

# Nasal Spray, Mouth Wash & Gargling to Decrease Viral Load

(Beating viruses by cutting them off at the neck)

Spraying (or flushing) the nose along with rinsing mouth and gargling with things that kill viruses have been grabbing my attention lately. It makes a lot of sense since there seems to be a lot of virus replication that happens in our nose, mouth, and throat (they are the primary virus gateways into the rest of our body). Have you ever noticed when you get a head cold, then a sore throat and then the preceding chest cold? I noticed if I had a bad head cold, if I gargled regularly with Listerine it seemed to really help with sore throat. It made me feel like I was protecting the rest of my body from my head when viruses or whatever ailed me started trying to travel south!

If our nasal cavities, mouth, and throat area are the hotbed for viruses (and work like a virus incubator and hatchery all in one) it makes a lot of sense to do things that mitigate or eliminate the virus while it's still up in this area. Rinsing these areas with things that kill and neutralize viruses, makes a lot of sense in decreasing the amount of viral load this same area produces.

Some may think it's a backwards way of thinking, but I believe when we focus on eliminating the source of the aggravation- it can shrink or eliminate the symptoms.

**Hydrogen peroxide:** this is one that I started using because of its value in killing viruses and according to the CDC, hydrogen peroxide is effective at removing microorganisms, including bacteria, yeasts, fungi, viruses, and spores. I use it straight out of the brown bottle at 3%, swish it around in my mouth gargle just a little bit, spit it out and swallow just a little bit of the left-over bubbles to line my throat with it. Hydrogen Peroxide is very intriguing in its usage against bacteria's and viruses. You can dilute it further, but if you do, be sure to use sterilized water.

**Iodine** has been used extensively for decades as an antiseptic. Studies have shown it to be effective at a very diluted amount, and it is safe to use as a nasal rinse as well as mouthwash and gargle. You can also use diluted iodine drops in the eye. It is used very extensively by the medical field -before and after eye surgeries. I have included information below of a study done on Povidone -Iodine and its effectiveness against coronavirus.

## **Efficacy of Povidone-Iodine Nasal and Oral Antiseptic Preparations Against Severe Acute Respiratory Syndrome-Coronavirus 2 (SARS-CoV-2)**

**Introduction:** Severe acute respiratory syndrome-coronavirus 2 (SARS-CoV-2) is the pathogen responsible for the global pandemic of coronavirus disease 2019 (COVID-19). From

the first reported cases in December 2019, the virus has spread to over 4 million people worldwide. Human-to-human transmission occurs mainly through the aerosolization of respiratory droplets. Transmission also occurs through contact with contaminated surfaces and other fomites. Improved antisepsis of human and nonhuman surfaces has been identified as a key feature of transmission reduction. There are no previous studies of povidone iodine (PVP-I) against SARS-CoV-2. This study evaluated nasal and oral antiseptic formulations of PVP-I for virucidal activity against SARS-CoV-2. This is the first report on the efficacy of PVP-I against the virus that causes COVID-19.

**Methods:** Povidone iodine nasal antiseptic formulations and PVP-I oral rinse antiseptic formulations from 1% to 5% concentrations as well as controls were studied for virucidal efficacy against the SARS-CoV-2. Test compounds were evaluated for ability to inactivate SARS-CoV-2 as measured in a virucidal assay. SARS-CoV-2 was exposed directly to the test compound for 60 seconds, compounds were then neutralized, and surviving virus was quantified.

**Results:** All concentrations of nasal antiseptics and oral rinse antiseptics evaluated completely inactivated the SARS-CoV-2.

**Conclusions:** Nasal and oral PVP-I antiseptic solutions are effective at inactivating the SARS-CoV-2 at a variety of concentrations after 60-second exposure times. The formulations tested may help to reduce the transmission of SARS-CoV-2 if used for nasal decontamination, oral decontamination, or surface decontamination in known or suspected cases of COVID-19.

These iodine solutions have been shown effective at a very diluted amount. The amount used in this study was at a 1% to 5% concentration.

**PMID: 32951446** <https://pubmed.ncbi.nlm.nih.gov/32951446/>

One way you can very easily have a ready nose spray is to use saline spray and mix a little Povidone-Iodine in with it. It seems very effective at a lighter dosage, but I have mine a little on the strong side. I got an 88 ml saline spray, took the nasal attachment off, measured 8 ml of Povidone-Iodine into a syringe and put it in the bottle. There's enough space in a new bottle to allow this. You can get both in any drug store.

Whatever your choice of antiviral, I believe you can make a real difference in the amount of virus that gets generated after you get in contact with one (by using these rinses regularly when you think you have been infected or know you have been). By rinsing or spraying the nose, mouth rinse and gargle as well as using eyedrops that destroy accumulating viruses, you nail the source. If you can keep the viral load at a minimum, you can form natural immunity to the many variants that you encounter without the intensity of a full hit when these viruses are allowed to populate.

I hope you continue to research the effectiveness of mouthwashes, gargling, nasal sprays and rinses and eyedrops to decrease virus replication.

There is a lot of information on Povidone Iodine and its effectiveness here  
[www.freecovidhelp.org/early-prevention](http://www.freecovidhelp.org/early-prevention)

POVIDONE IODINE – WASH YOUR NOSE

<https://freecovidhelp.org/early-prevention/>

Efficacy of Povidone-Iodine Nasal and Oral Antiseptic Preparations Against Severe Acute Respiratory Syndrome-Coronavirus 2 (SARS-CoV-2)  
<https://pubmed.ncbi.nlm.nih.gov/32951446/>

The Ocular Application of Povidone-Iodine

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1705857/>

Povidone-Iodine Attenuates Viral Replication in Ocular Cells: Implications for Ocular Transmission of RNA Viruses

<https://pubmed.ncbi.nlm.nih.gov/34069869/>

Wade Yoder

Master Trainer and Fitness Nutrition Specialist