Personal Action Steps for Avoiding the Coronavirus

Source: James Robb, MD UC San Diego.
Subject: What I am doing for the upcoming COVID-19 (coronavirus) pandemic...

Dear Colleagues, as some of you may recall, when I was a professor of pathology at the University of California San Diego, I was one of the first molecular virologists in the world to work on coronaviruses (the 1970s). I was the first to demonstrate the number of genes the virus contained. Since then, I have kept up with the coronavirus field and its multiple clinical transfers into the human population (e.g., SARS, MERS), from different animal sources.

> The current projections for its expansion in the US are only probable, due to continued insufficient worldwide data, but it is most likely to be widespread in the US by mid to late March and April.

> Here is what I have done and the precautions that I take and will take. These are the same precautions I currently use during our influenza seasons, except for the mask and gloves.:

> 1) NO HANDSHAKING! Use a fist bump, slight bow, elbow bump, etc.

> 2) Use ONLY your knuckle to touch light switches, elevator buttons, etc.. Lift the gasoline dispenser with a paper towel or use a disposable glove.

> 3) Open doors with your closed fist or hip - do not grasp the handle with your hand, unless there is no other way to open the door. Especially important on bathroom and post office/commercial doors.

> 4) Use disinfectant wipes at the stores when they are available, including wiping the handle and child seat in grocery carts.

> 5) Wash your hands with soap for 10-20 seconds and/or use a greater than 60% alcohol-based hand sanitizer whenever you return home from ANY activity that involves locations where other people have been.

> 6) Keep a bottle of sanitizer available at each of your home’s entrances. AND in your car for use after getting gas or touching other contaminated objects when you can’t immediately wash your hands.

> 7) If possible, cough or sneeze into a disposable tissue and discard. Use your elbow only if you have to. The clothing on your elbow will contain infectious virus that can be passed on for up to a week or more!

> What I have stocked in preparation for the pandemic spread to the US:

> 1) Latex or nitrile latex disposable gloves for use when going shopping, using the gasoline pump, and all other outside activity when you come in contact with contaminated areas.

> Note: This virus is spread in large droplets by coughing and sneezing. This means that the air will not infect you! BUT all the surfaces where these droplets land are infectious for about a week on average - everything that is associated with infected people will be contaminated and potentially infectious. The virus is on surfaces and you will not be infected unless your unprotected face is directly coughed or sneezed upon. This virus only has cell receptors for lung cells (it only infects your lungs) The only way for the virus to infect you is through your nose or mouth via your hands or an infected cough or sneeze onto or into your nose or mouth.

> 2) Stock up now with disposable surgical masks and use them to prevent you from touching your nose and/or mouth (We touch our nose/mouth 90X/day without knowing it!). This is the only way this virus can infect you - it is lung-specific. The mask will not prevent the virus in a direct sneeze from getting into your nose or mouth - it is only to keep you from touching your nose or mouth.

> 3) Stock up now with hand sanitizers and latex/nitrile gloves (get the appropriate sizes for your family). The hand sanitizers must be alcohol-based and greater than 60% alcohol to be effective.
> 4) Stock up now with zinc lozenges. These lozenges have been proven to be effective in blocking coronavirus (and most other viruses) from multiplying in your throat and nasopharynx. Use as directed several times each day when you begin to feel ANY "cold-like" symptoms beginning. It is best to lie down and let the lozenge dissolve in the back of your throat and nasopharynx. Cold-Eeze lozenges is one brand available, but there are other brands available.

I, as many others do, hope that this pandemic will be reasonably contained, BUT I personally do not think it will be. Humans have never seen this snake-associated virus before and have no internal defense against it. Tremendous worldwide efforts are being made to understand the molecular and clinical virology of this virus. Unbelievable molecular knowledge about the genomics, structure, and virulence of this virus has already been achieved. BUT, there will be NO drugs or vaccines available this year to protect us or limit the infection within us. Only symptomatic support is available.

I hope these personal thoughts will be helpful during this potentially catastrophic pandemic. You are welcome to share this email. Good luck to all of us! Jim

**Recommended silver solution products for enhanced immunity from viral threats.**

**DOSAGE**

*High Risk: 2 tablespoon 3x per day for peak immunity*

*Low Risk (no cases reported in state 250 miles): 1 tablespoon 3x per day for maintenance*

**NOTE:** Hold in mouth before swallowing. Consider spraying into nasal passages and nebulizing periodically.

**Made by American Biotech Labs**
- Silver Biotics (consumer - 10 ppm) available on [amazon.com](http://amazon.com)
- ASAP (consumer - 10, 22, 30 ppm) available on [amazon.com](http://amazon.com)

**Made by My Doctor Suggests**
- My Doctor Suggests (consumer - 30 ppm) available on [amazon.com](http://amazon.com)

**The following basic nutritional ADULT response is recommended if there is an imminent threat (e.g. coronavirus case recently reported in your area).**

1. **Quinton Marine Plasma Isotonic:** Two ampoules per day 15-30 minutes before meals. One ampoule per day 30 min before bedtime.

2. **Vit C (ascorbic or mineral ascorbates):** 3000-5000 mg/day in divided doses to minimize diarrheal response. *Active Ribose C* is the preferred form to minimize side-effects.

3. **Vit D3:** 10000 IU per day for two weeks then 5000 IU per day

4. **Magnesium:** 400-800 mg per day as citrate or malate

5. **Zinc:** 20-30 mg per day as zinc methionate

6. **Selenium:** 200-400 micrograms per day as L-selenomethionine

7. **B-complex:** 400 mg B-complex
Vitamin C and CoronaVirus

If, by the end of today, YOU and your family members are NOT taking a minimum of 500 milligrams, per day, of Vitamin C may God help you...

Get with the program people. Stop being Big Pharma sheeples...

The liberal media is NOT telling the public that literally TONS of Vitamin C is being shipped into Wuhan, China to treat, and stop, their CoronaVirus outbreak. They are also not telling anyone that the city of Shanghai (population 24.2 million) has adopted Vitamin C as their treatment of choice. I am hearing reports that the country of Taiwan is doing the same.

So, what the hell is wrong with the United States of America?
Listen closely – go out and buy a family sized bag of Vitamin C right now. Read the rest of this article later if you have to. Get whatever form you can get...
I’m 76 years old – so by the media’s estimate I’m first in line to die of the CoronaVirus. No thanks, I’m busy that day...
I take a minimum of 2,500 milligrams of Vitamin C per day, and have been for years, in powder form stirred into sixteen (16) ounces of water. If I feel a cold, or allergies, coming on I’ll double that by taking more six hours later.
I get my “China Free” Vitamin C from a secret source. You can buy your Vitamin C anywhere you want, but try to get the best quality. Try to get the Ascorbic Acid variety as your first choice.
The stuff I get, when mixed with sixteen ounces of water, tastes like a very good pink lemonade, and I use it as the liquid to take my supplements every morning.

What supplements does an old guy like me take, you ask? Besides the Vitamin C, I take two 425 mg Magnesium Malate (old guys need magnesium), three Prostrate Formula (yup, I’m there), two 1000 mg Triphala (look this one up), two 2,500 mg Flax Seed/Fish Oil Complex, two 500 mg Vitamin B12 (keeps me pretty), one 500 mg Selenium, two 5,000
mg D3 (sunshine in a capsule), and a blood pressure pill (I’m married, and sometimes we don’t always agree).

Andrew Saul, over at the Orthomolecular Medicine News Service writes:

“Shanghai Government Officially Recommends Vitamin C for COVID-19” (OMNS Mar 3, 2020) The government of Shanghai, China has announced its official recommendation that COVID-19 should be treated with high amounts of intravenous vitamin C. (1) Dosage recommendations vary with severity of illness, from 50 to 200 milligrams per kilogram body weight per day to as much as 200 mg/kg/day. These dosages are approximately 4,000 to 16,000 mg for an adult, administered by IV. This specific method of administration is important, says intravenous therapy expert Atsuo Yanagisawa, MD, PhD, because vitamin C’s effect is at least ten times more powerful by IV than if taken orally. Dr. Yanagisawa is president of the Tokyo-based Japanese College of Intravenous Therapy. He says, “Intravenous vitamin C is a safe, effective, and broad-spectrum antiviral.”

Richard Z. Cheng, MD, PhD, a Chinese-American specialist physician, has been working closely with medical and governmental authorities throughout China. He has been instrumental in facilitating at least three Chinese clinical IV vitamin C studies now underway. Dr. Cheng is presently in Shanghai continuing his efforts to encourage still more Chinese hospitals to implement vitamin C therapy incorporating high oral doses as well as C by IV.

Dr. Cheng and Dr. Yanagisawa both recommend oral vitamin C for prevention of COVID-19 infection.