

Mother-Food Tips for Covid-19

This handout outlines basic information but does not diagnose or treat.

Lactogenic foods, herbs and supplements are meant to *support milk production*.

Our World with Covid-19

World health authorities tell us that everyone will eventually be exposed to the virus Sars-CoV-2 and develop Covid-19, both those who are vaccinated and those who are not. Most will experience Covid-19 as though having a bad cold or flu. Some lucky ones will never have symptoms at all or even know that they were infected, yet still develop antibodies and have natural immunity. As the virus mutates, we may become infected several times over the course of our life.

By now, all of us understand that the disease is unpredictable and that it can hit even apparently health individuals unexpectedly hard. We must therefore all learn how to build and maintain our immune-resiliency to the virus. As a pregnant or breastfeeding mother, this is especially important. Fortunately, we have guidance on how to do this, as I'll describe just below.

Co-Morbidities

Those of us with so-called “co-morbidities” must take special care. A co-morbidity is a condition that weakens the immune system and puts us at higher risk to develop a severe form of the disease.

Common co-morbidities are: 1) being older than 65; 2) being obese; 3) having blood sugar imbalances such as uncontrolled diabetes, pre-diabetes or gestational diabetes 4) having heart disease, kidney disease or other major organ disease; 5) having an immune suppressing condition or taking immune-suppressing medication; 6) having low blood levels of vitamin D.

Mothers at Risk

Sadly, co-morbidities are not rare. Obesity, pre-diabetes, gestational diabetes and type II diabetes have increased in the US and around the world for the last thirty years, because of the typical Western diet. Sadly, during the lockdowns of 2020, many of us gained considerable weight, due to restriction of movement.

It is so important that we learn about specific supplements that promise to reduce the risk of serious disease. *We must all do this, with or without co-morbidities.*

We have guidance! Hundreds of forward-thinking doctors have coordinated internationally since March, 2020, to discover effective and affordable ways to increase resiliency to Covid-19. These doctors work in hospitals, clinics and in private practices. Together, they have treated hundreds of thousands of patients.

The key recommendation of these doctors is to practice *early treatment*. Start at first sign of symptoms, even before receiving the results of the PCR test (which often initially produces false negatives). Early treatment can stop the disease or reduce its severity. For this approach to work, we need to have a homecare plan ready to go. This plan includes both prevention and early treatment and is based on four simple supplements that are described on the following pages.

To access the plans directly, see the FLCCC website at <https://covid19criticalcare.com>

The Short Version of the Prevention and Early Treatment Plan

These four supplements are breastfeeding-safe (will not undermine your milk supply).

- 1) vitamin C
- 2) vitamin D
- 3) zinc
- 4) quercetin

Additional herbal supplements are turmeric, black seed (nigella sativa), fennel seed, and pine needle. These can be used as flavorings, can be powdered and mixed with honey into a medicinal paste, or infused as tea.

In addition, I like to have lemon verbena at hand, as it has a reputation for reducing post-viral fatigue.

While the above-mentioned herbs are breastfeeding-safe, *they also happen to be galactagogues*: they tend to increase milk supply. Therefore, use these herbs with caution if you have an optimal or high supply.

Watery stews, soups and broths are especially helpful while breastfeeding and dealing with any cold, flu, or corona virus. Add in lactogenic, gut-healing foods such as oats or barley grain (if you tolerate gluten), add in bone broth, and fresh or powdered seaweed, mallow leaves, torbangun leaves, purslane, etc., onions and garlic.

Vitamin C

Vitamin C is a powerful antioxidant and immune booster. The FLCCC recommends 1 gram a day. If you have questions, ask your doctor for a dosage that is appropriate to you.

Do not be confused by the many different types or forms of vitamin C supplements. For the purpose of this plan, the type is not important.

Note: mothers with Insufficient Glandular Tissue or who are in the earliest postpartum should keep their supplementation of ascorbic acid to a minimum, or try a form that is buffered.

Vitamin D

Vitamin D is created in the body when skin is exposed to sunlight. It can be ingested by eating animal-sourced food: animal-fat such as egg yolk, whole milk, fatty fish and meat. Mushrooms can also be a source of vitamin D.

Vitamin D supplements are very inexpensive and can be sourced for carnivores as well as vegans: Vitamin D3 is sourced from fish oil and sheep lanolin, and Vegan D2 is derived from lichen or yeast.

Americans of all ages tend to have *significantly* low blood levels of vitamin D, but especially those of us who are older, who live mostly indoors, who wear sunscreen or hats when we are outdoors, are dark-skinned, are overweight or obese, or who live in northerly regions. In other words: most of us.

Low D is associated with autoimmune disease, inflammatory conditions, mental illness, thin bones, bleeding gums, and lack of resistance to sinus infections, colds and flu—to name just a few of the problems that we would not have if we would just increase our vitamin D levels.

Increasing vitamin D levels in the blood requires four steps: 1) a blood test, as a guide to the best dosage, 2) patience and plenty of time, 3) daily doses that are appropriately high 4) the discipline to stay at it for as long as it takes.

Your personal dosage will mostly depend on your age and your weight, and especially on your starting level of vitamin D—so be sure to have that checked.

Your doctor can order a blood test or you can order an at-home finger-prick test from an online laboratory. Re-testing every 4 to 6 months will show you if the dosage is yielding results, if it needs to be increased or decreased, or if you should try a different brand. (Some vitamin D supplements make some people nauseous—time to switch to a different brand.)

Initially, your supplement will go to the fat cells. When these are saturated with vitamin D, it will go to the organs, and then into the blood. For this reason, heavier persons typically require a higher dosage for a longer period to increase their blood levels.

If this is you, stay on the protocol and be confident that you will reach your goal!

If your starting D level is low and your weight requires substantial dosages, you might have to take 10,000 – 15,000 iu a day (or more). With this higher dosage, it is truly necessary to also take the complimentary **co-factors to vitamin D: magnesium, vitamins A, E, and especially vitamin K2**.

These co-factors allow vitamin D's levels to increase without creating an imbalance with other vitamins, and it prevents calcium deposits in the arteries, which might result if **vitamin K2** is neglected

I was able to increase my own numbers up from a low 20 to a high of 60 in 6 months' time. 50 is the number that studies show will prevent severe disease.

For an excellent essay on the safety and on all the debates about vitamin D, go to substack.com, subscribe to evolutionary biologist Heather Heying's "stack" and find the article titled: [Vitamin D Deficiency and Covid-19](https://tinyurl.com/2p9cejre) (<https://tinyurl.com/2p9cejre>). It is also available to those who subscribe with the free option.

Zinc

Most people born in the United States are deficient in zinc, an essential trace mineral that plays a large role in fighting disease.

During viral illness, zinc disables the virus's ability to replicate. With low zinc levels, we lose this important arm of the immune system so the disease can drag on and on.

Zinc is found in many foods that most of us do not eat much of: oysters, fish and meat, lentils, hemp seeds, pumpkin seeds, pine nuts, almonds, and cashews. Therefore, we should supplement with zinc to ensure that our reserves are full.

Dosage suggestion: in non-pandemic times, consider a low-dose combination of zinc and copper, for instance, 15 mg zinc to 3 mg copper. (Products containing this combination are widely available.)

People with co-morbidities often supplement with higher amounts on a daily basis.

During outbreaks, or when in contact with infectious persons, start taking higher dosages, for instance, 25 mg of zinc per day. If you contract the virus, adjust the dosage even higher in prior consultation with your doctor. I have heard many doctors recommend 50mg a day of elemental zinc.

Always coordinate with your doctor to know your best dosage according to your weight and size. However, if you notice that your doctor is not informed about this protocol, Dr. Syed Haider, MD, of <https://mygotodoc.com>, is available to answer email questions for free.

The [FLCCC website](https://covid19criticalcare.com) (<https://covid19criticalcare.com>)lists founding doctors who consult with persons in their Covid-19 treatment in more depth. There are about 500 doctors across the US who follow their protocol—and who greatly reduce hospitalization by directing meaningful early treatment.

It is very important to develop, study and even practice your first-response plan before the onset of disease, so you can get started on day one of symptoms. The doctors who treat with success emphasize that starting the protocol as soon as possible, and conducting home treatment with these special medications, supplements and herbs, leads to a mild and manageable disease in the vast majority of cases.

Long-Covid is possible, even with mild disease. To prevent the development of Long-Covid, these doctors recommend continuing with some elements of the protocol for several weeks after the disease. Most important: **do not exercise** as exercising has been observed to trigger Long-Covid. The same recommendation holds true after a vaccine: do not exercise for a few weeks, as exercise can trigger the chronic inflammation of post-vaccine syndrome.

What is Long-Covid and Post-Vaccination Syndrome? I have been following the research and the conversations of doctors online about this subject. A recent theory is that the spike protein continues to persist in fat cells. Exercise mobilizes fat cells and releases the spikes. The heart's pumping circulates them throughout the body and brain. These spike proteins act like little thorns and irritate the tissues of the body and brain, leading to chronic inflammation and to the symptoms of this chronic condition such as fatigue, pain and brain-fog. The herbs that show success (listed above) may have some kind of softening or neutralizing property on the spikes. However, this is just one theory. There are many, and it is possible that multiple factors play in to this condition.

Quercetin

Quercetin is a yellow pigment that is found in small amounts in all vegetables. It is particularly important because it has been shown to reduce allergies and autoimmune disease and can be used in the treatment of asthma and bronchitis. It is also helpful in balancing blood sugar levels—important for those with any degree or kind of diabetes—and it is highly antiviral, especially in combination with zinc. In fact, quercetin and zinc work together in the body to fight viruses as I'll explain below.

Quercetin is a “zinc ionophore.” An ionophore acts at the surface of a cell. It opens a “window” and allows something else to float through the window and enter the cell.

A “zinc ionophore” opens the window to the entrance of zinc. Once inside the cell, zinc disables an enzyme that is needed by the virus to replicate. By interfering with the virus's replication, the virus population is reduced and the immune system has an easier time stopping the progression of the disease.

You can purchase quercetin and zinc online. In some markets, they are available in the supplement section. Quercetin comes in many different dosages. For this plan, a basic daily dosage of 200 mg is recommended, but 500 is also fine. During illness, the dosage would be increased, along with the increase in zinc. **Check the [FLCCC website](https://covid19criticalcare.com) (<https://covid19criticalcare.com>) to get the most recent dosage recommendations.**

In food, quercetin is found at highest concentration in cappers, garlic, red onion and red spring onion, leek, and chives, red apples (especially the skin) and berries. Studies have found that adults who regularly eat onions and children who regularly eat apples have higher levels of quercetin in their bloodstream and fewer lung problems—including families who live in cities and are exposed to air pollution!

A new mother who began supplementing with quercetin in winter told me that her need for allergy medicine in spring was greatly reduced. That's good news because some kinds of allergy medicine reduce milk supply.

Quercetin has been extensively studied for its protective properties during pregnancy. The experiments, done on rats, show that quercetin improves the off-spring's health outcomes in multiple ways, including preventing obesity and improving insulin use in the rat offspring.

Summary

For mothers, both with and without vaccination, we need to bolster the immune system so that when we encounter the Sars-CoV-2 virus, we do not develop a severe case of the disease.

Plus—since Americans are low in these essential minerals and vitamins, we do ourselves and our children good when we take them.

This handout is meant to give you the basic information and to help you get started. For more detailed information, visit the FLCCC website <https://covid19criticalcare.com/>. There is also a selection of links on <http://mother-food.com/covid-links>

This handout is not meant to replace the guidance of your doctor. Just the opposite: we hope that doctors will embrace prevention and early treatment, and become informed teachers of these methods. If your doctor dismisses your wish to develop a home-care prevention and early treatment plan, you can look for a doctor who will work with you. It is still a free country.