

FUNCTIONAL MEDICINE APPROACH TO COVID-19

WHAT EVERY PARENT NEEDS TO KNOW TO PROTECT
THEIR KIDS FROM CORONAVIRUS



GET THE FACTS

FREE E-BOOK



What is the COVID-19
Coronavirus



What is the Risk



What are the Symptoms



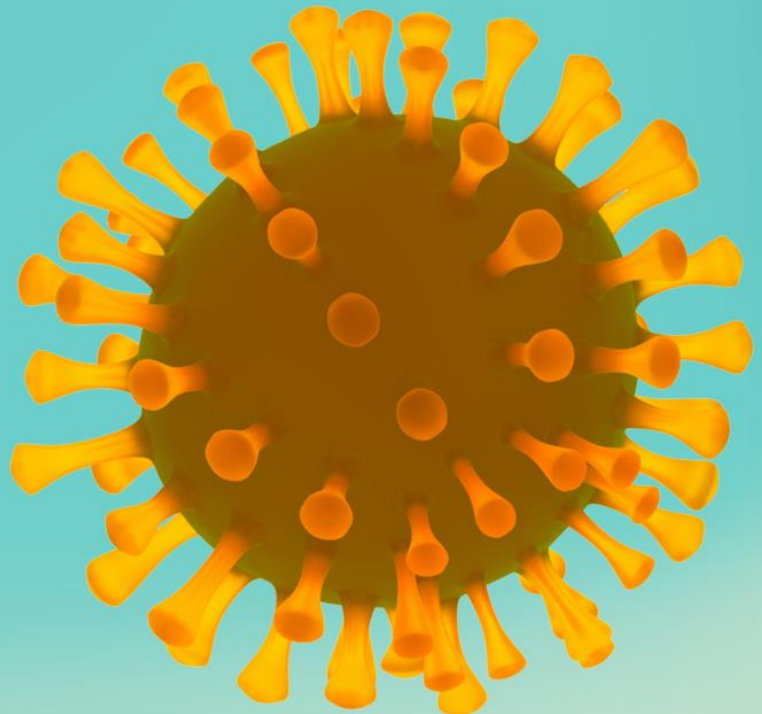
How to Prepare Your Kids



How to Boost Your Kids
Immune System



Anti-Viral Support for
Coronavirus



BY: ANGELA PIFER, FMN, LN, CN

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What Every Parent Needs to Know to Protect Their Kids from COVID-19

The news that the novel COVID-19 coronavirus has spread into my local community has everyone on edge. Since I have a 10 year old daughter and a husband who both regularly use an inhaler, this is doubly concerning for me. I live in Kirkland, Washington – which, over the past few weeks, has seen the unfortunate first deaths attributed to COVID-19 in the U.S. and a flurry of new cases in Washington. I can see EvergreenHealth Hospital from my street and the nursing home that is investigating its resident population for the corona virus is literally around the corner from my house. This is personal.

It is also important not to panic. Here I am, in a hot spot, literally flanked on three sides by this, and I am not panicking. I am reading, thinking and planning.

I am a mom first.

Second, I am a health care provider. I have served my community as a Functional Medicine Practitioner for the past 16 years. My focus has been functional gut disorders, and for this, I am affectionately known as ‘SIBO Guru’ (SIBO stands for small intestine bacterial overgrowth). In my practice, I have offered therapeutic support to address viruses of all kinds – influenza, coronavirus (two strains of coronavirus are in large part responsible for the common cold), rhinovirus, HSV, hepatitis, Epstein Barr and more.

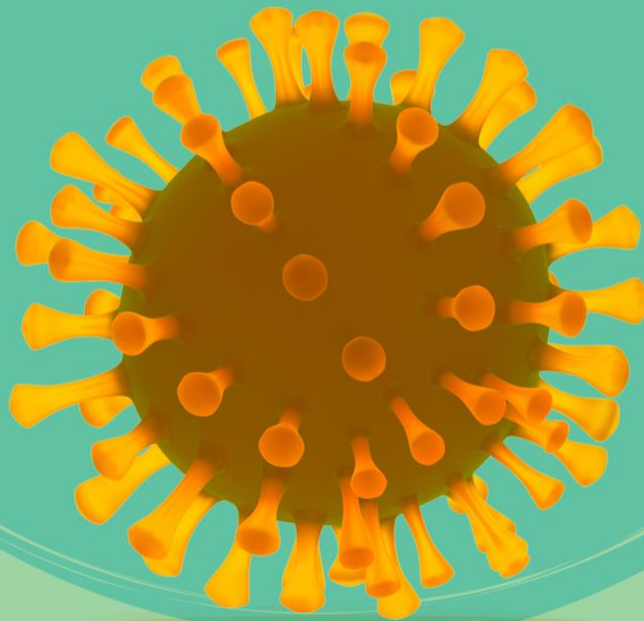


Although there is no current medication to treat COVID-19, and no vaccine to prevent it, I know that I have options. I know from my Functional Medicine Training and clinical experience, that there are things within the natural world that I can use to boost up my families immune system and, if we should contract this, to help our body's fight a virus.

I am going to share all of the steps that I am taking with my family with you here. Let's channel our anxiety into action!

**Yours In Health,
Angela Pifer, FMN, LN, CN**

WHAT IS COVID-19?



Disclaimer - this book is not intended to diagnose or treat COVID-19. Nor, is it intended to take the place of standard medical care. Please discuss all recommendations in this book with your child's pediatrician.

What is COVID-19?

It is a coronavirus; the COVID-19 coronavirus to be exact. 'CO' stands for 'corona,' 'VI' for 'virus,' and 'D' for disease. Formerly, this disease was referred to as "2019 novel coronavirus" or "2019-nCoV." You will likely hear this called 'novel coronavirus' or 'COVID-19' or just 'coronavirus' in the news.

COVID-19 is a brand new "novel" coronavirus that was first encountered in Wuhan, China, in December 2019, and has gone on to affect over 100,000 people worldwide, causing many deaths (proportionally in the elderly and those with underlying conditions).

There are many types of human coronavirus and these are not new, or novel. A diagnosis with coronavirus 229E, NL63, OC43, or HKU1 is not the same as a COVID-19 diagnosis. These strains often cause mild illness, like the common cold. In fact, there is a good chance that your child has had one type of coronavirus before. Two types of coronavirus are responsible for a large proportion of the common cold – Coronavirus OC43 and Coronavirus 229E.

Coronaviruses are a large family of viruses. Some coronaviruses cause cold-like illnesses in people. Others cause illness in certain types of animals, such as cattle, camels and bats. Rarely, animal coronaviruses can spread to people. This happened with SARS-CoV and MERS-CoV. The coronavirus most similar to the virus causing COVID-19 is SARS-CoV.

There are three main concerns with COVID-19. First, this virus is novel (new) and there are a lot of unknowns— how was this first transmitted to humans, how is it transmitted between humans, how long does it last in the air and on surfaces, what is the transmission rate, and what is the incubation rate (how long after exposure, would a person show symptoms).

Second, this virus targets the respiratory tract. Although 80% of people who contract COVID-19 will have mild symptoms, some people will have respiratory distress and some people will go on to contract pneumonia

Third, unlike other, more mild coronaviruses, COVID-19 seems to have a higher death rate among people over 60 and with people who have pre-existing conditions. We do need to know that the death rate that is currently being reported of 2-3.4%, is likely lower. People with mild symptoms are not as likely going report their symptoms to their local health officials, nor would they likely be tested. The current death rate is mainly based off of the population that has advanced symptoms and respiratory complications.

COVID-19 does not seem to be affecting infants and children too severely, which is good news! Of the very small studies that have been published looking at severity in infants and children, none of the children needed to be hospitalized.

The risk to kids in the U.S. is currently low, but we should remain vigilant and take precautions to help prevent the spread of this disease.

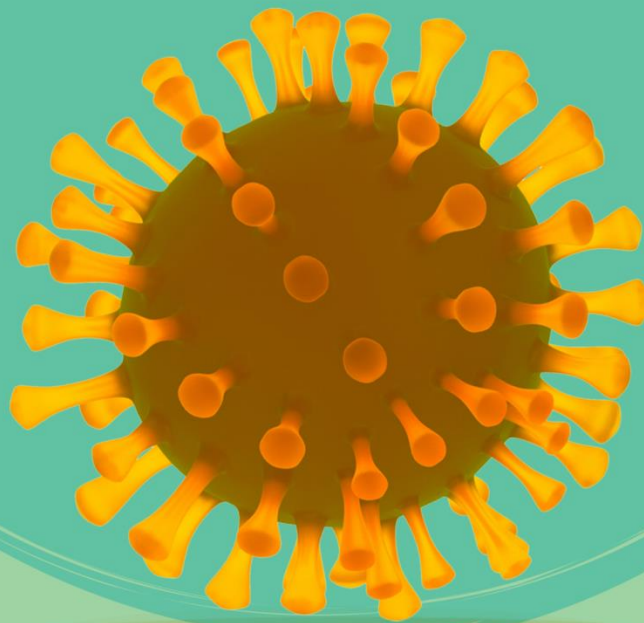
COVID-19 and the Flu

Since Oct 2019 to February 2020, the CDC estimates that there have been 32-45 million flu illnesses (not all flu, including other viruses), 14-21 million medical visits, 310,000-560,000 flu related hospitalizations and at least 18,000 flu associated deaths.

I want you to think for a second, what if the spread of the flu virus were to be announced in the media like the COVID-19 has been portrayed? What level of hysteria would this generate among Americans?

We need to accept that COVID-19 will spread into our communities. We need to NOT panic when we hear of a new case or new death (as sad as it is). Let's confront this emerging outbreak together. Let's separate facts from fear and remain calm, so we can help our kids remain calm and feel safe in their environment.

STRESS AND COPING STRATEGIES FOR KIDS



Stress and Coping Strategies for Kids

Let's start with the basics. My first recommendation is to help your kids reduce their stress and anxiety levels, specifically around news of this virus. Stress reduces white blood cell counts, and this will make the body more susceptible to infections. They are listening, learning and watching your anxiety level around news of COVID-19. Yet, they are going to have a hard time processing this information.

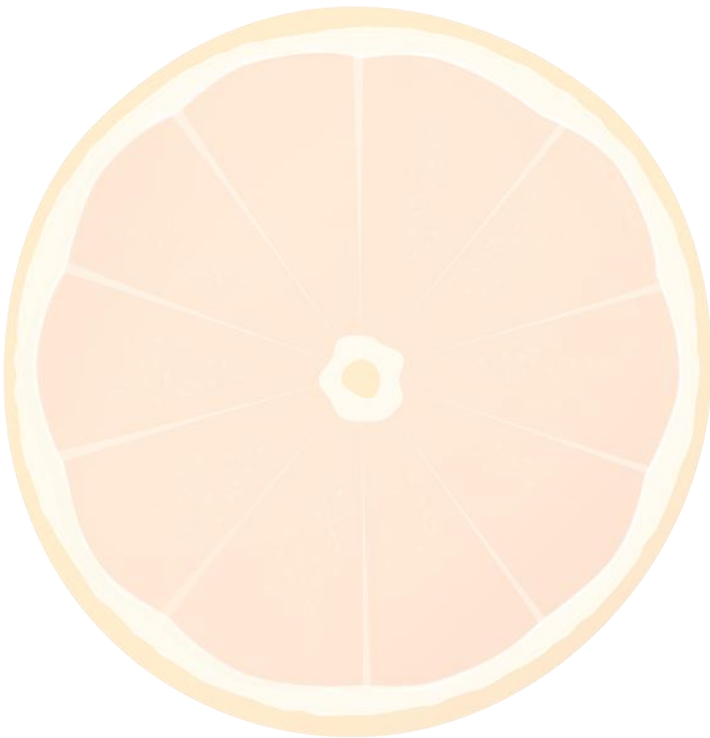
Tips to minimize anxiety in your kids:

- **Helps your kids feel safe** Tell them that they are your main concern and that you are merely going to take some precautions together.
- **When younger kids are around, turn the TV and radio off** If you have older teens, watch the footage together and discuss it. Minimize media exposure with younger teenagers. Most teens have phones, so remember that they have 24/7 access to news. You might consider collecting your teen's phone after 7PM, to minimize their ability to obsess over the headlines into the evening and overnight. YES! I know that this will also cause stress, separation anxiety and FOMO (fear of missing out), but it is important to give them a break from this news).
- **Be mindful of YOUR state of mind** Remember that it is just as important to monitor your reactions, anxiety and coping strategies, as it is to carefully monitor what you say around them. It isn't what you say (which is important) it is your actions, mood and facial expressions that they are watching. They pick up your stress.

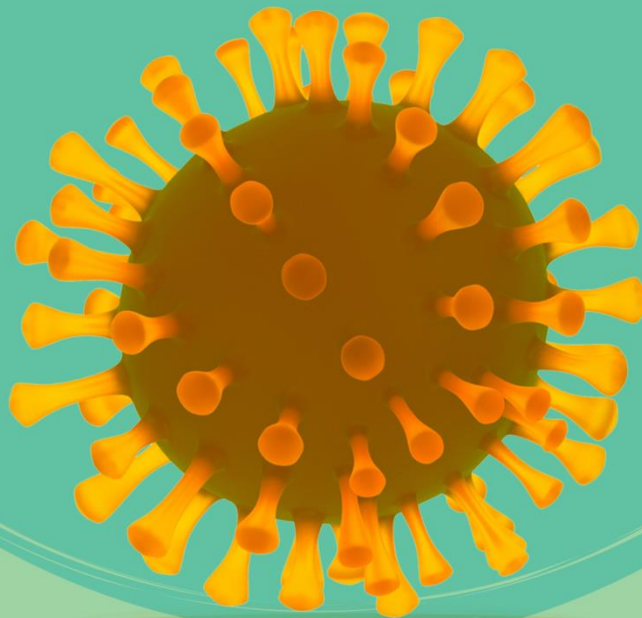


- **Meditation** My daughter and I regularly do guided meditations together. We lay on her bed (often right before bedtime) and listen to a 20-40 minute guided meditation. There are a lot of free options on YouTube and it is a lovely way for us to connect, relax and transition at bedtime.
- **Be present with your kids** They need you; not you staring at your phone.
- **Place the focus on precautionary measures** Reiterate that the family and community are merely taking precautions to help minimize the spread of this virus, which is much like the flu virus.
 - Help them practice how to properly wash their hands –with soap and water for 20 seconds, and how to cough into their sleeve.
 - Everyone in the household should immediately wash their hands when they come home.
 - Remind them to not touch their faces (I say, good luck with this!! But, this is the BEST prevention).
 - Cell phones should be wiped with a disinfecting wipe daily (all natural wipes are available and effective against viruses).
 - If they can, use their sleeve to open doors and minimize touching public touch points when out and about.
- **Be honest with your kids** They know that something is going on and they have likely heard some scary statements. The media is quick to repeat the number of deaths from COVID-19. They can internalize what they hear, easily making the leap and concluding that we are all going to die. This, of course is NOT TRUE. I had to have this exact conversation with my 10 year old daughter. Give them simple, honest answers and reassure them that you, your family and your community are taking precautions to help reduce the spread of COVID-19 and that we are all doing so, because this is hitting the elderly very hard.
- **Individuality** Each kid will respond to this stress in their own way and this response may change over time. Be aware of this and simply be present for them.

- **Routine, routine, routine** The best structure for them right now is to continue with their routine. Routines help them know what is coming next and this provides a feeling of safety.
- **Encourage your kids to ask you questions**
- **Get them to bed a little earlier – teens too** This will help bolster their immune system.
- **Be indulgent** Your kid will need extra comforting and depending on their age, they may regress a little with their behaviors. They may need a nightlight, to sleep with the light on, or, they may need you with them while they fall asleep. Indulge them with these changes...
- **GIVE EXTRA** Give extra hugs, extra kisses, extra love, extra reassurance, and let them know that you are here for them.



IMMUNE BOOSTING STRATEGIES



Immune Boosting Strategies

Children's immune systems are immature and it is normal for kids to have multiple viruses annually. If your child does come down with cold or flu like symptoms, it is MUCH more likely that they have another virus. Don't panic. Support them as you would if they had a cold or flu virus – plenty of rest, keep them hydrated and monitor their symptoms. Remember, thus far, kids seem to be very resilient to COVID-19.



A strong immune system is your kid's best defense against viruses. To help boost their immune system, start with stress and anxiety reduction, as outlined above. Here are the next steps:

- **Eating plan** Feed them a variety of recognizable and minimally processed foods, focus on color and remove added sugars (not fruit). Try to include at least 2 herbs AND spices at each meal.

- **Sugar** Remove all added sugars (cane sugar, brown sugar, sucrose, high fructose corn syrup, corn syrup, dextrose, dextrin, brown rice syrup, glucose). Added sugars are inflammatory and suppress the immune system.

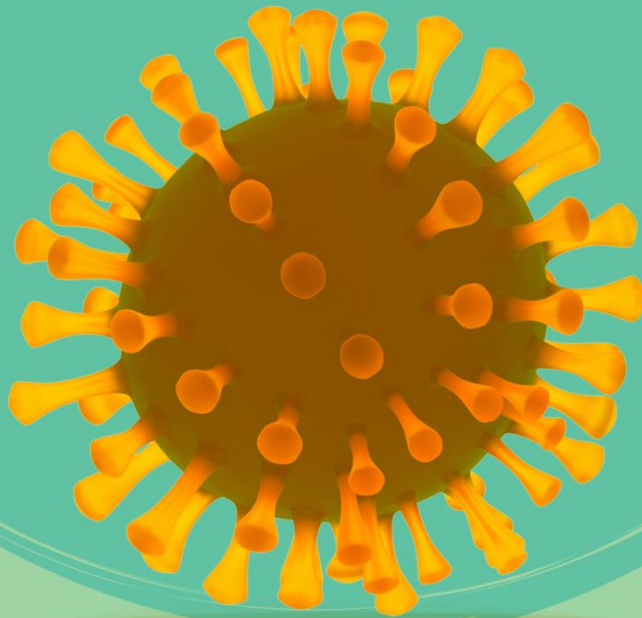
If you feed your kids packaged foods, read the label. **Four grams of sugar is equal to one teaspoon of sugar.** I once wrote an article about the added sugar content in three “health foods” - Chobani Yogurt, a Luna Bar and Trader Joe’s Marinara sauce – they collectively have 7.25 teaspoons of added sugar per serving; which is close to a shot glass full of sugar in a single day! If your kid consumed this daily, they would consume a half pound of added sugar in a week and 27.5 pounds of added sugar in a year.

This does not take into consideration any sweets that they are fed (the sugar that we feed them, that we are aware that we are feeding them)! We need to be on the lookout for hidden sugar.

To replace the Chobani Yogurt, a Luna Bar and Trader Joe’s Marinara sauce, eat plain full fat yogurt (can sweeten with a little real maple syrup, or honey), combine almonds and dried apricots for an on-the-go energy bar and find a marinara sauce that has less than 2 grams of sugar per serving (you will be reading a lot of labels, but they are out there)!

- **Hydrate** I have seen news reports of people making a run on Costco to stock up on bottled water. Our water system is not in jeopardy and I would prefer to cut down on plastic waste in the environment. Consider buying a water filter system. I have one that sits up on the counter.
 - Drink water out of glass, a ceramic mug or stainless steel (not plastic)
 - Do not drink out of plastics; especially hot liquids. Heat draws toxins, chemicals and plastic compounds out of the plastics while you are drinking.
 - Drink 1-4 oz of filtered water each hour for proper hydration (depending on age)

ANTIVIRAL FOODS, SUPPLEMENTS AND HERBS



Antiviral Foods, Supplements and Herbs

There are four main goals to help prevent and weather a viral infection – the first is to bolster the immune system. The second is to reduce inflammation. The third (and one of the most important) is to down-regulate the NF-kB pathway (I'll explain this in a minute) and the fourth is to inhibit viral replication.

Did You Get My List? I am going to discuss food, supplements and herbs. After you downloaded this e-book, you were sent a list of my favorite go-to brands of supplements and herbs that target the immune system, lower inflammation and exhibit antiviral properties. I also included dosing instructions and I linked you to a reputable source to purchase these, all in one place.

Look for this in your email in-box!



Let's dip into nature's toolbox!

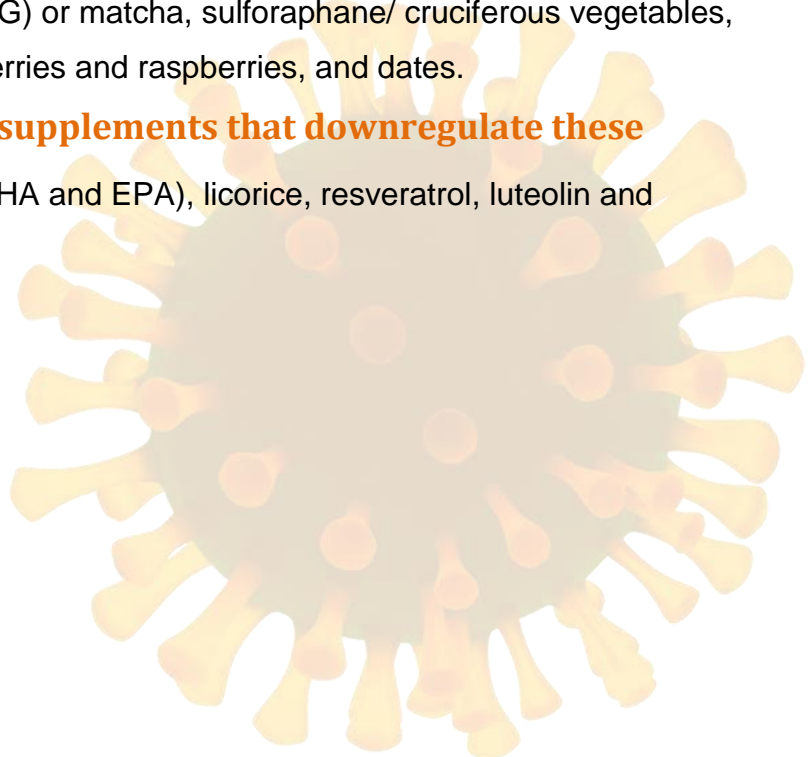
Bolster the immune system and reduce inflammation help your kids get adequate sleep (set their bedtime a little earlier and stick with it), and reduce stress (help your kids feel safe in their environment). Focus on a whole foods diet, with a lot of color. Reduce/ remove sugar intake.

- **My top herbs and supplements that bolster the immune system**

Cordyceps – immune boosting mushroom extract (which can be a little stimulating, don't take after 5PM), Dong Quai, rhodiola (which can be a little stimulating, don't take after 5PM), and Astragalus, Echinacea and Andrographis. Antioxidants vitamin C, Zinc and selenium. Glutathione, quercetin, vitamin D, and N-acetylcysteine (NAC).

- **Foods that downgrade inflammation** We target the three most common cytokines TNF-alpha (tumor necrosis factor), Il-1b and IL-6 (all three of these are inflammatory cytokines - a chemical produced by the body that drive inflammation). Foods that decrease these three cytokines are coriander, beets, green tea (EGCG) or matcha, sulforaphane/ cruciferous vegetables, anthocyanins in blueberries and raspberries, and dates.

- **The top herbs and supplements that downregulate these cytokines** Fish oil (DHA and EPA), licorice, resveratrol, luteolin and boswellia.



How to Down Regulate NF-kB

NF-kB (pronounced “en-f-kappa-b”) is a central mediator of our immune system and inflammatory response. It also plays a key role in regulating the immune response to infection.

NF-kB, stands for “Nuclear Factor kappa-light-chain-enhancer of activated B cells.” Wow, right? This is why we shorten this to NF-kB. It plays an important role in almost all of our cells. It controls DNA transcription, cytokine production, cell survival and other important cell events. It is stimulated by stress, cytokines, bacterial and viral antigens, heavy metals and oxidative stress.

Viral infections have the ability to activate the NF-kB pathway. When this happens, NF-kB translocates, moving inside the nucleus of the cell, where it stimulates gene expression. This turns on inflammation, as well as contributes to viral replication and viral pathogenicity.

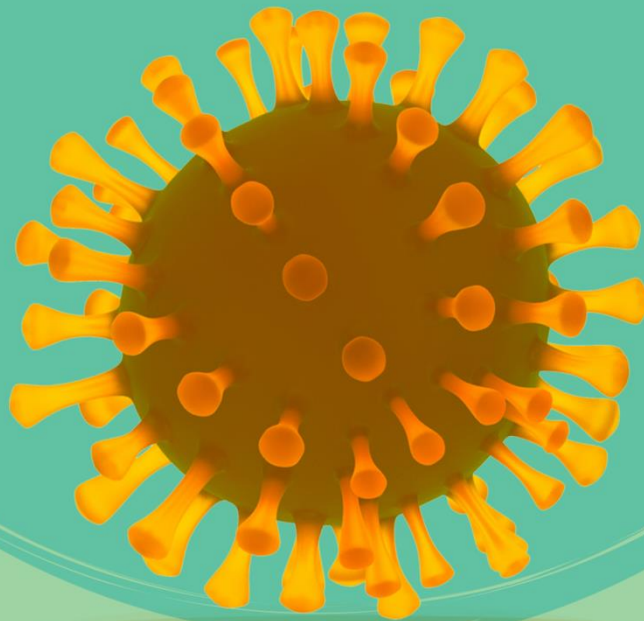
This pathway can be inhibited by modulating NF-kB with specific foods, supplements and herbs. One study found that activation of the NF-kB signaling pathway was a prerequisite for influenza virus infection. This may be specific to the influenza virus, but, by incorporating these into your kid’s eating plan, you may in turn inhibit a virus’ ability to modulate NF-kB and spare their body some time, to allow their immune system to get in front of the viral replication.

Also, by making these changes to their diet and implementing a supplement and herbal regimen, you will be reducing their risk of getting the flu this season!

- **Foods that down regulate the NF-kB pathway** are garlic, basil, ginger, turmeric, cloves, green tea EGCG and matcha (green tea powder), pomegranate, red hot peppers and rosemary. Indole-3-Carbinol (from cruciferous vegetables – broccoli, cauliflower, Brussels’ sprouts) is also a NFkB regulator. Include cruciferous vegetables daily. Licorice (have this as tea – a weak cup of licorice tea, not the candy).

- **Supplements and herbs that inhibit NF-kB** are fish oil (EPA and DHA), Vitamin E, Vitamin C, Vitamin D, selenium and zinc, coenzyme Q10, resveratrol, milk thistle, resveratrol, glutathione, alpha lipoic acid, quercetin and N-acetylcysteine.
- **Foods and supplements that have antiviral properties:** coconut oil (monolaurin), Baikal skullcap, elderberry and decocted elderberry leaf, lemon balm, rosemary, nettles, star anise, thyme, Japanese knotweed root, kudzu, alpha lipoic acid, N-acetylcysteine, glutathione, quercetin and vitamin C.

HERE ARE MY
FAVORITE GO-TO
VITAMINS AND MINERALS



Here are My Favorite Go-To Vitamins and Minerals

I am going to touch on some of my favorite vitamins and minerals and share a brief summary of mechanisms and pathways.

- **Selenium** is an antioxidant and it helps to reduce oxidative stress in the body.

It enhances the immune system. Deficiency has been shown to increase viral virulence and supplementation has been shown to accelerate the body's cellular anti-viral response.

Selenium food sources Brazil nuts, egg, sunflower seeds, brown rice, shrimp, prawns, spinach, oyster, tofu, liver.

Supplement forms. The best form is selenomethionine – as this form is 90% absorbed, or Se-methyl-L-selencysteine.

Dosing take in a multi-vitamin/ multi-mineral

- **Vitamin E** is an antioxidant and it helps to reduce oxidative stress in the body.

Deficiency has been shown to increase viral pathogenicity and altered immune response.

Vitamin E food sources almonds, peanut, hazelnut, sunflower seeds, maize, spinach and broccoli.

Supplement forms The best form is d-alpha tocopherol WITH mixed tocopherols. Take with a meal.

- **Vitamin A** can help bolster immunity to a variety of viruses. Currently, WHO recommends 100,000 IU once a day for two days, for pediatric measles cases in areas of known vitamin A deficiency. Vitamin A inhibits the NF-kB pathway.

Vitamin A food sources sweet potatoes, carrots, apricots; dark leafy greens, like spinach and kale; eggs; and bell peppers.

Supplement forms most effective form as retinols (retinyl palmitate from animal source as opposed to beta- carotene from plants. Beta-carotene is not vitamin A and it must be converted into vitamin A in the body. Take with a meal.

- **Vitamin C** taken orally at high dosages, can inhibit viral replication and infection. It has also been used and studies through IV administration and it was found to significantly decrease mortality and prevent progressive organ failure in patients with sepsis, which reduced the risk of death to 8.5% vs. 40.4% in the control group! There is a current research trial underway to investigate vitamin C infusions for the treatment of severe 2019-nCoV infected pneumonia – the subjects in the treatment group will receive 24 grams of Vitamin C daily for 7 days. If one of my family members, or patients, was in the hospital with the coronavirus, or other virus, I would insist on IV vitamin C treatment.

Vitamin C food sources broccoli, cantaloupe, cauliflower, kale, kiwi, orange juice, papaya, red, pepper, sweet potato, strawberries, and tomatoes.

Supplement forms best form is vitamin C w/ bioflavonoids.

- **Glutathione** is a NF-kB inhibitor. It is also the most abundant antioxidant in the body and it is present at the same intracellular concentrations as potassium, glucose and cholesterol. Glutathione blocks viral replication at many stages. It regulates the inflammatory response and oxidative stress that occur during a viral infection. *this must be consumed in the liposomal form, as other forms are poorly absorbed. The majority of viruses thrive in an environment of low glutathione and high oxidative stress. Glutathione has been well studied on viruses, from the common cold (rhinovirus), to the "Flu" (influenza), to AIDS/HIV, hepatitis A, B, and C, DNA viruses, RNA viruses, retroviruses and more.

Supplement forms The best form is liposomal glutathione.

- **Quercetin** is a plant flavonol, found in blueberries, kale, broccoli and green tea. It reduces inflammation, inhibits NF-kB, reduces viral replication and viral load and can be used to treat the common cold and flu virus.

Isoquercitin Food Sources leafy vegetables, broccoli, red onions, peppers, apples, grapes, black tea, green tea, red wine, and some fruit juices.

Supplement forms The best form quercetin glucosides.

- **Vitamin D** inhibits NF-kB, it is anti-inflammatory and it is antiviral. It is theorized, that one of the contributing factors to people being more susceptible to viral infections in the winter, when days are shorter and colder, is that we get less exposure to sunlight and vitamin D levels are at their lowest. Vitamin D stimulates our innate immunity. Studies show that, in general, people with lowest levels of vitamin D see significantly more cases of cold virus and flu virus.

Vitamin D food sources Fatty fish, such as salmon, herrings and sardines; shellfish, such as oysters and shrimp; egg yolks; mushrooms.

Supplement forms best form is cholecalciferol. Best taken as an emulsified liquid supplement with a meal.

- **N-acetylcysteine (NAC)** is really in a category by itself. Not only does this regulate NF-kB, it is anti-inflammatory, it is an antioxidant, it blocks viral replication independent of glutathione, and it has been shown to induce viral apoptosis (induces viral cell death). NAC also helps to boost levels of glutathione in the body. It is considered an 'essential medicine' by the World Health Organization.

Supplement forms The best form is N-Acetyl-L-Cysteine. Take in between two meals, unless it causes stomach upset, and then take with a meal.

- **Alpha Lipoic Acid** inhibits NF-kB, it is an antioxidant and it also gets in the way of viral replication. It downregulates inflammatory signaling by downregulating IL-1 β , IL-6, TNF α , iNOS. It also crosses the blood brain barrier and has a protective effect on the microglial cells (which in turn will help reduce inflammation in the brain)

Supplement forms The best form is R-alpha-lipoic acid, but it is a bit unstable and we need more research on this. Alpha lipoic acid is readily available in supplement form.

- **Zinc** is an antioxidant and it demonstrates antiviral properties over a number of mechanisms and it is recommended for therapeutic support of many viruses –

the common cold, HSV, coronavirus (not tested specifically on the COVID-19 strain), foot and mouth disease, hepatitis C, HIV, HPV, rhinovirus, and varicella-zoster. Adding zinc is a must!

Zinc food sources shellfish, such as cooked oysters, crab and lobster; meats, especially grass-fed beef and lamb; toasted wheat germ; spinach; cashews; pumpkin, squash and sesame seeds; dark chocolate.

Supplement forms The best form is ionic, capsules as glycinate, or lozenges.

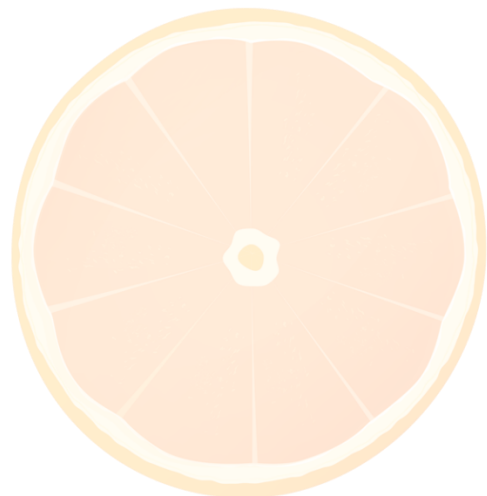
- **Probiotics** help to boost the immune system, some have been shown to promote natural antibody production in the body and other strains have been shown to have antiviral properties.

Probiotic food sources yogurt with live and active cultures; kefir; milk with probiotics, such as buttermilk or sweet acidophilus; cultured vegetables, such as unpasteurized sauerkraut and kimchi; miso; kombucha; soft cheeses, such as those made from goat's or sheep's milk; sourdough bread; sour pickles or olives cured in brine, not vinegar.

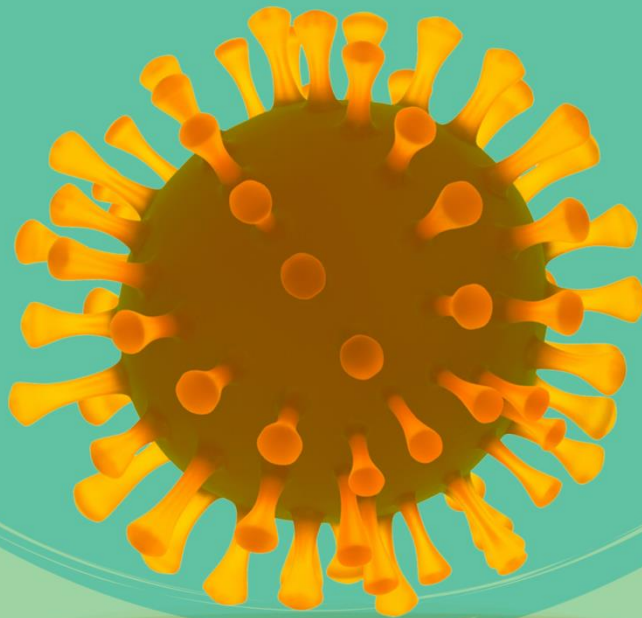
Supplement forms The best form are ones that have been well studied in children.

- **Turmeric (curcumin)** is a popular Indian spice that is well known for its anti-inflammatory, antioxidant, and it is antiviral prowess. It also inhibits the NF-kB pathway.

Turmeric Food sources turmeric root



QUICK GUIDE TO GETTING STARTED



Quick Guide to Getting Started

- Start the Anti-Inflammatory whole foods diet now (include the foods listed in the previous section, and summarized below).
- Include foods, supplements and herbs that help to bolster your immune system, reduce inflammation and down regulate NF-kB
- Improve glutathione and vitamin D status.
- Get them to bed earlier.
- Give your kids reassurance, and extra, extra love.
- Reduce stress – help your kids feel safe in their environment!
- Parents - Inform, decide, and plan (there is no need to panic!). Watch your mood around your children. Be present.
- Keep them hydrated – 1-4 oz of filtered water every hour (minimize after dinner, to avoid drinking too much fluid before bedtime).

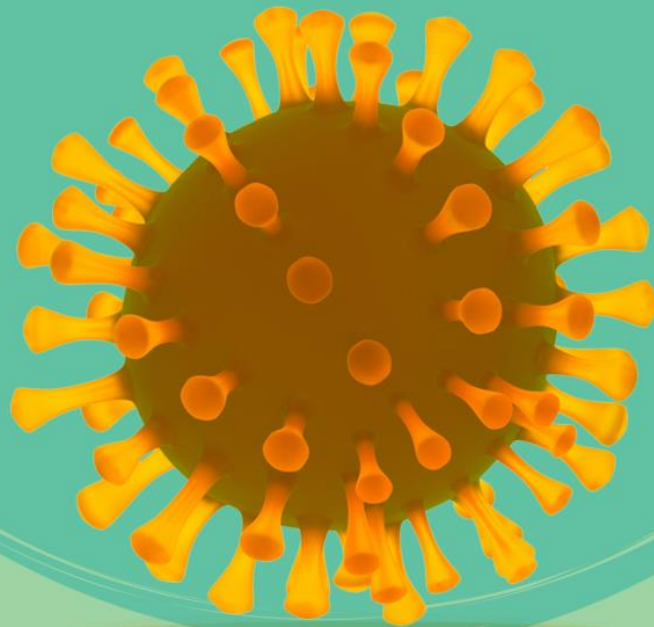
Eating plan Eat a variety of recognizable and minimally processed food, focus on color and remove added sugars (not fruit). Focus on anti-inflammatory and immune supportive foods (listed below). Include at least 2 herbs AND spices at each meal.

Include these foods daily (to bolster the immune system, reduce inflammation, and down regulate NF-kB): coriander, beets, green tea and matcha, cruciferous vegetables, berries, turmeric (curcumin), ginger, garlic, basil, cloves, pomegranate, red hot peppers, coconut oil, star anise, and rosemary.

Include these supplements daily (to bolster the immune system, reduce inflammation and down regulate NF-kB): fish oil, boost antioxidants: vitamin C, zinc, selenium, liposomal glutathione, quercetin, curcumin, and take probiotics, and N-acetylcysteine (NAC) and vitamin D.

Include these immune boosting herbs elderberry, isatis tinctoria root extract and astragalus root extract.

THERAPEUTIC INTERVENTIONS



Therapeutic Interventions

Currently, there are no antiviral medications, nor a vaccine that will prevent or treat COVID-19. We can use nature's toolbox and what we know about viruses, to offer therapeutic support to our kids to prevent a viral illness and support them during a viral illness.

In my practice, I have a natural pharmaceutical toolbox that includes many herbs that I use to provide adjunct support to conditions like the cold virus, flu virus, Epstein Barr virus and allergies. My go-to books for information for the most potent natural antibacterial and antiviral herbs are, *Herbal Antibiotics: Natural Alternatives for Treating Drug-Resistant Bacteria* and *Herbal Antivirals: Natural Remedies for Emerging and Resistant Viral Infections* – both by Herbalist and award winning author Stephen Buhner.

Stephen generously shares his protocols publicly, for all to use. He recently shared a protocol to both prevent and treat the novel corona virus in adults and children:

I have an analysis of how this viruses infect tissues, what tissues they infect, and the herbs that are useful to interrupt that process, as well as the herbs useful to shut down the cytokine cascade they create on pages 52-55 of Herbal Antivirals. It is useful reading in that it can inform treatment from a knowledgeable place (there are also some suggestions, not often used by medical professionals, for specific pharmaceuticals that have been found to be useful). Here is a sample protocol. Please note it is rather more extensive than the ones I normally suggest, this is because the particular corona virus that is now spreading worldwide is exceptionally potent in its impacts. Again, this is only a suggested protocol, but all the herbs are specific in one way or another for this virus. A number of the herbs are strongly antiviral for corona viruses. In general, I would only begin using these formulations IF there is good reason to believe that the virus is entering your area. The formulations are preventative as well as specific for acute infections, the only alteration is the dosage.

Three tincture formulations and one tea.

- **Core Tincture Formulation** (for) antiviral properties: Baikal skullcap (3 parts), Japanese knotweed root (2 parts), kudzu (2 parts), licorice (1 part), elder berry (1 part). Dosage: 1 tsp 3x day,

6x if active infection (he prefers elder berry decocted leaf, but this is not commercially available, so he recommends elderberry in its place).

- **Immune System Formulation** (for) cellular protection, cytokine interruption, and offers support for core tincture activity: Cordyceps (3 parts), Dong Quai (2 parts), rhodiola (1 part), Astragalus (1 part).
- **Cellular Protection Formulation** (for) cytokine interruption, spleen/lymph support:: Dan Shen (3 parts), red root (2 parts), cinnamon (1 part).
- **With active infection: very strong boneset tea up to 6x day.**

I have used this with other corona virus infections, including SARS, it works well – Stephen Buhner

I reached out to my local herbalist, Katya Difani, who founded Herban Wellness in Kirkland, Washington in 2009 – a local herbal apothecary (natural pharmacy). She created Herban Wellness so people could purchase high quality herbs for wellness and for their ailments. I have been working with Katya, an herbalist out of my alma mater, Bastyr University, for the past decade. Together, we have packaged Stephen Buhner's exact formulations into kits. This protocol works for flu prevention too!



20/10 Core Viral Kit

You may purchase this kit here:

<https://siboguru.com/shop/20-10-core-virus-and-flu-kit-kids/>



- **Core Tincture Formulation 4 oz**
- **Immune System Formulation 2 oz**
- **Cellular Protection Formulation 2 oz**
- **Boneset Tea**
 - *Offers a 20 day supply at preventative dosing for one person*
 - *Offers a 10 day supply for acute treatment for one person*

40/20 Core Viral Kit

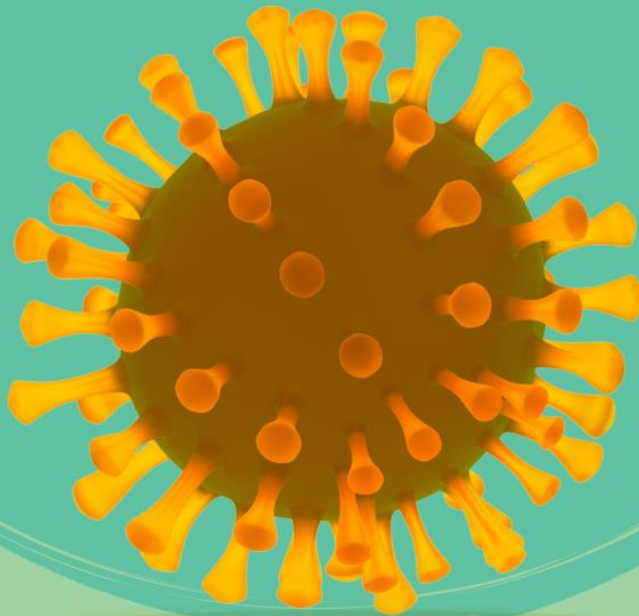
You may purchase this kit here:

<https://siboguru.com/shop/40-20-core-virus-and-flu-kit-kids/>



- **Core Tincture formulation 8 oz**
- **Immune System Formulation 4 oz**
- **Cellular Protection Formulation 4 oz**
- **Boneset Tea**
 - *Offers a 40 day supply at preventative dosing for one person*
 - *Offers a 20 day supply for acute treatment for one person*

PROTOCOL: THERAPEUTIC INTERVENTION TO PREVENT VIRUSES



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Protocol: to Boost the Immune System

Follow the Anti-Inflammatory Diet and everything that I recommended in the Quick Guide to Getting Started.

If a virus comes into your area, you can use these tinctures** to bolster your kids immune system and support their anti-viral pathways.

**only take the preventive dose if there are active cases in your local community, and do not administer this protocol for more than two months.

Boneset tea is not used for prevention. Only use Boneset tea if you or your kid has an active infection.

Preventative Pediatric Dosing

Purchase the three tinctures and boneset tea in a pre-packaged kit:

<https://siboguru.com/product-category/child-virus-flu/>



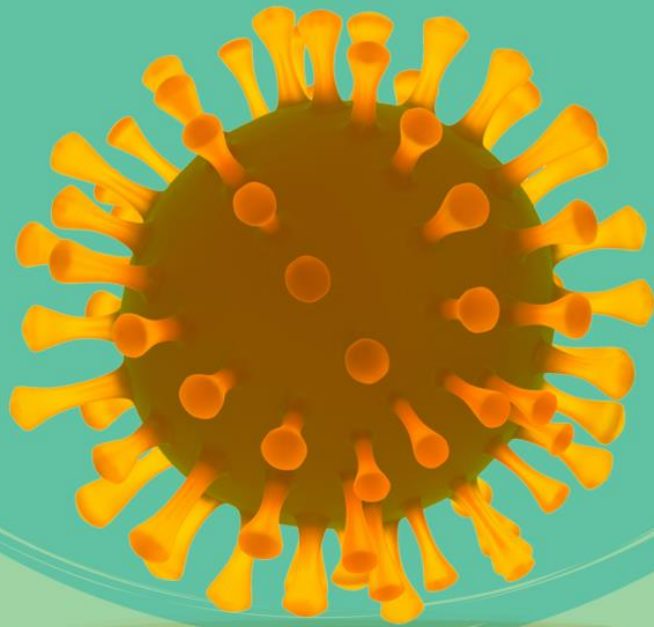
5 -10 years old:

- Core Tincture Formulation: 1 dropperful 2 x/ day
- Immune System Tincture Formulation & Cellular Protection Tincture Formulation: 1 dropperful each 2 x/ day
 - Add tinctures to water, water with a splash of POM juice, or juice
 - Don't administer after 5PM

10-17 years old

- Core Tincture Formulation: 1 dropperful 3 x/ day
- Immune System Tincture Formulation & Cellular Protection Tincture Formulation: 1 dropperful each 3 x/ day
 - Add tinctures to water, water with a splash of POM juice, or juice
 - Don't administer after 5PM

WHAT TO DO IF YOUR CHILD COMES DOWN WITH A VIRUS



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What to Do if Your Child Comes Down with a Virus

If your child feels like they are coming down with a virus, continue with the Anti-Inflammatory Diet and everything that I recommended in the Quick Guide to Getting Started.

Chances are that your child does NOT have COVID-19. They are much, much more likely to contract another virus and this is cold and flu season! Monitor their symptoms. If their symptoms are mild (this includes a fever), they need rest, fluids, keep them warm and give them extra love.

Load with vitamin D ages 5 and up, 20,000IU daily for three days (vitamin D is an anti-viral)

Fever Reducers We need to get over our fever-phobic response over a fever. A fever treats the infection. At a higher temperature, white blood cells, and B cells and T cells (immune cells) work better. A fever is your kid's defense against an invading virus. It helps the body get in front of the viral replication. If you administer a fever reducer (even to help them sleep, or to make them comfortable) the body will then produce an inflammatory cytokine storm and this can overwhelm the body.

How your kid acts is more important than their actual temperature as Seattle Children's Hospital States <https://www.seattlechildrens.org/conditions/a-z/fever-myths-versus-facts/> Can they look you in the eye and carry on a conversation? It is more important how your child looks and acts, than their actual temperature (yes, I know that I am repeating myself. Also note, that when a fever increases, so does your kid's metabolic rate. They will speak faster and have a faster respiratory rate, acting like they have recently had caffeine, this is normal. Shortness and difficulty breathing is not normal and this has nothing to do with the fever - seek immediate medical attention for your child.

Letting Go of Fever Phobia

So, let's go through some fever myth busting with Seattle Children's Hospital:

<https://www.seattlechildrens.org/conditions/a-z/fever-myths-versus-facts/>

MYTH All fevers are bad for children.

FACT Fevers turn on the body's immune system. They help the body fight infection. **Normal fevers between 100° and 104° F (37.8° - 40° C) are good for sick children.**

MYTH Fevers above 104° F (40° C) are dangerous. They can cause brain damage.

FACT Fevers with infections don't cause brain damage. Only temperatures above 108° F (42° C) can cause brain damage. It's very rare for the body temperature to climb this high. It only happens if the air temperature is very high. An example is a child left in a closed car during hot weather.

MYTH Anyone can have a seizure triggered by fever.

FACT Only 4% of children can have a seizure with fever.

MYTH The exact number of the temperature is very important.

FACT How your child looks and acts is what's important. The exact temperature number is not.

When to Call for Fever

Call 911 Now

- Not moving or too weak to stand
- Can't wake up
- Trouble breathing with bluish lips or face
- Purple or blood-colored spots or dots on skin
- You think your child has a life-threatening emergency

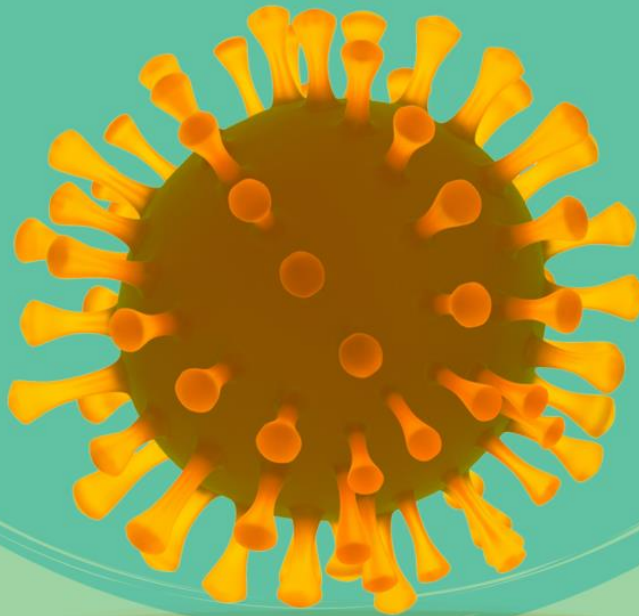
Call Doctor or Seek Care Now

- Trouble breathing
- Great trouble swallowing fluids or spit
- Not alert when awake ("out of it")
- Acts or talks confused
- Age less than 12 weeks old with any fever. Caution: do NOT give your baby any fever medicine before being seen.
- Fever over 104° F (40° C)
- Shaking chills (shivering) lasting more than 30 minutes
- Nonstop crying or cries when touched or moved
- Won't move an arm or leg normally
- Dehydration suspected. No urine in more than 8 hours, dark urine, very dry mouth and no tears.

Call Doctor or Seek Care Now, Continued...

- Pain or burning when passing urine
- Weak immune system. Examples are: sickle cell disease, HIV, cancer, organ transplant, taking oral steroids.
- Your child looks or acts very sick
- You think your child needs to be seen, and the problem is urgent
- Call Doctor Within 24 Hours
- Age 3-6 months old with fever
- Age 6-24 months old with fever that lasts more than 24 hours. There are no other symptoms (such as cough or diarrhea).
- Fever lasts more than 3 days
- Fever returns after being gone more than 24 hours
- Recent travel outside the country to high risk area
- You think your child needs to be seen, but the problem is not urgent

ACTIVE VIRAL CASE – PEDIATRIC THERAPEUTIC DOSING



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Active Viral Case - Pediatric Dosing

Purchase the three tinctures and boneset tea in a pre-packaged kit:

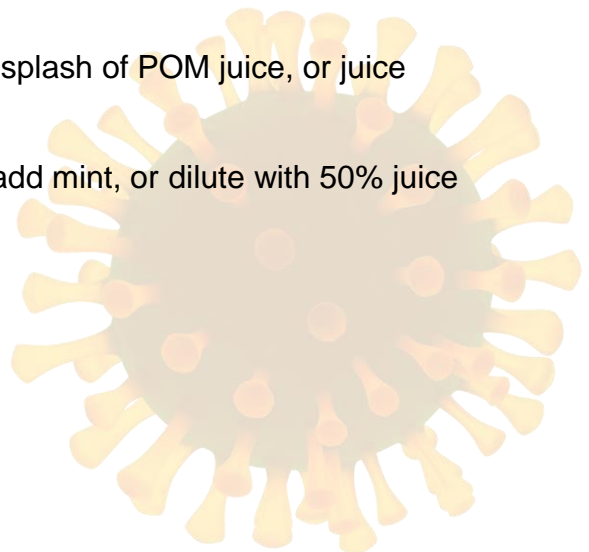
<https://siboguru.com/product-category/child-virus-flu/>

5 -10 years old:

- Core Tincture Formulation: 1 dropperful 4 x/ day
- Immune System Tincture Formulation & Cellular Protection Tincture Formulation: 1 dropperful each 4 x/ day
- Boneset Tea: 1/3 teaspoon, steep for 15 minutes 2-4 times a day, every 3-4 hours
 - Add tinctures to water, water with a splash of POM juice, or juice
 - Don't administer after 5PM
 - Do not administer to children under the age of 5
 - Boneset tea is a bit bitter. You can add mint, or dilute with 50% juice
 - Take Boneset tea for 5-7 days

10-17 years old

- Core Tincture Formulation: 2 dropperfuls 4 x/ day
- Immune System Tincture Formulation & Cellular Protection Tincture Formulation: 2 dropperfuls each 4 x/ day
- Boneset Tea: ½ teaspoon in 1 cup of hot water and steep for 15 minutes 2-4 times a day, every 3-4 hours
 - Add tinctures to water, water with a splash of POM juice, or juice
 - Don't administer after 5PM
 - Boneset tea is a bit bitter. You can add mint, or dilute with 50% juice
 - Take Boneset tea for 5-7 days




Stay Calm and Wash Your Hands

There is more research that needs to be done on this virus. In the coming months and years, we will know more and we will hopefully have more therapies to directly target COVID-19 head on!

These are the steps that I will be taking with my family and I hope that by sharing these steps with you here, that this will help educate you on the tools that we have in the natural world, that work for other viral respiratory illnesses, like the flu.

I hope that this book has helped turn your anxiety into action!

With much love, 

Angela Pifer, FMN, LN, CN

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Please discuss all recommendations in this book with your child's pediatrician.

Angela Pifer–Functional Medicine Nutritionist, MS, LCN, CN, FMN

Angela is one of the nation's foremost functional medicine nutrition and health experts, and an accomplished speaker and radio personality. Her 25 years in the health and fitness industry and the past 16 years as a Functional Medicine Nutritionist focusing in the areas of digestive health, functional gut disorders, thyroid, autoimmune and SIBO (small intestine bacterial overgrowth), have earned Angela, recognition as the go-to gut expert who can show even the most health challenged, how to restore their gut health.

Affectionately known to her patients as 'SIBO Guru,' within her private practice [SIBO Guru](#) she applies functional medicine and integrative functional nutrition into an evidence based approach along with clinical know-how to create an individualized approach for each patient.

Although she doesn't look it, she will be 50 in two years. She knows how to heal the gut, and keep the both healthy, energetic and glowing.

[GutRx Gurus Bone Broth](#) – Angela launched the first commercially available FODMAP free bone broth line! Bone broth is incredibly healing to the gut lining, and nutritionally stabilizing, yet, all commercially available broths are made with garlic and onions, which can be triggering to people suffering from digestive issues, like leaky gut. Gut prescription bone broth is delicious, and allergen free!



Angela earned a BS in psychology and an MS in Nutrition Science from Bastyr University, where she has also taught clinical practice and business development and still mentors nutrition and dietetic students. She is a licensed health care provider with the State of Washington. Angela has advanced training in Functional Medicine, completing over 3500 continuing education credits focused in the areas of functional medicine, detoxification, digestion and immune/ inflammation.