



CORONAVIRUS

PROTECT | PREVENT | HEAL

WHAT IS CORONAVIRUS?

The Coronavirus or Covid-19 as it has recently been termed, is responsible for a group of illnesses ranging from the common cold to SARS (severe acute respiratory distress), pneumonia and bronchitis. While the first case was documented in Wuhan, China in late 2019, the virus has transversed the globe (aside from Antarctica) and now infects 3,487 members of the United States. The infection rate is drastically skewed towards older individuals greater than 60 with many deaths occurring in those with complicating health factors such as existing cardiovascular issues, diabetes or immune compromise. Despite the hyperbolic treatment of this virus by social media, it is not an illness to fear, but rather respect. Follow the basics of health and start implementing the recommendations to follow in this article.

COULD I BE INFECTED?

Covid-19 has many overlaps with other viruses however physicians and researchers have noted some key identifiers.

1. 78% of the infected group were male.
2. The most common finding was **fever** which was found in 98% of those infected.
3. The second most common finding is a **dry cough** found in 76%.
4. The third most common symptom was **myalgia/fatigue** found in 44%

COVID-19 compared to other common conditions

SYMPTOM	COVID-19	COMMON COLD	FLU	ALLERGIES
Fever	Common	Rare	Common	Sometimes
Dry cough	Common	Mild	Common	Sometimes
Shortness of breath	Common	No	No	Common
Headaches	Sometimes	Rare	Common	Sometimes
Aches and pains	Sometimes	Common	Common	No
Sore throat	Sometimes	Common	Common	No
Fatigue	Sometimes	Sometimes	Common	Sometimes
Diarrhea	Rare	No	Sometimes*	No
Runny nose	Rare	Common	Sometimes	Common
Sneezing	No	Common	No	Common

*Sometimes for children
Sources: CDC, WHO, American College of Allergy, Asthma and Immunology

WHAT MAKES YOU SUSCEPTIBLE?

Current mortality rates from this pandemic has been estimated between 1-3% with the caveat being that testing in the United States is in the very early stages as well as the difference of symptoms keeping many of those infected from being counted. So in reality, the infection rate is likely higher and the mortality rate is likely lower. With that said, do you want want to be part of that small percentage?

Factors that would put anyone into a high risk category would be:

- Immunocompromised
- On anti-rejection drugs
- Recent pneumonia
- Frequent Traveler
- Over 60 years old
- Heart Disease

CHI RHO RECOMMENDATIONS

At our root, Chi Rho Chiropractic utilizes the C.A.M.P. Protocol to health focusing on lifestyle at its' root. This approach could not be any more applicable than it is right now for Covid-19. After all, why do we wait for a tragedy to be patriotic or a pandemic to practice good health habits?

Lifestyle habits



WASH YOUR HANDS

Wash with soap and water for at least 20 seconds. Hand sanitizer is not effective!



EAT HEALTHY

Load up on immune boosting, nutrient rich vegetables and good fats. Processed foods suppress immune functions.



EXERCISE

May want to skip a crowded gym but exercise is VITAL. Workout at home, go for a walk/run or go at slow gym times.



DRINK WATER

Help your body "flush" toxins and viruses by drinking extra CLEAN water.



SLEEP

Your bodies immune system is most productive during sleep. Prioritize this now and always.



GET ADJUSTED

Research has shown that getting adjusted can boost the immune system up to 200% following care.

Supplementation

*Liposomal Vitamin C: 1/4 tsp 4x daily

*Immuno Fuel: 1 dropper 2x daily

*Zinc 30: 1-2 caps daily

Ag Silver Max: 1 tbsp 2x daily

*Pure D3: 1,000 IU/35lbs body weight

Vir-X: 2 caps 2x daily

Olive Leaf Extract: 2 caps 2x daily

Oil of Oregano: 2 caps 2-3x daily

Immuno Revive: 2 Caps daily

*Indicates essentials. Dosages are general recommendations based on adults.



Supplements can be purchased online at:

WWW.SHOPCHIRHO.NET

Enter "IMMUNE15" at checkout to save!!

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