



INTERNATIONALE GESELLSCHAFT
DER MAYR-ÄRZTE

„Diagnostik und Therapie nach F.X. Mayr heute“

Integrative approach in Corona times

Covid19 belongs to the viral infections that have always been with us. In some years more harmless, but from time to time with a higher risk potential. What is particularly unsettling for us is that transmission often occurs even from a symptomless carrier. According to Stanford University on 26.10.2020, the mortality rate is $<0.2\%$, which is still higher than for "normal" influenza. The information policy during the pandemic has led to disinformation, uncertainty and fear among the general population rather than to education and motivation to take precautions themselves. And lots of toilet paper may calm people down, but effective prophylaxis looks different.

The discovery of a miracle pill is not in sight at the moment.

As with influenza, the effectiveness of covid vaccines will depend on whether and how the virus changes. It remains unclear whether and what side effects are to be expected, as well as when and for whom a vaccination will be available.

So what can we do? What advice can we give our patients on how to do something preventive to build up a certain level of protection? Many ask about this because they want to do something to protect themselves and their health.

In addition to the sensible prescribed measures such as hand hygiene, distance and reduction of personal contacts, the following immunoregulatory and antiviral preventive measures, among others, have proven effective in everyday practice:

- Rest and sufficient sleep
- Relaxing, loving mindfulness, having time for yourself, your loved ones, for essentials
- Exercise with proper breathing
- Sufficient drinking: water, lemon water, coconut water, herbal teas
- Natural, antiviral diet rich in vital substances: fruit, vegetables, salads, lots of herbs, wild herbs, spices (including wild garlic, garlic, onion, curcuma, cinnamon, ginger)
- Eat slowly with thorough chewing - to pre-digest in the mouth so as not to overload the gut-associated immune system, which makes up 80% of our immune system.
- Avoiding gut-heavy foods as much as possible
- Intermittent fasting, preferably dinner-cancelling

For which prophylaxis recommendation is there good evidence?

In addition to the basic measures already recommended, some approaches are listed below for suggestion and selection (without claiming to be complete). These can be recommended in individual cases and make sense especially if there is an individual deficiency and no contraindications are present. Of course, this cannot be a universal prescription. In any case, however, these substances are not expensive in this application over a few weeks, are readily available and very safe.

- Vitamin D 1,000-3,000 IU/d
- Vitamin C 500 mg 1-3/d
- Melatonin 2 mg/n
- Zinc 30-50 mg/d
- Quercetin 250 mg/d, dose carefully in hypothyroidism
- Acetylsalicylic acid 80-100 mg/d
- Famotidine 20-40 mg/d if needed instead of PPI

Among others, the following have also proven themselves **in practice**:

- Microimmunotherapy:
 - Formula EID: 1-2 capsules/day (general immune support).
 - Formula MISEN: 1 capsule/day (regulation of the neuro-endocrine-immune axis in anxiety and stress).
- Selenium, L-lysine (1000 mg), Cistus, Matricell, GripBalance (from Nahani)

In any case, it is very important and helpful that the patient feels empowered himself and does not wait anxiously for symptoms of illness. He needs the confidence and hope that his body will not let him down in this situation. If we as doctors can support and strengthen him in this, we have achieved a lot.

A good and practicable recommendation for therapy in case of illness can be found in the "EVMS Critical Care COVID-19 Management Protocol 11-03-2020 | evms.edu/covidcare". Essentially, it consists of intensifying the above-mentioned measures.

As I said, this cannot be a universal recipe, but a suggestion. You have to check what of it can be helpful for your patients. I have not gone into detail about the intestines here, that would be carrying owls to Athens.

All the best, don't be afraid and stay healthy!

With best regards,

Salzburg, 19.11.2020

Dr. Sepp Fegerl

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