

# Patrons of Chiropractic Science Inc.

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## MEDIA RELEASE – COVID 19 Additional Health Advice

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While the government and health authorities in Australia have achieved remarkable control of the spread of the Covid-19 disease, and the health workers are to be applauded for their dedication and care, Patrons of Chiropractic Science (“PCS”) wishes to expand on various explanations and also offer a few suggestions that each individual can consider to encourage optimal natural or acquired immunity.

As announced, this disease is spread in a similar manner to flu; close contact with contaminated moisture droplets formed by an infected person coughing, sneezing and speaking, or from bowel functions. The SARS-CoV-2 virus may persist on surfaces for a period of time, which can then be transferred to the body with hand contact to the nose, mouth or eyes. Wash hands regularly and employ social distancing as instructed by the health authorities.

While the vast majority of those infected suffer minimal or mild symptoms and are likely to develop a level of natural acquired immunity, around 5% of those infected may require hospitalisation.

### **Covid-19 early symptoms include:**

Slight runny nose, itchy eyes or sore throat, dry cough or constant clearing of throat, mild headaches, fever or brief chills, night sweats, sudden tiredness or reduced energy, elevated heart rate, possible loss of taste & smell, mild chest tightness, shortness of breath or degrees of breathing difficulty, intermittent loose bowel movements.

**If you have some of these symptoms, PCS recommends immediate testing.**

Natural recovery from a Covid-19 infection may take between **2 to 8 weeks**, and this recovery may be a bumpy ride with days of improvement and days regressing. Recovery can be assisted with regular gentle exercise, sensible diet and supplements, good liquid intake, natural sunlight and 7-8 hours sleep every day. If breathing becomes difficult or you suffer persistent chest pain, respiratory distress (>30 breaths per minute), present in a confused state, the fever temperature becomes too high (>39 degrees C) or the lips or face becomes blue, seek immediate medical attention. The elderly and infirm (sufferers of cancer, diabetes, heart & lung disease, asthma, obesity, etc) are at higher risk of complications and possible hospitalisation, as they are more likely to have a compromised immune system.

The following supplements and general dietary recommendations can help to lose weight, improve general health and also boost or modulate your immune system so that the body may be better equipped to fight a viral infection:

### **Suggested supplements:**

Research indicates various vitamin and mineral supplements may boost or modulate natural immunity, thereby assisting the body to combat viral infections, including coronavirus and influenza. PCS recommends standard daily doses of vitamin C, vitamin A, zinc, selenium and vitamin D (if unable to receive sunshine for an hour each day).

**Research supports increased consumption of the following foods:**

- Fresh fruits and vegetables, salads, avocado, nuts and seeds;
- Lean meats, especially grass-fed animals or game meats;
- Eggs, reduced milk product intake; only full cream, quality yogurt, butter & cheeses;
- Fish and skin, especially those rich in omega-3 fatty acids, such as salmon, mackerel and albacore tuna;
- Cook with oils from fruits and nuts, such as olive, walnut, sesame and coconut;
- Drink plenty of water.

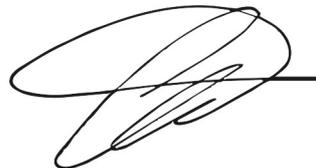
**Research indicates a reduction or avoidance of the following foods as they may trigger inflammatory responses or suppress the immune system:**

- Generally highly processed and packaged snacks and foods (chips, biscuits, etc);
- Processed & GMO grains, such as wheat, oats and barley, (gluten), bread;
- Legumes, such as beans, lentils, peanuts and peas, potatoes;
- Processed dairy products, particularly low fat, margarine;
- Refined sugar and artificial sweeteners, salt;
- Processed oils (corn, cotton, canola, safflower & sunflower oils);
- Suspend or reduce alcohol and caffeine intake (coffee & black tea).

Good function of the body's joints, particularly within the spine, may improve neurological function, which is important for an effective natural immune system. Treatment by a qualified and experienced chiropractor offers one of the most effective methods to improve and maintain good spinal joint function. The chiropractic profession attends to many patients, and like all other health workers, the profession truly cares for the welfare of every individual.



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