



Dr. Clickner's Advice: The Chinese Coronavirus



I am sure by now you have heard about the spread of a new viral strain of Coronavirus from Wuhan, China. China may seem far away but plane travel brings viruses right to our very door with very little warning or in my case I am visiting a lot of doors. I am currently traveling in Morocco and when I tell you that I am surrounded by Chinese tourists, I mean busloads everywhere I go. At the same time at least two people traveling with me are under the weather with coughs, fevers and congestion ... so it makes one a little nervous, right?!

But despite eating every meal with sick people, I am perfectly healthy. Why? Because I am serious about supporting my body's ability to resist infection and illness. Check below for the protocol that I take every day.

Already there are multiple cases in the U.S. and so prevention is the most important thing we can all do for ourselves and our families because avoiding anyone who may have passed anyone who even stood next to anyone who knows someone who came out of Wuhan, is unrealistic.

Just to give you the facts ... this virus is called a coronavirus, similar to the SARS outbreak that occurred in 2003. Coronaviruses are a family of viruses that create respiratory symptoms from the common cold to severe respiratory illnesses. They are also a family of viruses that are transmitted from animals to people and then as they mutate, from people to people. This is the case now with the new strain of coronavirus that began in a seafood market selling illegal wild animals in Wuhan, China.

The difficulty with this virus is that symptoms do not usually begin for up to two weeks after exposure. This is also the most contagious period which means someone can show no symptoms at all, but still can be spreading the illness to others. Symptoms include fever and a dry cough, followed about a week later with shortness of breath and breathing difficulties. This can quickly move into pneumonia which is what has required so many hospitalizations worldwide.

Chinese citizens make up the largest tourist population in the world and so far the largest population to fall ill, which explains my nervousness sitting at a table next to a table of Chinese tourists who are coughing. But I don't need to be nervous because I have my protocol and my travel rules for prevention below.



My Travel Rules for Preventing Illness

Prevention is the most effective way to prevent any illness whether traveling or not and to limit its effect should you become exposed.

1) Increase your hand washing and carry antibacterial hand sanitizer. Particularly important when out and about, wipe down any surface that you use such as a phone, a

My Best Prevention Protocol:

This is my tried and true anti-viral protocol and your best protection against every viral illness.

Immuplex - 1 with breakfast and dinner.

Echinacea Premium - 1 just before breakfast and dinner.

Andrographis Complex - 1 just before breakfast and dinner.

doorknob, computer keyboard, even my hotel room key, etc. You can also wear gloves, particularly when it is cold outside or even while traveling, which will then protect you when out in public. Be sure to wash your gloves daily after use or get really cool disposable gloves.

2) Do not share drinking glasses, plates or utensils with other people and beware of buffets. I don't even use the serving spoons they give you with the dishes at a buffet, instead using one of my own.

3) If you already have an illness and your immune system is compromised, then wear a facemask when out in public. Here in Morocco it is very dusty, so wearing a facemask or even covering the face with a scarf helps a lot.

4) Avoid anyone that exhibits symptoms of a cold or flu, especially if they are sneezing or coughing.

Order your protocol today:

**Cheryl at our customer service desk 508-826-3551 or
cbnmcustomerservice@gmail.com**

**Order through your Customer account at Standard
Process**
