



THE COVID-19 DISASTER
INFORMATION COMPILED BY
PROFESSOR IAN BRIGHTHOPE

And what should have been done by the WHO and other world health authorities, and will still be profoundly useful.

Information compiled by Professor Ian Brighthope.

In addition to the recommendations in place regarding the prevention of the spread of Covid19, some simple and inexpensive measures could have been put in place and possibly saved human lives and the economic tragedies that have befallen the global population.

The Covid19 virus is a member of the common cold group of viruses. It has undergone genetic changes and become highly virulent and deadly to some, especially the aged and those with weakened immune systems.

We know from the medical and scientific literature that optimal nutrition is one of the main factors for a healthy well-functioning immune system. Both vitamin C (ascorbic acid) and vitamin D are essential to and effective in supporting and strengthening the immune system.

Vitamin C also has antiviral activities against many viruses including the common cold and the influenza viruses.

Vitamin C at 1000-4000 mg per day will reduce the severity and shorten the duration of the common cold. Increasing the dose to 10,000 mg per day is required for more severe colds and in cases of mild to moderate influenza.

Much larger doses are required for those moderately to seriously ill with the Covid19 virus, especially if the patient is deteriorating. Doses of 100,000 mg and more have been given to seriously ill patients with, for example, viral pneumonia. These doses must be given intravenously. Please see the references below and the two 60 Minutes shows.

These dosing schedules are no different to the use of antibiotics for bacterial infections. A throat infection can be treated with low dose oral antibiotics. A lung infection will require much higher doses and if serious pneumonia occurs, IV injections.

There are physicians in most countries who have been giving these high doses of vitamin C for many decades. Hundreds of thousands of patients have benefited from intravenous vitamin C. Vitamin C is recognised as a valid treatment by specifically and highly trained doctors in the medical profession.

Another vitamin, vitamin D, has been proven to protect people against many viruses including the influenza viruses and the corona viruses. This protection extends to significantly reducing the risks of serious viral pneumonia and death.

An article from the British Medical Journal in 2017 (BMJ 2017;356:i6583) titled "Vitamin D supplementation to prevent acute respiratory tract infections: systematic review and meta-analysis of individual participant data" concluded that:

'Vitamin D supplementation was safe and it protected against acute respiratory tract infection overall. Patients who were very vitamin D deficient and those not receiving bolus doses experienced the most benefit.'

The issue with vitamin D is that we don't know the blood levels of vitamin D in the general population. We do know that intakes are low, exposure to sunlight is inadequate, and the elderly and those in institutions are often very deficient.

Have we forgotten that our grandparents gave us cod liver oil in the winter?

The reason, to ward off the effects of the common cold. How did it work? It contained vitamins A and D.

The cost to supplement an adult with 1000-2000 International Units of vitamin D per day is 7-14 cents at current retail prices. This equates to about \$25-\$50 a year. Compare this cost to the economic tragedy and loss of lives from influenza and now the Corona virus.

Nutrients are powerful therapeutic agents. Without vitamins we die. With inadequate vitamin levels we get sick. With optimum levels, we thrive and reduce the risk of disease and death.

When are the authorities going to wake up? After the next round of deadly flu, SARS, MERS and Swine? Bird flu.

My family, friends, relatives and intelligent colleagues will be supplementing.

Ian Brighthope

DISCLAIMER

THE INFORMATION ABOVE IS FOR INFORMATION PURPOSES ONLY. IT IS THE RESPONSIBILITY OF EACH INDIVIDUAL TO MANAGE THEIR OWN HEALTH AND WELLBEING AND THEY ALONE ARE SOLELY RESPONSIBLE FOR ALL DECISIONS MADE IN THIS RESPECT. THE INFORMATION ABOVE COULD BE CONSIDERED BY AN INDIVIDUALS MEDICAL PROFESSIONAL WHEN INVESTIGATING PREVENTION MEASURES AND TREATMENT FOR CORONAVIRUS. THE ABOVE SHOULD NOT BE CONSIDERED TO BE ADVICE TO FOLLOW WITHOUT FIRST CONSULTING YOUR MEDICAL PROFESSIONAL WHO IS ABLE TO ADVISE ON THE SUITABILITY, RISK AND BENEFITS WITH RESPECT TO EACH INDIVIDUAL AFTER TAKING ACCOUNT OF EACH PERSONS PARTICULAR CIRCUMSTANCES, MEDICAL HISTORY, PRE-EXISTING CONDITIONS, ALLERGIES AND OTHER RELEVANT MEDICAL FACTORS.

DO NOT USE THE ABOVE INFORMATION TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE, SICKNESS OR AILMENT, FOR THERAPEUTIC PURPOSES OR AS A SUBSTITUTE FOR THE ADVICE OF A HEALTH PROFESSIONAL. INDIVIDUALS USING THE ABOVE INFORMATION DO SO AT THEIR SOLE RISK AND THEY TOGETHER WITH THEIR FAMILY, AGENTS, EXECUTORS AND ASSIGNS FULLY RELEASE AND HOLD HARMLESS MRS GINA RINEHART, HANCOCK PROSPECTING PTY LTD, ITS DIRECTORS, OFFICERS, SUBSIDIARIES AND RELATED ENTITIES FROM ANY CLAIMS, DAMAGES, DISTRESS OR OTHERWISE THAT MAY BE SUFFERED, ARISE OR BE CAUSED IN ANY WAY WHATSOEVER FROM FOLLOWING, RELYING ON, OR IN ANY WAY WHATSOEVER READING OR USING THE INFORMATION ABOVE.

MRS GINA RINEHART, HANCOCK PROSPECTING PTY LTD, ITS DIRECTORS, OFFICERS, ITS SUBSIDIARIES AND RELATED ENTITIES TAKE NO RESPONSIBILITY FOR THE VERACITY OF THE INFORMATION SHOWN ABOVE AND TO THE FULLEST EXTENT POSSIBLE DISCLAIM ALL AND ANY LIABILITY FOR ANY DIRECT, INDIRECT, SPECIAL, EXEMPLARY OR OTHER DAMAGES OR NEGATIVE HEALTH EFFECTS THAT MAY ARISE FROM UTILISING ANY OF THE ABOVE INFORMATION SHOULD ANY MEDICAL PROFESSIONAL OR INDIVIDUAL CHOOSE TO FOLLOW ANY PART OF THE ABOVE INFORMATION. PLEASE DO NOT READ FURTHER UNLESS YOU AGREE THAT YOU WILL NOT AT ANY TIME SEEK TO HOLD MRS GINA RINEHART, HANCOCK PROSPECTING PTY LTD, ITS DIRECTORS, OR OFFICERS OR ANY OF ITS SUBSIDIARIES OR ITS RELATED ENTITIES RESPONSIBLE IN ANY WAY.