



Quick Guide to dealing with Covid-19

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I put this guide together in order to support anyone who is concerned about their health in relation to Covid-19. This has been updated as at 22/12/21.

Please treat this resource as a guide. It is not intended to replace medical treatments. If you have any/all lingering symptoms from the list below, please get a Covid test. With new variants around the recognised symptoms may change. You can find out more on the MOH website: <https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-health-advice-public/about-covid-19>

Common symptoms of COVID-19 are like those found with illnesses such as a cold or influenza, or Hayfever. You may have one or more of the following:

- new or worsening cough
- sneezing and runny nose
- fever or chills
- temporary loss of smell or altered sense of taste
- sore throat
- shortness of breath
- difficulty breathing
- fatigue
- headache

Less common symptoms of COVID-19 may include diarrhoea, muscle aches, nausea, vomiting, malaise, chest pain, abdominal pain, joint pain or confusion/irritability. These almost always occur with one or more of the common symptoms.

Symptoms tend to arise around two to five days after a person has been infected but can take up to 14 days to show. The virus can be passed onto others before they know they have it – from up to two days before symptoms develop.

So What Can You Do?

The best form of Preventative Care is to ensure you're doing these simple things:

- Eat a clean diet with plenty of whole foods, fresh vegetables, home cooked meals
- Drink up to 2 L of clean fresh water daily
- Bone broths are a good source of minerals
- Exercise for up to 20 minutes 3 times per week, at a level that makes conversation a bit harder!
- Good quality Sleep - regular bed time, uninterrupted
- Make meals that can be frozen & easily reheated – just in case!
- Have a good quality thermometer at home (I just got a forehead one for around \$80 – you can manage with a simple underarm or mouth one too. Our regular body temperature is around 36.6-37 degrees Celcius. Test your own when rested so you know what your baseline is. If you start spiking regularly over a couple of days then I recommend getting checked at either your GP or a covid testing station.
- Herbal teas – Elderflower, Nettle, Hibiscus, Rosehip, Licorice, Echinacea



Supporting your body if you think you may be unwell &/or exhibit symptoms:

- A good Nasal Rinse (neti pot or similar) or Nasal Spray (non-steroidal, essential oil based) helps to keep the sinuses clear of infection & mucus. You can buy saline based one from me (\$20) or you may find one at your local pharmacy.
- Throat sprays & gargles – 5 drops of Manuka & Thyme essential oils in 500mls of water, shake well, then take a few mls in your mouth. Swish around then gargle into the upper part of your throat. DO NOT SWALLOW! Spit the liquid out into a basin & rinse with plain water. No more than twice a day.
- Zinc – 30mg per day of elemental Zinc (adult dose) @ 1-2 per day with food.
- Vitamin C (with Quercetin) – 250mg Vit C up to 4 x per day.
- Vitamin D3 (+K2) – I recommend 3000iu per day up to 3x daily if unwell. Research has shown that Vit D reduces the likelihood of respiratory distress & if hospitalised reduces the likelihood of being put on a ventilator. There are studies such as this one that are accessible online <https://pubmed.ncbi.nlm.nih.gov/32946517/>

Supplements:

Immune Support / Early Stage

- Vitamin C – I recommend BioMedica C-Caps or C-Max powder
- Vitamin D – available as capsules (any health store) or a Vegan spray that I sell
- Zinc – I like the Eagle brand Zinc Zenith Plus (practitioner only) but a good brand that has at least 30mg elemental Zinc will be fine
- Nasal Spray – I don't know of any retail natural ones but I sell them & can make to order
- Elderberry – I am a fan of this but the research is undecided! Happy to discuss further.
- Other Immune herbs – Olive Leaf, Astragalus, Shiitake & Reishi Mushroom extracts
- Homeobotanicals – these I make in clinic & are really effective in an ACUTE situation. I can make them very quickly too.
- NAC (N-acetyl cysteine) – there's a bit of buzz around this but I've been recommending it for respiratory health for a few years now. The WNF has a paper on this <https://worldnaturopathicfederation.org/wp-content/uploads/2021/12/The-effects-of-N-acetyl-cysteine-on-acute-viral-respiratory-infections-in-humans.pdf>

If you get a POSITIVE Covid-19 test result please get in touch as I can help you navigate your own personal symptoms.

Disclaimer:

I am a qualified naturopath and for your safety and assurance I am a member of the professional body Naturopaths and Medical Herbalists of New Zealand. All information provided here is intended to help you support your immune response even if you are not diagnosed with covid, and given with your personal wellbeing at the forefront. Whilst every effort has been made to ensure the accuracy of this information I do not accept liability should you not adhere to any recommendations. Please follow the directions given on the label or in this text correctly. I do not provide medical advice or diagnosis in my consultations, I advise this should be done by a doctor. Any therapies offered should not be substituted or replaced for a doctor's treatment and should be viewed as complimentary. Always consult your doctor with regard to your medical condition/s for advice.