

Resources for Self-Study

I've found **Paul Bergner's** stuff to be the most helpful of all. I think his info on the progression of a fever is very useful in acute cases, and his info on why you should take vitamin D and why you should avoid antipyretics/NSAIDs (aspirin, ibuprofen, etc) is compelling:

<https://www.naimh.com/coronavirus>

Paul Bergner is also offering his recordings on the influenza virus and pneumonia available for free download (usually they are about \$40), and they are useful.

A more comprehensive list of resources from herbalists around the country is available on the **American Herbalists Guild's** website; some of them good:

<https://www.americanherbalistsguild.com/covid-19-resources#AHG>

I'm very excited to dive deeper into **Sam Coffman's** stuff:

<https://herbalmedics.academy/covid-19-and-respiratory-health-herbal-resources/>

I've also read these simple writings from well-known herb teachers, and I've found them somewhat useful:

John Slattery:

<http://www.johnslattery.com/blog/2020/3/15/herbalism-a-new-era-coronavirus-an-invitation> and

7song:

<http://7song.com/wp-content/uploads/2020/03/An-Herbalist%E2%80%99s-Notes-the-on-COVID-19-Virus.pdf>

Medscap's writings about how COVID is more like HAPE than ARDS:

<https://www.medscape.com/viewarticle/928236?fbclid=IwAR3IrZAzJWouEWjagoIYze1kuKBFC4zkNjpBabaYiTqH4IaZnyW0N85AcFY>

Here is a **facebook** group devoted to case studies from herbalists who are seeing COVID cases: <https://www.facebook.com/groups/906866506398594> (please only post here if you are personally seeing COVID clients...but its a great read!)

Webinars:

Western Herbalists

[This lecture by Guido Mase](#)

[This interview with Paul Bergner](#)

Herbalists in China

One through the AHG:

<https://vimeo.com/403372823>

And another one to look at:

<https://www.youtube.com/watch?v=BGcsFzKLdTI&fbclid=IwAR0ml-p0QoU4BHgOqfhNYMaiiFWm9CSMHQAFV5ktqOrBBwTpcj118GSrpoM>

General Recommendations For Prevention

Sleep: 9hr/night

Manage stress

- Get outside! Go on walks or exercise, call friends, plug into local mutual aid efforts. Cook food. Take breaks from reading/watching the news.

Optimize Vitamin D levels

- 4,000-7,000 IUs/day preventative
- If exposed (assume everyone is potentially exposed during the pandemic): a short-term large dose of up to 300,000IUs over about a week.
 - 150,000IUs/day for 2 days or 50,000 IUs/day for 6 days
 - After this large dose, return to normal preventative dosing of 4,000-7,000 IUs

Avoid foods that aggravate inflammation

- Avoid sugar, alcohol, and processed foods (when possible...)
- Avoid any known sensitivities or allergies.
- Focus on eating whole foods wherever possible.

Body Temperature:

- Include physical exercise to elevate body temperature (discontinue and rest if you do start to get sick).
- Sauna, sweat, hot tubs if available

Correct any deficiencies in the following nutrients:

- Zinc, 25mg/day
- Vitamin E 100-200 IUs/day
- Vitamin C 500-1000mg/day
- Selenium 200mcg/day
- Essential Fatty Acids: 1-3g combined EPA and DHA

(A good multivitamin plus fish oil should do the trick.)

Garlic Cocktail (from [Paul Bergner's](http://www.naimh.com/coronoavirus) writings www.naimh.com/coronoavirus):

- Three cloves of garlic
- 1 Tbls of red wine
- 1 Tbls of vinegar
- 1 Tbls of olive oil

Blend well in a blender. Add 1/4 cup hot water. Let stand for 3 hours. Do not strain. Add one-third of this to a cup of hot water. Take another dose every 3-6 hours until it is all gone. On paper this sounds a little like drinking salad dressing, but I find this to be a pleasant stimulating tonic with a sharp taste. Raw garlic cloves upset my intestines, but this does not.

General Recommendations for Acute Viral Respiratory Infection with Fever

- Complete rest. Continue resting for a full 7-10 days, even if you feel better.
 - Immediate fast (most people lose their appetite anyway).
 - Long warm to hot shower or bath to help with body aches/fever).
 - Rest in bed with covers.
 - Be sure to stay hydrated.
 - Hot drinks and teas.
 - Add in Trace Minerals: 30 drops/quart of water or tea
 - Add in demulcents (chia seeds, flax seeds, althea root powder, etc)
 - D3: if the infected person hasn't been supplementing, immediately supplement a *one-time dose* of 300,000 IUs.
 - Herbs
 - 1 Tablespoon Elder Elderberry Syrup In Tea (see below):
 - 3 cups water
 - ¾ cup elderberries
 - ¼ cup ashwagandha root
 - ¼ cup echinacea root
 - 1 cinnamon stick
 - 1 cup raw local honey
 - A decoction of the following dry herbs (parts measured in volume):
 - Eupatorium 1.5
 - Achillea 1
 - Mentha piperita 1
 - Althea Rt 1
 - Scutellaria 1
 - Zingiber Rhizome .5
 - Simmer ½ cup herbs in 1.5 quarts of water, with the lid on, for 20 minutes. Leave the herbs to continue steeping as you use the tea throughout the day. Make this tea as often as you run out: about once/day.
- Drink 1 cup every 2-3 hours with 1 Tablespoon Elderberry syrup (when not sleeping)
- Review info about how to monitor a fever here:
https://c1c17220-5aa6-46c5-a11f-1b9d7595d5fa.filesusr.com/ugd/ee530d_5092840fc7c940849bba3aaff27f22a2.pdf
 - Review info about the stages of a fever and what to expect at each stage here:
https://c1c17220-5aa6-46c5-a11f-1b9d7595d5fa.filesusr.com/ugd/ee530d_d08ee121f3bb46f796749d7b307bab80.pdf

Herbs I've Been Using in Formulas for Prevention or for Active Infection:

Elderberry
Boneset
Peppermint
Echinacea
Licorice
Marshmallow Root
Ponderosa Pine
Douglas Fir
Lovage
Ginger

Sample Prevention Tincture Formula

Elderberry, Boneset, Peppermint
Echinacea, Ponderosa Pine, Douglas Fir
Alcohol, Honey
Take 3mL (3 squirts), 3-4 times/day

Sample Prevention Tea Formula

Pine Needles, Althea (Marshmallow) leaf or root
Ginger, Skullcap, Yarrow
Cover ½ cup herbs in 1 quarts of water, with the lid on, let sit for minimum 20 minutes (ideally overnight). Drink 1 cup every few hours, and make the tea daily.

Herbal Steams

I've also been seeing great results with herbal steams. The following herbs are possibilities, among others.

Cedar
Juniper
Pine
Spruce
Creosote

[How to do an herbal steam.](#)