

Chinese Doctors Say You Must Do These Things To Protect Yourself

 walteradamson.com/blog/chinese-doctors-say-you-must-do-this-to-protect-yourself



Image Credit: aa.com.tr <https://www.aa.com.tr/en/europe/spain-testing-covid-19-drugs/1773727>

Prevention tips that may be new to you, they were to me

A friend sent me a translation of what Chinese doctors assisting in Spain said must be done as personal hygiene to prevent contracting Covid-19. The advice goes beyond what I understood before I read them.

I can't vouch for the authenticity of the advice, but it all makes a lot of sense to me. I will be doing these things starting now (I've already started).

You might like to consider them also.

Hot water to kill or flush virus to the stomach

The Chinese now know - **after many autopsies** - that the virus produces thick mucus **that solidifies** and blocks the airways and lungs.

Their recommendations for what you can do to safeguard yourself are as follows. These safeguards are all aimed at preventing the entry of the virus into your mouth, and if in your mouth destroying it before it moves to your lungs and solidifying:

1. Drink lots of warm water as this will help kill the virus in your mouth - hot coffee and hot soups work as well. Sipping warm water **every 20 minutes** keeps your mouth moist and washes any virus that has entered your mouth into your stomach. There, the gastric juices will neutralise the virus and hence stop it getting to your lungs.
2. Gargle with antiseptic in warm water (or with vinegar or salt or lemon) every day.
3. The virus attaches itself to hair and clothes so you must **take a shower as soon as you get in** from the street. Do not sit down anywhere - go straight to the shower.
4. Wash metallic surfaces very carefully as the virus can remain active for nine days on these surfaces.
5. Take note and be vigilant about touching handrails and door handles etc. - at home, keep them clean.
6. Don't smoke.
7. Wash your hands every 30 minutes using any soap that foams - do this for 20 seconds. Wash your hands thoroughly.
8. Eat plenty of fruit and vegetables and try to elevate your zinc levels not just your vitamin C levels.
9. Try to avoid getting the common flu (as this will weaken your defences).
10. Try to avoid drinking cold liquids.
11. If you feel any discomfort in your throat, or a sore throat coming on, attack it immediately. The virus enters your body this way and remains in the throat for 3 or 4 days before entering the lungs.

I started this routine this morning, as soon I read the document.

I also had a small panic attack as I read them all, which shows how unpredictable we have become in the face of the uncertainty. I thought that I was having difficulty breathing - I was, but it was fear, as I came to realise after calling the medical clinic!

[See this for context: [Day 8 - It's Frightening When You're Sick But Do Not Meet The Testing Criteria](#)]

Everybody take care, and my best wishes for your health and that of your loved ones.

Note: How to get more zinc

Zinc plays an important role in immunity. Low or deficient levels of zinc profoundly affect the number of immune cells that are available to fight an invader. *(After examining 13 randomized placebo-controlled studies between zinc and the common cold, researchers found that taking zinc within 24 hours of the first signs of cold could shorten its duration and make the symptoms less severe.)*

Zinc aids in the production of white blood cells, which fight infection.

Men and women need 11mg and 8 mg of zinc per day, respectively.

You should be getting a minimum of 0.8 grams of protein per kilogram of body weight in order to avoid getting sick. Not enough can have detrimental effects on your T-cells which dispatch disease-fighting antibodies to viruses and bacteria and is an essential part of the immune system.

Protein **contains high amounts of zinc**. Good places to find lean protein include red meats, seafood (especially oysters and mollusks), chicken, turkey, eggs, and beans.

Zinc is also found in plant sources like whole grains and legumes, but in much lower quantities and with lower absorption than that from animal products. Vegetarians and the elderly, therefore, are at particular risk for insufficient zinc intake from diet alone.

While it is important to meet your zinc needs, don't consume excess as it can be detrimental. The maximum amount of zinc you should take in a day is 40mg.

