

# AN HERBALIST'S COVID-19 ACTION PLAN

**THIS IS NOT MEDICAL ADVICE THIS IS INFORMATION YOU SHOULD HAVE!**

You may be feeling increased anxiety over the COVID-19 pandemic. This is a very human and normal response. Feeling helpless and vulnerable often leads to anxiety. Knowledge and action are usually the antidote. It isn't too late to take steps to protect you and your family.

**It is very likely that you and or someone you know will become infected with COVID-19 before the end of the year.** Read that again. It's true but not necessarily frightening. Experts like Harvard University's Infectious Disease specialist, Marc Lipsitch has projected that up to 70% of the world's adult population will become infected in the next year. Most people will have mild to moderate symptoms, some of us will have no symptoms at all. We've all survived a flu or cold sometime in our life. And we can survive this new flu too, if we take the proper precautions of boosting our immunity, having a plan of action in place, and doing our part to [flatten the curve](#). There are steps YOU can take. Today.

In a previous post I addressed [boosting immunity](#). Today I will focus on a 3-phase action plan that may help you manage the onset of COVID19. Due to legal realities you will find the following interspersed throughout this post:

**THIS IS NOT MEDICAL ADVICE THIS IS INFORMATION YOU SHOULD HAVE**

Let's get started. You've got this. We've got this.



# PHASE I: NO ILLNESS DETECTED

(you have no flu symptoms and no known interaction with those infected with COVID-19)

Congratulations you are still in prevention mode. Build your immune system. Stock your pantry. Make sure to be vigilant about hand washing. And eat your [anti-virals!](#)

## 1. Eat 1-3 Natural Antivirals a Day:

- Ginger\*
- Garlic\*
- Onions
- Thyme
- Clover and or Manuka Honey

## 2. Incorporate Adaptogen Herbs into Your daily Life:

Adaptogens are herbs that help the body adapt to stressors whether physical, mental or biochemical. Take via your preferred method: tea, capsule or tincture is fine.

- Ashwagandha
- Astragalus
- Eleuthero Root
- Korean Ginseng
- Holy Basil

## 3. Supplement with the Below to Support your Immune System:

- Daily take 250mg of Vitamin C. This amount is significantly higher than the [Recommended Daily Allowance](#).
- Daily take a Vitamin D supplement and or Cod Liver Oil capsules. Most Vitamin D supplements will provide 125mcg/5000IUs. In addition, [sun gaze](#) daily. Sun gazing also stimulates Vitamin D production in the body. Vitamin D supplementation is critical for those living in Northern climates, especially people of color. Research shows that melanin inhibits the synthesis of Vitamin D, people with naturally dark skin tone require 3to 5 times longer sun exposure to make the same amount of Vitamin D as a person with a white skin tone. Black and Brown people should make sure to get supplemental vitamin D especially during the winter months.
- Daily take [Rapid Immune Boost](#) (Rapid Immune Boost is an [Herb Pharm](#) formula)
- Daily take [Reishi Mushroom tincture](#) (Reishi tincture can be found at your local health food store. (I recommend the Herb Pharm brand.)

## PHASE I: NO ILLNESS DETECTED Ctd.

- Move your body. Keeping active is known to improve the immune system. If you have a trampoline or mini rebounder, now is the time to use it daily. If you don't have a rebounder you can use an exercise ball. (Bounce while sitting.) [Rebounding](#) helps drain the lymphatic system. A healthy unclogged lymphatic system is key to immune health. Complications from COVID-19 include Acute Respiratory Distress Syndrome (ARDS). ARDS and system wide organ failure is the cause of death from COVID-19. When the pulmonary (lungs) interstitial fluid becomes clogged and overwhelms the lymphatic system's ability to drain, [ARDS](#) occurs. The air sacs in your lungs fill up with fluid, severely limiting your lungs ability to fill up with air, thus depriving your organs and brain with the oxygen they need. Lymphatic health is essential right now.

## PHASE II: FLU SYMPTOMS DETECTED

(you or a family member have flu symptoms but no known contact with travelers from affected regions and you do not fit the requirements to receive the Coronavirus test.)

This is a critical phase. Most of us will be exposed to and exhibit symptoms of COVID-19 at some point. Even if we only have mild symptoms, we need to quickly eradicate it. Though we may not succumb to the virus, we must protect the health of our vulnerable friends and family.

Remember, **THIS IS NOT MEDICAL ADVICE THIS IS MY PERSONAL ACTION PLAN.** I would/will:

1. Immediately stop taking immune boosters such as Reishi\*\* and Rapid Immune boost, because an overactive immune response when dealing with COVID-19 can lead to Acute Respiratory Distress Syndrome (ARDS). Instead I would add high dosages of anti-inflammatories like ginger and turmeric.
2. Immediately switch from eating my anti-virals to taking them in medicinal dosages. You could consider any of the below in tincture and or capsule form. I would at minimum take 1 dropperful 4 times a day if taking in tincture form, and triple the recommended dose found on the back of the box in capsule forms.
  - [Elderberry](#) (highly recommend)
  - Golden Seal and Echinacea
  - Garlic tincture
  - Lemon balm
3. Increase dosage of Vitamin C to 1,000-2,000 mg every hour that I'm awake. Vitamin C deficiency is known to increase susceptibility to viruses and is related to the severity of influenza infections. Currently China is treating patients with COVID-19 and severe respiratory complications with 24,00 mg/day of intravenous vitamin C as part of a [clinical trial](#). Participants will receive IV vitamin C for seven consecutive days.

## PHASE III: CORONAVIRUS IN YOUR HOME

(you or a family member have Coronavirus)

This does not have to be scary; it is manageable. And remember 80% of cases are mild or moderate. But it is very important that you take swift action against the virus. Once it gets to the point of you needing to be hospitalized mortality rates jump significantly. Once at the hospital it can be managed *if* the medical care system is not swamped and has plenty of ventilators, oxygen tanks and antiviral medication. If we go the way of Italy, and that is not the case and you are forced to treat yourself.....

**Once again, THIS IS NOT MEDICAL ADVICE THIS IS MY PERSONAL ACTION PLAN that I'm sharing with you.** I am sharing this with you, in the event that our medical care system is overrun and/or out of pharmaceutical antivirals and you are forced to treat yourself.

1. Continue with Phase II antivirals. Add any one of the below available antivirals. (l) dropperful (4) times a day. Except in the case of Lomatium, take a half dropperful 4 times a day.
  - Thyme tincture ([proven efficacy against coronaviruses](#))
  - [Oregano](#) tincture (highly recommend)
  - [ViraAttack](#) (Herb Pharm formula Lomatium first ingredient)
  - Lomatium\*\*\*
2. Immediately add Protein Inhibitors/Digestive Enzymes. Coronavirus is an enveloped virus meaning it is encased in protein and fats. If you can break down the proteins the antivirals can work more efficiently. Adding enzymes is an important step to combating the coronavirus. As an added benefit, protein inhibitors/proteolytic enzymes like those derived from pineapple and papaya are powerful anti-inflammatories. This is especially useful when dealing with coronavirus as an overactive immune response can lead to inflamed lungs and a cascade of serious issues resulting in ARDS. Acute Respiratory Distress Syndrome and system wide organ failure is how you die from a flu or coronavirus. Enzymes have been found to be as effective as steroids at reducing inflammation. Contact your preferred natural health provider (Naturopathic Doctors, Naturopathic Medical Doctors, Natural Health Educators, Chiropractors, TCM practitioners, Ayurvedic practitioners, Herbalists) or Medical Doctor to figure out specific dosage. Dosage is very brand dependent. I would start by doubling the dose recommend on the label.
  - Papaya and or Pineapple Enzymes (9-12 pills a day) These can be found at any health food store.
  - High potency [Protease](#) (this is a [Nature's Sunshine](#) formula. If you chose to purchase this you may use my sponsor #60689619, I will get a discount on future orders and you will also get a discount)
3. Immediately add high dosages of [cleavers tincture](#) to my regimen to support my lymphatic system.

## PHASE III: CORONAVIRUS IN YOUR HOME Ctd.

4. Steam inhalations 3-6 times a day of essential oils that are known to be antiviral and or supportive of the respiratory system options include:
  - Lemon balm
  - Peppermint
  - Rosemary
  - Thyme
  - Oregano
  - Lemongrass
  - Cinnamon bark
  - Eucalyptus
5. Rub chest area with [Mullein Garlic](#) oil blend. I use Herb Pharm brands.
6. Ingest a serving of rose (wild rose preferable) tea, tincture, or elixir 6 times daily. Wild rose has been found to have [significant antiviral effects](#) on coronaviruses.
7. Add one of the following herbs to support liver function:
  - Dandelion
  - Milk Thistle
8. Pray. I do not write this glibly. Spiritual development and prayer is a powerful prescription for any ailment. As is a will to live.

Lastly, Since I believe it to be my professional duty to share my knowledge of natural remedies during this perilous time until this crisis subsides my communications will focus on providing information that I believe to be accurate and important. I would much rather write about other topics, but It is my opinion that during times of crisis, systems that we naturally expect to protect us are unable to do so. Simply because the institutions cannot bear the stress load. We find out very quickly that our well-being and that of our family relies on us and the community that supports us. To ensure you don't miss an update, sign up to receive my newsletter at [www.fierymaple.com](http://www.fierymaple.com) and follow me on [Facebook](#).

Future topics will address:

- Knowing Your Risk Factors
- Addressing Anxiety and Nervous complaints naturally
- Acute Respiratory Distress Syndrome
- Intravenous Vitamin C Therapy, When, Why and How to demand this treatment from your local hospital.
- Creating an Isolation Room in Your Home
- COVID-19 Disease Progression
- Fever Letting the Body Do Its Job
- Steam Inhalations
- COVID-19 Aftermath. How to Support Your Lungs

## **Contraindications:**

**\*Garlic and Ginger:** High doses of garlic and ginger must be used with caution if you are on ACE inhibitors or blood thinners. These herbs are powerful ACE inhibitors themselves. Consult with your doctor, natural health practitioner and or your inner wisdom.

**Elderberry:** Is a powerful immune booster, so those who are taking pharmaceuticals designed to suppress the immune system, e.g. corticosteroids, will find that the immunosuppressants will not work as well. Those with autoimmune diseases should use with caution and probably should not use long term.

**\*\*Reishi:** I will continue to do research on the various actions of Reishi. Halting its use at the first sign of coronavirus may be an over-reaction as some studies show that Reishi regulates cytokine expression. Cytokine cascade is a factor in ARDS and is the result of an overactive immune response. The beauty of plant medicine is that it is sentient and capable of working synergistically, making sure not to cause harm. I will keep you posted on what I learn.

**\*\*\*Lomatium:** If taking Lomatium as a simple (one herb tincture as opposed to a formula consisting of several herbs) skin rashes have commonly occurred. It will typically go away within a few days of stopping use.

Some herbalists believe that the antiviral properties of Lomatium is based solely on anecdotal evidence from the Native Americans very successful use of it during the 1918 flu pandemic. And that the success was misattributed to Lomatium alone when other factors were at play. Other noted herbalists have been using it very successfully for many years to treat a variety of bacterial, fungal, and viral infections including HPV. The only known scientific study on Lomatium's antiviral properties showed it to be ineffective on six of the seven viruses studied, but very effective on rotavirus. I understand that many people are tied to needing "scientific" proof that a remedy works. While the Fiery Maple Philosophy respects the principles of scientific research, we hold in equal weight, folk wisdom and traditional knowledge that though repeatedly disrespected often is eventually proved by the scientific method.

[Lomatium Root: Possibly the Best Anti-Viral](#)

[THE SUPER NATURAL POWER OF LOMATIUM](#)

[Herban Legends and Clinical Pearls Lomatium is not a broad spectrum 'antiviral'](#)

**Vitamin C:** High doses of Vitamin C may be harmful in patients with certain risk factors like kidney disease. Also, those with an inherited disorder called G6PD deficiency should not be given high doses of vitamin C.

## **Shopping List:**

Vitamin C

Vitamin D

I use Herb Pharm tinctures. (There are many reputable brands any local health food store or vitamin shop be supplied with good suppliers.)

Black Elderberry Tincture

Lomatium Tincture

Ginger Tincture

Garlic Tincture

Digestive Enzymes specifically Papaya (papain) Pineapple (bromelain) and or Protease

Herb Pharm Tinctures:

Reishi

Black Elderberry

Lomatium

ViraAttack

**A note on herb availability.** The COVID-19 situation has caused some online retailers to be short of supply. Currently most health food stores still have the above items available. If you are having difficulty sourcing an item, please let me know and I will be happy to help. Also, nature is abundant, if one herb is unavailable there are many others that can assist. We can find a replacement.

## **ALWAYS DO YOUR OWN RESEARCH!**

### **Studies Referenced:**

**Efficacy of elderberry, garlic, ginger, honey, lemon balm, oregano, reishi, thyme, vitamin C, and vitamin D.**

- [Anti-influenza Viral Effects of Honey In Vitro: Potent High Activity of Manuka Honey](#)
- [In vitro antiviral activity of honey against varicella zoster virus \(VZV\): A translational medicine study for potential remedy for shingles](#)
- [Antiviral Agents From Fungi: Diversity, Mechanisms and Potential Applications](#)
- [Antitumour, Antimicrobial, Antioxidant and Antiacetylcholinesterase Effect of Ganoderma Lucidum Terpenoids and Polysaccharides: A Review](#)
- [Antileishmanial and Immunomodulatory Activity of Allium sativum \(Garlic\)](#)
- [In vitro antiviral activity of fifteen plant extracts against avian infectious bronchitis virus](#)
- [Immunomodulation and Anti-Inflammatory Effects of Garlic Compounds](#)
- [Mechanisms of Antiviral Action of Plant Antimicrobials against Murine Norovirus](#)
- [Insight into Alternative Approaches for Control of Avian Influenza in Poultry, with Emphasis on Highly Pathogenic H5N1](#)
- [Vitamin D supplementation improves sustained virologic response in chronic hepatitis C \(genotype 1\)-naïve patients](#)

- [Compounds with anti-influenza activity: present and future of strategies for the optimal treatment and management of influenza Part II: Future compounds against influenza virus](#)
- [Therapeutic Perspective of Vitamin C and Its Derivatives](#)
- [Vitamin C and SARS coronavirus](#)
- [Progress of small molecular inhibitors in the development of anti-influenza virus agents](#)
- [Hydrocortisone, Ascorbic Acid and Thiamine \(HAT Therapy\) for the Treatment of Sepsis. Focus on Ascorbic Acid](#)
- [Susceptibility of Drug-Resistant Clinical Herpes Simplex Virus Type 1 Strains to Essential Oils of Ginger, Thyme, Hyssop, and Sandalwood](#)
- [Antiviral activity of Australian tea tree oil and eucalyptus oil against herpes simplex virus in cell culture.](#)
- [Melissa officinalis oil affects infectivity of enveloped herpesviruses.](#)
- [Virucidal activity of a beta-triketone-rich essential oil of Leptospermum scoparium \(manuka oil\) against HSV-1 and HSV-2 in cell culture.](#)
- [Thyme Antiviral Against Herpes and Other Viruses](#)
- [Inhibitory effect of essential oils against herpes simplex virus type 2](#)
- [Antimicrobial Activity of Basil, Oregano, and Thyme Essential Oils](#)
- [Antiviral screening of British Columbian medicinal plants](#)
- [Herbal Medicines and Cytokine Storm in respiratory infection.](#)
- [Intravenous vitamin C as adjunctive therapy for enterovirus/rhinovirus induced acute respiratory distress syndrome](#)
- [The effectiveness of vitamin C in preventing and relieving the symptoms of virus-induced respiratory infections.](#)
- [Vitamin C Is an Essential Factor on the Anti-viral Immune Responses through the Production of Interferon- \$\alpha/\beta\$  at the Initial Stage of Influenza A Virus \(H3N2\) Infection.](#)
- [Vitamin D: The "sunshine" vitamin](#)
- [Vitamins Against Viruses: Implausible Pro-Vaccine Publications Contrasted Against Ignored Public Health Campaigns and Double-Blind Placebo-Controlled Clinical Trials](#)

## **Efficacy of Enzymes and Protein Inhibitors**

- [Papain-Like Protease 1 from Transmissible Gastroenteritis Virus: Crystal Structure and Enzymatic Activity toward Viral and Cellular Substrates](#)
- [EFFECT OF PURIFIED ENZYMES ON VIRUSES AND GRAM-NEGATIVE BACTERIA](#)
- <https://nutritionreview.org/2013/04/controlling-inflammation-proteolytic-enzymes/>
- [Protease-dependent virus tropism and pathogenicity](#)
- [Recent Progress in the Development of HIV-1 Protease Inhibitors for the Treatment of HIV/AIDS](#)
- [Insight into Alternative Approaches for Control of Avian Influenza in Poultry, with Emphasis on Highly Pathogenic H5N1](#)

