

Medizin Feminin Privatpraxis

Gynäkologie Geburtshilfe Phytotherapie Arthrokinematik Hypnotarium

Covid prophylaxis and Covid early treatment

Covid prophylaxis for at-risk adolescents over 16 years and adults

Rub 1g Soolantra (=2cm ointment strand) once daily for 2 days every 14 days (chest, arms, abdomen).

Covid early treatment for adolescents over 16 years and adults

Positive Covid 19 test and symptoms

If possible, rub 1 g of Soolantra (= 2 cm of ointment) daily into the sternum area (or arms, abdomen) for at least 14 days. If the symptoms last longer, treat for longer. If breathing becomes difficult or oxygen saturation drops below 90%, please consult a doctor immediately [Never happened with Soolantra early treatment in my patient collective].

Positive Covid-19 test without complaints

To reduce Covid-19 circulation, treat with Soolantra (ivermectin ointment) for 3 days, rubbing 1g daily in the sternum area (=2cm ointment strand). In case of complaints (temperature, fever, severe headache, malaise, diarrhoea or similar) start with Soolantra for at least 14 days.

Additional therapeutic agents for symptoms for adolescents over 16 years and adults

- Vitamin D3 4'000 IU daily (e.g. 1ml Vitamin D3 Streuli or 8 drops D3 Wild)
- Vitamin C 1000mg daily (e.g. half a grapefruit, one orange or 1g ascorbic acid)
- Zinc 15mg to 30mg daily (e.g. Zinc Vital Burgerstein 1 Tbl.)

Family members, contacts

Soolantra for 3 days with 1g (=2cm ointment strand) over 50kg, below 1/2g (=1cm ointment strand) daily.

Young adolescents and children

Positive Covid-19 test in healthy adolescents

According to the current state of knowledge, infants and children up to 12 years of age are neither carriers nor do they themselves contract the disease severely, with a few exceptions, especially children with previous illnesses and those undergoing immunotherapies. The risk of severe disease for children who are not previously ill is less than 0.1%.

Adolescents 12 years and older can be treated prophylactically with Soolantra (ivermectin ointment) for 3 days: 1g (2cm strand of ointment) daily for 50kg and above, 1/2g (1cm strand of ointment) daily over the sternum for less.

Positive Covid-19 test in pre-diseased adolescents and children

Start Soolantra immediately for 14 days: Above 50kg 1g daily (2cm ointment strand), below that rub 1/2g (1cm ointment strand) daily over the sternum.

Always:

Take temperature daily and observe. If fever rises, apply vinegar socks, if diarrhoea carob flour, if no response, treat with Soolantra for 14 days and consult a doctor.

Important additional therapeutic agents for children (up to 11 years of age) in case of complaints

- Vitamin D3 2'000 IU daily (e.g. 0.5ml vitamin D3 Streuli or 4 drops D3 Wild)
- Vitamin C 1000mg daily (e.g. half a grapefruit, one orange or 1g ascorbic acid)
- Zinc 15mg daily (e.g. Zinc Vital Burgerstein 1 Tbl.)

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Regulation of the immune system with phytotherapy

Immune protection drops are available without prescription from the Berg-Apotheke in Zurich: 044 241 10 50

Ingredients

Mother tincture mixture of the following medicinal plants

Artemisia annua	herb	Annual Mugwort	strong antiparasitic, antiviral
Arctium lappa	seeds	Burdock	immunoregulatory
Leonurus cardiaca	flowers and leaf	Heart plantain	immunoregulatory
Plantago lanceolata	leaf	Ribwort	mucous membrane protective
Quillaja saponaria	bark	Soap tree	bronchial protective
Verbascum densiflorum	flower	Mullein	mucous membrane protective

For adolescents over 16 years and adults with symptoms:

- 3 x 20 drops daily for 4 weeks or as long as symptoms persist.
- Thereafter 1 x 10 drops for an additional 3 months.

For young adolescents (12-15 years old) with symptoms:

- For >50kg 3 x 20 drops daily for 4 weeks or as long as symptoms persist, then 1 x 10 drops for an additional 3 months.
- For <50kg 3 x 10 drops daily for 3 weeks, then 1 x 5 drops daily for 3 months.

In children with symptoms:

- Do not treat under 2-year-olds, except if there is discomfort: then 2 drops daily until well.
- 2 to 5-year olds: 2 drops once a day for as long as there is discomfort, then stop.
- 6- to 11-year-olds: 5 drops once a day for as long as symptoms are present, then stop.

In contact with Covid-19 positive persons:

- Do not treat under 2-year-olds
- 2 - 5-year olds 1 drop daily for 10 days
- 6 - 11-year-olds 3 drops daily for 10 days
- Young adolescents <50kg 1 x 5 drops daily for 10 days
- Young adolescents >50kg 1 x 10 drops daily for 10 days
- Adolescents 16 years and older and adults: 1 x 10 drops daily for 10 days

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