

US Too Warriors,

BELOW is a SUMMARY of the many ways to fight the Covid 19 (and cancer) that have been sent out piecemeal

1. Prevent Strokes which may cause Death in COVID and help stroke recovery

Vitamin C~ 3000 to 6000 mg/day; Vitamin D3~4000 to 10,000 IU : Magnesium ~500 to 1,000 mg (too high may cause loose stool), ZINC~20=>30mg (all per day)

This amount of Zn helps with stroke recovery but more can be damaging. Fish oil ~ 3gm/day, Dark Chocolate~>80% best: CO Q10~100 to 300mg to help protect the heart which will be under great strain in the battle

2. LOWER Hypoxia Inducible factor -1 from damaging the lungs(I recommend 3 to 6 pills of each at what dose provided with Red Korean Ginseng, Apigenin, Berberine, Luteolin, and Quercetin

3. Fight cytokine Storm- Curcumin and Green Tea to fight NFkB and IL-6 (These are among the Best PCa fighters I use at 9 to 12 pills per day)

4.Melatonin- Raise the immune system 10 to 50mg per night and you should increase in dose as you have covid symptoms.

5. Metformin - Is a Drug used in Diabetes to control blood sugar 500mg should be taken after every meal to lower blood sugar but you should have a blood sugar above 80 so you do not experience low glucose.

Best Peter

One question that has not been truly answered is why infants and children under the age of nine do not seem to suffer any severe symptoms upon COVID-19 infection. It is I have been sending ways to battle COVID as I found it, but know I am going to summarize it so you can have it all together. It is understandable why older patients may be more susceptible to higher risks, but what spares young children? Why are young adults without comorbidities also suffering from pneumonia as a result of COVID-19 infections?

Take a look at the following chart showing the fatality rate according to age groups:

COVID-19 fatality rate by age

AGE	DEATH RATE*
80+ years old	14.8%
70-79 years old	8.0%
60-69 years old	3.6%
50-59 years old	1.3%
40-49 years old	0.4%
30-39 years old	0.2%
20-29 years old	0.2%
10-19 years old	0.2%
0-9 years old	no fatalities

{Source: <https://www.worldometers.info/coronavirus/coronavirus-age-sex-demographics/>}

There are no fatalities recorded for infected COVID-19 patients under the age of nine. The fatality rate increases linearly with age. The highest rate of fatality is seen in patients aged 80 and above [71]. Experts have yet to answer the question as to why COVID-19 is sparing young children [72].

While you ponder over this puzzle, take a look at this chart, which mirrors the above table but in REVERSE:

[Source: Grivas TB, Savvidou OD. Melatonin the “light of night” in human biology and adolescent idiopathic scoliosis. *Scoliosis*. 2007;2:6. Published 2007 Apr 4. doi:10.1186/1748-7161-2-6]

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