

COVID-19: Prevention & Treatment Suggestions

I am **not** a medical professional, but rather a physicist who has extensive scientific training... You should always consult with a competent physician regarding *any* health decisions. [Note that there are two health perspectives to choose from: [Germ Theory vs Terrain Theory](#). A combination seems best.]

REDUCING RISK –

The CDC's [protections](#) are a good start, but do not go far enough.

It's essential to see that your [immune system](#) is in top shape, as it is our **best and first line of defense against almost any illness**. (E.g. see this [report](#).)

Follow Harvard Health's excellent general [immune system recommendations](#).

Also read and apply these superior recommendations:

[Eight Science Backed Ways to Boost Your Immune System](#).

Here is a [simple preventive recommendation](#) from a very credible source.

TREATMENT –

The CDC guidelines [What To Do If You Are Sick](#) are a good start.

Also discuss COVID-19 possible cures with your physician.

([Ivermectin](#) + [Zinc](#) + [Vitamin D](#) seems very [promising](#): see also [here](#).)

[Since [400,000±](#) patients may die annually in US hospitals due to mistakes, etc., IMO going to a hospital should not automatically be your first choice.]

If you start feeling COVID-19 [symptoms](#), know that heat and humidity are the enemies of viruses ([165°F](#) will disable the virus). A simple, low-cost treatment is to (carefully) [inhale the steam](#) from a boiling pan of water.

Also consider [AHCC](#) (a mushroom derivative) which is an immune system booster supplement with scientific studies. (*This can also be a preventative.*)

Along this same line of thinking, Elderberry ([Sambucol](#)), [Quercetin](#), and other herbal anti-virals should be in your arsenal to fight viral illnesses.

Reference my [COVID-19 Recommendations](#) for more details about these.

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