

Influenza- and Coronavirus: what can you do yourself?

V3_23-03-2020

Additional advice for improving your resistance to viruses:

- Avoid using sugar, honey (including products sweetened with it) and products rich in simple sugars such as sweet fruits;
- **Avoid using fruit juices and other sweetened products** such as soft drinks, sweetened dairy drinks and rice drinks, which exceed 4 g. sugars per 100 g. product (see composition). Excessive use of simple sugars has a negative effect on the immune system; therefore, use it only exceptionally and preferably diluted with water. Use drinks without simple sugars such as water and (herbal) tea;
- Avoid using any milk products; they are mucous-forming and can interfere with the function of the mucous membranes;
- Eat as much as unprocessed and unrefined foods as much as possible and eat at least 300 grams of fresh vegetables per day (varied!), Including regular green leafy vegetables.
- Eat as much as possible unprocessed and unrefined foods. Eat at least 300 grams of fresh vegetables per day (varied!), including regular green leafy vegetables.
- Use zinc daily (15 to 25 mg once a day) in the form of zinc -gluconate, -citrate, -picolinate or -methionine. Different dosages apply to children. Ask one of the doctors in our practice. sufficient zinc is essential for the defence against the viruses;
- In case of reduced resistance (often / long-term cold or flu) or if you belong to one of the risk groups (see below) use a multivitamin preparation daily (make sure that the total amount of zinc does not exceed 30 mg per day)
- Use vitamin D (1x daily 20 to 25 mcg = 800 to 1000 IU) with little exposure to sunlight. Different doses apply to children and risk groups. Ask your doctor for the correct dose;
- Avoid long-term stress. This undermines the immune system;
- Exercise daily for at least half an hour, but preferably longer.

Risk groups: An increased risk of becoming infected, and/or having a more serious course of influenza or Corona virus (COVID-19) infection include:

- Everyone over 70 years of age;
- People with diabetes mellitus, chronic, cardiovascular disease, high blood pressure, chronic lung disease, anemia, severe kidney disease (leading to dialysis or kidney transplant), neurological disease or cancer;
- People who are overweight (obese);
- Possibly people with chronic infections such as HIV or chronic Lyme disease (talk to your doctor);
- People who have or recently had chemotherapy or radiation;
- People who have or recently had or who have had an organ/bone marrow transplant;
- People who (regularly) use medicines that decrease the immune system, such as corticosteroids for internal use (prednisone, prednisolone, cortisone, etc.), medicines for the treatment of autoimmune diseases (such as rheumatism) and cancer. Other medicines such as diuretics, certain medicines for high blood pressure and for



Studio Medico
Dr. J.P. Mossink

Terapia della nutrizione, Agopuntura, Auriculomedicina
Via del Trionfo 25/8 - 52100 Arezzo - T 0575-1596285 – www.mossink.it

cardiovascular diseases can also affect the resistance. If you are taking any of these medicines or if you are unsure whether the medicines you are taking could have a negative effect on your resistance, ask your doctor for advice.

IF YOU BELONG TO ONE OF THESE RISK GROUPS, YOU CAN REQUEST A TELEPHONE CONSULTATION WITH ONE OF OUR DOCTORS FOR PERSONAL ADVICE.

In case of a cold or flu complaints (with fever and respiratory complaints such as sore throat, cough and shortness of breath):

- At the first symptoms of the flu, immediately increase the dose of zinc from 1 x daily to 2 x 15 mg twice a day and only reduce the dose again to 15 to 25 mg once a day when the flu symptoms are completely over. Other dosages apply to children; consult your doctor;
- Start simultaneously with vitamin C: 500 mg twice a day and only stop using vitamin C when all flu symptoms have disappeared. Different dosages apply to children; ask one of the doctors in our practice;
- Avoid sugar, honey, fruit juice and alcohol completely;
- Take a rest and make sure you stay warm;
- If you belong to one of the risk groups, additional supportive and virus-inhibiting and immune-supporting nutritional supplements may be available. Ask one of the doctors in our practice about this and get the relevant product at home so that you have it immediately in case you get the flu. Many of these remedies only work well if you start from the beginning of the flu;
- Do not use high-fat content products, no milk products and no red meat such as pork and beef in case of fever. You can, however, consume small amounts of lean white fish or chicken. Make sure you drink enough; preferably warm tea and/or stock. If you do not have an appetite, it is better not to eat anything until the appetite has returned. Then slowly build up the food again: start with easily digestible products such as clear vegetable soup, boiled/steamed vegetables, rice and rice pasta.

The above recommendations are in addition to the generally applicable (mandatory) governmental measures and those of the "World Health Organization" for the prevention of Coronavirus infection.

