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Get Prepared for COVID-19
"Myths and Truths"

Webinar by Thomas Lodi, MD, MD(H)

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Outline

- ✓ Who is Thomas Lodi, MD, MD(H)?
- ✓ What is COVID-19?
- ✓ What are the symptoms of it?
- ✓ How does it spread?
- ✓ What can you do to prevent it?
- ✓ Sanitization with hypochlorous acid
- ✓ What should you do if you already have it?
- ✓ Thomas Lodi, MD, MD(H)'s Recommendation for Prevention

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Thomas Lodi, MD, MD(H)



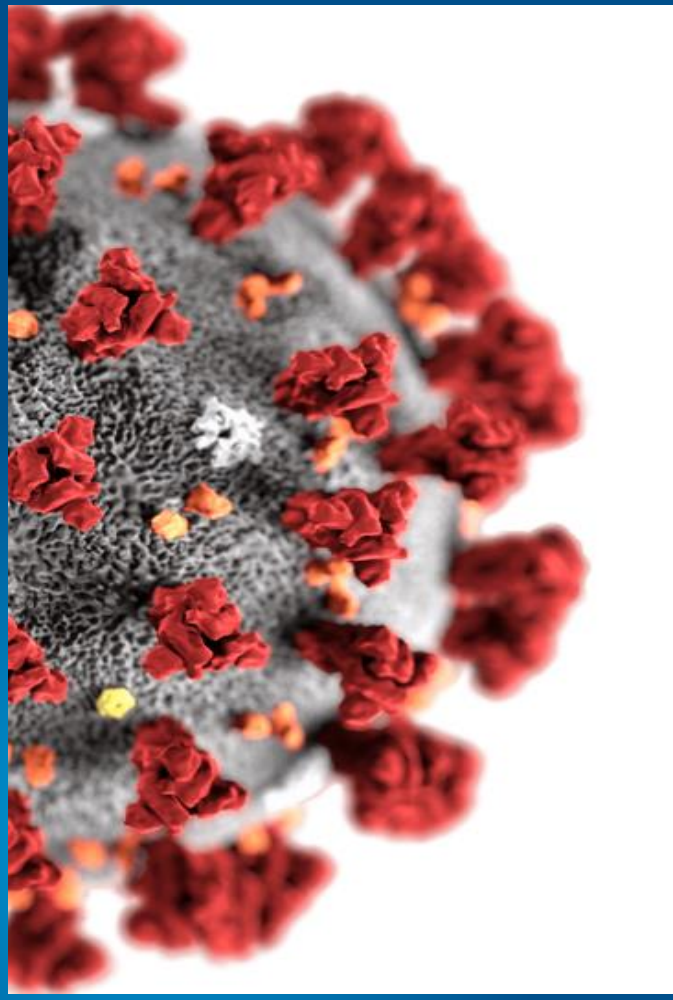
Thomas Lodi has been practicing medicine since 1986 for over 30 years. Prior to attending medical school, Dr. Lodi practiced as a clinical psychologist during which time he was director of psychological services for a 240 bed in a patient facility in Hawaii.

After graduating from the University of Hawaii, School of Medicine in 1985 Dr. Lodi served as a visiting Clinical Fellow at Columbia University College of Physicians and Surgeons in New York City where he also underwent training in Internal Medicine. Dr. Lodi has also completed a Fellowship in Integrative Cancer Therapies and a Fellowship in Anti-Aging, Regenerative and Functional Medicine. His currently practicing his profession in Thailand, Bangkok and Phuket.

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What is Covid 19?

- There are 3 kinds of viruses: **DNA**, **RNA**, and **retroviruses**.
- Most of the RNA viruses are mild, and only 7 of them affect humans.
- **Coronavirus (COVID-19**) is one of the RNA viruses that cause sickness and death in humans, along with **SARS and MERS**.
- The whole genome of coronavirus is published on January 29, 2020, by China, and it showed a **70% similarity to SARS**.
- Novel coronavirus (COVID-19) is a new strain that has not been previously identified in humans. It is a **zoonotic virus**, and zoonotic viruses are common in animals and birds.



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What are the symptoms of it?

WHO has published statistics on the symptoms of coronavirus (COVID-19). **98% of the symptoms** that are seen in the first few days after the exposure are:

Fever (38-39°C)

Cough (76%)

Muscle aches & fatigue (40%)

Shortness of breath (55%)

ARDS (29%)

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How does it spread?

- Coronavirus is transmitted **from human to human by respiratory droplets**.
- The transmission happens when an infected person **sends droplets** into the air through **sneezing, coughing, or exhaling**.
- Still, some clusters of confirmed cases had not been in contact with anyone. The reason for it is that droplets can stay on objects for a certain amount of time.
- Once exposed, it takes **7 days** for you to become infectious to other people. The onset of the symptoms is usually **5.2 days** on the average and **12.5 days** the longest.

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What can you do to prevent it?

Government recommendations for prevention:

- Handwashing with soap and water for **at least 20 seconds**
- A **60% alcohol-based** hand sanitizer may be used if soap and water are unavailable. Soap and water are more effective than alcohol
- Don't touch your face
- Self-isolation
- Sanitization

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Hypochlorous Acid and Propolis

Researches show sanitization with Hypochlorous acid is more effective than alcohol

- Hypochlorous acid is **generated in our bodies** to destruct bacteria and viruses
- As effective against all coronaviruses, reasonable that it is effective with COVID-19
- Used for **wound disinfection** and **area contamination**

Propolis

- Sticky substance **bees use** to coat their hives
- In ancient times, used to treat abscesses, on wounds and tumors to fight infection and promote healing
- In spray form, stimulates antiviral immunity in mucous membranes

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Hypochlorous Acid and Propolis

Prevent COVID-19 from entering the lungs with HOCl acid and propolis

- Alternate **at least every hour** after the onset of symptoms
- Use propolis only in the throat and HOCL spray on eyes, nose, and throat
- When progressed to a dry cough, keep spraying in the throat

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What Should You Do if Already Have it?

Currently No Treatment = No Drugs

- Since viruses are not alive, the antiviral medicines do not treat the infection, only stop the virus from entering the cell.

- The only treatment is **supportive care**!

- **Vitamin** C is a well-known **antivira**l that has been used against many viral infections such as polio, measles, mumps, rubella, influenza, hepatitis A, B, C, varicella-zoster, herpes I and II, HIV and coronavirus.

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CSS Syndrome (Chronic Subclinical Scurvy)

CSS Syndrome (Chronic Subclinical Scurvy) is the most widespread disease.

- **45 mg of Vitamin C** will prevent the appearance of the terminal symptoms of the disease
- Under heavy stresses, the daily Vitamin C requirement may be **200-300 grams**
- Mega levels of Vitamin C are useful in the prevention and treatment of **viral infections, cancer** (Stone, 1974, 1976), **heart disease**, and many others (Stone 1972)
- Early clinical studies have shown that Vitamin C can **effectively prevent COVID-19 infected pneumonia**

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Vitamin C

- Antioxidant
- Antiviral
- Inhibits viral (DNA) activity
- Inactivates viral (RNA) activity
- Suppresses viral replication
- Increases innate immunity

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Melatonin and Nitric Oxide

- **Melatonin** significantly reduces the infectiousness of COVID-19 due to its inflammatory response. The death rate of coronavirus is dependent on age. The primary known cause is the decreased melatonin levels in older people.

- Younger people dying of COVID-19 appear to relate to individuals **exposed to high levels of WiFi**.

WiFi is the most potent inhibitor of melatonin production.

- **Nitric oxide** produced in nasal passages is part of the defense system against bacterial and viral infections. Simple **humming** while exhaling increases the nitric oxide concentration in the nasal passages and sinuses.

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Vitamin D & Vitamin A

Vitamin D

- Vitamin D reduces the ACE2 enzyme, which COVID-19 attach to in cells
- Adequate levels of Vitamin D in blood prevents attachment of COVID-19
- Keep your Vitamin D level high normal

Vitamin A

- Supports immunity to viral, bacterial and protozoan infections
- Many of the body's defenses against infection depend on Vitamin A
- Plays a major role in immunity

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Zinc & Flavonoids

Zinc

- Prevents RNA of the virus replicating, so the virus cannot reproduce
- Stimulates the production of T cells, necessary to protect from cancer and viral (and other) infections

Flavonoids

- Natural substances with variable phenolic structures are found in fruits, vegetables, grains, bark, root stems, flowers, tea, and wine
- Potent antioxidants, anti-inflammatory, antiallergic, antihemorrhagic, antimutagenic, antineoplastic and hepatoprotective activities

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If You are Sick

Melatonin

- 60 mg transdermal cream in AM and around 2-3:00 PM
- 30 mg 2 hours after eating and at bedtime
- No melatonin before 3:00 PM if diabetic

Vitamin C

- 1 gram every 15-30 min or every hour depending on how sick
- An almost unlimited tolerance if sick
- IV is better

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Thomas Lodi, MD, MD(H)'s Recommendations for Prevention

- **Vitamin C:** 8,00-15,000 mg (or more) daily, in divided doses
- **Vitamin D3:** 20,000-30,000 IU daily (>70) check levels in 3 weeks
- **Magnesium:** 400 mg 2-3 daily (in citrate, malate, chelate, or chloride form)
- **Zinc:** Load with 200 mg a day / then 90 mg daily (30 mg 3 times a day)
- **Selenium:** 400 mcg (micrograms) daily – unless at risk for infection or +
- **Manganese:** 8*12 mg 2 times per day
- **Vitamin A:** 50,000 IU daily (check levels in 1 month)
- Use **HOCl** and **Propolis**
- **Molecular Hydrogen:** Every 2-3 hours while awake
- Drink fresh-brewed, organic **green tea** (several cups/day)
- Drink 3 liters of **fluid** (water or fresh vegetable juice) per day

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Consider as Prevention If at Risk

- **Chloroquine phosphate** 500 mg once (or twice) a day
- **Nitazoxanide (Alinia)** 1000 mg once or twice a day
- **Vitamin C** 25 gr IV 3 times a week followed by ALA 300 mg/B
- **Ozone** (10 passes) twice per week
- **Have your immune system evaluated** (NK cell function, lymphocyte subset) and treated appropriately

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Lifestyle

- Sleep by 9:00 PM latest – use sleep hygiene
- Enema (saltwater) in AM if you have < 3 bowel movements per day
- Meditate, read and exercise in AM before day stars
- Eat no more than twice per day with 18 hours between the last and first meal
- Stop eating 4-5 hours before sleep
- Eat organic, whole foods with %70 (minimum) uncooked
- Eat 40% healthy fats (seeds, nuts, avocado, coconut oil)
- HCL acid 15 minutes before meals if over 40 years of age (or chronically ill)
- Digestive enzymes after each meal
- Probiotics twice per day
- Use a BEMER twice per day (minimum)

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EMH Hygiene

- Change to wired connections and **stop WiFi!**
- Ethernet for computer
- Talk on speaker or use wired earplugs
- Turn the phone off when not using
- Protective clothing, including gloves for handling phone
- Faraday cage bed if you live in an apartment building
- Stand on the earth barefoot 40-60 minutes per day and visit parks daily (>1 hour)

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If Sick and PCR+ COVID-19

- **Vitamin C** 50 gr IV daily for 7-10 days then taper (pure Vitamin C)
- **ALA/B6** after Vitamin C
- **Artesunate** 10 mg/kg IV twice per week
- **Chloroquine** phosphate 500 mg twice a day for 10 days
- **Alinia** 1000 mg twice a day for 10 days
- **Supplements** (No selenium)
- **Lifestyle**
- **Oral or IV hydration** daily
- **EMF hygiene**

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Thank You

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