

Blogs on the Coronavirus

by Michael Erlewine

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INTRODUCTION

This is not intended to be a finely produced book, but rather a readable document for those who are interested in comments in form on the coronavirus.

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Here are some other links to more books, articles, and videos on these topics:

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[Editor: This is a chronological series of blogs as I learned about the pandemic in February. It contains all kinds of info, but some of you may get suggestions that are helpful to you if you contract it. Michael Erlewine.]

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UPDATE ON THE CORONA VIRUS

February 29, 2020

As I worried and thought, this Corona Virus stuff has not weakened or gone away. It is very hard to get the good type of (99.97% effective, 3m 8293 P100/N100) particulate masks and the lesser ones (N95) are, well, less protective. In addition, there are a couple things we need to understand. These face masks are normally mainly used for people who test positive for the virus, so they don't cough on other folks.

However, for those of us who have not tested positive for the virus, our wearing them is to keep airborne particles like coughs, sneezes, and what-not from getting on us when we go to the grocery or whatever, should the area in which we live becomes contagious.

These masks will not be comfortable to wear and you won't be able to work all day with them on. Also, they can cause water to accumulate in the lungs, which is not good. Worst case: Be prepared to take a vacation or just hole up.

However, if we are lucky enough to find the 100% protective 3M 8293 P100/N100. The numbers to look for are P100 or N100. However, there are a few things we may also need other than to learn how to properly wear the mask and wash our hands. We may need to be able to protect our face with a full Face-Shield in addition to wearing the face mask. These shields are not always easy to find, but they help keep from getting particles in the air from reaching our face.

If we can, we need to go to the web and search for a medical, clear, anti-fog full-face shield like dentists sometime use for airborne particles and blood.

<https://www.devineexpress.com/.../sps-medical-supply-face-shi...>

And, to keep those shield clean and antiseptic, pick up some disposable ultra-thin medical surgical gloves to wear when you go to the grocery, if it comes to that. I am hoping it won't, but don't roll your eyes at me, because I am only thinking of our best health if SUDDENLY it is in our town or area AND all the shelves are picked clean. Then it may be too late. If we can be protected, we won't add to the problem.

GLOVES

Kimberly-Clark Professional* PURPLE NITRILE* Exam Glove

https://www.amazon.com/Kimberly-Clark-Safety-.../.../ref=sr_1_2...

And we need some disinfecting wipes to clear the shield or any surfaces.

CaviWipes Metrix Disinfecting wipes

https://www.amazon.com/CaviWipes-Metrex-Disin.../.../ref=sr_1_3...

But NOTE: These wipes are very harsh, so one needs to clean them WHILE wearing the above gloves.

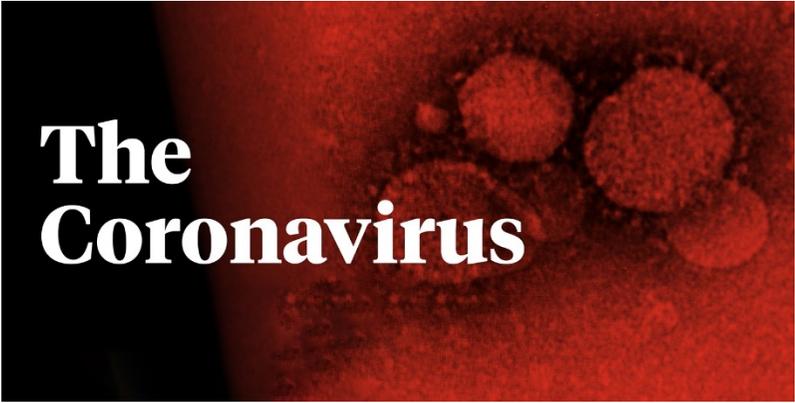
And so, we hope the virus gets contained and dies down, but so far it is only growing. China and other places may be suppressing the number of cases there are, or so the news reports.

Although those who play down being prepared and seem only to want to spend the least money possible to prevent this pandemic, it may take a real effort (and money) to accomplish much. Whistling in the dark and pooh-poohing this event is not helpful. The dangers are real. So, I am only thinking of what may suddenly confront us. Better safe, than sorry.

That's it. Sorry for the scare factor, but if this virus goes community-spread, (which it shows signs of doing in the U.S.), we will go searching for these items and they will be "unavailable."

Even now, I had to spend about an hour finding some of the above equipment, as most are sold out.

My best to you and please don't shoot the messenger.

A microscopic image showing several spherical coronavirus particles with a distinct outer layer and internal structure, set against a dark red background. The particles are clustered together, with some appearing more prominent than others. The overall image has a grainy, high-magnification quality.

The Coronavirus

MORE CORONA VIRUS ADVICE.

March 7, 2020

[Some readers joke and make fun of this emerging time while all across the world people come to terms with the coronavirus. As for me, I want to better understand what we can do to prevent it for ourselves and our community. I don't know how authentic the following article is, but to me the preventative measures are the best I have seen so far. So, ignore this if it offends you, but for those of us just learning about how to deal with this virus, it is worth a read, at least it was to me. It pointed out certain steps I had not thought of that I could consider.]

James Robb, MD UC San Diego, is a virologist who's worked with COVID-19 for almost 50 years. Robb predicts the next 2-weeks will be significant. Feel free to copy and send to family & friends his advice about what he is doing for the upcoming COVID-19 (coronavirus) pandemic

"Dear Colleagues, as some of you may recall, when I was a professor of pathology at the University of California San Diego, I was one of the first molecular virologists in the world to work on coronaviruses (the 1970s). I was the first to demonstrate the number of genes the virus contained. Since then, I have kept up with the coronavirus field and its multiple clinical transfers into the human population (e.g., SARS, MERS), from different animal sources.

"The current projections for its expansion in the US are only probable, due to continued insufficient worldwide data, but it is most likely to be widespread in the US by mid to late March and April.

"Here is what I have done and the precautions that I take and will take. These are the same precautions I currently use during our influenza seasons, except for the mask and gloves.:

- 1) NO HANDSHAKING! Use a fist bump, slight bow, elbow bump, etc.
- 2) Use ONLY your knuckle to touch light switches. elevator buttons, etc.. Lift the gasoline dispenser with a paper towel or use a disposable glove.
- 3) Open doors with your closed fist or hip - do not grasp the handle with your hand, unless there is no other way to open the

door. Especially important on bathroom and post office/commercial doors.

4) Use disinfectant wipes at the stores when they are available, including wiping the handle and child seat in grocery carts.

5) Wash your hands with soap for 10-20 seconds and/or use a greater than 60% alcohol-based hand sanitizer whenever you return home from ANY activity that involves locations where other people have been.

6) Keep a bottle of sanitizer available at each of your home's entrances. AND in your car for use after getting gas or touching other contaminated objects when you can't immediately wash your hands.

7) If possible, cough or sneeze into a disposable tissue and discard. Use your elbow only if you have to. The clothing on your elbow will contain infectious virus that can be passed on for up to a week or more!

“WHAT I HAVE STOCKED IN PREPARTATION FOR THE PANDEMIC SPREAD IN THE U.S.”

1) Latex or nitrile latex disposable gloves for use when going shopping, using the gasoline pump, and all other outside activity when you come in contact with contaminated areas.

Note: This virus is spread in large droplets by coughing and sneezing. This means that the air will not infect you! BUT all the surfaces where these droplets land are infectious for about a week on average - everything that is associated with infected people will be contaminated and potentially infectious. The virus is on surfaces and you will not be infected unless your unprotected face is directly coughed or sneezed upon. This virus only has cell receptors for lung cells (it only infects your lungs) The only way for the virus to infect you is through your nose or mouth via your hands or an infected cough or sneeze onto or into your nose or mouth.

2) Stock up now with disposable surgical masks and use them to prevent you from touching your nose and/or mouth (We touch our nose/mouth 90X/day without knowing it!). This is the only way this virus can infect you - it is lung-specific. The mask will not prevent the virus in a direct sneeze from getting into your nose or mouth - it is only to keep you from touching your nose or mouth.

3) Stock up now with hand sanitizers and latex/nitrile gloves (get the appropriate sizes for your family). The hand sanitizers must be alcohol-based and greater than 60% alcohol to be effective.

4) Stock up now with zinc lozenges. These lozenges have been proven to be effective in blocking coronavirus (and most other viruses) from multiplying in your throat and nasopharynx. Use as directed several times each day when you begin to feel ANY "cold-like" symptoms beginning. It is best to lie down and let the lozenge dissolve in the back of your throat and nasopharynx. Cold-Eeze lozenges is one brand available, but there are other brands available.

"I, as many others do, hope that this pandemic will be reasonably contained, BUT I personally do not think it will be. Humans have never seen this snake-associated virus before and have no internal defense against it. Tremendous worldwide efforts are being made to understand the molecular and clinical virology of this virus. Unbelievable molecular knowledge about the genomics, structure, and virulence of this virus has already been achieved. BUT, there will be NO drugs or vaccines available this year to protect us or limit the infection within us. Only symptomatic support is available.

"I hope these personal thoughts will be helpful during this potentially catastrophic pandemic. You are welcome to share this email. Good luck to all of us! Jim

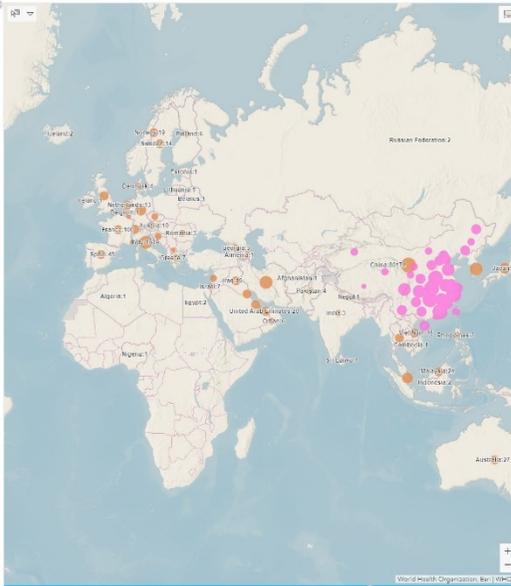
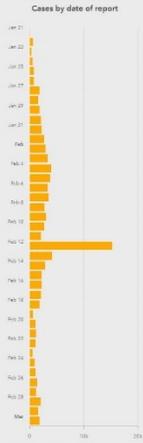
James Robb, MD"

Novel Coronavirus (COVID-19) Situation

88,930 confirmed cases

3,043 deaths

65 countries with cases



Countries with confirmed cases

China	80174 cases
Republic of Korea	4212 cases
Italy	1589 cases
Iran (Islamic Republic of)	978 cases
International community (Diamond Princess)	796 cases
Japan	229 cases
Germany	129 cases
Singapore	106 cases
France	100 cases
United States of America	82 cases
Kuwait	56 cases
Bahrain	47 cases
Spain	45 cases
Thailand	42 cases
United Kingdom	38 cases
Australia	27 cases
Malaysia	24 cases
Switzerland	14 cases
United Arab Emirates	20 cases
Canada	19 cases
Iran	19 cases
Norway	19 cases
Vietnam	16 cases
Sweden	14 cases
Netherlands	13 cases
Austria	10 cases
Latvia	10 cases
Croatia	7 cases
Greece	7 cases
Israel	7 cases
Finland	6 cases
Ukraine	6 cases
Denmark	4 cases
Poland	4 cases
Azerbaijan	3 cases
Georgia	3 cases
India	3 cases
Mexico	3 cases

Last update: 23/02/2020 11:00 CET

World Health Organization, WHO

CORONAVIRUS AND OUR IMMUNE SYSTEM

March 8, 2010

Continuing with my journey to better understand this impending coronavirus, I realize that I can't outrun it, because it is encroaching on all sides. Michigan is one of the few remaining states that does not have an official case and I bet by the time you read this, we will. Doctors are monitoring a number of people in the state, including a group of students just returned from Italy.

In other words, I can stay in the house and be careful, which mostly I am doing. However, one avenue open to me is understanding better how these kind of RNA viruses work and the takeaway (at least for me) is that I had best learn how to strengthen my immune system. And we are all in this boat!

Of course, there are innumerable articles and blogs about this virus. I did find one reasonable and very detailed paper on how and why viruses are so successful, as well as the natural herbs and substances that traditionally combat them and most of all how we can fight them off, so to speak.

I include the link here for those interested and if it is too-strong of a medicine to read, I apologize. I got a LOT out of it and realize, as mentioned, that there IS something I can do about it, which is work on my immune system.

This is a free book, so, if you are so inclined, give it a read. I warn you that it is very detailed, but you can skip around and absorb it when your interest peaks. That's what I am doing. I scanned through it, and it stayed with me, so now I am going back and reading more of the detail that was too much for me at first. I am also going to find and order some of the main herbal antiviral substances, the author recommends.

Instead of watching your favorite horror movie, give this a read.

[https://radicalherbalismorg.files.wordpress.com/.../stephen h...](https://radicalherbalismorg.files.wordpress.com/.../stephen_h...)

I offer this for those interested. If people get personal with their comments or abuse other folks, I am just going to delete those kind of comments. If you are against discussing what is happening or consider this kind of exchange fearmongering, then please go elsewhere. Thanks.

It's not like doctors have any treatment for this virus, other than to help you

HERBAL ANTIVIRALS

Natural Remedies for
Emerging & Resistant
Viral Infections

- Treatment protocols for influenza, encephalitis, SARS, dengue, the herpes group, and more
- Comprehensive guide to the most potent natural antiviral herbs
- Effective ways to strengthen the immune system



STEPHEN HARROD BUHNER

author of *Herbal Antibiotics*

THE CLIFF-NOTES ON ANTIVIRAL HERBS

March 10, 2020

Well, not even the Cliff-Notes, but notes, nevertheless. This is a new experience for me, learning about these virulent viruses like the coronaviruses. The medical establishment can try to keep us alive if we get a bad case, but there is no history for this strain of coronavirus, other than general experience with SARS and MERS.

And, although I know I have the gene for herbology, I have never had a pressing reason to get more than peripherally involved. And now I do, so I'm immersing myself in the data, but still am a long way from knowledge.

I did reach out to Stephen Buhner, the author of the MOST valuable book on antiviral knowledge I have found, which is here:

https://radicalherbalismorg.files.wordpress.com/.../stephen_h...

From Buhner, I at first just received an auto-response. I then sent him one of my flower images and he actually liked it and personally responded. He gave me the link for a special article he recently wrote on the current coronavirus. It is here: By all means, read it.

<https://www.stephenharrodbuhner.com/.../03/coronavirus.txt.pdf>

I have some further info from Buhner, but I have to organize it and will post it here soon. Anyway, it became crystal clear very soon after I began gathering this virus knowledge (that would be useful in preparing for this pandemic) that the most important thing I could do is to strengthen my immune system. How to do that?

Stephen Buhner's writing are very helpful indeed, and I am excavating what I can almost-use by the hour. However, although I begin to see the outline of this topic, what I really need is for someone to just tell me how to take all of these herbs (many of them from China's tradition), find them, and then... what? Use them.

There are so many different herbs, each with their uses... broad-spectrum antivirals, narrow-spectrum antivirals, and so on. I would guess I need to start with a broad-spectrum antiviral.

What I need is a daily regiment that I can start taking, one that will get the ball rolling with my immune system, while I figure out some of the finer points.

Buhner offers a list of what he considers the seven most important antiviral herbs.

TOP SEVEN ANTIVIRAL HERBS

Chinese Skullcap
Elderberry
Ginger
Houttuynia
Licorice
Rhodiola
Isatis
Licorice
Lomatium

While some of them I recognize, the others are Greek to me, or should I say Latin. And so, I start there. You will have to consult Stephen Buhner's book on antivirals to learn where you can obtain these and their doses, and how to mix and make tinctures and powders. A great must-have volume, which you can order here:

https://www.amazon.com/Herbal-Antivirals.../.../ref=sr_1_1_sspa...

Here are some brief notes I made about these seven antiviral herbs:

CHINESE SKULLCAP

Scutellaria baicalensis (Chinese skullcap)
Broad-Spectrum Antiviral

This particular species and not the many American varieties are what is standard. Look for "baicalensis" in the label. The root is the part used, taken from plants at least three years old. You may have to make your own tincture. This herb has high melatonin, so helps with sleep. Often used with licorice. Skullcap is a broad-spectrum antiviral.

ELDERBERRY

Sambucus nigra (Elderberry)
Narrow-Spectrum Antiviral

Elder Flowers Dried Elderberries

Of the Elderberries, the chief one in use is the dark-blue elder (*Sambucus Nigra* ssp. *canadensis*), and not the red elder group (*Sambucus racemosa*). These blue/black elderberries are what are used in medicine. Contrary to popular belief, the elderberry is NOT poisonous, but too much will make you throw up.

As for the parts of the elderberry used, they include the leaves, root, and bark, although they are usually prepared differently. However, they can make you sick to your stomach and throw up. The flowers are the least upsetting, the berries are much stronger, and the leaves, roots, and stems even stronger.

Once ounce of the flowers in a quart of very hot water, cover, and let cool. The result has a lot of antiviral properties and can be freely had.

Buhner says that Elderberry is a narrow-spectrum antiviral, "... but a good one."

GINGER *Zingiber officinale*

Part: Dried root and fresh rhizome

Pressed juice from the fresh root is best.
Inhibits the attachment of viruses to the cell.

A respiratory antiviral and circulation stimulant.

HOUTTUYNIA *Houttuynia cordata* (chameleon plant, Fish Mint)

Parts: Roots and leaves. Fresh is best, tincture good.

Antiviral, inhibits viral replication. Treats viral respiratory infections.

LICORICE *Glycyrrhiza glabra*

Often used with other ingredients in a mixture. It is somewhat antibacterial (against staph). It can be lumped in as an antiviral. The part used is the root. Leaves are much milder. Taken as a tea or in capsules. You want to look for a high glycyrrhizin count, 2.5% or higher, if you can find it noted. Imported roots (from China) are good, because by law they have to have around a 4% root.

LOMATIUM

Lomatium dissectum (Indian parsley or Biscuit Root)

This herb is said to be about the only herb that worked during the 1918 flu pandemic. It grows in the western half of the U.S., and the root is typically used. You can find it online in 1 lb. packages or get it as a tincture on Amazon. It was highly regarded by Native Americans. It is a very powerful antiviral agent.

ISATIS

Isatis tinctorial (Dyer's woad)

Broad-Spectrum Antiviral

Parts: Roots... and leaves.

Works against influenza A and B.

RHODIOLA

Rhodiola (*Rhodiola rosea*)

Part: Root as capsules or tinctures.

Renowned as an antimicrobial, but with some antiviral actions.

Active against influenza viruses.

WHAT INFO WE NEED TO GET THROUGH THIS

March 11, 2020

I am getting my arms around just how these herbs can help us fight off and get through the pandemic of this coronavirus. Thanks to Stephen Buhner, who not only writes well, but very thoroughly. Some of it is too detailed for me to easily take in. I don't have a medical background, but I get the gist of it. I must take repeated passes through reading about all this.

And, my main interest at this point is to help prepare those of us who have to go through this pandemic to get through it as best we can. So, here in a brief format are some suggestions that I have gleaned from Stephen Buhner (mostly) and others as to how we can confront this new virus (or the common flu) if we are subject to it. Starting with the first moment of not feeling so well and progressing to the regular flu and something like this new coronavirus. Please share if you feel this would be helpful.

OSCILLOCCINUM

Stephen Buhner does not dwell on homeopathic medicine, with the exception of Oscillococcinum. It is recommended that one take Oscillococcinum at the very, very first sense in your body that you may be falling ill. To take a line from the poet Gertrude Stein and turn it to advantage here, we might say. "Before virus sets in, the virus sets in." In other words, we have to act quickly. We should take some Oscillococcinum (which are like little tubes of tiny pellets) immediately upon awareness that something is happening to us health wise.

In short, take Oscillococcinum three times a day, about 5-6 hours apart, and for three days in a row. You can order it through Amazon and have it ready to work when the time comes. I have some.

ALTERNATE PREPARATION

Like many of us do, we take Echinacea when we feel not-so-well. Experts say that echinacea is best taken as a tincture, rather than in capsules. AND...and this is important, find the species Echinacea angustifolia rather than the more common Echinacea purpurea. Tinctures often come with both varieties, purpurea and angustifolia in the same bottle. Mine does, and includes roots, seeds, and the aerals of both species. And it is important to coat the area you are treating with the echinacea

tincture and let it dribble down the throat. It kind of has to take us by storm. That's how it does its work.

TINCTURE COMBINATIONS

Stephen Buhner says he used a tincture of *Echinacea angustifolia*, Red Root (*Ceanothus* spp), and Licorice (*Glycyrrhiza glabra*) in equal parts. He comments that instead of this combination, he now uses fresh-squeezed ginger juice. More on this below.

Another combination that Buhner recommends is a tincture of 2 ounces Lomatium, 2 ounces Red Root, 2 ounces Licorice, and one ounce of *Isatis*, with a dosage of 30-60 drops and hour until improvement.

ANTIVIRAL TINCTURE

And so, if we really get into the flu or the new coronavirus, this is what may aid us:

Equal parts of:

Scutellaria baicalensis (Chinese skullcap root)

Isatis spp (root) (Dyer's woad)

Glycyrrhiza glabra (licorice)

Houttuynia spp (chameleon plant)

Lomatium dissectum (Indian parsley)

Using the above combination:

For moderate influenza:

60 drops or 3 ml (a little over 1/2 teaspoon) every hour.

For severe influenza:

1–2 teaspoons every hour.

Stephen Buhner has this to say about fresh ginger:

GINGER TEAS

“Juice one to two pounds of ginger. (Squeeze the pulp to get all the juice out of it.) Keep it refrigerated.

Pour 3 to 4 ounces of the juice into a mug, and add one-quarter of a lime (squeezed, a large tablespoon of honey, 1/8 teaspoon of cayenne, and 6 ounces of hot water. Stir well.

Drink 4 to 6 cups daily.

Ginger in this form is potently antiviral for influenza. The fresh juice tea will also thin the mucus, help protect mucous membranes from damage, and act as a potent diaphoretic, lowering fever during the infection.

And so, there you have what you need to get through this epidemic time, as regards antiviral herb. It's not like modern medicine has anything yet to offer other than that we wait a year for a vaccine.

I have tried to give here the nuts and bolts of what is needed, herb wise, to meet this challenge. A note of suggestion: right now, it is better to get tinctures than powder, although both will work.

There is a lot more to it and Buhner's book has it all and in great detail. What I write here is just an emergency summary for those of us who need to get ready right now.

Of course, you will have to find these herbs and get them as you need them. Good sources are in Buhner's book on Herbal Antivirals. Many can be found on Amazon. I have some on the way for this household.

I hope this information is useful. It was for me. PLEASE SHARE THIS TO THOSE WHO WOULD BE INTERESTED. Thanks.

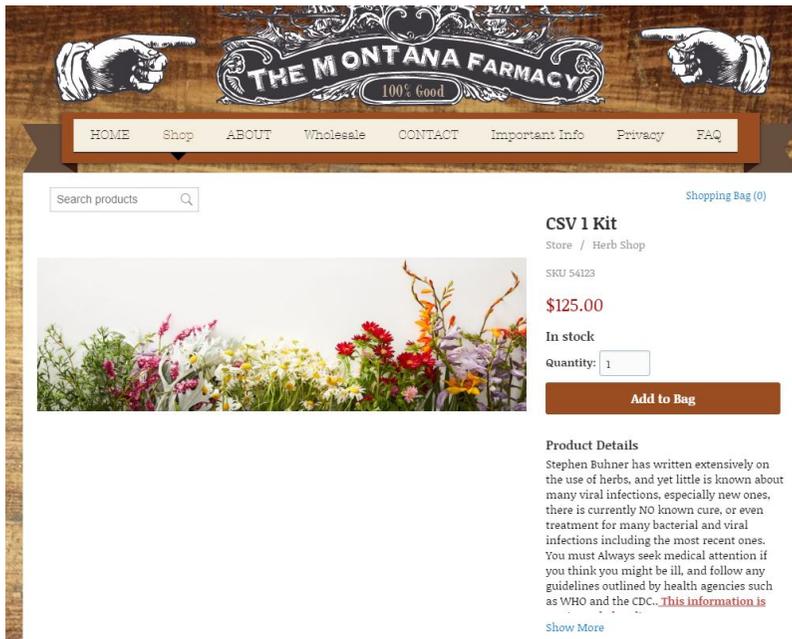
VIRUS UPDATE: IMPORTANT NEWS

March 11, 2020

I have been gathering all the antiviral herbs and studying how best to use them. I have had to spend many hundreds of dollars trying to gather what is needed and learning how to decoct and mix the herbs in the proper way.

However, I just learned that viral herb expert Stephen Buhner has released a complete herb kit (based on his books) to combat the Corona virus for \$125, which is worth it. It has all the herbs I am working on, put together in the right amount and ready to use. By all means check it out. Consider it as a one-stop shop. My guess is the demand will overrun supply in no time.

<https://www.montanafarmacy.com/.../CSV-1-Corona-Kit-p17040887...>



The screenshot shows the website for 'THE MONTANA FARMACY' with the tagline '100% Good'. The navigation menu includes HOME, Shop, ABOUT, Wholesale, CONTACT, Important Info, Privacy, and FAQ. A search bar is present with the text 'Search products'. The main content area features a large image of various colorful flowers. To the right of the image, the product 'CSV 1 Kit' is listed with a price of \$125.00 and a quantity selector set to 1. Below the product image, there is a section for 'Product Details' which includes a paragraph of text about the kit's purpose and a 'Show More' link.

HOME Shop ABOUT Wholesale CONTACT Important Info Privacy FAQ

Search products

Shopping Bag (0)

CSV 1 Kit
Store / Herb Shop
SKU 54123
\$125.00
In stock
Quantity:
Add to Bag

Product Details
Stephen Buhner has written extensively on the use of herbs, and yet little is known about many viral infections, especially new ones, there is currently NO known cure, or even treatment for many bacterial and viral infections including the most recent ones. You must Always seek medical attention if you think you might be ill, and follow any guidelines outlined by health agencies such as WHO and the CDC. [This information is](#)
[Show More](#)

WHAT'S COMING NEXT?

March 12, 2020

I have completed my initial few passes through the literature that is available about the coronavirus. I have learned a lot. I am also doing my best to look after my extended family and you folks here. One of my daughters spent hours in a good-sized city looking for hand sanitizer, proper hospital gloves, and so on. Nada.

In the meantime, our social world is closing down around us. As an oldest child, I am used to being alone, but even with that history, this is new territory. And while it may not be the kind of change for this country that I yearn for, obviously, it may have to do (because here it is!) and it will affect us as a nation. This too is real change and perhaps will get our attention.

I can't help but note that this virus is not a person, not something President Trump can insult, make fun of, or get under the skin of, this coronavirus. It may well be his Waterloo. Trump's saying that "this virus is very under control in our country" is ridiculous and only means that we are still early in its onset, and that the virus is just now getting a grip on us.

Any control (and the need for it) will be upon us soon enough, and then let's see how much control we will have. I find it difficult to understand why we have not gotten the tests available after all this time and comments from our president like "This is not a financial crisis, this is just a temporary moment of time" is just whistling in the dark, IMO, tweets and all.

Since the medical community has no solution or vaccine for this virus, all of us ordinary citizens are pretty-much just on our own. We will have to figure it out by ourselves independently, being together only virtually, and not physically. I will continue to post whatever I find that may be helpful in this crisis.

Anti-viral herbalist Stephen Buhner is on Facebook and posts valuable info often:

<https://www.facebook.com/stephen.buhner>



PPE (PERSONAL PROTECTIVE EQUIPMENT)

March 13, 2020

I have friends who say they are not worried about the coronavirus at all and are just going about their business. I am not of that type. I don't want to get redundant and you probably know all this, but just for those who may not, here are some notes on PPE (Personal Protective Equipment). PPE are devices that we use to keep germs out, while surgical masks are devices to keep our own germs in and not broadcast them to others. Be sure to understand which kind of mask you are using and why.

Masks, masks, masks... there aren't many or hardly any available just now. Experts also say that only people WITH the coronavirus should wear masks OR those who care for those who are ill. Their idea is that masks are for keeping germs in.

I hear that, but a simple trip to the local grocery store tells me clearly that these face masks, if worn by normal people in a crowded place (who are not infected), also stop particles (droplets) that are suspended in the air from reaching our nose and mouth. This is the PPE use of masks, keeping unwanted pathogens out of being on our face and body. It seems obvious that I should wear some PPE devices, like a face mask, especially because I am not infected.

In other words, I don't agree with instructions not to wear masks (where people gather) only to keep our own germs in, if we are not sick. I agree we should not hoard masks, but I feel we should have what we need for our family, kids, and grandkids... if we can find them. We don't want the coronavirus to have an easy entry.

Of course, it is important to know which type of masks prevent which particles.

A. SURGICAL FACE MASK

The familiar surgical mask, seen being worn everywhere, is of limited use. It's use is to keep our own infected germs in and away from others. However, even though it is affordable, if we try to use it as a PPE device (keeping germs out), it's basically a fluid-barrier to stop respiratory droplets in the air coughed out by other people from reaching our nose and mouth. Mostly, that would be ineffective.

B. THE N95 FACE MASK (PPE)

This is a layered filter that is said to prevent 95% of particles sized 0.3 microns and below from reaching us. This is technically a respirator. Not fun to wear. Can get moist or cause the lungs to accumulate water.

C. THE N100/P100 FACE MASK (PPE)

This is a layered filter that is said to prevent 99.8% of particles sized 0.3 microns and below. This is technically a respirator, also not fun to wear, which can get moist or cause the lungs to accumulate water.

Currently, it is difficult to find and purchase types “B” and “C,” (particulate filters), but type “A” is usually available. Online sites say that types “B” and “C” masks will not be available until later April and some not until June 2020.

And there is the question of how long or how many times an individual mask can be worn. It is easy to use and dispose of the Surgical (type A) masks, but more expensive to use type B and C masks, although they can't really be cleaned. And even if we use them once, virus droplets may have reached these masks and be sitting there waiting to be activated by touching them.

So, we should use common sense to decide. If I go to the local grocery stores in the middle of the night (which I do, since they are open 24-hours), there is no one there except the workers and they can be avoided. So, I would feel comfortable wearing the type B and C masks more than once.

If I go to the grocery at rush hour, I would want to wear the type C particulate masks, although the N95 (style B) masks would do in a pinch. Yet, I might throw it away after the trip.

My general approach is to be reasonable and to stay away from where there are people, using the type mask that is appropriate for the task at hand. It's hard to find any masks just now.

You can also find half-face masks from 3M, like the 3M™ TEKK Protection™ Disposable Paint Project Respirator Mask that comes with NIOSH N95 filters. You may have them sitting around in the garage. And the replacement cartridges are still available. Use them.

These would work too. It says that the filters are N95 particulate filters, so that should be OK. Many of the half-mask 3M masks, take the round P100/N100 filters and that is even better.

As mentioned, it is very hard to find protective masks just now. What are available are the flat N95 filters available in bulk that can be inserted into a slot on certain masks. These are inexpensive, although you might want to wash the mask (that contains these filters) after every use.

So, about the only reasonable solution is to buy these N95-protective filters in bulk that fit into most of the available masks that have some kind of filter slot. These flat filters are about 4.9" x 3.1" and are meant to be worn and discarded after a single use. Amazon has them, but you will have to find a mask/holder for the filters to go in.

It is clear that some kind of eye protection is also suggested, if only wearing a pair of glasses and cleaning them with one of the many alcohol wipes that are available. Entry of the virus through the eye has been indicated. Best is a full-face shield, but wearing a pair of eyeglasses or goggles is better than nothing.

Some eye protection is something to think about. The virus can come into our body through the eyes, like cough particles hitting and entering the eyes. Those of you who wear glasses can wear them when you shop and wipe them down when you are back from the trip. Or you can buy a pair of glasses with side panels, essentially goggles, that fit better and wear them. You still may get spatter on your face, etc. To counter that, one would have to wear a full face shield. You can get them pretty easily, usually with a bunch of plastic shields, so you always have one cleaned and ready to go.

In other words, we can have all kinds of layers of protection. Probably, a better protection is just to keep your distance and go where or when there are no people present. For example, as mentioned, I go to the grocery in the middle of the night because I am usually up and that is a good time to do. Not many people there and they are busy. I keep my distance and check out my own groceries when I am ready to leave.

Of course, I wear gloves when I go to the grocery. Get the right kind, surgery or Nitrile gloves are the best. You need them to open doors, grab the pump handle at the gas station, and so

on. I have a paper shopping bag in the back seat of my car into which I throw used gloves, etc. that I take off. You could also use a piece of paper towel to grab the gas pump handle.

Probably more info that you want to read, but better safe than sorry, IMO.

Face masks

Popular types of face masks

 <p>Surgical mask</p> <p>One-way protection: captures particles or droplets from wearer</p> <p>Typically used to prevent spread of common colds, flu</p> <p>Loose-fitting</p> <p>For general population</p>	 <p>N95 or similar type</p> <p>Two-way protection: filters air entering/exiting the wearer</p> <p>Filters at least 95% of airborne particles</p> <p>Sits tightly on the face</p> <p>Mostly used by health workers</p> <p>Experts warn that masks are not foolproof because a virus can still enter through the sides or enter body through the eyes</p>
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Source: CDC/WHO/PHS Canada 

KEEPING GERMS IN

KEEPING GERMS OUT

Coronavirus

WHICH MASK SHOULD I USE?

 <p>N95 mask</p> <p>Filter 95 percent of particles with a mass median diameter of 0.3 micrometers.</p>	 <p>Surgical mask</p> <p>Filter 90 percent of particles with a mass median diameter of 0.5 micrometers.</p>	<p>NOTE!</p> <p>While N95 mask offers more protection, they only work if they fit properly. N95 mask also make it more difficult for a person to breathe, so could be dangerous for someone showing symptoms of infection of the new coronavirus. People who are sick are not advised to wear N95 mask.</p>
 <p>Activated carbon mask</p> <p>Absorb bad odour and filter volatile organic compound</p>	 <p>Sponge mask</p> <p>Block large particles - large droplets, pollen</p>	 <p>Cotton face mask</p> <p>Block large particles - large droplets</p>

Source: The Epoch Times 

Difference between masks and respirators

Surgical masks	Respirators
	
Surgical masks are not PPE Surgical masks prevent droplets being expelled into the environment by the wearer and protect patients and operative site.	Respirators are PPE used to reduce the potential contact of the wearer to airborne hazardous contaminants.
	<p>Un valved: </p> <p>Valved: </p>

Compiled by A.Muralikrishnan, Lecturer, P.A.C. Narayana College of Polytechnic, college, Narayanapur, Tirthahalli, India

PPE: PERSONAL PROTECTIVE EQUIPMENT



GOGGLES



FULL FACE SHIELD

“WITHOUT REJECTING ANY STATE OF MIND”

March 14, 2020

I am learning what I can about this new coronavirus, which for someone my age means learning how to strengthen my immune system with the various botanicals, mostly from the Chinese Materia Medica.

Meanwhile, I will keep sharing some brief teachings by my dharma teacher of 36 years, the Ven. Khenpo Karthar Rinpoche.

KKR: “We tend to do this. Even after we recognize our mind’s nature, we still want the mind to be still. We want stillness. We still want the mind to be lucid. We still want an experience of wellbeing or pleasure.

“Do not seek any of these. Simply continue to practice without any preference among whatever arises in your mind—without rejecting any state of mind as too horrid for recognition to be possible and without considering any particular state of mind as necessary for recognition.

“When you have recognized and are learning how to sustain the recognition of ordinary cognition (that is to say, your mind just as it is, unaltered and without fabrication), do so without considering any particular state of mind as necessary for recognition.”



TRADITIONAL HERBAL TREATMENT OF CORONAVIRUSES

March 14, 2020

I am not a doctor or trained in Chinese Medicine; I'm in the same boat as readers here, trying to understand and prepare as best I can. We are in a national emergency that is not, as of yet, getting better. If any of the information below is useful, I suggest you ask your own doctor if it is OK to use these traditional Chinese treatments.

I have tried my best to boil down and simplify what can be kind of technical and intimidating in Stephen Buhner's book on Herbal-Antivirals, which is available on Amazon:

https://www.amazon.com/Herbal-Antivirals-Reme.../.../ref=sr_1_2...

Get the book if you can and while you can! The notes below are mostly from Buhner's book (see link above). I am afraid if you get serious about this, you are going to have to get the book, read it (as I have) or at least scan and read in it what interests you.

To make this just a little easier, I have pulled out and simplified important sections and formulas that we all may need. There are a lot of articles and information out there about how to protect yourself physically (masks, gloves, etc.,) but very little on what we can do if we actually get exposed to the virus. What then?

"What then" is in the Buhner book and in the herbs and formulas he carefully lays out. Below are some of the important formulas and herbs called out so that you can better read them. You can always take what is listed below and look it up in the Buhner book for more details and to see this information in full context.

I can't think how else to be of use here. If you don't have the time or energy to work on this, as I am doing, I don't know what else to tell you. The government has no vaccine and no available medicines for those who come down with the virus other than sleep, hydration, and the like.

That said, here are some topics I am calling out. Read the ones that make sense to you and consider what you want to do. Buhner's books include a list of sources where you can find these herbs. Many are available on Amazon. However, you would have to actually order them while you can.

If all of this is just too much to absorb, which I can understand, get a bunch of fresh ginger root, a couple pounds and learn to make ginger drink, by removing the skin on the rhizomes, cut them into small pieces, put them in a Nutribullet (slightly covered with water), pulverize the root, and then boil the mixture with perhaps some honey or sweetener, a bit of lime juice, and drink this tea at least several times a day. Ginger is said to be very helpful if we are sick with this virus.

CYTOKINE ADAPTOGEN

Salvia miltiorrhiza (YOU JI DAN SHEN) is a strong cytokine adaptogen, meaning it regulates cytokine behavior; it acts to normalize cytokine dysfunction.)

LOWERING TGF LEVELS

Lowering TGF levels can be very helpful (herbs that can do this are:

Angelica sinensis (DONG QUAI)
Astragalus spp). (HUANG QI)

HERBS FOR REDUCING CYTOKINE

Polygonum cuspidatum (Japanese knotweed),
Scutellaria baicalensis (Chinese skullcap),
Cordyceps spp, (Cordyceps)
Pueraria (kudzu), and
Eupatorium perfoliatum (boneset)].

PROTECTING CELLS FROM HYPOXIA

Protecting the cells from the induced hypoxia significantly reduces the damage in the lungs. (*Rhodiola* is specific for this. It prevents hypoxia-induced oxidative damage, increases intracellular oxygen diffusion, and increases the efficiency of oxygen utilization.)

PROTECTING LUNGS CILIA

Cilia-protective herbs are:
Cordyceps spp, (Cordyceps)
olive oil and olive leaf,

any berberine containing plants,
and *Bidens Pilosa* (Black-Jack)

REDUCING AUTO-ANTIBODIES

Auto-antibodies are produced that begin to attack host epithelial and endothelial cells, increasing the destruction. Reducing autoimmunity:

Rhodiola (*Rhodiola*)
Astragalus spp. (HUANG QI)
Cordyceps spp. (Cordyceps)
...and

PROTECTING ENDOTHELIAL CELLS:

Polygonum cuspidatum – (Japanese knotweed root) is crucial.

PROTECTING SPLEEN AND LYMPH

Protection of spleen and lymph are essential:

Ceanothus spp (red root),
Phytolacca (poke root),
Scutellaria baicalensis (Chinese skullcap root),
Salvia miltiorrhiza (DAN SHEN),
Bidens Pilosa (BLACK-JACK)

STIMULATING DC MATURATION

Stimulating DC maturation

Cordyceps spp. (Cordyceps)

INCREASING T-CELL COUNTS:

Glycyrrhiza spp (licorice)
Ceanothus (red root)
Sambucus spp (elder)
and zinc] can help reduce symptom picture and disease severity.

ANTIVIRAL FOR THE CORONA GROUP OF VIRUSES

(1) Plants specifically antiviral for the SARS-group of viruses; the strongest known so far are:

Scutellaria baicalensis (Chinese skullcap root)
Houttuynia spp (Chameleon Plant)
Isatis spp (Dyer's Woad)
Glycyrrhiza spp (Licorice),
Forsythia suspensa (the fruit) (*Forsythia*)

Sophora flavescens (KU SHEN)

Lycoris radiata (Red Spider Lily) -- extremely potent.

Lonicera japonica (Japanese Honeysuckle) and *Polygonum cuspidatum* (Japanese Knotweed Root) are also effective as antivirals for coronaviruses as a group.

(2) BLOCK VIRAL ATTACHMENT

Block viral attachment to ACE-2 linkages. Specific for this are:

Glycyrrhiza spp (Licorice)

Scutellaria baicalensis (Chinese skullcap root)

Sambucus spp (elder)

Luteolin (flavonoid)

Aesculus hippocastanum (horse chestnut)

Polygonum cuspidatum (Japanese knotweed root), *Rheum officinale* (Chinese Rhubarb)

and plants high in procyanidins and lectins (e.g. *Cinnamomum* (Cinnamon)).

(3) UPREGULATE AND PROTECT

Upregulate and protect ACE-2 expression, increase its activity (esp in the aged), and lower Ang-2. Herbs specific for this are:

Pueria spp (kudzu),

Salvia miltiorrhiza (Dan shen)

Ginkgo biloba (Ginko)..

Use ACE inhibitors (in contrast to ACE-2 upregulators) to increase the presence of ACE-2 and help protect the lungs from injury:

Crataegus spp (hawthorn)

Pueraria spp (kudzu) are specific.

(4) MODULATE CYTOKINE RESPONSE

Modulate cytokine responses:

(*Salvia miltiorrhiza*), including the lowering of TGF levels

[*Angelica sinensis* (dong quai),

Astragalus mongholicus], regulating HMGB1

(*Salvia miltiorrhiza*), and reducing IL-1b

[*Polygonum cuspidatum* (Japanese knotweed), *Scutellaria baicalensis* (Chinese skullcap)

Cordyceps spp,

Pueraria (kudzu), and

Eupatorium perfoliatum (boneset)],

(5) PROTECT LUNG CELLS FROM HYPOXIA

Protect lung cells from hypoxia:

Rhodiola spp. (Rhodiola)

(6) PROTECT CILIA

Protect the cilia:

Cordyceps spp

Olive oil and leaf

any berberine containing plants, and

Bidens Pilosa (Black-Jack).

(7) INCREASE HEALTHY IMMUNE FUNCTION

Reduce autoimmunity and increase healthy immune function:

Rhodiola (Rhodiola)

Astragalus spp. (Huang Qi),

Cordyceps spp. (Cordyceps)

PROTECT ENDOTHELIAL CELLS

(8) Protect endothelial cells:

(Polygonum cuspidatum – Japanese knotweed root).

PROTECT SPLEEN AND LYMPH SYSTEM

(9) Protect spleen and lymph system:

Ceanothus spp (red root),

Phytolacca (poke root),

Scutellaria baicalensis (Chinese skullcap root),

Salvia miltiorrhiza (DAN SHEN)

Bidens Pilosa (Black-Jack)

(10) STIMULATE DC MATURATION

Stimulate DC maturation:

Cordyceps spp) and increase T cell counts

Glycyrrhiza spp (Licorice),

Ceanothus (Red Root),

Sambucus spp (Elder) (leaves and bark)

and Zinc.

SUGGESTED PROTOCOL, GENERAL PROTECTION

SHUANGHUANGLIAN COMBINATION

Shuanghuanglian (SHL) formulation is an Anti-infection combination of herbs that was found in the earlier SARS outbreak in China to help considerably – a review of this

combination is now being tested in clinical trials in China for treatment of Cov-19 infections). The formulation is composed of:

Forsythia suspensa fruit (2 parts),
Lonicera japonica (1 part),
Scutellaria baicalensis (1 part).

Suggested dosage: 1 tsp 3x daily.

However: I would also take with this the immune formulation from the following protocol in order to activate the most effective healthy immune function for this particular viral pathogen.

SARS-group Treatment Protocol: This is composed of three tincture formulations, as follows.

(1) Core formulation:

Scutellaria baicalensis (3 parts),
Polygonum cuspidatum (2 parts),
Pueraria (2 parts),
Glycyrrhiza (1 part),
decocted Sambucus leaf tincture (1 part).

Dosage: 1 tsp 3x day, if acute 1 tsp 6x day.

(2) Immune formulation:

Cordyceps (3 parts),
Angelica senensis (2 parts),
Rhodiola (1 part),
Astragalus (1 part).

Dosage: 1 tsp 3x day, if acute 1 tsp 6x day.

(3) Cellular protection/cytokine modulation/spleen-lymph support:

Salvia miltiorrhiza (3 parts),
Ceanothus (2 parts),
Bidens pilosa (1 part).

Dosage: 1 tsp 3x day, if acute 1 tsp 6x day.

About Decocted (Sambucus) Elder Leaf Tincture
From Stephen Buhner's Anti-Viral Book:

"This is not generally commercially available. (Please see the lengthy section on Elder in my book Herbal Antivirals). Elder leaf and bark are exceptionally potent medicines for a variety of things, including viral pathogens. Unfortunately bad press by

adversarial medical activists in the early twentieth century spread the rumor that elder (*Sambucus*) is a poisonous plant. It is not. In descending order of impact the bark, leaves, and berries can cause vomiting in some people, not all. (I am not generally affected and use undecocted tinctures.) It depends on the dose and personal susceptibilities.

“However, if the herb is boiled (i.e., decocted) the compounds that cause vomiting are deactivated.

“Note: The leaves and bark are far more potent anti-virals than the berries or flowers. I would not suggest the berries for use in treating this pathogen; they are not, in my opinion, strong enough.

TO MAKE A DECOCTED ELDER-LEAR TINCTURE

“Boil four ounces of dried elder leaf (two ounces if fresh) in two quarts water until it is reduced by half. Cool, strain, then measure the amount of liquid left. To this add 25% pure grain alcohol. If your state will not allow you to buy pure grain alcohol (which is 95% alcohol) then after you cool and strain the liquid, put it in the pot again and reduce it once more by half. Let it cool again and then measure and add to it the same amount of 40% to 50% vodka, 50% is preferable. Hopefully, someone will begin making this commercially soon.

SOME OTHER PLANTS FOUND ACTIVE AGAINST SARS-GROUP CORONAVIRUSES

Artemisia annua (Sweet Wormwood),
Cassia tora (Sickle Senna)
Cibotium barometz Woolly Fern)
Dioscorea batatas (Chinese Yam)
Eucalyptus spp, (Eucalyptus)
Gentiana scabra (Japanese Gentian “Long Dan Cao”)
Lonicera japonica (Japanese Honeysuckle)
Panax ginseng (Ginseng),
Polygonum multiflorum (Fo-Ti)
Taxillus chinensis Mulberry Mistletoe),
Pyrrosia lingua (Variegated Tongue Fern)
Rheum officinale (Chinese Rhubarb)

HOW TO COPE WITH THE CORONAVIRUS

March 15, 2020

SUMMARY

I apologize for posting so much on this topic. I am in the process of refining this information and trying to make it easier for more of us to be prepared, not just externally with masks and gloves, but internally with botanicals that will help fight this infection if we get it.

And, please don't be put off by scientific botanical names or by fear of not finding these herbs. These herbs and their tinctures all are (or were) on Amazon and can be brought to your door. If you do acquire them, tinctures may be easier to work with than the dried herb. I am trying to get both.

PLEASE NOTE: Using the Latin (botanical) name is not to confuse you or be too technical, but to be specific, so that you get the right herb. Therefore, the Genus "Isatis" is capitalized and the species is always listed in lower case. If it says, for example "Isatis spp." the ".spp" means several species in that genus work."

If you can, find a copy of the book "Herbal Antivirals" by Stephen Buhner. It is on Amazon and I believe there are downloadable copies on the web.

https://radicalherbalismorg.files.wordpress.com/.../stephen_h...

I am getting my arms around just how these herbs can help us fight off and get through the pandemic of this coronavirus.

Thanks to Stephen Buhner, who not only writes well, but very thoroughly. Some of it is too detailed for me to easily take in. I don't have a medical background, but I get the gist of it. I must take repeated passes through reading about all this.

Here is my latest more-concise list of what herbs and actions to take from the moment you feel ill, on into actually combatting the ordinary flu as well as the coronavirus.

*** THE FIRST OF THE FIRST HINT OF FEELING POORLY

(A) OSCILLOCCINUM

Stephen Buhner does not dwell on homeopathic medicine, with the exception of Oscilloccinum. It is recommended that one

take Oscillococcinum at the very, very first sense in your body that you may be falling ill. To take a line from the poet Gertrude Stein and turn it to advantage here, we might say. "Before virus sets in, the virus sets in." In other words, we have to act quickly. We should take some Oscillococcinum (which are like little tubes of tiny pellets) immediately upon awareness that something is happening to us health wise.

In short, take Oscillococcinum three times a day, about 5-6 hours apart, and for three days in a row. You can order it through Amazon and have it ready to work when the time comes. I have some.

https://www.amazon.com/Boiron-Oscillococcinum-D.../.../ref=sr_1_3...

(B) ALTERNATE PREPARATION

If you don't know homeopathy, another think to take at the first hint of illness is the following. Like many of us do, we take Echinacea when we feel not-so-well. Experts say that echinacea is best taken as a tincture, rather than in capsules. AND...this is important ...that we find the species Echinacea angustifolia rather than the more common Echinacea purpurea.

Tinctures often come with both varieties, purpurea and angustifolia in the same bottle. Mine does, and includes roots, seeds, and the aerals of both species. And it is important to coat the area you are treating with the echinacea tincture and let it dribble down the throat. It kind of has to take us by storm. That's how it does its work. Try to get only Echinacea angustifolia.

>

***** HERBS FOR MILD INFECTIONS *****

>

(A) TINCTURE COMBINATIONS FOR MILD INFECTIONS

Stephen Buhner says he used a tincture of the following in equal parts.

Echinacea angustifolia (Echinacea)
Ceanothus spp (Red Root)
Glycyrrhiza glabra (Licorice)

Buhner comments that instead of this combination, he now uses fresh-squeezed ginger juice. Stephen Buhner has this to say about fresh ginger:

>

(B) TAKING GINGER TEAS AND DRINK

>

“Juice one to two pounds of ginger. (Squeeze the pulp to get all the juice out of it.) Keep it refrigerated.

Pour 3 to 4 ounces of the juice into a mug, and add one-quarter of a lime (squeezed, a large tablespoon of honey, 1/8 teaspoon of cayenne, and 6 ounces of hot water. Stir well.

Drink 4 to 6 cups daily.

Ginger in this form is potently antiviral for influenza. The fresh juice tea will also thin the mucus, help protect mucous membranes from damage, and act as a potent diaphoretic, lowering fever during the infection.

>

***** HERBAL TINCTURE COMBINATION *****

>

Another combination, the next level of treatment, that Buhner recommends is a tincture of the following, all of which are on [Amazon.com](https://www.amazon.com).

2 ounces Lomatium (Indian Parsley)
2 ounces Ceanothus spp. (Red Root)
2 ounces Glycyrrhiza glabra (Licorice)
1 ounce Isatis spp. root (Dyer's Woad)

DOSAGE: 30-60 drops and hour until improvement.

>

***** MODERATE AND SEVERE INFECTIONS: ANTIVIRAL TINCTURE *****

>

And so, if we really get into and have the flu or the new coronavirus, this is what may aid us at that point:

Equal parts of tinctures (all usually on [Amazon.com](https://www.amazon.com)):

Scutellaria baicalensis (Chinese Skullcap root)
Isatis spp (root) (Dyer's Woad)
Glycyrrhiza glabra (Licorice root)
Houttuynia spp (Chameleon Plant)
Lomatium dissectum (Indian Parsley)

Using the above combination:

For moderate influenza:

60 drops or 3 ml (a little over 1/2 teaspoon) every hour.

For severe influenza : 1–2 teaspoons every hour.

>

***** IMMUNE COMPLEX TINCTURE COMBINATION *****

>

The following three herb tinctures mixed in equal parts:

Astragalus mongholicus (Huáng Qí)

Cordyceps spp. (Cordyceps)

Rhodiola spp. (Rhodiola)

For moderate influenza: ½ teaspoon of tincture, 3X daily

For severe influenza: 1-2 teaspoons of tincture, 6X daily

**** IMMUNE BOOSTER *****

Tinctures:

4-parts Echinacea Angustifolia

2-parts Boneset (support)

1-parts Astragalus (balancing herb)

2-parts osha (Ligusticum porteri) (catalyst)

DOSAGE: Take 30 drops (1 milliliter) every hour during acute infection, then take 3 milliliters 3X daily for a week following the resolution of the symptoms.

https://www.amazon.com/Herbal-Antivirals.../.../ref=sr_1_1_sspa...

And so, there you have what you need to get through this epidemic time, as regards antiviral herbs. It's not like modern medicine has anything yet to offer other than that we wait something like a year for a vaccine.

I have tried to give here the nuts and bolts of what is needed, herb-wise, to meet this challenge. A note of suggestion: right now, it is better to get tinctures than powder, although both will work.

There is a lot more to it and Buhner's book has it all and in great detail. What I write here is just an emergency summary for those of us who need to get ready right now.

Of course, you will have to find these herbs and get them as you need them. Good sources are in Buhner's book on Herbal

Antivirals. Most (if not all) of the herbs mentioned here can be found on Amazon. I have some on the way for this household.

I hope this information is useful. It was for me. PLEASE SHARE THIS TO THOSE WHO WOULD BE INTERESTED. Thanks.

AN INFLECTION POINT

March 15, 2020

Due to the advent of the coronavirus, it's like a strange rift in time into which it seems we have drifted. No one expected this, yet it seems capable of clearly demarcating the past as we know it from at least the immediate future. Many of us have looked, even yearned for, real change in this country, but we never considered this is how it might appear. At least I didn't.

Yet, here it is, something that is life-changing, at least for some time. A little forced retreat on all our parts may be healthy, some isolation from our own social habits (not that I am all that social). Thank goodness that, at least here in the northern hemisphere, spring is soon with us; windows can be opened, and hopefully we can get some sun on our bodies. I welcome this mini-retreat, just not the way it came about.

It's not hard to be clear and dharmic with events like this virus turning the mind toward what is important. There is really no choice. Everywhere I turn, there is the emerging reality of this virus that we can't help but look at.

DOING WHAT WE CAN

March 18, 2020

Yesterday, I picked up my copy of Margaret Grieve's two-volume set of "A Modern Herbal." I see that, way back then, I signed my name in the flyleaf and the year, "1969." So, I have been flirting with herbs since somewhere around that time.

I can remember hunting herbs in the Ann Arbor area, Blood Root, Calamus, and so on. I even made a little 16mm movie (with my brother Stephen) of myself gathering herbs called "The Herb Gatherer." I must have it somewhere around here, but I have not found it yet. Otherwise, I would post it here, because it's funny.

Well, that sleeping herb-gene in me is waking up due to the advent of this coronavirus. I've been learning what I can about the immune system, how to strengthen it, and various traditional herbs that can help if we contact it.

Sheltering in place is a good plan. I am doing my best to limit my activities, which for me is no problem. I seldom go anywhere other than outside for a nature walk or some kind of a walk.

After fifty years of not studying herbs, here I find myself once again learning as fast as I can about herbs that can boost or protect our immune system. As it turns out, most of what I have learned comes from TCM, the traditional medicine of China. I didn't run to this, but after casting around for information, this is where I found it.

Especially, since modern medicine has little to offer us (at least at this point) than ways to make us comfortable while our immune system tries to ward off the effects of this coronavirus. I need more than that.

And as I read and learn, I began to, as my old movie was titled, to gather what herbs I can that might assist my body to overcome this virus, should I (or my family) contact it. I have tried to post what I could on this blog, in case those of you reading this want to do the same.

IMO, Stephen Buhner's book on "Herbal Anti-Virals" is indispensable in this time of pandemic. It provides a step-by-step plan to boost the immune system and confront the coronavirus. Plus, it provides the sources where these

traditional Chinese (and other) medicines can be found, although [Amazon.com](https://www.amazon.com) has most of them.

https://radicalherbalismorg.files.wordpress.com/.../stephen_h...

All of this is a bit of a learning curve, but still very doable. I have gathered the basic herbs useful for coping with this virus should I get it. I have my own little Materia Medica right here in my home. And I understand how to combine these herbs and hopefully something about how to administer them.

I am amazed at how much the existing public information is about how to not physically contact the virus (which is good), but how little information there is on what can we do should we be exposed to it. I have posted a lot of information in my recent blog-stream here on Facebook on how to get through exposure to the virus, for those interested.



REDISCOVERING BOTANICALS

March 18, 2020

Almost all modern medicines originally came from plants, some from poisonous plants at that. Chinese medicine, in particular TCM (Traditional Chinese Medicine), which is the ancient medicine of China, is nothing to laugh at, yet I see this happening on the web, comments by ignorant people, who are, IMO, just whistling in the dark. This pandemic is serious business.

Modern medicine may be marvelous, but many ancient herbs and medicines are also marvelous. Plants are potent in all of this and have been with us virtually forever. In a situation like today, when modern medicine is treating this pandemic virus more symptomatically than otherwise, it reminds me of the dharma equivalent of trying to get comfortable in Samsara, rather than transform Samsara into Nirvana through the medicine of dharma. As they say, concentrating only on PPE (Personal Protective Equipment) is like trying to rearrange the deck chairs on the Titanic, while it sinks.

As I study it, what is clear is that traditional Chinese medicine is not only about symptom relief, making us more comfortable, but contains many potent herbs that actually can inhibit and challenge these powerful viruses to exist.

We are used to our medicines being wrapped in capsules, put into us through syringes, and all of that. We are not used to concoctions, decoctions, tinctures, powders, weighing out leaves, making tinctures, and so on. Making tea we can do. Modern medicine has outstripped traditional medicine in efficacy in so many ways, but herbs, the mother of modern medicines, have never lost their potency, if we can learn how to use them.

Traditional Chinese medicine (TCM) has many treasures, most of them tried and true, at least in the view of history, regardless whether or not they are appreciated by modern western medicines. We've been able to ignore this oriental tradition because we have not needed it that much, perhaps until now.

After my first impulse upon realizing what this coronavirus means for me (and all of us), of course I wanted to find some ways to avoid contacting it, prophylactically. You know, keep it

away from me and mine. It took a little time to grasp that, short of avoiding the virus entirely (if we can), the next-best thing was inhibiting it, watering it down, so that it was not so deadly, plus meanwhile strengthening our immune system.

I looked at a lot of herbal manuals, most of them western, and found that anti-viral medicines were not featured and, at least for me, hard to find. And then there is traditional Chinese medicine (TCM), which had been there all along, but which I knew very little to nothing much about. TCM very much has anti-virals and this is featured in Stephen Buhner's book "Herbal Anti-Virals." At first, I wondered if Buhner might be just another American riffing on oriental this or that. Yet, as I looked through the book (and began to study it), I realized how carefully it was sourced and the great detail (more than I wanted to read!) it went into.

It didn't take long for me to do an about-face, and seriously read Buhner's book. To the best of my ability, it is solid and moved me from simple prophylactic solutions to the coronavirus problem to interactive solutions involving the various antiviral herbs in traditional Chinese Medicine. It's not like I found any other solutions from the modern-medicine doctors other than "wait and see" how we do if we contract the virus. That did not appeal to me.

Anyway, perhaps I can hole-up (for who knows how long) and avoid contact with the virus, but what about my kids, grandkids, friends, and all of you out there? Some of us are going to contract it and get sick. We can wait for it to come and get us or we can take action to confront this virus by strengthening our immune system and learn about herbs that are anti-viral. It's not all just hand sanitizers, keeping this virus at bay, but also building our immune system and flattening the infection curve if we find we have it.

I confess that for the first week or so, I was trying to make sense of all these herbs, their Latin botanical names, and their several uses. It was confounding and I went to bed at night with my head swirling with terms and conditions. I was trying to organize it all and having a tough time doing that. Yet, sense of it I did make and pretty soon it all began to fall into place. I got the idea.

Then came trying to locate these herbal substances and getting some sent here. I spent hours and eventually days trying to find the “best,” most natura and organic herbs possible. They also cost money, so I had to spend some. And I did.

And the herbs rolled in, got put in bottles, labeled, and placed on the shelf next to one another. I then created a good-sized database of all this data (FoxPro), complete with formulas, their preparation, and all of that. I then converted that to Excel, and so on.

This staying home and being non-social is what we’re doing. This could easily go on for months, as I see it. Perhaps the virus will surge and then will fall back as China apparently is doing now. We have no idea how many waves of virus will roll in after this first one. Not exactly a time to hang out in groups, so virtual contact like Facebook may have to do.

A SHOT ACROSS THE BOW...

March 19, 2020

Well, there is less and less wiggle room as this virus surges. We need to wake up and do what needs to be done, each as far as we are able. I am used to being alone and, as an oldest child, aloneness has been for me a way of life. And so, I can entertain myself and am used to doing just that. The only shift is that instead of my choosing it, right now, I must do it. There is a difference, but not a problem. A few things:

(1) Air droplets don't usually but CAN be viable (remain in the air) up to three hours.

(2) Microwave is no help because it is famous for heating unevenly, leaving pockets of germs still viable.

(3) "Vinegar, tea tree oil and other natural products are not recommended for fighting coronaviruses. A study on influenza virus found that cleaning with a 10% solution of malt vinegar was effective, but few other studies have found vinegar to be able to kill a significant fraction of viruses or other microbes. While tea tree oil may help control the virus that causes cold sores, there is no evidence that it can kill coronaviruses."

(4) "If the virus keeps spreading, eventually so many people will have been infected and (if they survive) become immune that the outbreak will fizzle out on its own as the germ finds it harder and harder to find a susceptible host. This phenomenon is known as herd immunity."

(4) And last but not least for today, here is a terrifying scientific projection of what we are now in the beginning of:

IMPACT OF NON-PHARMACEUTICAL INTERVENTIONS (NPIs) TO REDUCE COVID-19 MORTALITY AND HEALTHCARE DEMAND

<https://www.imperial.ac.uk/.../Imperial-College-COVID19-NPI-m...>

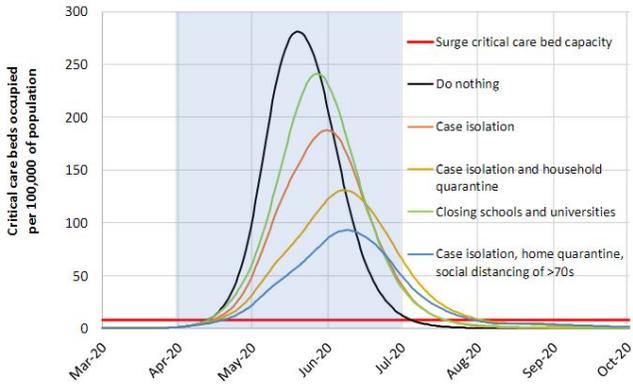


Figure 2: Mitigation strategy scenarios for GB showing critical care (ICU) bed requirements. The black line shows the unmitigated epidemic. The green line shows a mitigation strategy incorporating closure of schools and universities; orange line shows case isolation; yellow line shows case isolation and household quarantine; and the blue line shows case isolation, home quarantine and social distancing of those aged over 70. The blue shading shows the 3-month period in which these interventions are assumed to remain in place.

TRADITIONAL CHINESE MEDICINE ANTIVIRAL HERBS

March 21, 2020

I received a kit from Montana Farmacy of the formula developed by herbal anti-virus expert Stephen Buhner to combat this coronavirus using TCM, Traditional Chinese Medicine. Buhner created the formula but is not involved in combining the herbs, filling the prescription, or shipping the herbs. I ordered the kit to see exactly what it contained. I also thought that perhaps the kit was sold out and no longer available. It is still available for those interested:

<https://www.montanafarmacy.com/online-store>

Phone 406-297-3276

info@montanafarmacy.com

Sometimes their site is down, but keep trying or phone or email them.

One thing I learned is that no (zero) instructions come with the kit as to its use as to how and when to take the herbal tinctures. They explained to me that they can't be responsible for those that take and use these tinctures and that anyone who does should see their local doctor and/or herbalist.

Of course, I tried to explain to them that those of us who don't have an herbalist or whose doctor is not familiar with TCM need some kind of instruction. Yet, I got nowhere. So, all I can do is (to the best of my ability) write out some notes that may be useful to those here who would like these herbs.

And yes, I am not a doctor, herbalist, but like many here, just interested in protecting my family and myself to the best I can. So, please use your own judgment if you plan to take these tinctures. I have specified the herbs, their particular combination. I suggest anyone interested in this approach to this pandemic purchase and study Stephen Buhner's book:

https://www.amazon.com/Herbal-Antivirals-Prep.../.../ref=sr_1_2...

This book gives you all the information you need to use the herbs and where to order them, although almost all of the herb are available on [Amazon.com](https://www.amazon.com). I am not connected commercially to any of this and am only posting on this to help those who have an interest in the traditional Chinese medical approach, as I am.

STEPHEN BUHNER'S FORMULAS KIT

[The KIT came with three 4-oz bottles, and no Instructions.]

(1) C.A.R.A. (24 servings) 4 oz. [Immune Formulation]

Cordyceps (Cordyceps) (3 parts)

Angelica (Angelica sinensis) (2 parts)

Rhodiola (Rhodiola spp) (1 part)

Astragalus (Astragalus mongholicus) (1 part)

Dosage: 1 tsp 3x day, if acute, 1 tsp 6x day

(2) R.B.R.C. (24 servings) 4 oz. [Cellular protection]

Red Sage Root (Salvia miltiorrhiza) [3 parts]

Bidens (Bidens Pilosa) (1 part]

Red Root (Ceanothus fendleri) [2 parts]

Cinnamon [1 part]

Dosage: 1 tsp 3x day, if acute, 1 tsp 6x day

(3) CSY 1 CORE (120 servings) 4 oz. [CORE Formulation]

Chinese Skullcap (Scutellaria baicalensis) (3 parts)

Japanese Knotweed (Polygonum cuspidatum) (2 parts)

Kudzu (Pueria spp.) (2 parts)

Licorice (Glycyrrhiza glabra) (1 part)

Dosage: 1 tsp 3x day, if acute, 1 tsp 6x day

MEASUREMENT

4 OUNCES = 118.294 ml

4OZ TO 24 ML SERVINGS= 4.9289 ml = @ 5 ml

4OZ TO 120 ML SERVINGS= .985783 ml = @ 1ml

Of the three 4-oz bottles, bottle #3 is the core treatment, to be used if you contract the virus, followed by bottle #2 in the dosage that Bruhner suggests, which I have faithfully listed here. As for bottle #1, meant for immunity, that can be taken at any time, before contacting the virus, along with the following traditional formula, which IS NOT provided in the kit, but which each of us can create by finding the herbs and mixing them.

GENERAL PROTECTION (Shuanghuanglian Formulation)

[Buhner suggests to take this with the “Immune Formulation” (Bottle #1 above) from the following formula in order to activate the most effective healthy immune function for this particular viral pathogen.]

Forsythia (*Forsythia suspensa*) fruit (2 parts)
Japanese Honeysuckle (*Lonicera japonica*) (1 part)
Chinese Skullcap (*Scutellaria baicalensis*) (1 part).
Dosage: 1 tsp 3x daily

This is all I know and I’m just the messenger, not a doctor or herbalist, but am in the same boat as all of us, doing my best to be prepared since modern medicine offers no treatment other than a vaccine not-yet-available or to somehow survive the virus attack.

My best wishes to all of us on this globe and elsewhere.



IMPORTANT NEW INFO ON COPING WITH THE CORONAVIRUS

March 22, 2020

I just received this as an audio file, sent to me by my friend Sam Porter. The original was in Spanish, being here translated into English, and I am transcribing it so that folks here can read it. PLEASE PASS IT ON.

I have read a lot about how to treat corona viruses, and everything here fits perfectly into what I have learned. Since many of us are literally on our own, I consider this very, very important. Here it is:

“The Chinese now understand the behavior of the Covid-19 virus as determined by autopsies performed. This virus is characterized by obstructing respiratory pathways with thick mucus that solidifies and blocks the airways and lungs. So, they have discovered that in order to be able to apply a medicine, you have to first open and unblock these airways so that the treatment can be used to take effect.

However, all of this takes a number of days. Their recommendations for what you can do to safeguard yourself are as follows:

- (1) Drink lots of hot liquids, coffees, soups, teas, and warm water. In addition, take a sip of warm water every twenty minutes, because this keeps your mouth moist and water washes any of the virus in your mouth into your stomach where the gastric juices destroy it before it can get to the lungs.
- (2) Gargle with antiseptic in warm water, like vinegar or salt or lemon, every day if possible.
- (3) The virus attaches itself to hair and clothes. Any detergent or soap kills it, but you must take a bath or a shower when you get in from the street. Avoid sitting down anywhere and go straight to the bath or shower. If you cannot wash your clothes daily, hang them in direct sunlight, which also neutralizes the virus.
- (4) Wash metallic surfaces very carefully, because the virus can remain viable on these for up to nine days. Take note and be vigilant about touching handrails and doorknobs, etc. I guess,

within your own house as well, you can make sure that you are keeping those clean and wiping them down regularly.

(5) Don't smoke.

(6) Wash your hands every 20 minutes, using any soap that foams. Do this for 20 seconds and wash your hands thoroughly.

(7) Eat fruits and vegetables. Try to elevate your zinc levels, not just your vitamin C levels.

(8) Animals do not spread the virus to people. Person-to-person transmission is how it happens.

(9) Try to avoid getting the Common Flu, because that just already weakens your system. And try to avoid eating and drinking cold things.

(10) If you feel any discomfort in your throat or a sore throat coming on, attack it immediately using the above methods. The virus enters the system this way and remains for three or four days with the throat BEFORE it passes into the lungs. [THIS IS KEY INFORMATION]

“Good luck everyone and pass this information along, if you wish.

This is exactly what I have gleaned from weeks of study of Stephen Buhner's books and papers, plus other TCM (Traditional Chinese Medicine). Especially important is this interim of several days while the virus cultures in the throat and where it is most vulnerable to being weakened.

That is why it is said the other than in this period, capsules and any kind of weaker attack on the virus will not work. We literally have to, for example BATHE the throat with Echinacea angustifolia tincture, or ANY of the stronger herbal tinctures or teas that we can acquire.

This info should allow for many of us to have at least a fighting chance. I encourage you to please pass this on to those who will listen. Thanks.



ECHINACEA AS AN ANTIVIRAL

March 23, 2020

Many of us have been popping Echinacea capsules for years, decades. I know my family and I have. With that in mind, in this emerging health crisis, I found it helpful to better understand what Echinacea can and can't do for viral infections. Most informative, IMO, is the work of Stephen Buhner. Since we have no vaccine for the current coronavirus, we need all the insights for health we can gather. Here are some notes, mostly from Buhner that may help in the selection as to the species of Echinacea best suited for this virus and insight how perhaps it is most effective. I encourage those interested to find a copy of Buhner's book "Herbal Antivirals," which is available on [Amazon.com](https://www.amazon.com).

Echinacea is an antiviral. However, according to herbal viral expert Stephen Buhner, in order to inactivate the influenza strains, it must be in direct contact with the affected cells immediately prior to or at the moment of infection. Buhner states:

"Echinacea inhibits the receptor cell binding activity of the virus, interfering with its entry into the cells while at the same time strengthening the protective power of the mucous membranes through hyaluronidase inhibition. In essence, it strengthens the cellular bonds in the mucous membranes and makes it harder for a virus to penetrate. If the virus does penetrate deeper into the body, the herb just won't work because direct contact is not possible."

As to Echinacea, there are two main species that are used, *Echinacea purpurea* and *Echinacea angustifolia*. It is important to understand that "purpurea" consists (in large) of harvesting the flowers, while "angustifolia" harvests the large fleshy root. In general, flowers of plants are weaker than roots in combating viral infections.

Right now, *Echinacea angustifolia* root is the type of Echinacea that Buhner recommends, not *Echinacea purpurea*, which is more common. So, read your labels.

Stephen Buhner has this to say about strep throat:

"Strep throat: Direct contact with the tissue at the back of the throat with a tincture of echinacea liberally mixed with saliva is a

certain remedy for cases of strep throat. Echinacea actively stimulates saliva and numbs the tissue it comes into contact with, making it perfect for this condition or for any infection causing a sore, swollen throat. I have found this reliably effective, again if treatment is assertive and consistent. In several cases (including a doubting physician), the throat had been positively cultured for Streptococcus; healing generally occurs within 24 hours.”

For Strep throat, use a full dropper (30 drops of the tincture) as often as desired, not less than once each hour until symptoms cease. Mix with saliva and dribble slowly over affected area down back of throat.

As for colds and flu, Buhner says:

“Echinacea should be used at the very early onset of a cold or flu when you feel just the earliest hint of that tingle in the body that signals the approach of symptoms. It is at this point that echinacea is most effective, but it must be taken in large doses and frequently to be effective. When it is taken after the full onset of symptoms, I have found (in over 10 years of clinical experience) that echinacea is not effective, irrespective of its proven ability to increase white blood cell count. Usually, assertive action at this early point in infection will result in averting the full onset of either colds or flu as long as the immune system is relatively healthy. A compromised immune system will, after a while, fail to prevent disease in spite of any stimulation you give it.”

He states that Echinacea is helpful as a tincture, tea, powder, poultice, or suppository. With *Echinacea purpurea*, a tincture can be made using fresh flowerheads in the ration of 1:2 with 95% alcohol, and for *Echinacea augustifolia*, use 1:5 in 70% alcohol.

As for the onset of colds and flus, not less than one dropperful (30 drops) of tincture each hour until symptoms cease. And Buhner notes that the above tinctures are more effective for cold and flu onset when in combinate with licorice root (*Glycyrrhiza glabra*) and red root (*Ceanothus* spp.).

And Buhner has this warning:

“Echinacea is a stimulant. Continued immune stimulation in instances of immune depletion to avoid necessary rest or more healthy lifestyle choices will always result in a more severe

illness than if the original colds and flus were allowed to progress.

“Echinacea should not be used if you are getting sick a lot and are using echinacea only to stave off illness without using the time gained to heal the immune system itself through deep healing and recuperation. Rarely, joint pain may occur with large doses taken for extended periods of time.

For the early onset of colds or flu, Buhner says that alternates for Echinacea include: cutleaf coneflower root (*Rudbeckia laciniata* var. *amplexifolia*), wormwood root (*Artemisia*), balsam root (*Balsamorhiza hirtella*), boneset (*Eupatorium perfoliatum*).

He goes on to point out that traditionally boneset is used for an antivenom for snakebite, and includes Echinacea:

“Echinacea is also used in this manner, and like echinacea, boneset stimulates phagocytosis: the number and aggressiveness of white blood cells in the blood. Clinical trials have shown that boneset stimulates phagocytosis better than echinacea, is analgesic (at least as effective, as aspirin), and reduces cold and flu symptoms. In mice it has shown strong immunostimulant activity and cytotoxic action against cancer cells.”

“Increasing numbers of practicing herbalists report that boneset is a reliable and effective immunostimulant, especially in infections that just won't go away. So, if you are sick with a feverish disease with aching bones, get almost well, then relapse over and over again, feel weak and debilitated, and have a sense of mental unreality, boneset is indicated. It seems to be much better than echinacea for upper respiratory infections that have progressed to full-blown disease.”

Here is a formula by Stephen Budhner for dealing with colds and flu at the onset of the virus:

COMBINATION TINCTURE FORMULA FOR COLDS AND FLU

This blend will usually prevent the onset of colds and flu for people with relatively healthy immune systems.

1/3 ounce (10 ml) echinacea tincture (*Echinacea angustifolia*)

1/3 ounce (10 ml) red root tincture (*Ceanothus* spp.)

1/3 ounce (10 ml) licorice root tincture (*Glycyrrhiza glabra*)

Combine the three tinctures in a 1-ounce (30 ml) amber bottle with a dropper.

To Use: Take a dropper full (30 drops) at least each hour during the onset of upper respiratory infections.



GINGER AS AN ANTIVIRAL

March 24, 2020

My goal here is to get as much information in the hands of the most people that might help us get through this virus. These are not my thoughts and I am not adding anything to this information. The antiviral herb-pioneer Stephen Buhner has made many of his writings available. He is a compassionate man and understands exactly what we are going through and about to go through. I hope he will not mind my quoting him in order to make this information less confusing.

Many are overwhelmed at this time. They have told me so. Yesterday, I gave some notes on Echinacea, an antiviral, and today I have notes on Ginger and how to use it, another herb that also has antiviral properties. This information came from Buhner's book on Antiviral Herb and also his book on Antibiotic Herbs, both available on Amazon. This article is a follow up to the one posted yesterday on Echinacea. Both of these herbs are readily available and useful as antivirals. There will be some repetition here and comments are extracted from both of the above books. So, if using this for the current virus, take the strongest formula.

[Some of these notes are for the common influenza as well as some are for the coronavirus. The effect is similar in both types of influenzas, so keep that in mind. M.E.]

Stephen Bruner states that:

"This is one mechanism by which plants such as Chinese skullcap and ginger stop influenza infections; they are hemagglutinin inhibitors. All viruses do this in their own way; they have an affinity for a unique receptor on the surface of specific cells and in one way or another they get to that location and those particular cells. Once there, they attach to that part of the cells. In a sense they use that part of the host's cells' membrane as a docking port."

MAKING FRESH GINGER TEA

"Ginger is useful for the flu only if the juice of the fresh root is used. Dried ginger is useless."

“At the first signs of an infection that is not going to stop, juice one to two pounds of ginger. (Squeeze the remaining pulp to get all the juice out of it, and keep any leftover juice refrigerated.) Pour 3 to 4 ounces of the juice into a mug, and add one-quarter of a lime (squeezed), a large tablespoon of honey, 1/8 teaspoon of cayenne, and 6 ounces of hot water. Stir well. Drink 4 to 6 cups daily.”

“This will usually end the infection within a few days. If it does not, it is still tremendously useful as it will thin the mucus, slow the spread of the virus in the body, and help protect mucous membranes from damage.”

“Comment: Some people find that an elderberry syrup will provide the same effects. Again, ginger is useful for the flu only if the juice of the fresh root is used. Dried ginger is useless.

“Ginger in this form is potentially antiviral for influenza. The fresh juice tea will also thin the mucus, help protect mucous membranes from damage, and act as a potent diaphoretic, lowering fever during the infection.

“The ginger juice tea previously described above can often lower the high fevers that occur during common influenza,

REPEAT: “Ginger is a decent antiviral only if you are using the fresh rhizome, not the dried root.

“Specifically: the juice of the fresh root (though an alcohol tincture of the fresh root will work, it’s just not as good. In Chinese medicine, the dried root and the fresh root are considered different medicines with very different actions — because they are. The plant’s constituents alter considerably with drying as many of the volatile oils are lost; other constituents morph as they dry.

PREPARATION AND DOSAGE

“If you are using ginger as an antiviral, the fresh juice cannot be surpassed in its effectiveness. It takes about 30 minutes after drinking the fresh juice as a hot tea for ginger’s compounds to enter the bloodstream; they reach peak concentration in about 60 minutes and then begin to decline. The fresh juice tea should be consumed every 2 to 3 hours in acute conditions or at the onset of colds or flu to keep the constituents at high levels in the blood.

MORE ON FRESH GINGER JUICE TEA

“Juice one or more pieces of ginger, in total about the size of a medium to large carrot, or four pieces the size of your thumb. Save the plant matter that is left over after juicing (for making an infusion; see below) or else squeeze it as dry as you can to extract all the juice still in it — there’s a lot.

“Combine 1/4 cup of the fresh juice with 12 ounces hot water, 1 tablespoon wildflower honey, one-quarter of a lime (squeezed), and 1/8 teaspoon cayenne. Drink 4–6 cups per day.

INFUSION

“Method one: The leftover plant matter from juicing the root can be put into 1–2 cups hot water, depending on how much you have left, and allowed to steep for 4–8 hours, covered. Strain and use the infused liquid as you would ginger juice in making fresh ginger juice tea (above). It will be almost as useful as the fresh juice but not quite.

“Method two: This is the method to use if you don’t have a juicer for juicing the ginger root. Grate or chop the ginger (a piece about the size of your thumb) as finely as you can. Steep in 8–12 ounces hot water for 2–3 hours, covered in order to preserve the essential oils in the tea. Drink 4–6 cups daily.

“In acute conditions: 6 cups of the infusion per day minimum.

“As an antiviral, ginger inhibits the attachment of viruses to the cell, inhibits hemagglutinin, inhibits viral proteases, inhibits neuraminidase, stimulates antiviral macrophage activity, is virucidal.

“Ginger should be thought of as a narrow-spectrum antiviral — primarily specific for respiratory viral infections, though its range of actions makes it a very good supportive herb for most viral infections. It is active against influenza A, rhinovirus (especially 1B), human cytomegalovirus, hepatitis C, HIV-1, Epstein-Barr, HSV-1 and HSV-2 (resistant or otherwise), Newcastle virus (Ranikhet strain), vaccinia virus, tobacco mosaic virus, and poliovirus (type 3).

“Ginger is best thought of in the following way: as a respiratory antiviral circulatory stimulant that will calm nausea, reduce diarrhea and stomach cramping, reduce fever (by stimulating sweating), reduce cold chills, reduce inflammation in bronchial passageways, thin mucus and help it move out of the system, reduce coughing (as much as codeine cough syrups),

ameliorate anxiety, and provide analgesic relief equal to or better than ibuprofen.

“It is a synergist, increasing the actions of other herbs and boosting their effectiveness by relaxing blood vessels and increasing circulation, thus carrying the active constituents of the other herbs more efficiently throughout the body.

“If used at the onset of a cold or flu, i.e., the very day you sense it coming on, it can cut down sick time to 3 days or less and the episode will often be mild. If used once the flu or cold is fully blown it will help ameliorate the symptoms considerably and shorten the illness. How much depends on your general immune health. If you’ve been burning the candle at both ends and putting off resting for too long . . . well, get some soup and settle in for some time off.

Some very fine articles by Stephen Buhner can be found here:

<https://www.stephenharrodbuhner.com/articles/>



DOING OUR BEST: MORE THAN THAT WE CANNOT DO

March 24, 2020

I'm in touch with a number of older people like myself. I'm keeping busy and doing OK in this crisis, but some have told me this whole pandemic is overwhelming and that they can't digest all of the information and don't know what is best to do.

I have posted many blogs, in sequence, related to what we can do, so you are free to read them going backward in chronological order. I have posted blogs on some easy to find and useful herbs, like Ginger and Echinacea, and so on. I have also pointed to where you can purchase a kit with the major TCM (Traditional Chinese Medicine) tinctures properly mixed and all ready to go. At \$125 for the kit, that is a bargain compared to what I have spent trying to acquire the proper herbs to create such a kit on my own. Their site goes up and down as they try to catch up with order.

<https://www.montanafarmacy.com/online-store>

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I post here what Stephen Buhner considers the top seven antiviral herbs.

THE TOP SEVEN ANTIVIRAL HERBS

Chinese Skullcap (broad spectrum antiviral)

Elder (narrow spectrum antiviral)

Ginger (narrow spectrum antiviral)

Houttuynia (aerials, roots, leaves) (broad spectrum antiviral)

Isatis (broad spectrum antiviral)

Licorice (broad spectrum antiviral)

Lomatium (somewhat broad spectrum antiviral)

That being said, I have to speak plainly to my Facebook friends who are wondering how to prepare their immune system for possible contact with the coronavirus.

Please, don't just allow yourself to be overwhelmed by what's going on. We each have to keep our wits about us and not do as this little poem I wrote back in the 1960s suggests.

“What with wit,
Will wear and last,
Is lost later,
Letting fast.”

Let's pull ourselves together here and do the work needed to inform ourselves. I can't keep quoting from Buhner's books because I don't want to get any of the information wrong. Some very fine articles by Stephen Buhner can be found here:

<https://www.stephenharrodbuhner.com/articles/>

Download and read them. IMO, the best money you could spend is to get Stephen Buhner's book on “Herbal Antivirals: Natural Remedies for Emerging & Resistant Viral Infections” and study it. Here is the Amazon link and the book is \$22.46 or \$9.49 on Kindle, and there are many copies on Ebay in PDF format for a dollar or two. I can't find anything more direct and useful.

[https://www.amazon.com/Herbal-Antivirals-Reme.../.../ref=sr_1_2...](https://www.amazon.com/Herbal-Antivirals-Remedies-for-Emerging-Resistant-Viral-Infections/dp/1556674400/ref=sr_1_2...)

If you can't make the effort to get this book and study it, there is not much more I can do other than wish you good luck. I have had to study my butt off to learn enough to help my family, friends, and myself. I will continue to do what I can here on this blog. It's up to each of us to get involved enough to make sense of what we individually need to get through this.



FOOD AS MEDICINE

March 25, 2020

Our immune system is the first line of defense against the coronavirus. It is of key importance to discriminate between an immune builder and an immune stimulant. And, some herbs are both.

An example of an immune stimulant would be *Echinacea angustifolia*, while an example of an immune booster or builder might be *Astragalus mongholicus* (Huáng Qí).

Since *Echinacea* is an immune stimulant (but also an immune builder), you don't want to use it all the time because you can only stimulate something so many times and its effect becomes fatigued. We need our immune system to respond to the stimulus of *Echinacea angustifolia* when the virus hits the fan and we contract it. That is when we most need our immune system to perk up and be stimulated.

In other words, we don't take *Echinacea angustifolia* all the time, but we wait until we feel a cold, flue, or whatever coming on. And then we take it. Most people know this.

In the meantime, what we want to do is build and boost our general immune system overall. Well, what's an easy and relatively inexpensive way to strengthen our immune system, without over-stimulating it? I will offer four suggestions based on the work of Stephen Buhner and other authors who seem to agree with Buhner.

And both of these can be taken as an herb or additive, but they also (and I recommend it) can be a part of our food and what we eat.

Astragalus mongholicus (Huáng Qí)

Maitake Mushrooms (*Grifola frondosa*)

Shiitake Mushrooms (*Lentinula edodes*)

Cordyceps (*Cordyceps sinensis*)

Something that I find of real importance is to, whenever possible, consider these herbs as food, not vitamins or supplements. They are not spices either, but like medical condiments that you eat with food regularly and in a fair amount. They are part of our diet.

Here we are talking, as mentioned, not about immune stimulants to fight off a cold or virus, but rather immune builders, herbs we take with food on a regular basis. We eat them.

Of the four listed above, all are mushrooms or fungi (Cordyceps) with the exception of Astragalus, which is a legume, called “Sweet Pea” or “MilkVetch” that grows all over, has lovely flowers, and strange cocoon-like seed pods.

A typical way I eat powdered Astragalus is to take a cast-iron frying pan, put in a little olive oil, some cooked short-grain brown rice, some grated fresh ginger, and mix on top of this a tablespoon or so of Astragalus powder. I fry them all up together, sometimes add some (a tiny amount) of Tamari, some pepper, or whatever. And I eat it.

Equally, I can make a vegetable soup, the way anyone would or the way that you do, and add some Astragalus powder to the mix, or any of the three mushroom in powdered form, or sometimes throw in some big chunks and let them cook, taking them out when the soup is done or eating them with the soup. It's that easy.

However, it is best to buy these kind of immune builders in bulk, like a pound at a time; I do. Otherwise, you can go through the stuff pretty fast. Now, let's talk a little bit about these four foodstuff additives in another blog.

In closing this blog, let me tell about my first introduction to the immune-builder Cordyceps. It was 2004 and Margaret and I were traveling with our teacher, the Ven. Khenpo Karthar Rinpoche and a group of fellow practitioners of Rinpoche in Tibet and China.

I live in the small town of Big Rapids, Michigan in the northwest of Michigan's lower-peninsula. Where we live is only about a mile or two from the Manistee National Forest, some 900,000 acres of wild. That forest has few highways, but is riddled with tiny roads that we call “two-tracks” because they are just two tire-tracks through the wilderness.

Well, for this place in Tibet, the home of a close Tibetan friend of ours, was off the main road. First, the main road is what we would call a driveway here in America. We turned off that and soon were driving across the grassy plateau on a two-track. Given time, that two track dwindled down to just a two-track in

the grass, and after that no real road at all, just a grass path with a tiny bit of shiny slickness by which we distinguished the path from the sea of grass that surrounded it.

And finally, we reached what was a kind of cinder-block home surrounded by scores of yaks, which was where we were going, the home of my friend's parents and family. It was there that I first saw Cordyceps, the parasitic fungi that grows on the larvae of insects. These fungi take over insect larvae and replace the caterpillars own tissue with long slender stems of mycelium. These tiny hollowed out caterpillar larvae-shells are hard to see as they kind of poke up just above the surface of the ground.

Here one of our hosts is holding in his hand several of the caterpillar exo-skeletons filled with fungi that are so precious for health benefits.



MEDICINE AS FOOD: ASTRAGALUS (“SWEET PEA”)

March 26, 2020

These next few blogs are for those of us who want to build and strengthen our immune system with natural herbs. And that, in my book, does not so much mean capsules and supplements, but rather learning to cook with these herbs. I find it interesting that herbalists point out the many of the most potent and strong antiviral herbs come from very invasive plants – pests.

And I want to add here to ALWAYS follow instructions for dosage on the label of whatever herbs you buy. I am not a doctor, but someone just like you and coping with this coronavirus emergency. AND, if you take drugs like Lithium or other drugs that suppress the immune system, don't take any of these immune builders without permission from your doctor. Let's start with Astragalus.

I have been photographing Astragalus for years, simply because it is a lovely plant and colorful. I knew nothing about its medicinal benefits. Now I do. I am not concentrating in this article on tinctures, capsules, and so on, but rather with Astragalus as medicinal food for immune strengthening.

Astragalus mongholicus (Huáng Qí) is valued medicinally for its long fibrous rootstock. Astragalus comes either powdered, shredded, or in long flat pieces like popsicle sticks. The powder is just that, but the stick form can be further shredded to expose more sides to use or just floated as-is in a soup and used another time. Below are some recipes for using Astragalus in cooking. Look through these, get the idea, and modify to fit your cooking style. And, of course, get a pound of Astragalus root.

Herbalists state that Astragalus is safe to take year round, while other say that taking astragalus 2 ounces daily for up to four months is safe.

ASTRAGALUS TEA

1 dried (shredded) tablespoon of astragalus root with 2 cups of water, steep for ten minutes.

ASTRAGALUS MISO SOUP

2 Cups vegie or other broth
1 ounce Astragalus
Pinch black-pepper
1-2 tablespoons miso to taste

[Simmer 30 minutes, add miso and eat. Some folks like to strain out the Astragalus parts, but not me. It's all good, in my book

ASTRAGALUS BROCCOLI SOUP

Ingredients

½ ounce Astragalus root
8 ounces Broccoli
1 tomato
3 fresh Shiitake or Chinese mushrooms
1 teaspoon salt
32 ounces water or vegetable soup stock

Directions:

1. Wash the broccoli and cut into little florets
2. Wash the mushrooms and cut in half
3. Wash the tomato, remove the skin by scoring the skin with a knife and blanch the tomato with hot water and cold water. The skin should shrink from the fruit making it easy to remove. Cut the fruit into quarters.
4. Bring the astragalus and water to boil. Lower the heat and cook for 10 minutes
5. Add the tomato and mushrooms and cook a further 15 minutes.
6. Lastly, add the broccoli, turn up the heat and cook till broccoli is done
7. Add salt to taste

ASTRALAGUS POTATO AND CARROT SOUP

This recipe contains broccoli, carrot, corn and potato. It boosts your immunity. Of all the vegetables in this recipe, broccoli cooks the quickest, turning yellow and losing its nutrients. Cut into small florets and add it last.

Ingredients

1 carrot
1 potato

1 broccoli
1 ear of sweet corn
3/4 ounce Astragalus root
2 teaspoon salt
32 ounces vegetable soup stock

Directions

1. Peel the carrot and potato. Cut both into bite-sized cubes. Wash and drain
2. Cut the broccoli into small florets. Wash and drain
3. Wash the sweet corn, cut into sections
4. Add the vegetable stock in a pot, add the carrot, potato, sweet corn, and astragalus
5. Bring the soup stock to a boil, lower the heat to a simmer and cook for 20 minutes or until the carrot and potato become tender
6. Add the broccoli and cook till it is done
7. Add salt to taste before serving

That should get you started using Astragalus with what you cook and eat.



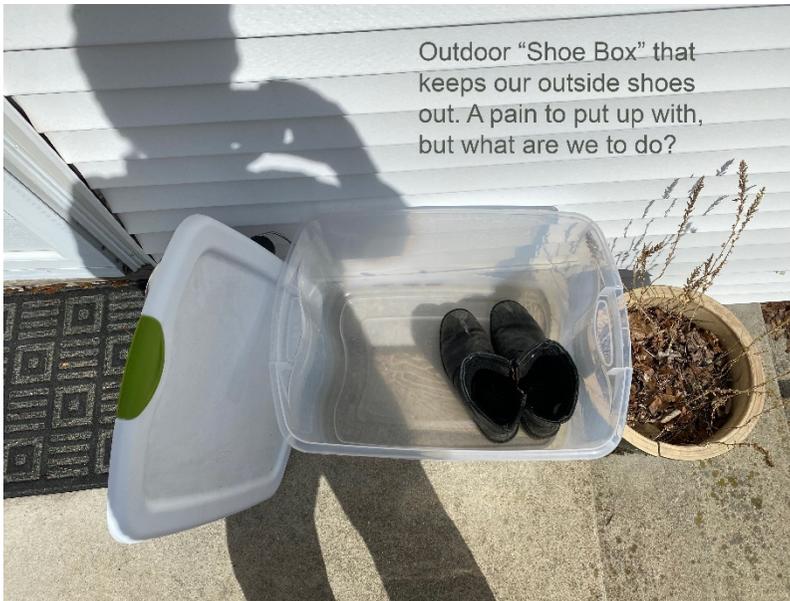
MY FIRST INTERVENTION

March 27, 2019

As for life around the house here, I had a little intervention (verbally) from my kids as to sloppiness on our part in avoiding the corona virus. We are being asked by them (all of them) to take our shoes off outside, handle groceries more carefully coming in, and process the mail differently.

It came in the form of an online chat from one of my kids, who then told me that we were sloppy about stuff coming in and out of our house. And, that all the other kids already know all this. Why don't we? I was also told I was in a kind of a tunnel, I guess working on sharing antivirus information here on Facebook.

And, both Margaret and I got it and worked today to set up a different arrangement. Probably will make some of you laugh, but so be it. Here are some shots of our new setup to handle the daily mail and packages, our shoes from outside walks, and bringing bags of groceries into the house. I includes some quick iPhone photos.





Closed "Shoe Box" to keep rain and critters out from.



Two containers, one from recycle of packaging, one for trash -- outside.



Outdoor, tight box,
with sanitizer,
knife and towel.



Outdoor tool chest,
seals for weather.
Ready to use



Closed front porch of dharma center, for mail, etc. , when it is raining.

CORDYCEPS AND OTHER FUNGI AND MUSHROOMS FOR THE VIRUS

March 28, 2019

Adaptogen and Systemic Tonic.

Originally called *Cordyceps sinensis*, this supplement is now generally known as *Ophiocordyceps sinensis*. I first learned about *Cordyceps* years ago on the high plains of Eastern Tibet at some 14,000 feet of altitude. I was shown the exoskeletons/fruiting-body that could be found protruding from the ground and people hunted them. A parasitic fungus attacks a live grub or caterpillar of the Ghost Moth, eats away the inner part of the caterpillar, and fills the hollow exoskeleton with mycelia. And, as winter turns into spring, the fungus forms a fruiting-body that emerges from the head of the caterpillar and protrudes above the top of the soil and is actively searched for and hand-collected for medicinal purposes.

Today, the fungus's mycelium is now commercially grown and is said to have improved consistently, yet the caterpillar mycelium is still highly valued. And so, while I have some of the actual caterpillar exoskeletons, what is available today is the commercially grown herb. A pound of the caterpillar-mushroom would run about \$50,000.

Thus, *Cordyceps* is an Adaptogen, Anti-Inflammatory, Anti-Cancer, Anti-Cholesteremic, Antitoxicant, Immune amphoteric, (base or acid), and a Tonic. *Cordyceps* is one of a few herbs that are said to be a wide-spectrum antiviral, helpful in strengthening our immune system. However, *Cordyceps* can interact with cyclosporin A and antidiabetic medications, therefore dosages may need to be reduced.

Anti-viral expert Stephen Buhner points out that *Cordyceps* is best viewed as a medicinal food rather than "a raw drug taken in minute doses. The Chinese tonic dosages are normally rather large, 3 – 9 grams per day, and during acute disease conditions they can go as high as 50 grams, nearly 2 ounces, per day."

Buhner says that the "best way to use the herb is either as a powder preparation, taken directly by mouth (allowing the stomach acids and bile, etc., to extract for you), or as a tincture." He says to take 3 – 4 tablespoons of the powder blended in juice or water three times daily. Lesser doses are

ineffective. See Stephen Buhner's book "Herbal Antivirals: Natural Remedies for Emerging & Resistant Viral Infections" for detailed formulas and directions to make tinctures, etc.

Cordyceps powder can be added to any foods you are cooking, including soups, stir-fry, brown rice, veggies, and so on. Just sprinkle or stir in a tablespoon of Cordyceps powder. I looked around for some recipes, but most of them were ridiculously long and tedious.

Not only can you cook with Cordyceps, but this is also true for a couple of other mushrooms that are real immune-system builders, like Maitake and Shiitake mushrooms. Both Maitake and Shiitake are also available in powder form and sometimes in raw fresh form. Shiitake, particularly is often found in standard cooking recipes, Maitake not so much. All three mushrooms are immune builders of the first order.

And while I encourage you to Google Cordyceps, Maitake, and Shiitake with your questions, I see no point here in trying to find recipes for each of these fungi. They all follow the same general pattern as far as using them as a tea, a stir-fry, in soups, and mixed in with whatever you are cooking.

All you need to grasp is that Cordyceps (and these other mushrooms) do not taste bad and can be added to almost anything you are already cooking, at least a tablespoon or so. For example, making a tea of Cordyceps would go like this:

CORDYCEPS TEA

1 tablespoon Cordyceps powder
2 teaspoons lemon or lime juice
Small amount of grated ginger
1-1/2 cups water
Simmer for 10 minutes

Or, if you want to get fancy:

Cordyceps Energy Balls
12 Medjool Dates
3.5 ounces Almonds
3 Tbsp of Cacao Powder
1 Tbsp of Cordyceps Powder
1 Tbsp of Almond Butter
Pinch of Salt

Instructions

Nutribullet the Almonds in a food processor until chopped into small pieces.

Pit the medjool dates and add along with the cacao powder, cordyceps powder, almond butter and salt to the food processor.

Blend until the mix comes together and then roll into 12 balls. Place in the fridge for a few hours until they harden- store in the fridge or freezer.



OUR WORLD IN A BUBBLE

March 29, 2020

At this point, Margaret and I are sheltering-in-place, staying home 24x7, keeping homebound, and doing fine. We go out, but just to walk in the woods or somewhere. Not having any visitors just now, I have been continuing to study TCM (Traditional Chinese Medicine) as it relates to antiviral herbs, and never can get enough of the Stephen Buhner book on "Herbal Antivirals: Natural Remedies for Emerging & Resistant Viral Infections." Here is the link.

[https://www.amazon.com/Herbal-Antivirals-Reme.../.../ref=sr_1_2...](https://www.amazon.com/Herbal-Antivirals-Remedies-Natural-Remedies-for-Emerging-Resistant-Viral-Infections/dp/1556611111/ref=sr_1_2...)

As to what I'm reading about: Some authorities try to insist that viruses are not living, but rather some kind of organic structures that interact with sentient beings. Other's say that viruses are "organisms at the edge of life," but not what we could call sentient.

Supposedly, this is because viruses don't have their own cellular structure, but depend on their host's cellular structure to reproduce.

What, IMO, is crucial to grasp is that viruses are very, very old and very, very efficient. Here is a quote from Stephen Buhner:

"It is important to realize that viruses are some of the oldest living things on the planet (despite this, many biologists continue to insist viruses are not "alive," which as anyone with a brain can plainly see is inaccurate). Viruses are in fact billions of years old. As such they are exceptionally good at what they do and like all living things they learn as they go, adapting new behaviors along the way."

"Plants, in comparison, are only about a billion years old, complex land plants around 300 million years or so. In contrast our most ancient hominid ancestors are at most 1-2 million years old, our species in the form it has now is only around 35,000 years old. Western medicine (at a generous estimate) is 200 hundred years old. Its knowledge of viral pathogens and infections is only around 50 years old. Much of that is rudimentary or even incorrect (based as it is on outdated ecological models and medical understandings)."

To read Stephen Buhner's opening chapters is better than any sci-fi I have ever read, and I have read a lot. The description as to how viruses work and rearrange our DNA is terrifying. Stephen King's stories have nothing on reality, if grasped.

Viruses are of two main types, DNA or RNA, where the DNA-type virus duplicates itself when it implodes, but in a very regular fashion, meaning the DNA virus makes exact copies of itself, making it easier to make a vaccine of. However, the coronavirus is of the RNA variety, meaning it does not just make exact copies of itself, but interjects a randomness of variation, so that many slight (or not so slight) variations of itself are created, in the hope that some of these variations will better allow entry into the host. It's like throwing spaghetti at the wall to see what sticks. This makes it more difficult to fashion a vaccine for, because it is always mutating. This is why the yearly flu shot may or may not work each year, due to this mutation.

Of additional interest:

ConsumerLab.com, which I subscribe to and trust has this to say about hand sanitizers:

"The same review of coronavirus research noted above found that the most effective disinfectants for coronaviruses were 62 - 71% ethanol, 0.5% hydrogen peroxide, and 0.1% sodium hypochlorite (the main active ingredient in bleach). Less effective was benzalkonium chloride, which is the key active ingredient in alcohol-free hand sanitizers like Purell and Germ-X as well as being an ingredient in some wipes like Wet Ones. Chlorhexidine digluconate was not effective against coronaviruses, although it is also a key ingredient in some antiseptic wipes (it is more commonly found in prescription mouthwashes). [For more about disinfecting, see the list of products that meet EPA's criteria for use against SARS-CoV-2.]

And also, this video of Dr. David Price of Weill Cornell Medical Center in NYC, has this hour-long video on many aspects of the coronavirus and how to protect yourself I found VERY informative and comforting:

<https://vimeo.com/399733860...>

FOR OTHER'S SAKE, WEAR MASKS IN PUBLIC

March 30, 2020

Yes, for other's sake, if not for our own. The nonsense from authorities and public officials that we don't need to wear masks is incredible. First of all, we need masks, even if they are the thin non-fitting surgical masks to catch our own coughing, sneezing, or whatever from going out in the air. And second, we need a better-fitting mask to keep from breathing in where others choose to not wear a mask and put all of us at risk. So, about masks, no more "Mr. Nice Guy."

Just look around in a room where the sun is shining in a window and watch the dust motes playing in the air, high and low in the room. Now, just note when you suddenly have a sharp sneeze or a sudden cough. Not always, but often there is a virion-dispersal mechanism that pulverizes the tiny droplets, making them much smaller, and propels them in the air, where they can float for quite some time. One source claims they can be airborne for up to three hours. I find that hard to believe, but in the right conditions, it could well be so.

Experts who say that masks are USELESS to the public are fooling themselves and, more importantly, us in the bargain, making us think that we are safe when we are not. And, given such dispersal, the six-foot rule is a joke.

If we are in the public, WE should wear some kind of mask to protect others and they to protect us. Look at doctors and nurses, who are literally dying for lack of masks. I understand that we should save the masks for the doctors and nurses, because they need them, but my logic says that if we, the public, wore masks and PPE equipment, there would be less need for doctors, nurses, ventilators, and so on. It's a circular argument. Don't hoard them, but have enough for you and your family, if you can find them. And please wear them in public.

The next time you go to a crowded grocery store, consider what you see. It's easy to see where masks should come in as necessary PPE.

Just because we are in a pandemic does not mean we are any smarter than we ever were. I can't believe those "tough guys"

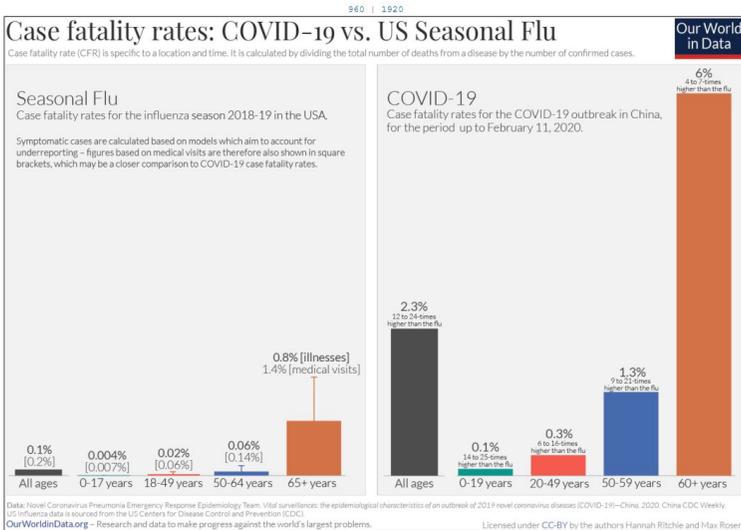
(or gals) that think the rest of us are pussies and that they can take it straight, with no mask. How ignorant or selfish is that?

And, as for older folks like myself, forget-about-it if you think you are the exception. The news services are starting to have a running obituary of famous folks (old and younger) who have died from the coronavirus.

Just look at this graphic put together by a legitimate organization. Look carefully, please.

<https://ourworldindata.org/coronavirus...>

Other than that, the sun came up again today, there are 24 hours in a day, and spring marches on.



COVID-19 Case Fatality Rate as of March 29
Actual fatality rate per infected person (IFR) is guaranteed to be much lower, because no one knows how many are/were actually infected

THE MASKS HAVE IT

March 31, 2020

How many times has the government and those in charge had to walk it back, whatever needs walking back, this time, the public wearing masks.

Just as many of us suspected (or instinctively knew), in the news this morning, the medical professors are now saying that there is no real difference between the coronavirus droplets we have been told to watch out for and aerosols (airborne element) that some of us worried about. In other words, this coronavirus can also be airborne.

What this means is that people are probably also getting sick from the airborne virus. AND, they are reviewing their advice for the public as to not wear masks. It looks like they are coming around to saying we (the public) should wear masks, just as the doctors and nurses do, at least in public. Of course, that is obvious and has been, IMO. So, take note please.

As for me, I need a break. Here we are, another day, and this one cloudy. It's 34-degrees outside at 9 AM, and I am a bit fatigued from the endless virus news that continues in the world. I can't watch all of it on cable and don't want to.

I have shared here most of what I know that could be helpful. I will look for the first flowers coming up, like the violets in our yard. I wish the sun would shine.

WALKING IT BACK ...

April 1, 2020

The experts and authorities have been hiding the fact from us that they want to reserve the masks so that doctors and nurses have them, and the public can (and should) go without. That scenario is supposed to be obvious, but it's not for me.

It's never mentioned that this mask thing is a two-way street, like the chicken and the egg. If people wear masks (of both types), there would be less patients that contact the coronavirus for the doctors to doctor, and we could all share the masks.

In the kindest version of all this, the experts tried to protect the public from the truth that masks are helpful (if we want to flatten the death curve) both to the public and to the caretakers. In a less kind and probably more truthful version, they straight-away kept the truth from us or purposely lied to us; I'm not sure why.

And there was endless parroting of whatever the White House version was, including by the medical establishment and even Sanjay Gupta, like lemmings over the cliff. There was a single line about masks, like the public not only does not need them, they should not use them. On considering, that is patently false.

Anyone can see how we need to keep the possibility of contamination by us in with a mask (or scarf) and on the other hand wear a different kind of mask to keep the virus out there from coming in. THAT WAS NOT MADE CLEAR, and only now is it being made clear, and even then, confusedly. How could these intelligent people go along with such an untruth?

Because of that, there is going to be a whole lot of reversal going on, which stems from either sheer ignorance or knowing full well that face masks should be used by all, including the public. I'm afraid there is a lot of straight-out lying to keep the public (that's us) from getting masks for themselves. The tide has turned (or is turning) and the experts are already beginning to attempt to cover their butts. The fact is that this virus definitely can also pass through the air, etc., as well as by touch.

I have to say, we have to (that means us) use our heads to figure this out and not depend upon the authorities to have common sense or honesty. Put aside the President, who lies endlessly (and openly), but his kind follow right along. I've been

shouted at because someone did not like what I posted about this, because it did not agree with what the authorities were putting out.

Well, the authorities have been parroting Trump and whatever other lines they were given to present or did not question. In the meantime, here we are, trying to make sense of all this on our own, daring to use common sense against what apparently has wasted valuable time we could have used to prepare ourselves for this virus onslaught.

And another thought ...

If we ever needed a demonstration as to why we need a one-payer, government-managed health-care system, we are getting that tutorial in real-time right now. It's ridiculous that the White House is encouraging the individual states to bid against each other for PPE and at the same time reserves for itself the ability to outbid the states and commandeer what the states are bidding on. This is costing even the simplest of PPE equipment way more than it should. It is criminal.

It is clear to me from listening to the attempt to unite all the hospitals in New York that, getting them to work together, is almost impossible, due to politics and territorial-ness.

I don't consider it socialism for us to create a health system that is efficient financially and effectively. Or, more to the truth, if that is socialism, then we are already socialistic and just have never looked in the mirror. What is Social Security, etc. if not working together as a society. Like the emperor's new clothes, this kind of socialism is pretty much already a fait accompli. We are what we fear; we just are not efficient.

Most of us don't have money in the stock market. Wall street seems to do what it wants. IMO, the least they could do is make sure the rest of us have good health without costing a fortune.

Knowing how SARS-CoV-2 is spread enables rational countermeasures

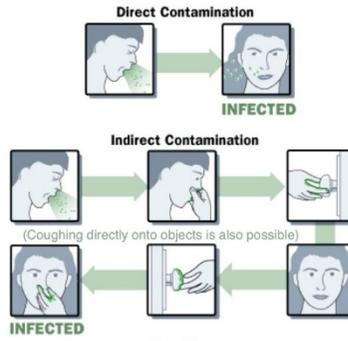
Two main routes of virus emission **from** infected people:

1. Respiratory droplets from sneezing/coughing/talking/mouth-breathing.
→ **Wear a mask.**
2. Touching mouth/nose, then touching objects.
→ **Clean your hands before touching shared objects.**
→ **Clean objects you give to others.**

Two main routes of virus entry **into** healthy people:

1. Inhaling respiratory droplets directly.
→ **Wear a mask.**
2. Touching objects contaminated by droplets/hands, then touching mouth/nose.
→ **Clean hands after touching shared objects.**
→ **Clean objects you receive from others.**

Unlike WHO's guidelines based on twisted logic and cherry-picked evidence (i.e. pseudoscience), the above guidelines are based on the totality of evidence and thus constitute a scientific approach to block transmission.



Adapted from science.howstuffworks.com/life/cellular-microscopic/flu2.htm

THE TIP OF THE ICEBERG

April 2, 2020

We live in the small town of Big Rapids in Michigan. So, I was pleased to hear that our local grocery store was reserving a time for old folks like me to shop. It was at 7 AM on Tuesdays and Thursday. Wonderful, thought I and was there on that first Tuesday right at 7 AM. To my surprise the parking lot was mostly full and the store filled with people (not all of them older), with lots of masks and what not. It was hard to even move around.

It was pure chaos, as if with all those masks people were disoriented. Or, were we all just old? LOL. As I gazed down aisle after aisle, carts were pointing every which way. There was no way to just go down the aisle, and have any distance from each other whatsoever, much less six feet. So, much for that, thought I. To me, the whole thing was just infection waiting to happen. I got out of there quickly.

Next, I heard this same grocery would allow us to shop online and either come and pickup the groceries or even have them delivered to our home for a fee. Oh good, thought I. That I could do.

Well, a long story short, that was just another joke. After spending an hour picking through a very rough version of an online store, my whole order vanished and I had to start over. After I finally repicked everything and went to check out, I found there were no slots, no time, to either pick up or have the groceries delivered. They were all taken.

After waiting some-version of what seemed like forever, I finally was able to talk with a live person who only could tell me that I had to get in a queue on another phone number, with (at least) an hour and a half waiting time, if ever it would be answered. I tried to get his name or ask for his supervisor, but he would not give it and said he was not even in the local store, but was somewhere at national headquarters.

I tell this story, not just to complain, but to point out that this is what we may run into, even in a small town. Not sure how I will get groceries, because I have been diagnosed with COPD, and other things, so it is very dangerous for me to pick up this

infection; I need to avoid it if at all possible. And chances of my surviving my conditions is not great.

So, I don't know what to do and encourage you to get what you can online (Amazon, etc.) or find some strong younger person who can go and shop for you. What are those of you out there experiencing as far as getting food and other necessities?

For those of us who recite mantra, his Eminence, Goshir Gyalsab Rinpoche wrote this about the coronavirus:

"There is a mantra called "Parna Shavari" which comes from the termas that Guru Rinpoche hid in Tibet. It is connected with a yidam practice, and it would also be beneficial to recite. Doing practice and mantra also stops the arising of epidemics. So please put effort into that. It is said that when Buddha taught this mantra:

"PI SHATSI PARNA SHAVARI SARVA MARI PRA SHAMANI HUNG PHAT"

"Again, from the tantra: By reciting it loudly, all the realms of buddhas shook, beings who cause illness, evil spirits and evil beings and their hearts fell." All that brings harm vanished. Because of the power of the mantra, even the great earth shook."

Here is a link to His Eminence's message on the coronavirus:

https://www.facebook.com/permalink.php?story_fbid=3907388792635399&id=131893913518258



BE CAREFUL OF LAUGHING AND BREATHING

April 3, 2020

[Before I blog on the coronavirus, just a note on walking in the woods yesterday. It's where we often walk, but there are many more people there than usual, I imagine because these are folks (and kids) who are sheltering-in-place. Warm, sunny day, especially down near the bed of the creek. The water-striders are out and the woods were filled with Mourning Cloak butterflies, one of the only butterflies that overwinter and thus are up bright and early. A little garter snake crossed our path. We walked for about two and one-half miles. It felt great.]

Just as many of us thought or "instinctively knew," coronavirus experts are NOW telling us that the virus can be communicated by laughing, and talking, or just breathing, so please take note. In other words, this virus should also be treated as if it was airborne.

I know. It's not very helpful to blame someone for fumbling so horribly, and I wouldn't if it was not more likely deliberate lying. And the experts are still not quite owning up to the whole "mask" thing.

I'm being redundant here, but as I used to tell myself, it goes without saying OR you can say it again. I am saying it again. We need at least a surgical-style mask on our face to keep any disease we have (and we may not even have symptoms yet) from being broadcast from us. However, we also need a second mask, nothing less than a N95 (95% efficient) on our face to keep from breathing in what they now are slowly telling us, i.e. whatever is airborne by power-sneezing and coughing, but as I mentioned also (they are now admitting) by laughter, talking, or just breathing! When did they decide that? And why are we the last to know or told not to use these masks.

Of course, the N95 mask will work for both requirements, keep our own illness in and keep whatever is outside out.

It is now coming out that the experts knew this long ago, but kept it secret for various reasons, ostensibly to reserve all the masks for first responders and caregivers. Yet, Dr. Fauci states in a podcast that he could see this all forming in December and the White House knew of this early on, but did practically nothing about it. We had weeks or a couple months to clear the

decks and order or command PPE equipment to be assembled. Next to nothing was done or ordered. Denial.

Yet, those of us who listened to the President speak could not fail to grasp that he was pooh-pooing and downplaying the seriousness of this virus. He even did his usual ridiculing of people and events. He has only come around via the sheer obvious facts and pressure from doctors, scientists, and public response from us, but still he wanders off the ranch much of the time. He has NOT done a superb job as he endlessly contends. Just the opposite. He totally fiddles while Rome burns.

Here is an interesting podcast by viral expert Dr. Anthony Fauci:

“Checking in with Dr. Fauci” (28 minutes)

<https://www.cnn.com/audio/podcasts/corona-virus>

“WHO WAS THAT MASKED MAN?”

April 4, 2020

I am tired of dragging the White House (and our president) kicking and screaming to do the thing that his own scientists feel is what we have to do if we want to flatten the coronavirus curve:

I just watched his daily briefing, which is turning out to be just another show like “The Apprentice,” and this after years of almost no briefings by Trump at all. And now, they stretch on for over an hour. Today, he said he would not wear a mask, but people like us could (voluntarily) wear a mask as long as it was a “non-medical cloth.” What?

And, he also declared that states (9 of them) could decide whether to isolate or not, which only prolongs the epidemic. CNN reported that Dr. Anthony Fauci was removed from today’s briefing at the last minute. He was excluded. Perhaps Fauci is no longer toeing the line.

In fact, I am fed-up-to-here with this White House craziness. I try to be objective, yet Trump’s actions and endless BS find me having to condemn him. Here is a list by Kellyanne Conway’s husband, George Conway that sums up my feelings:

“For Trump supporters, let me make one thing VERY clear!

“For the record NO ONE is blaming the President for the virus. Let me repeat. Coronavirus is not Trump’s fault. Here’s a detailed list of what we are blaming him for: *

“Trump declined to use the World Health Organization’s test like other nations. Back in January, over a month before the first Co-vid19 case, the Chinese posted a new mysterious virus and within a week, Berlin virologists had produced the first diagnostic test. By the end of February, the WHO had shipped out tests to 60 countries. Oh, but not our government. We declined the test even as a temporary bridge until the CDC could create its own test. The question is why? We don’t know but what to look for is which pharmaceutical company eventually manufactures the test and who owns the stock. Keep tuned.

“In 2018 Trump fired Homeland Security Advisor Tom Bossart, whose job was to coordinate a response to global pandemics. He was not replaced.

“In 2018 Dr. Luciana Borio, the NSC director for medical and bio-defense preparedness left the job. Trump did not replace Dr. Borio.

“In 2019 the NSC’s Senior Director for Global Health Security and bio-defense, Tim Ziemer, left the position and Trump did not replace the Rear Admiral.

“Trump shut down the entire Global Health Security and Bio-defense agency. Yes, he did. * Amid the explosive worldwide outbreak of the virus Trump proposed a 19% cut to the budget of the Centers of Disease Control and Prevention plus a 10% cut to Public Health Services and a 7% cut to Global Health Services. Those happen to be the organizations that respond to public health threats.

“In 2018, at Trump’s direction, the CDC stopped funding epidemic prevention activities in 39 out of 49 countries including China. * Trump didn’t appoint a doctor to oversee the US response to the pandemic. He appointed Mike Pence.

“Trump has on multiple occasions sowed doubt about the severity of the virus even using the word hoax at events and rallies. He even did it at an event where the virus was being spread. Trump has put out zero useful information concerning the health risks of the virus.

“Trump pretended the virus had been contained.

“Trump left a cruise ship at sea for days, denying them proper hospital care, rather than increase his numbers in America. Repeat. We do not blame Trump for the virus. We blame him for gutting the nation’s preparations to deal with it. We blame him for bungling testing and allowing it to spread uninhibited. We blame him for wasting taxpayer money on applause lines at his rallies (like The Wall). We blame him for putting his own political life over American human life. I hope this clears things up

“This is why the U.S. has the highest number of cases on the planet!!”

Thanks George Conway!

And the govt is still hemming and hawing about masks, afraid to call what would protect people like us “masks,” preferring to say that we, the public, should wear “cloth coverings” or “non-medical cloth.”

IMO, folks, this is crazy behavior by the White House. Homemade cloth masks will only work to keep any virus we already have inside us from infecting others, and not stop the virus that is outside us from infecting us.

For that, we need a mask labeled “N95” or “P100/T100.” To be told that as a member of the public, we don’t deserve such protection makes no sense. If the public had N95 masks, there would be fewer coronavirus cases and less need for medical attention.

Of course, doctors, nurses, caregivers, first responders, etc. should have masks and PPE, as should all the rest of us. Even the CDC is now saying we should wear a mask. The problem is that there are not enough masks. And, after months to correct this, why is that still the case?



DHARMA AND THE VIRUS

April 5, 2020

As many of you know, my posts here on Facebook are often dharma related, if not straight dharma, like direct quotes from my dharma teacher of the last 36 years.

So, if you ask about my posts on dharma here on Facebook, which have been absent lately, my response is that, as for me personally, my daily dharma practice is the same as it has always been, probably a little too much like clockwork. I do it “religiously” each day.

What IS different currently is a concern about getting (my family and anyone here) through the somewhat confusing, difficult, and often bewildering time of this pandemic. None of us can do much dharma practice (at least on this plane) if we are not alive.

I have, for years, done my best to share dharma information with others. Right now, I’m doing my best to share health-information with those who, like me, are trying to sort all this out, so that we all can continue to practice dharma. By all means, keep your practice up, in sickness or in health, but along the way, staying healthy and alive is recommended.

In normal times, one of the gateways to the dharma is what is called “The Four Thoughts That Turn the Mind to the Dharma.” I often share those four thoughts to those interested. However, at this time there is not much need to remind any of us as to the classic Four Thoughts That Turn the Mind to the Dharma.” Let me recite them and you can easily see why. In these pandemic times, I don’t need to remind us; they come to mind quite naturally. Here they are:

THE FOUR THOUGHTS THAT TURN THE MIND TO THE DHARMA

- (1) Our human life is precious. I get that these days.
- (2) Impermanency. That is oh so clear during this epidemic.
- (3) Karma. Well, it’s clear that cause and effect has us in lock step. Indeed, the leg bone is connected to the thigh bone, and all of that.
- (4) The Defects of Samsara. Right now, the defects of this samsaric world we live in is painfully clear.

Back in February, I figured out that we need M95 face masks to combat this corona virus. The government must have known much earlier and did pretty-much nothing. It's up to us to work through this ourselves. Our dharma right now is making the right choices in our physical lives.



HOW IT FEELS TO NOT BE IN CONTROL

April 5, 2020

It's comforting to know that, according to the virus experts, mosquitoes this summer don't carry the coronavirus. Much less comforting is this little study of aerosol droplets as seen from high-definition cameras. Contrary to what the experts and government have told us for months, the coronavirus is partially airborne, at least enough to wear a N95-level facemask in public places. Watch the short video below and take note.

MICRO-DROPLETS SUSPENDING IN AIR

(After 20 minutes)

<https://vimeo.com/402577241...>

It is difficult to understand how all of the experts we want to trust have followed (and still follow) the company-line as to masks, especially the falsehood that not only do we-the-public NOT NEED to wear a medical mask (like the N95), we SHOULD not use them. That "should not" defies reason. Who said?

Well, apparently the experts "said" and especially the government and they repeatedly said that the caregivers need N95-style masks, but ordinary people do not. The actual truth behind such straight-out lying is that there are not enough N95 masks for all people to have them.

So, those in charge have decided that only the medical care workers must get the mask, even though common logic dictates that if the regular folks all wore masks, we would need far, far less care workers and PPE equipment because we would have far less victims.

As I mentioned before, we turn the sprinkler system off at the spigot and not at the sprinkler head. That turning off would be equivalent to having the proper masks for all. And so, even a little thought makes it clear that the government dropped the ball and early on, as far as mandating PPE equipment for everyone, thus forcing us into the state we are now in.

And yes, while it may not help, there is somebody to blame for this. And, to me, the sad thing is almost all of our would-be heroes have more or less exactly parroted the administration's line more than truth allows. And this includes Sanjay Gupta, Dr. Fouci, Deborah Birk, and right on down the line. How could

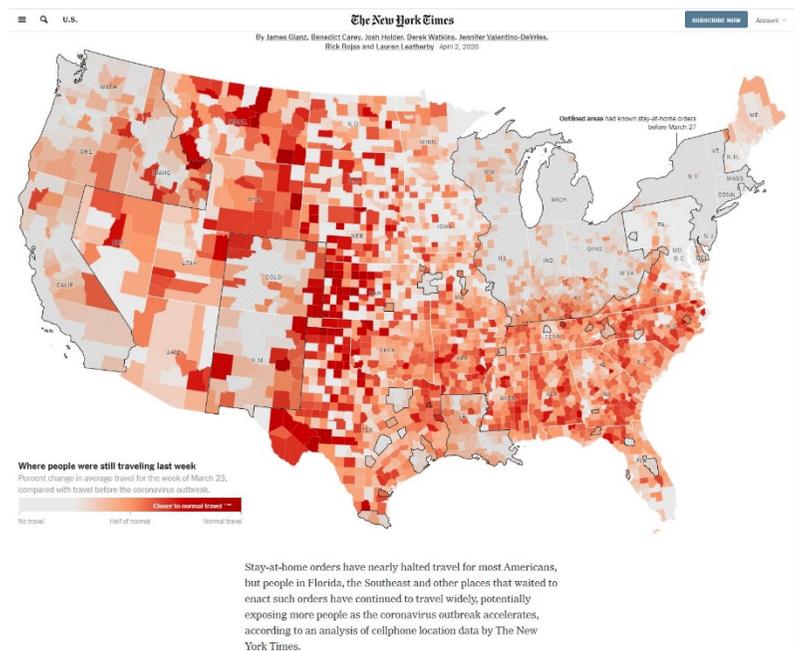
these folks be confused by the reality that all Americans (public and care takers) should have N95-level masks.

I figured this out and was posting about it in February, for god sakes. And here we have, only yesterday, the president saying we the people should not wear “medical cloth,” meaning the necessary N95 masks.

Give me a break! Let’s get real.

This is a map, using tracking movement on iPhones by GPS over time. It shows all of 10 states that the president would not ask for the public to isolate in place. It marks what will become (in dark red) a hotbed of covid-19 victims very soon. You can also see the state of Michigan, where we live and have been requested to stay in our homes, with almost no red at all, because we have not moved around. Or congregated.

Go figure.



THE VIRUS AND HUMIDITY: WET OR DRY?

April 6, 2020

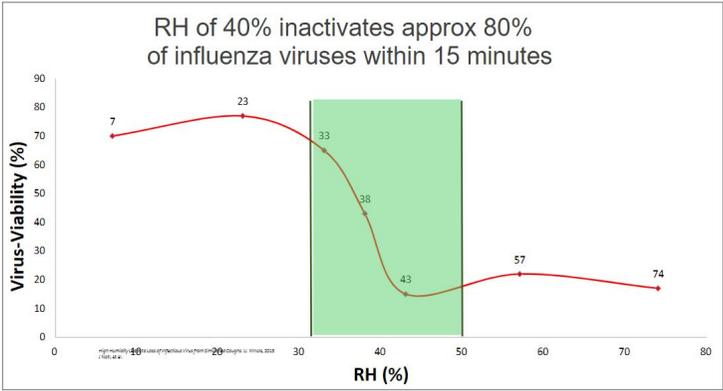
One piece of research that is coming up is the effect of Relative Humidity (RH) on the virus. In brief, the coronavirus does NOT LIKE higher humidity, but thrives in lower humidity. Below is something like a Powerpoint slide-show (kind of crude) that presents some of the research, but you will have to page-down in the presentation to get to the main Relative Humidity section. It is worthwhile:

<http://www.newmexicoashrae.org/.../Essential%20Role%20of%20201A...>

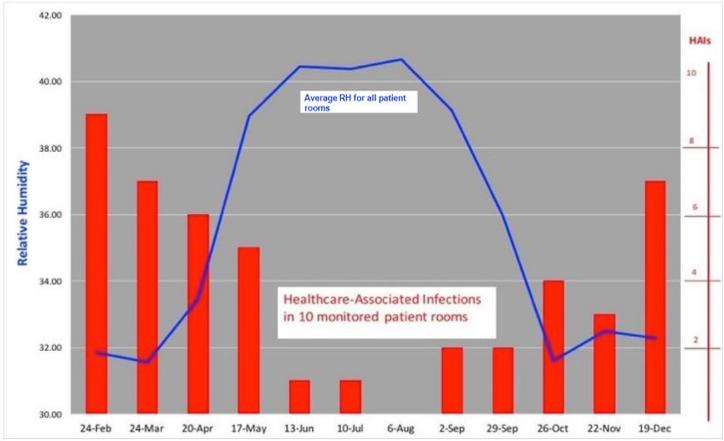
For those who don't have the time, what they are finding out is that the virus thrives in dry humidity, the kind most of us have in the cold months, when we are confined to staying indoors. On the other hand, when the humidity is something like 40-degrees F or above, the virus can't easily stay airborne and falls to the ground.

So, countries around the world's equator tend to suffer more from bacterial diseases, while in higher northern or southern latitudes, we are prone to viral infections. This is good to know, another thing to keep in mind.

Infectivity of many viruses is greater in dry air



Low indoor air RH was found to be the biggest driver of patient infections (HAIs)



VIRUS CLOUDS

April 5, 2020

The fountain of information about the coronavirus by people like ourselves, is unending. And it helps. The posts below are important, IMO. This first one by CNN's Chris Cuomo who is fighting the virus is very important to read.

Chris Cuomo "Fighting Back"

<https://www.youtube.com/watch?v=b74d6NVTJ6s>

Here are two clear articles that are concerned with this virus being quite airborne, not matter what so-called experts say to the contrary. The experts are changing their tunes.

TURBULENT GAS CLOUDS AND RESPIRATORY
PATHOGEN EMISSIONS

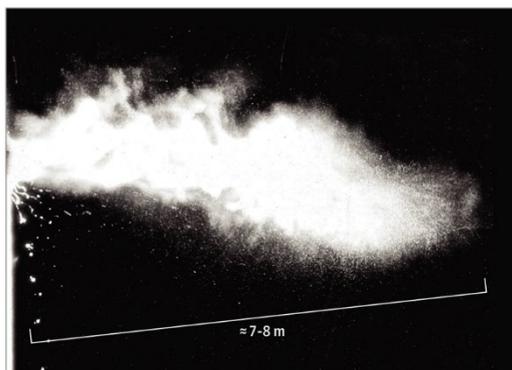
<https://jamanetwork.com/journals/jama/fullarticle/2763852>

HOW COUGHS AND SNEEZES FLOAT FARTHER THAN
YOU THINK

<https://news.mit.edu/.../coughs-and-sneezes-float-farther-you...>

And here is a very detailed discussion of the airborne virus by photographer Lloyd Chambers that is very worth reading:

<https://diglloyd.com/>



SELF-INHALER TO COMBAT THE VIRUS

April 7, 2020

Margaret and I spoke today with a friend who practices Chinese medicine, a doctor who also is a Lama, having completed the traditional Kagyu Three-Year closed retreat. We also traveled with this lama on a pilgrimage to both Tibet and China (along with our dharma teacher of 36 years, the Ven. Khenpo Karthar Rinpoche).

We asked this lama what can we do to protect ourselves in this coronavirus pandemic, something that any of us could do, should we contract this illness. He pointed out one very powerful thing we can do:

Get some fresh garlic from your local grocery produce-section. Take a clove of garlic and shred or mash it up into fine pieces. Place the resulting shredded mass on a small spoon. It should not be a metal spoon if we can avoid it. A porcelain spoon, like you find in a Chinese restaurant for soup is perfect. Take that spoon of mashed garlic and place it just inside our open mouth.

Then breathe in air through and over the garlic, filling the lungs, and hold your breath. Then, let the air out. Do this ten times and that completes a session. Do about 3-4 sessions of this a day.

Garlic breath, so to speak, being inhaled directly like this attacks the corona virus in the lungs. Do this day after day until you are well. Many Indians and Tibetans do not eat garlic, but here you are not eating it, but just coating your lungs with air-of-garlic, so to speak.

Our lama-friend told us he has seen this help many people who were suffering lung-impairment due to viruses. This lama has also attended to health issues with our dharma teacher.



P.S. GARLIC AGAIN ...AND A NOTE ON VENTILATORS

April 8, 2020

Just a brief update. Some snow flurries this morning, but not enough to catch the ground. Here is another image of the garlic. I apologize for deleting some comments yesterday, but I felt I had to make clear to folks that other remedies were not what my blog was about.

I shared a Chinese medicine-related way to benefit the lungs if you get the coronavirus, A REMEDY from a trained lama (herbal doctor) that we love and respect, something that he has used with success working with Coronavirus patients. It is also supported by other research I have read on the effects of garlic.

If I knew how to turn off comments on a single post, I should have, so you could read it and not just assume it was another possibly-crazy remedy. LOL. Anyone who knows how to turn off comments on a single post? Let me know.

Sometimes, we just need to absorb the message, take it or leave it, and not assume this is a call for other (possibly fine) remedies, etc. Some people, if they get the coronavirus are going to be up against it (big time) and anything that will protect the lungs and help remove the virus without being too invasive is precious.

Breathing in fresh garlic vapor to the lungs in the regime pointed out yesterday is very powerful. It is something that anyone can do to protect themselves and perhaps help to avoid being put on a ventilator. I trust each of you know what being put on a ventilator means. If not, let me explain and this is not pretty, so you are warned.

Many if not most (50% or more) people put on a ventilator never come off it. They die on it. First, you are given the poison-drug curare, the same thing that Central and South American natives used on their arrowheads to paralyze their prey.

This drug is used to paralyze the patient so they cannot physically move and this allows the ventilator to control the body and its breathing. The patient is then sedated, and a team performs what is called "intubation," in which a plastic tube is placed through the mouth, down the throat, into the windpipe,

and a facemask installed. Also, they are given a drug that knocks them out into a kind of coma. And there they stay, with doctors hoping their immune systems balances out so that they can be brought out of the coma and ventilator, able to breathe on their own once again. Many fail. It's not like on the ventilator we are chatting with FB friends or watching movies.

In other words, since there is no vaccine and nothing recommended for us to do if we contract the virus, we need anything that will help our lungs to keep breathing, should we not simply recover. It is not my wish to frighten folks about the seriousness of ventilators, but I feel it is important to know how serious they are. There may be other scenarios with ventilators, but this is what I have read about ventilating coronavirus patients. And I talked with one person over the phone who actually was on it. Enough said.

Below are a couple of quotes on virus-related issues.

“Heat is very effective at disinfecting objects from coronavirus. Experiments done in China on the coronavirus SARS-CoV (Duan, Biomed Env Sci 2003), which is similar to the SARS-CoV-2 that causes COVID-19, found that coronavirus was completely deactivated (essentially sterilized) within 30 minutes when subjected to a temperature of 167 degrees Fahrenheit. It took 60 minutes at 152 degrees and 90 minutes at 132 degrees. At 99 degrees or lower, the virus remained quite infectious at two hours, when the experiment ended.”

“This suggests, for example, that if you purchase take-out food and wish to disinfect the container itself of coronavirus (as well as keep your food warm), you can simply place the container in a warm (150 degree) oven or warming drawer for an hour to disinfect it. Just be sure it is not directly exposed to a heating element so as not to pose a fire hazard. Most plastic and paper containers are stable for short periods at 150 degrees. “

“What this and other research suggest is that you should not place a recently purchased food container directly into a refrigerator and you should not "quarantine" a recently received package in a cold cellar or cold garage, as this will preserve coronavirus and could keep it infectious for days.”



Allium sativum
Nagel & Schmidt del. P. 168