

You can Improve Your Odds of Surviving COVID

- 1) Eat to optimize your gut microbiome.** Bad outcomes from Covid-19 are linked with high levels of chronic inflammation, and a whole food plant based diet encourages the growth of gut microbes that down-regulate inflammation in the body, while consumption of animal protein encourages the growth of microbes that up-regulate inflammation. (1) (2) (3) (4)
- 2) Avoid fever reducers -- especially Tylenol.** Fever is adaptive and artificially lowering a fever handicaps the immune system. Tylenol may be additionally harmful in the case of COVID-19, because it reduces levels of glutathione, an important antioxidant, that protects the liver and lungs and may mitigate COVID-19 harms. Low levels of glutathione have been linked with more severe COVID-19 outcomes. In fact, Tylenol sales skyrocketed from the pandemic and may turn out to be a big reason why so many people have died from this virus. (5) (6) (7) (14)
- 3) Taking NAC may be beneficial.** N-Acetyl Cysteine has been shown to increase levels of glutathione in the body. NAC is used to save people who have overdosed on Tylenol. Studies suggest it may be helpful in preventing some of the more serious manifestations of COVID-19. (8) (9)
- 4) Make sure you have optimum levels of Vitamin D.** Low levels of vitamin D are linked to worse outcomes from COVID-19. Get your vitamin D levels tested. 2500 iu of vegan D3 daily is probably safe for most people. (10) (11)
- 5) Quercetin, Zinc and Vitamin C may be protective.** These three nutrients may prevent COVID-19, or make the disease more mild for those who do get it. (12) (13)
- 6) Avoid meat, dairy, eggs.** A variety of compounds present in them (endotoxin, Neu5Gc, AGES, Saturated fat, Cholesterol) contribute to inflammation, high blood pressure, and insulin resistance/ diabetes, which are well established co-morbidities that increase the odds of death or long-term harms from COVID-19. (15) (16) (17) (18) (19) (20) (21) (22)
- 7) Eat sugars, salt and oils very sparingly.** Excessive amounts of highly processed carbs like sugar and flour, oils and even too much sodium in the diet have been variously linked with insulin resistance, inflammation, or high blood pressure, all of which make one more vulnerable to harm if they get COVID-19 (22) (23) (24)
- 8) Seasonal flu shots may increase COVID-19 risk.** A number of studies have suggested that influenza vaccine may make one more likely to become infected with other respiratory viruses -- including Coronaviruses. Yet more and more institutions are mandating flu vaccines for school attendance, or employment. This could increase deaths from COVID. (25) (26) (27) (28) (29) (30) (31)

We also need to think about preventing FUTURE pandemics. COVID-19 is just the teaser for what is likely coming if we continue on our current path of using animals for food and research. It's not just a "personal choice" to consume meat, dairy and eggs, since doing so puts everyone at increased risk from future pandemics, and the next one could be more deadly than COVID!

Most people know that recently emergent diseases like Mad Cow Disease, Ebola, Campylobacter, Listeria, E coli 0157, and Salmonella, come to us from animals, but did you realize that most infectious diseases that spread human to human, originated from humans hunting, farming, eating or using animals in some way? It's not just modern factory farms that put us at risk either. The Influenza pandemic of 1918 predated modern industrial agriculture. Measles, Tuberculosis, H. Pylori, Pertussis and many other pathogens that have plagued us since long before the era of large intensive farms, we got from exploiting animals. Even some cancers are linked with viruses common to dairy cows, while a variety of zoonotic diseases occur at higher levels in those involved in meat and dairy production. (32) (38)

References for this article can be found at: <https://joannfarb.weebly.com/blog/survivecovid>