

經驗證的抗流感四大天王

1 益生菌



国家首次发文证实：**益生菌在新冠病毒防治中具有重要作用**

1月27日，国家卫健委与国家中医药管理局公布《新型冠状病毒感染的肺炎诊疗方案（试行第四版）》。

益生菌（微生态制剂）列入“卫健委”《新型冠状病毒感染的肺炎诊疗方案》

2 蟲草

+ 天然維生素

J. Microbiol. 2014 Aug;52(8):696-701. doi: 10.1007/s12275-014-4300-0. Epub 2014 Jul 18.

Anti-influenza effect of Cordyceps militaris through immunomodulation in a DBA/2 mouse model.

Lee Hh¹, Park H, Sung GH, Lee K, Lee T, Lee J, Park MS, Jung YW, Shin YS, Kang H, Cho H.

Author information

Abstract

The immune-modulatory as well as anti-influenza effects of Cordyceps extract were investigated using a DBA/2 mouse model. Three different concentrations of Cordyceps extract, red ginseng extract, or drinking water were orally administered to mice for seven days, and then the mice were intranasally infected with 2009 pandemic influenza H1N1 virus. Body weight changes and survival rate were measured daily post-infection. Plasma IL-12, TNF- α , and the frequency of natural killer (NK) cells were measured on day 4 post-infection. The DBA/2 strain was highly susceptible to H1N1 virus infection. We also found that Cordyceps extract had an anti-influenza effect that was associated with stable body weight and reduced mortality. The anti-viral effect of Cordyceps extract on influenza infection was mediated presumably by increased IL-12 expression and greater number of NK cells. However, high TNF- α expression after infection of H1N1 virus in mice not receiving treatment with Cordyceps extract suggested a two-sided effect of the extract on host immune regulation.

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[Indexed for MEDLINE]

3 維生素 C

FOR IMMEDIATE RELEASE
Orthomolecular Medicine News Service, Jan 26, 2020

Vitamin C Protects Against Coronavirus

by Andrew W. Saul, Editor

(OMNS January 26, 2020) The coronavirus pandemic can be dramatically slowed, or stopped, with the immediate widespread use of high doses of vitamin C. Physicians have demonstrated the powerful antiviral action of vitamin C for decades. There has been a lack of media coverage of this effective and successful approach against viruses in general, and coronavirus in particular.

It is very important to maximize the body's anti-oxidative capacity and natural immunity to prevent and minimize symptoms when a virus attacks the human body. The host environment is crucial. Preventing is obviously easier than treating severe illness. But treat serious illness seriously. Do not hesitate to seek medical attention. It is not an either-or choice. Vitamin C can be used right along with medicines when they are indicated.

"I have not seen any flu yet that was not cured or markedly ameliorated by massive doses of vitamin C."

(Robert F. Cathcart, MD)

Vitamin C: 3,000 milligrams (or more) daily, in divided doses.

Vitamin D3: 2,000 International Units daily. (Start with 5,000 IU/day for two weeks, then reduce to 2,000)

Magnesium: 400 mg daily (in citrate, malate, chelate, or chloride form)

Zinc: 20 mg daily

Selenium: 100 mcg (micrograms) daily

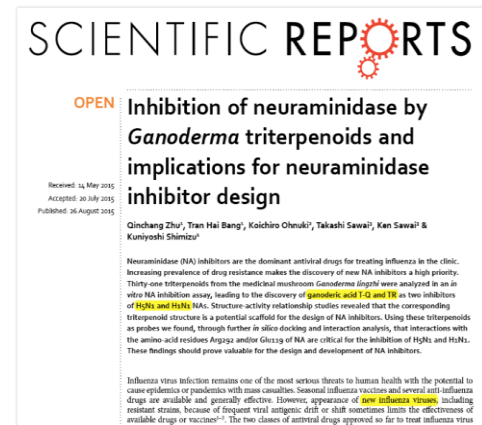
4 靈芝

流感疫苗開打！靈芝三萜抗流感！

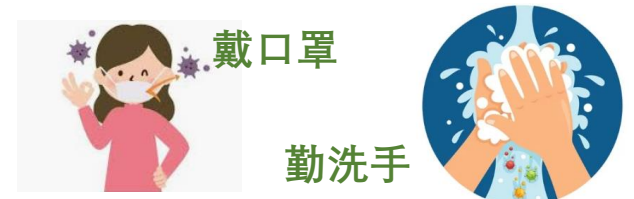
分類：焦點新聞 建立於 2015-09-22 週二 10:20 點閱數：6259

隨著流感疫苗開打，提醒我們流感季節又將來臨。其實流感病毒，尤其是會引起嚴重併發症的A型流感病毒，肆虐人間的腳步從沒停過，已有一些地區傳出嚴重疫情。於此同時，一篇由日本九州大學農學研究院副教授清水邦義發表在《Scientific Reports》的論文，證明靈芝三萜類有抗H1N1、H5N1等A型流感病毒的作用，不僅為防疫打了一劑強心針，也讓我們在難免心慌時，可以多一份心安。

文 / 吳孝瑤



也別忘了要：



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科技製造，讓水溶性與脂溶性成分能增強其生物利用率（5倍更佳）。

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