce your risk for chronic disease (lifestyle induced)
- 10.Reduce your risk for breast cancer and other cancers

<https://www.helpguide.org/articles/diets/cancer-prevention-diet.htm#:~:text=Lower%20your%20risk%20with%20antioxidants,of%20stomach%20and%20lung%20cancer.>

<https://www.cdc.gov/chronicdisease/resources/publications/factsheets/nutrition.htm#:~:text=A%20healthy%20diet%20helps%20children,2%20diabetes%2C%20and%20certain%20cancers.>

<https://www.sleepfoundation.org/nutrition#:~:text=It%20allows%20the%20brain%20and,elevated%20risk%20of%20obesity14.>

I'm ALL IN! If you're convinced nutritious food is good for you and YOU'RE Worth it (which YOU ARE), READ ON! 😊

In addition, since the price of food has gone up, there's been many times my meal at the health food store costs about the same as a meal from a fast-food restaurant. Once I spent approximately \$7 for a piece of salmon and broccoli with filtered water. In the grocery store, a one-pound bag of brown rice and 1 bag of lentils have cost me about \$2. That translated to an 18 cents meal (not too shabby).

But Dr. Gold healthy food tastes bad. True some veggies can be bland, but that's why you spruce them up with decent seasonings and if you like crunchy types of foods, you can bake the veggies until they're crispy like Brussel sprouts, kale, etc. One of my favorite recipes is olive oil, a little sea salt and rosemary on peeled Brussel sprouts and bake in the oven (approximately 15 minutes on 375F) until crispy. Prior to having it prepared this way, I hated Brussel sprouts, because in school, they boiled them without any toppings. Even a little raw local honey or maple syrup is fine to add to these highly nutritious foods until your taste buds get accustomed to the flavors. I love fruit like watermelon, berries and nuts and seeds. What do you like? See Dr. Gold's food pyramid (for specific food recommendations). I also recommend fermented foods for gut health like tempeh, sauerkraut etc. as tolerated and if no contraindications.

Real food comes from the earth, and it's better with less processing. See Dr. Gold to jumpstart your health. She knows the fastest way to heal is to refocus your attention on good healthy habits and create rituals to make them come about. Consistency is key and not beating yourself up or blaming or punishing yourself. Instead celebrate all your victories, even if you slipped up and ate a few donuts or chips, but you stopped yourself and didn't go for the next one and threw it away, that's progress. Celebrate!! Woo Hoo. The more you focus on what you want, the more you are likely to get it?

What are you focusing on now? I find anxious people tend to worry and Happy tend to be grateful. The nice part is by changing your language you can change what you focus on. Start by asking questions that SERVE YOU. For example, what can I learn from this? How can I GROW. What is good about this?

A Healthy Mindset is Key

What am I afraid of? If it's getting covid the odds, are you probably will. **But the better question is what am I afraid of if I get covid?** As I mentioned, the statistics are in your favor that you will beat this disease and be ok. What if you focused on doing YOUR part to STAY Healthy & have a Healthy mindset? Yep, you would reduce your stress hormones including cortisol allowing your body to fight the infection more efficiently and hasten recovery.

What happens when we become fearful or panic? Understand the primitive or reptilian brain gets activated. Blood flows to the amygdala. Remember there are 2 types of FEAR. One is rational, "I will not walk into busy traffic or jump off a cliff without gear". That saves you and makes sense. The other is irrational fear, "I am scared I'm going to die if I give this talk." How likely is that? Interestingly, the symptoms of excitements are similar to those of fear, heart racing, maybe some sweating. What if you said "I am excited!"

The great part is you can use mindful breathing to feed your neo cortex aka Prefrontal cortex (PFC or your new advanced brain) and engage in rational thought.

Practice with me: Sit up straight, SMILE (yes show me some teeth or gums or whatever you have! 😊) Gaze at the Horizon and say out loud, "Inhale I calm my Mind. Exhale I LET GO of stress." Again "Inhale I calm my Mind. Exhale I LET GO of stress." Again "Inhale I calm my Mind. Exhale I LET GO of stress." "Inhale I bring in calmness. Exhale I LET GO of Worry". How do YOU FEEL? Repeat until you feel calm.

Why do we have FEAR? From an evolutionary perspective there were benefits to being worried or as I call it "survival of the scaredy cat". First in the Stone age, the world was a scary place. Without supermarkets or 7-Elevens you never knew when you were going to find your next meal. With heightened senses you may have been more aware of danger, and could hear the tiger growl, so you didn't leave the cave and spare yourself from being eaten. You took less risk, because it could be life or death literally. This is the birth of the STRESS RESPONSE. IT'S our primitive or reptilian brain. This ancient brain reacts and that's a wonderful thing in REAL

DANGER. YOU want to be able to run away or hide or fight if you need to or fake death (faint). In today's age as mentioned above REAL DANGER keeps you from getting hurt, like moving your hand quickly from a hot stove and not trying to touch it again.

However, nowadays people can experience the STRESS RESPONSE when they're in traffic, kids keeping you awake at night, working in challenging environments or having a lot to do, dealing with difficult family members and relationships (divorcing friends who they feel turned on them and possibly wanting to divorce their mothers-in-law). Not me I love my mother-in-law wink wink! 😊 Interestingly the same symptoms of a panic attack can mimic excitement. The difference is the meaning we give it. If you say I am excited, you can feel better vs "Oh my goodness I'm going to die". Practice the deep breathing. Allow the neo cortex (new advanced brain to get filled with oxygen) and ask a logical question, "Am I in serious danger". If the house is burning, yes get the heck out of there, but if you're worried about a test, STUDY for it, instead of procrastinating scrolling thru social media or watching a movie after you cop out and say "it doesn't matter anyway, whatever I do it won't make a difference." Hogwash study and you can pass and even make an A (get a tutor if you need one and, in the work,)

Have you ever flown? I have met people who don't fly at all. I'm scared. What if the plane crashes? The likelihood is 11 in a million.¹ It's more likely you'll date a supermodel 1/11,000. Using mindful breathing and our prefrontal cortex we can become rational by asking logical questions, (thereby overriding our amygdala the area where emotions including anxiety are stored). For example, what is the mortality rate of COVID-19. According to the CDC numbers, the percentage of deaths is still small. I calculated 1.75%. Most people will live after getting this virus.

How to create a healthy mindset: Breathe mindfully & count your blessings. Sounds cliché but when we focus on gratitude, we strengthen our immune cells and our nerve connections by stimulating our PNS (parasympathetic nervous system) which is involved in proper rest and repair. We can sleep better, have more energy in the morning and feel more relaxed, allowing ourselves to feel more calmer and make better decisions. This creates a beautiful life. My challenge to you is to practice at least 10 minutes of mindful meditation and over the long run work up to 1 hour. It's a great gift you can give yourself every day.

In contrast when we live in FEAR, we actually stimulate the SNS (sympathetic nervous system) which is fine short term if it keeps us out of real danger (as explained above). It's involved in fight or flight. High cortisol levels help us focus on the outside world, raising our blood pressure and blood sugar and our immune cells are impaired as our focus is on dealing with the immediate threat (if we see stress as a problem). Historically speaking this was meant for when our ancestors were running from lions, and tigers or bears "oh my". In today's age, many

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<https://www.pbs.org/wgbh/nova/planecrash/risky.html#:~:text=The%20annual%20risk%20of%20being,is%20about%201%20in%205%2C000.>

Americans experience chronic stress from their jobs, difficult relationships, financial burdens and NOW being consumed with covid. I have met patients who refuse to leave their homes (I see them virtually) and have seen people who wear masks even while alone in their cars. They live consumed with WORRY. How healthy is that?

Let's practice 'letting go' of Fear. Check out my full course and I do one on one with patients to help customize programs to help meet their specific needs. Please seek professional health as you need it. I also certify folks for cannabis in Florida. If you're not a Florida resident, please check your state for cannabis laws. I have found even CBD (hemp based) has worked for some individuals to help calm them down. I also have FREE yoga classes on social media YT Dr. Gold fun yoga and FB Dr. Gold's Optimal Living Institute and IG Dr. Tanya Gold. They're geared to be fun and relaxing. I will also be starting a live yoga course online. Currently I teach yoga at the YMCA in Tampa.

Laughter is the fastest way I know to be Happy and FREE yourself from Fear. Remember YOU Can't be Sad when you're Glad. YOU Can Fake it until YOU Make it. I wrote a book on happiness called the "7 Habits of Extremely Happy People." It teaches you *simple* techniques, like smiling to feel better. Through practice you can master this. I started with calling in to the laughter hotline. In addition, you can watch funny clips or make silly faces or listen to upbeat music as some examples. What's healthy that you enjoy doing? The key is to practice bringing JOY into your life daily. It begins with focusing on what is going WELL in YOUR LIFE i.e., you woke up and what YOU can Give, rather than paying more attention to your sorrows and what you can get. Visualizing a fruitful life, being grateful for what you do have, helping others and taking the burden off of life and seeing more of its pleasures ie the beautiful sky, the pretty birds and butterflies, and the good in the world ie those who help others.

**Research shows 20 minutes of laughter does the body good, incidentally that's how long the laughter calls last. I recommend to patients to laugh at least 20 minutes a day and if you can do more that's awesome. If that seems too difficult start off with baby steps and work your way up. It's okay to begin with 1 or 2 minutes at a time. Check out our laughter exercises or faces of laughter to put you in a good mood! I am creating an app called "Happy School". Let me know if you're interested in Beta testing it. 😊

Supplements to help with Preventing Covid and treating it (based on research)

A. Vitamin D (hormone and vitamin) can help strengthen the immune system², help with allergies, upper respiratory infections and also strengthen bones.

² <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3166406/>

I recommend vitamin D3 because it's better absorbed than vitamin D2. Brand Matters. Decline gummies because of the sugar, unless it comes from 100% organic whole fruit, not juice and no added sugar or artificial sweeteners or dyes.

Some brands I like: Metagenics, Now Depending on levels I have had patients with low vitamin D levels taking 10,000 iu + vitamin K 2 (which helps with absorption, and targets calcium absorption into the bones)

I recommend checking your vitamin D levels (testing Vitamin D 25 OH (hydroxy)) The normal range is 30-100. Try to think of a passing testing score and shoot for a level above 65 (optimally 70-100). Studies have shown those with MS, cancers, osteoporosis, covid and many other illnesses tend to have low vitamin D levels³. While it's not a cure for these ailments, I am fine to improve my levels if my risk (for not getting these diseases) can be improved.

B.Vitamin C great for wound healing and boosting the immune cells. Numerous research studies tout the benefits of vitamin C for fighting infections. I typically use the Emergen C powder because of the electrolytes and when you mix it with water, I find it gets absorbed better and you're getting hydrated. There are whole food sources if you're concerned with the sugar, or you can use the Emergen C lite. If you get the capsules use the Ester C with bioflavonoids for better absorption. Once usually only absorbs 500mg of Vitamin C at one time. The packs come 1000mg, so I recommend taking 1 pack every few hours (max 3 per day). Remember too much vitamin C can lead to diarrhea as I my niece found out when she took several packs in a row.

C.Zinc binds to the virus. Too much can lead to nausea, vomiting and diarrhea. I recommend starting at low doses and taking with a healthy meal. For adults they may start with 25mg (or less if sensitive). Higher doses include 50mg a day.

D.Fish oil⁴⁵- I have taken this, since I was a little girl. I have found its kept me healthy even while running all year round in NYC in central park. I have rarely gotten colds and my nails seem stronger and my skin and hair seem shinier.

E.Magnesium: Natural muscle relaxer. Tends to be deficient because of stress and low intake. I have patients use magnesium glycinate, as its easier on the stomach anywhere from 250mg - 1000mg (sometimes a little higher if they're using it for high blood pressure). Too much magnesium can lead to loose stool. A B complex vitamin may help with that.

⁴ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7779984/>

⁵ <https://norwayomega.com/blog/how-omega-3-fish-oil-can-boost-your-immune-system/#:~:text=Omega%2D3%20Can%20Activate%20Immune,cells%20known%20as%20B%20cells.>

F.Ashwaghandha or other adrenal adaptogens to calm the adrenal glands. I use cortisol calm or cortisol manager as some examples. Many people are worried and feeling stressed. These supplements can offer support to your adrenal glands and calm the nervous system.

G.Tumeric for joint pain and this is a great anti-inflammatory and immune booster. I once used turmeric spice mixed with coconut oil to make a toothpaste consistency and put that on my infected finger. Instead of having to go to the ER, the extreme swelling went way down and I could sleep.

H.CBD great for sleep, anxiety and pain and helps reduce seizures. I have had patients who's tumors decreased in size. It's a great anti-inflammatory, helps elevate mood, boost the immune system.⁶

"Don't underestimate the Power of water" My dad almost died from dehydration. He was running a 10K race called "The Pepsi Challenge" in the Bronx and thought it would be a good idea to take a drink called "no thirst" in the 80's. It was 106F degrees in July and he bypassed the water stations. By mile 3 he said he saw a hill and doesn't remember much past that. Luckily the paramedics caught him early and he ended up in Columbia Presbyterian Hospital for a week.

F.Water: It's essential to Life. Don't underestimate its value! Like our planet Earth, our bodies are approximately 70% water (80% in our muscles). We need water to survive. Some drinks like coffee and alcohol act as diuretics and can actually dehydrate us because it causes us to pee even more. Water plus electrolytes helps the fluid stay in our cells. That's why it's important to not just hydrate with water alone but take in sodium and chloride especially when you're sweating or outside and feeling lightheaded or dizzy. For the amount of water in a healthy adult, I recommend working up to half their body weight in ounces. The amount of electrolytes vary. I myself try to get at least 16 ounces (or more depending on my activity level). I am training for a marathon (if you're reading this Fall 2021), so I need a lot more. I shy away from Gatorade (unless that's the only thing available, because of the dyes and chemicals). I use Emergen C because I like having the added benefit of vitamin C added to the water, as it can boost my immune system. In addition, I've used 100% pure coconut water.

Some Common Symptoms of Dehydration:

- 1.headaches
- 2.fatigue
- 3.muscle cramps
- 4.constipation

⁶ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7987002/>

5.abdominal pain/cramps

6.foggy headed/challenges concentrating

7.dry skin/itchiness

Humidify the air (I use a humidifier from Homedics, no filters). Moisturize the air, keeps the nasal passages from drying out. The hairs in your nose are your first line of defense from invading organisms (i.e., virus or bacteria). They can trap the bacteria or virus and then the immune cells (i.e., macrophage) can eat it like a pacman. When the mucosal membranes get dried out you can be prone to illness as the moisture is not there to trap the virus. I also use Lucas papaw (natural moisturizer) in my nostrils. That's saved me from nose bleeds and getting sick on airplanes and in general and has also helped many of my patients with dry skin. This is an item we do sell at the office or can ship to you. Of course, you can always buy it online. I also use it daily whenever my nose feels dry.

For cough: olbas and Buckley's, moisturize the nose often and use humidifier if congested and the air is dry in your home from the A/C or heat (that'll help reduce the postnasal drip). Raw local honey. Traditional remedies: Mucinex DM, Tessalon Perles (requires prescription, swallow whole don't chew, as it stops the cough by impairing the cough reflex, so you don't want to chew it and choke on your saliva)

Essential oils: Onguard and Breathe on bottoms of feet and can use this as a natural Vicks mixed with coconut oil on chest or breathe in thru a diffuser. Lavender is a great calming agent. Cheer is good to lift your spirit and Adaptiv is good for balance.

Traditional therapies: When I was helping another traditional medical doctor, many of their patients took Advil cold and sinus or Tylenol cold and sinus for their congestion and cough. What this does is treat the symptoms (mask them much like a Band-aid) but does very little to strengthen the immune system. In addition, Tylenol can be toxic to the liver and Advil can impair wound healing, increase risk for bleeding and ulcers and kidney damage and raising blood pressure. There also has been significant concern in the medical literature for using these products regularly even at doses prescribed by a HCP. That's why the guidelines have lowered the recommended dose on acetaminophen (aka Tylenol). In addition to the toxicities, there have been 1000's of deaths from these medications (class acetaminophen and NSAIDS) and we know ever more deaths from those taking pain meds including narcotics. These are not people abusing them. They are taking the recommended dose prescribed by their health care provider for the proper condition. Caution: Just because a medicine is over the counter, doesn't mean it's safe. The good thing is we have options i.e., healthy substitutions as I mentioned above. Because they're research based, they have been shown to effective with less side effects. Of course, make you are not allergic to any of the components or have any contraindications to using them.

Be Safe and Well and Live your Optimal Life!

With warmest wishes, Dr. Gold 😊

PS This is by no means an exhaustive list of supplements and for good brands let me know if you would like me to send the recommendations through a Fullscripts cart (so you just have to hit order after putting in some information).