



## April 6, 2020 Message from Dr. Phil

I am receiving lots of questions on what supplements I am recommending and taking myself. Specifically to protect myself and my family the two most important supplements appear to be Zinc and vitamin C. As a disclaimer "Leading researchers" are saying that we don't have any studies to confirm or deny that any supplement will work with COVID 19 but it has worked with other viruses that have similarity and these researchers say there is no guarantee but they are recommending these supplements to boost the immune system.

Vitamins such as vitamin C and minerals such as zinc are required by your immune system to fight off virus infections in general. Harvard Medical School (reference below) in addition to many naturally minded MD's are saying that medical doctors in China, Spain, Italy and New York have been using high dose IV vitamin C to treat some severe cases of COVID-19 with life and death respiratory crisis. Previous studies show a lower death rate using the IV vitamin C after 28 days in patients with sepsis and ARDS (acute respiratory distress syndrome) which are the most common conditions leading to intensive care unit admission, ventilator support, or death among those with severe COVID-19 infections. It appears that it took at least 4 days of supplementing for the vitamin C to be effective. That's why my family and I are taking liposomal vitamin C daily in addition to zinc to keep these levels up. See Dr. Cheng's reference below.

Vitamin C is water soluble but recently a fat-soluble version has been created. I am able to take 5-10 more Vitamin C than if I took the water soluble version. The last virus I had in January started out as what I thought was a common cold with a sore throat and that turned into bronchitis. I believe the larger dose vitamin C was very helpful. Anyone like me who had or has asthma or has breathing issues...this could be very helpful. I was able to take over 20 grams a day of vitamin C. In general a person will use 5 to 10 or even more times the vitamin C a day when fighting off a virus than on a normal day. Some people already know this information...We have been getting people from Vancouver to Montreal purchase our online supplements. Unfortunately we

don't have enough supply to help across the country but we hope to have enough supply for our Welcome to Wellness members. We are not shipping at this time but you can pick up "curbside" at our office or get free local delivery.

Go to [welcometowellness.ca/shop](http://welcometowellness.ca/shop) to order your supplements and we will arrange a curb-side pick up or free delivery.

Dosages recommended:

Zinc: For children check their multivitamin amount. It is not likely enough so I would supplement with zinc lozenges (ours has 10mg zinc/tablet) cut into quarters or halves depending on their weight. Fortunately, most experts are reporting that not many children appear to be having severe health problems from COVID-19! For adults there is 75 mg in one of our MaxLiving daily multivitamin/mineral caplets! If you're an adult take at least two tablets if you have no symptoms and up to 200mg depending on weight and if you are fighting anything or your health condition.

Vitamin C: For children I recommend 500 mg. For adults I recommend 1,000 to 2,000 mg/day. If you have any lung conditions like me (formerly asthma) I take 3,000-6,000 mg/day if people around me have any infections and if I have an infection I will take as much as my body will allow (diarrhea is the sign your body is saturated).

Stay tuned for more regular posts.

Best,  
Phil

Phil Smith  
Doctor of Chiropractic,  
Lifestyle Medicine (Harvard)  
Welcome to Wellness  
420 Crawforth St.  
Whitby, Ontario  
L1N 3R5  
905-665-0123  
[www.welcometowellness.ca](http://www.welcometowellness.ca)  
[drphil@welcometowellness.ca](mailto:drphil@welcometowellness.ca)

References:

What may help prevent and/or treat COVID-19. Disclaimer nothing has been proven in Science yet, everything related to COVID-19 for prevention and/or treatment is a hypothesis- simply because this virus is so new that no one has

been able to do any research studies yet. Let me put this into perspective: believe it or not- not even hand washing has proof for COVID-19. Of course I don't know of anyone who wouldn't be washing their hands as a strategy because it has worked for other similar viruses- no one has any proof yet specifically with COVID-19 (if you do have research please send it to me). This is analogous for what I am posting here- no proof that food or these nutritional supplements will work for COVID-19 but they have helped with other similar viruses and many experts are saying they could work and medical doctors are also using some of these natural strategies right now to help even the sickest of patients with COVID-19.

<https://onlinelibrary.wiley.com/doi/full/10.1002/jmv.25707>

Potential interventions for novel coronavirus in China: A systematic review - Zhang - 2020 - Journal of Medical Virology - Wiley Online Library. "The immune response has often been shown to be weakened by inadequate nutrition in many model systems as well as in human studies. However, the nutritional status of the host, until recently, has not been considered as a contributing factor to the emergence of viral infectious diseases. Therefore, we propose to verify the nutritional status of COVID-19 infected patients before the administration of general treatments. In addition, we also found coronavirus-specific treatments and antiviral treatments were very useful for the treatment of SARS and MERS. They should also be considered as potential treatments for COVID-19 infection."

<https://www.youtube.com/watch?v=VMDX0RSDp1k#action=share> Dr. Cheng, who is a US board-certified specialist in anti-aging medicine, adds:

"Vitamin C is very promising for prevention, and especially important to treat dying patients when there is no better treatment. Over 2,000 people have died of the COIV-19 outbreak and yet I have not seen or heard large dose intravenous vitamin C being used in any of the cases. The current sole focus on vaccine and specific antiviral drugs for epidemics is misplaced."

He adds that:

"Early and sufficiently large doses of intravenous vitamin C are critical. Vitamin C is not only a prototypical antioxidant, but also involved in virus killing and prevention of viral replication. The significance of large dose intravenous vitamin C is not just at antiviral level. It is acute respiratory distress syndrome (ARDS) that kills most people from coronaviral pandemics (SARS, MERS and now NCP). ARDS is a common final pathway leading to death.

<https://www.hsph.harvard.edu/nutritionsource/2020/04/01/ask-the-expert-the-role-of-diet-and-nutritional-supplements-during-covid-19/>

Ask the Expert:

The role of diet and nutritional supplements during COVID-19 | The Nutrition Source | Harvard T.H. Chan School of Public Health

<https://www.health.harvard.edu/diseases-and-conditions/treatments-for-covid-19> Treatments for COVID-19 - Harvard Health Vit C

<https://nypost.com/2020/03/24/new-york-hospitals-treating-coronavirus-patients-with-vitamin-c/> Newspaper article

<https://clinicaltrials.gov/ct2/show/NCT04264533> Vitamin C Infusion for the Treatment of Severe 2019-nCoV Infected Pneumonia

<https://www.faim.org/covid-19-iv-vitamin-c-is-officially-recommended-by-the-shanghai-government>

<https://www.globalresearch.ca/three-intravenous-vitamin-c-research-studies-approved-treating-covid-19/5705405>