

**Some advice passed around via email
now needs a bit of tweaking.**

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From another email sent to me to try to help people somewhat.

These are not my advice.

My comments follow in red.

To safeguard yourself:

1. drink lots of hot liquids - tea, water, etc.

[Water does not have to be hot as the temperature is normalized quit quickly.]

2. take a sip of warm water every 20 minutes to wash the virus into stomach where the gastric juices (acid) will neutralize it before it gets into the lungs.

[Sipping fluids ok ,but the reasoning is false on several accounts.

1. Water does not mix in the stomach very well. It bypasses the stomach contents by following the lesser curvature rugae {Gastric rugae are essential to the body's digestive system, as stated by Wikipedia. Gastric rugae are folded in the stomach tissue when the stomach is not full. When the stomach is full, the rugae unfold, which allows the stomach to expand. When the stomach empties, the rugae unfold, and the stomach goes back to its original size. Gastric rugae are evident only when a tissue or organ is deflated or relaxed and can be seen in radiological studies. They increase the surface area of the stomach to allow for more nutrient absorption. They also allow expansion in the volume of the stomach without increased pressure.

<https://www.reference.com/science/function-rugae-stomach-1c2229a2b2e5e023>}

2. You do not want this Bovid-19 virus in the stomach or the intestines as it will attack them and can lead to kidney damage.

3. The stomach has little acid in it in non-meal times. It takes a protein ingestion to start the stomach digestive juices (acid). Best time to drink fluids is during a meal with protein.

4. The virus is most likely going to get to the lungs no matter what.

5. Best defence is a strong immune system. Previous exposure to Covid-19 helps give natural immunity products (if you survive and most people do.) When immunization becomes available GET IT. Don't listen to any hyperbole that immunization is bad.]

3. gargle with an antiseptic (salt water or vinegar or lemon) every day.

[Ah, gargling with vinegar?? Eeeeewww. Vinegar pH is quite close to the stomach acid pH. Would you want to gargle with stomach acid? Ah,, probably not. Stick with a commercial mouth wash that has a very similar formula as Listerine but is not as costly.]

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4. the virus attaches to hair and clothes - any detergent or soap kills the virus BUT you must shower and remove clothing EVERY time you come back from being out on the street - avoid sitting down with them when you come in! If you can't shower / launder the clothes - you can hang them in direct sunlight which also neutralizes the virus.

[Very labour intensive for sure.

1. Did you know that chucking dry clothes into a clothes dryer on high for say 20 minutes is going to boil up those little buggers? No research on that a yet but, heat kills.

2. Soap DOES NOT KILL GERMS, any germs. Soap emulsifies the germs so they can be washed away easily. Germs live on and love dirty, soapy dishrags/sponges.

3. Detergent does kill germs, but use hot water in the clothes washer.]

5. be vigilant about touching handles and rails and any other regularly contacted hard surfaces, the virus can live on them for days!!

[Great idea.]

6. don't smoke.

[SUPER GREAT IDEA. Smoking kills people that are around you. Smoking kills off the tiny cilia that clean the lungs. Smoking kills off the protective endothelial layer of cells coating the insides of blood vessels. If you want to get sick and die young, then keep smoking. If you want to get healthy then quit, quit now, cold turkey, save your money, buy vegetables with it.]

7. wash your hands every 20 minutes with any soap that foams.

[This would then require some sort of hand cream to replace the natural hand oils that would be stripped away with such frequent washing. Those hand oils are protective.]

8. eat fruits and vegetables - elevate your zinc levels.

[Great idea. Yaaay pumpkin seeds.]

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9. animals do not spread the virus.

[Ah, CoVid-19 is said to have started in Bats. It is thought to have been transmitted to humans via animals.

<https://www.wired.com/story/what-is-a-coronavirus/>

<https://www.wisegeek.com/what-are-civet-cats.htm#didyouknowout>

<https://duckduckgo.com/?t=ffsb&q=civet+cats&ia=web>]

10. avoid eating and drinking cold things.

[Completely unnecessary.]

11. if you get a sore throat - attack it immediately using the above methods - the virus attacks this way for 3-4 days and then enters the lungs.

[We don't really know this yet. Incubation period is guessed at as between 3 and 14 days because MERS has an incubation period up to 14 days and MERS and CoVid-19 are in the same family category of germs. Thus, CoVid-19 is said to need 14 days as a logical GUESS.]

I give this article now because information is valuable and is certainly needed now days.