

# Therapeutic Combinations

As we know if we can keep symptoms suppressed from viruses, it can in turn help keep us out of the emergency room and hospital. It also helps in keeping the symptoms subdued as our own immune system is working at mapping the virus so it can produce antibodies that are perfectly designed to squash the invader. Letting the immune system work as much as possible but keeping some things available to calm it down can really help. Just remember the immune system's reaction and work can really make us hurt and feel bad while it's waging war for us. Oft times the immune system is strong enough once it figures out and creates its recipe to attack the invader, keeping your body strong enough for long enough is key for the body to survival this organization and battle.

I wanted to further research how these individual supplements and medications (mostly over the counter) work so as to not have multiple ones working in the same category. I found some interesting things such as research listed with the National Institutes of Health (NIH) when combining histamine 1 and histamine 2 blockers. **Famotidine** (in Pepcid/Pepcid AC) for blocking histamine 1 and **Cetirizine** (in Zyrtec) for histamine 2. This can help block the cytokine storm we all know that can lead to difficulty breathing, hospitalization, intubation and death.

**As a medical disclaimer:** these are the products that I would use personally. The first ones are ones I would want to use to strengthen my system prior to getting COVID-19 and then if getting COVID-19 there are some I would want to keep on hand to start taking so as to suppress the symptoms.

**Vitamin C:** 1000 mg once or twice daily. Vitamin C helps reduce inflammation and many other benefits.

**Vitamin D:** 2000 IU daily. Vitamin D can modulate the innate and adaptive immune responses. Deficiency in vitamin D is associated with increased autoimmunity as well as an increased susceptibility to infection.

**Melatonin:** 3 mg nightly. Melatonin has been shown to possess anti-inflammatory effects, among a number of actions. Melatonin reduces tissue destruction during inflammatory reactions by a number of means.

**Zinc:** 100 mg daily. Zinc lozenges preferred. Zinc is necessary for the activity of over 300 enzymes that aid in metabolism, digestion, nerve function and many other processes. In addition, it's critical for the development and function of immune cells.

**Quercetin:** 250-500 mg twice a day for 5 days. (Helps the body use zinc).

**Green Tea:** The antioxidants in green tea have been found to block the various phases of infection of healthy cells, weakening a virus and reducing the duration of cold-like symptoms and fever. This may be because green tea's antioxidant polyphenols could affect regulatory T-cells that play a key role in immune function.

**Elderberry:** seems to have benefit in decreasing pain and inflammation, and reduce symptoms of upper respiratory infections. Elderberry seems to boost cytokine production- so I would take as a prevention to wake up immune system but not take it if I had COVID-19. Using Elderberry in combination with Vitamin D and Vitamin C can work great as a prevention measure to knock out bad stuff as it comes in (I would lay-off the Elderberry especially if lung issues start but continue with Vitamins C & D).

**Just my opinion:** I would use Elderberry at a separate meal since it boosts immune system activity.

**Aspirin:** I would use up to max dosage depending on symptoms. Aspirin helps control inflammation, pain and helps guard against blood clots (as an anticoagulant).

NSAIDs

**Ibuprofen** (Advil), **naproxen** (Aleve), and **aspirin:** these are all part of a class of medications called non-steroidal anti-inflammatory drugs. They treat aches by reducing inflammation (which can be anything from heat, fever, swelling, pain or losing movement). Ibuprofen is what I would use at night, as it seems to help me sleep better.

**Note:** you want to remember that inflammation is a good thing and is a part of our immune response- what is bad is an over-response. Keeping it controlled is key, as an over response (extreme inflammation in the lungs) can cause difficulty breathing.

**Famotidine:** (Pepcid, Pepcid AC 20 mg 1-2 times daily). This inhibits histamine 2 release. Has been shown to work well with Cetirizine. PMC7455799

**Cetirizine:** (Zyrtec) selectively inhibits peripheral histamine 1 and has been shown to work effectively with famotidine. PMC7455799

**Mucinex:** 400 mg three times daily. Mucinex is an expectorant that helps to loosen and thin congestion in your chest and throat. When mucus is thick and sticking stubbornly to the walls of your lungs and throat, it's difficult to cough it up, so Mucinex works by loosening and thinning the mucus in your chest.

**Inhaler** (if symptoms worsen). Symbicort or Albuterol. My preference is Symbicort. Symbicort contains a combination of budesonide and formoterol. Budesonide is a corticosteroid that reduces inflammation in the body. Formoterol is a long-acting bronchodilator that relaxes muscles in the airways to improve breathing.

Stay hydrated and get plenty of rest but also try to stay moving as much as possible.

When you have lung congestion it is best to lay on side or stomach to take pressure off the lungs.

**Ivermectin:** I used to sell this (for animals) over 30 years ago at my parents store and this parasite medicine and I have never known anything to come even close to it. Its value and usage in humans both as an anti-parasitic and a potential viral value (for COVID-19) does not come as a shock to me. The testing throughout the world shows really promising results and if I got COVID-19 I would immediately request it from my doctor. If it doesn't do anything to help get rid of COVID-19 at least it would help rid the body of parasites (and supposedly we all have them in our body if we haven't been dewormed) and those lil-rascals suck up nutrients that we should be getting.

**For improving post COVID syndrome:** vitamin B complex, Omega-3 supplement.

I hope and will be praying not that you, your family and friends will not get COVID-19 but that you can suppress the symptoms of it and power through it.

“There is immunity in community and desolation in isolation.”

Wade Yoder

Master Trainer and Fitness Nutrition Specialist

You can download a copy of this at [www.wadeyoder.com](http://www.wadeyoder.com) or send request to [wadeyoder@icloud.com](mailto:wadeyoder@icloud.com)

