



Sleep, Stress, Anxiety and Covid 19

The Good, The Bad, The Ugly & What To Do!!

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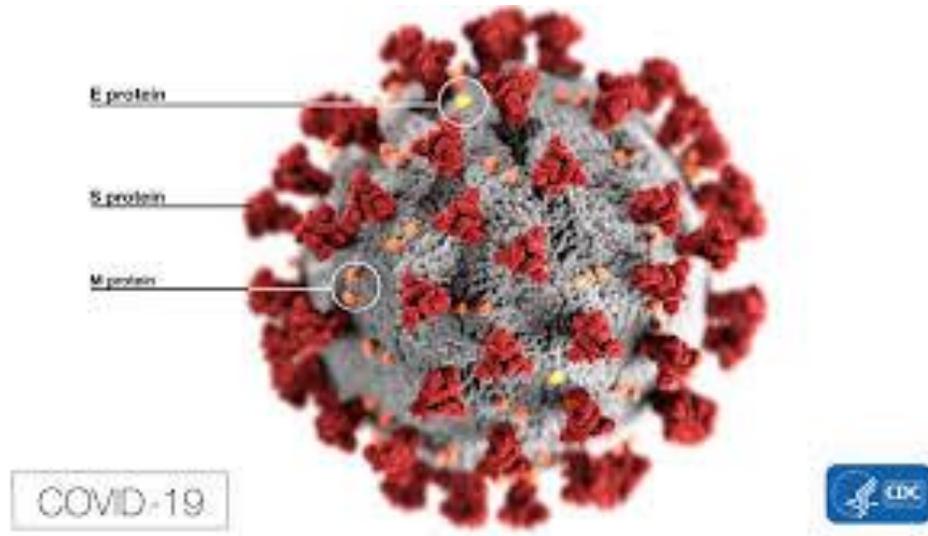
Disclaimer...sorry, but it's necessary

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Coronavirus (COVID 19)

What is it?



- ▶ Coronaviruses (CoV) are a large family of viruses that cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV).
- ▶ A novel coronavirus (nCoV) is a new strain that has not been previously identified in humans.
- ▶ <https://www.who.int/health-topics/coronavirus>

An Arabic folktale tells us that a wise old man, traveling on a desert road to Baghdad, met the figure of Pestilence hurrying ahead of him. “Why are you in such a haste to reach Baghdad?” Asked the old man. “I am due to take 5000 lives in the city,” Pestilence replied, before it went away.

Later, on the return journey, they chanced to meet again. “You lied to me,” the old man said reproachfully. “You said you would take 5000 lives, but you took away 10,000 instead.”

“I did not do it!” Pestilence swore. “I took 5000 and not one more; *fear killed the rest!*”

*“We have nothing to
fear but fear itself”*

- FDR

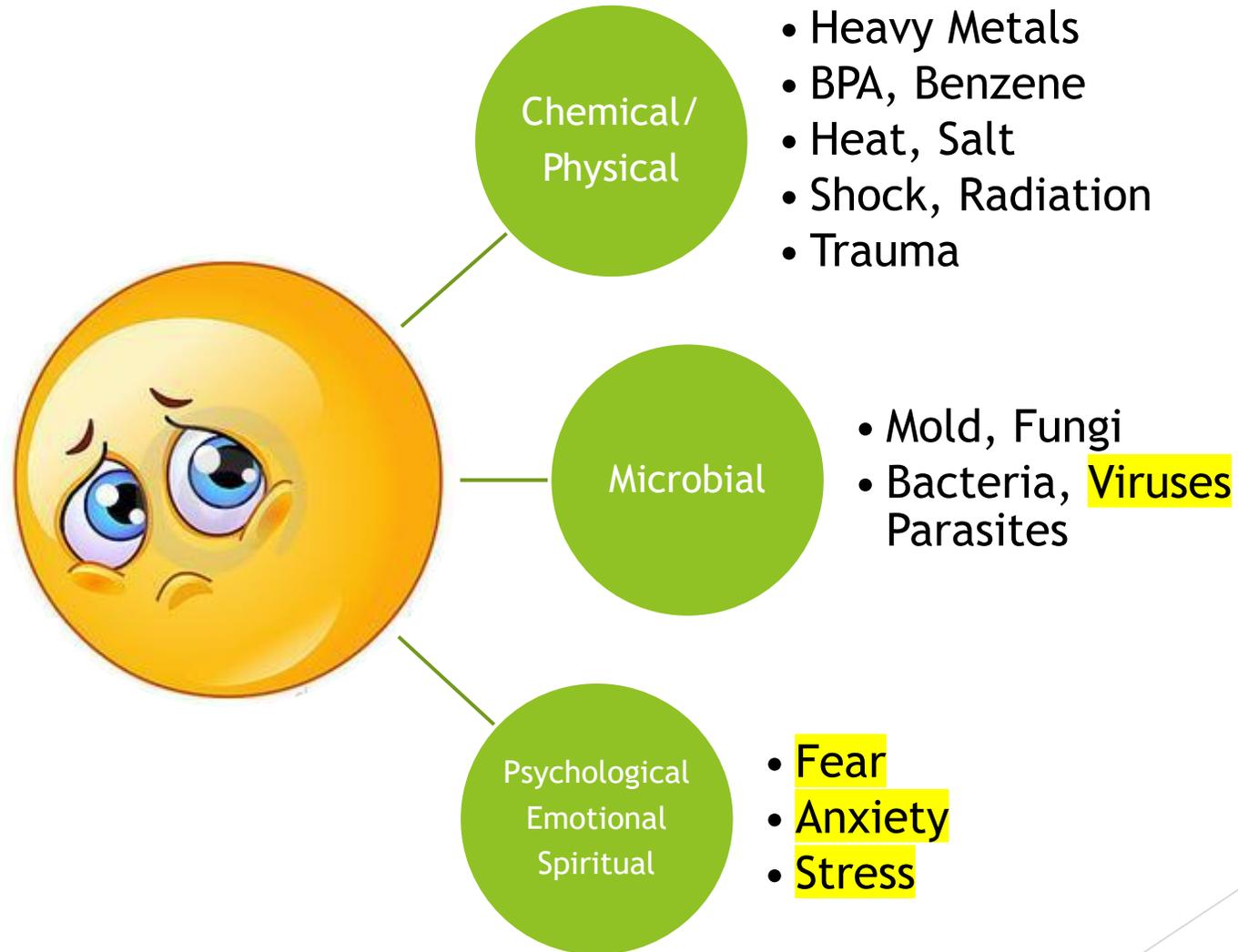
According to the American Psychiatric Assn.

<https://www.apa.org/research/action/immune>

Stressed out? Lonely or depressed? Don't be surprised if you come down with something. Psychologists in the field of "psychoneuroimmunology" have shown that state of mind affects one's state of health.

Stress, anxiety, and fear weaken the immune system

Stress, Anxiety, and Fear Creates Actual Injury To Our Cells



There is an interrelationship between these systems



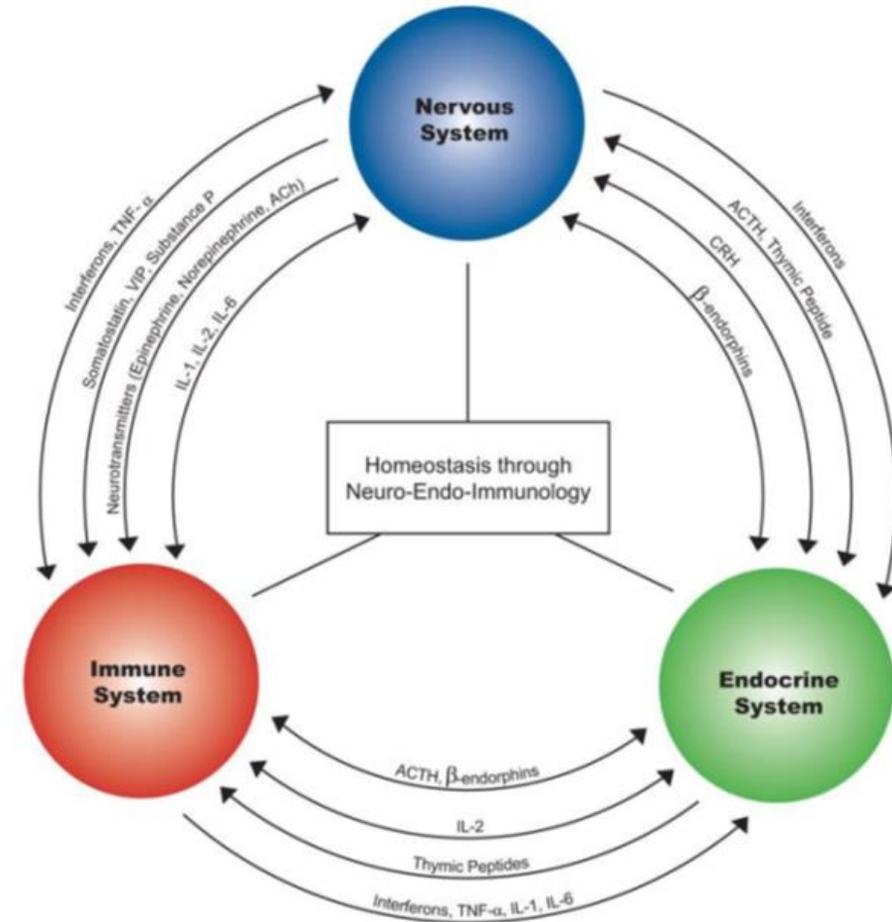
NEURO



IMMUNE



ENDOCRINE



NEI concept from <https://www.neuroscienceinc.com/>

Stress and Immune Regulation

- ▶ **Psychological stress has known effects on the immune system**, including impacting effector and regulatory components. This can result in **increased susceptibility to various infections**, latent virus reactivation, and impact on immunoregulatory circuits. **(emphasis added)**

Marshall GD Jr. The adverse effects of psychological stress on immunoregulatory balance: applications to human inflammatory diseases. Immunol Allergy Clin North Am. 2011;31(1):133-140. doi:10.1016/j.iac.2010.09.013

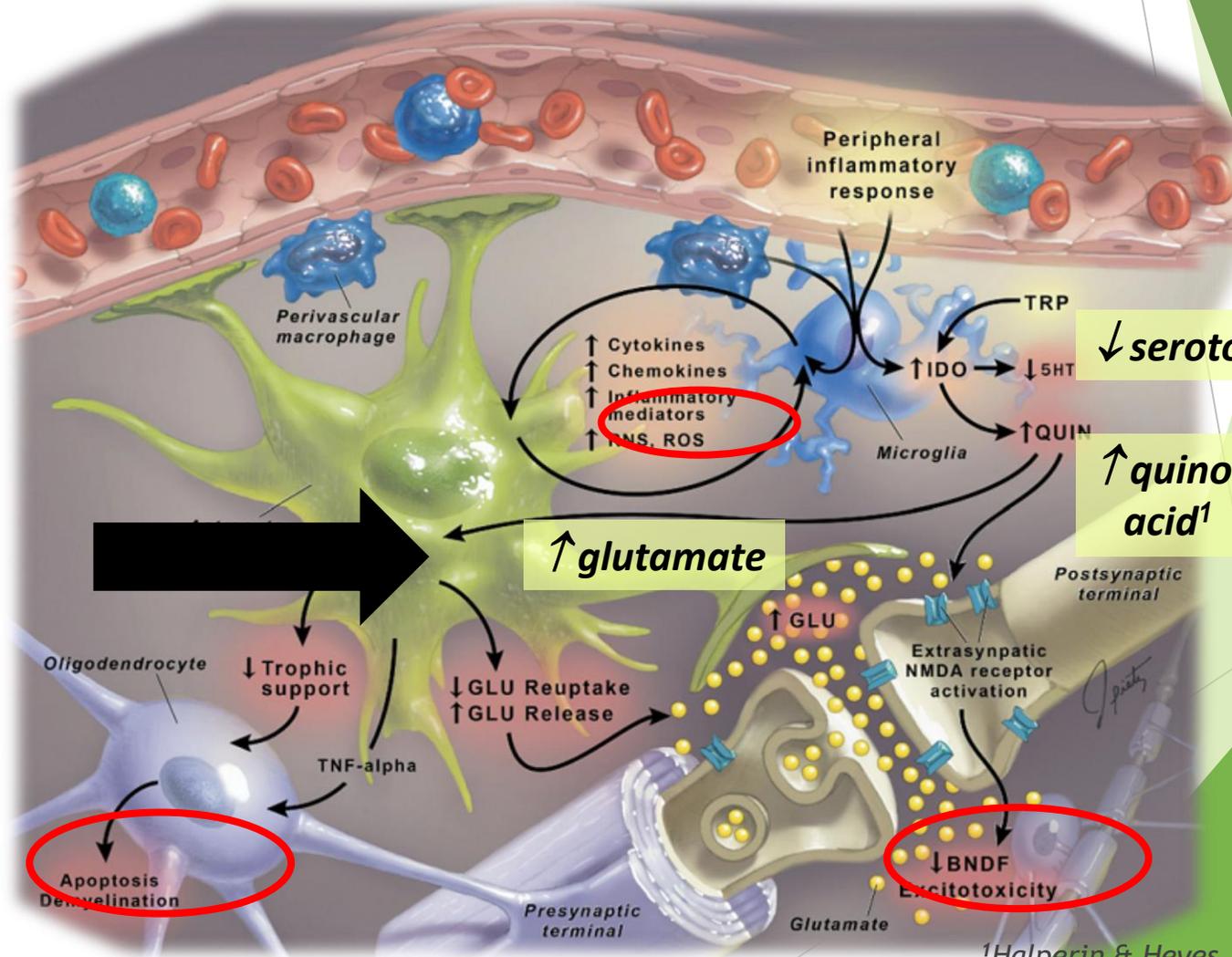
From Psychoneuroimmunology Psychology's Gateway to the Biomedical Future

- ▶ Proinflammatory cytokines **(CREATION OF INFLAMMATION)** such as interleukin-6 (IL-6) play a key role in cardiovascular disease, ...Type II diabetes, arthritis, osteoporosis, Alzheimer's disease, periodontal disease, some cancers, and frailty and functional decline
- ▶ Negative emotions like depression and anxiety enhance the production of proinflammatory cytokines **(INFLAMMATION)**, as do psychological stressors
- ▶ *Stress and depression also contribute to a greater risk for infection, prolonged infectious episodes, and delayed wound healing—all of which are processes that can fuel sustained proinflammatory cytokine production (Emphasis added)*

Kiecolt-Glaser JK. Psychoneuroimmunology: Psychology's Gateway to the Biomedical Future. *Perspect Psychol Sci.* 2009;4(4):367-369. doi:10.1111/j.1745-6924.2009.01139.x

Inflammation can affect neurotransmitter levels & behavior

How does this affect my sleep???



¹Halperin & Heyes, 1992

Insomnia related to COVID 19, here's what is happening...

Simply put,
Melatonin puts you to sleep.

Glutamate blocks melatonin
keeping you awake

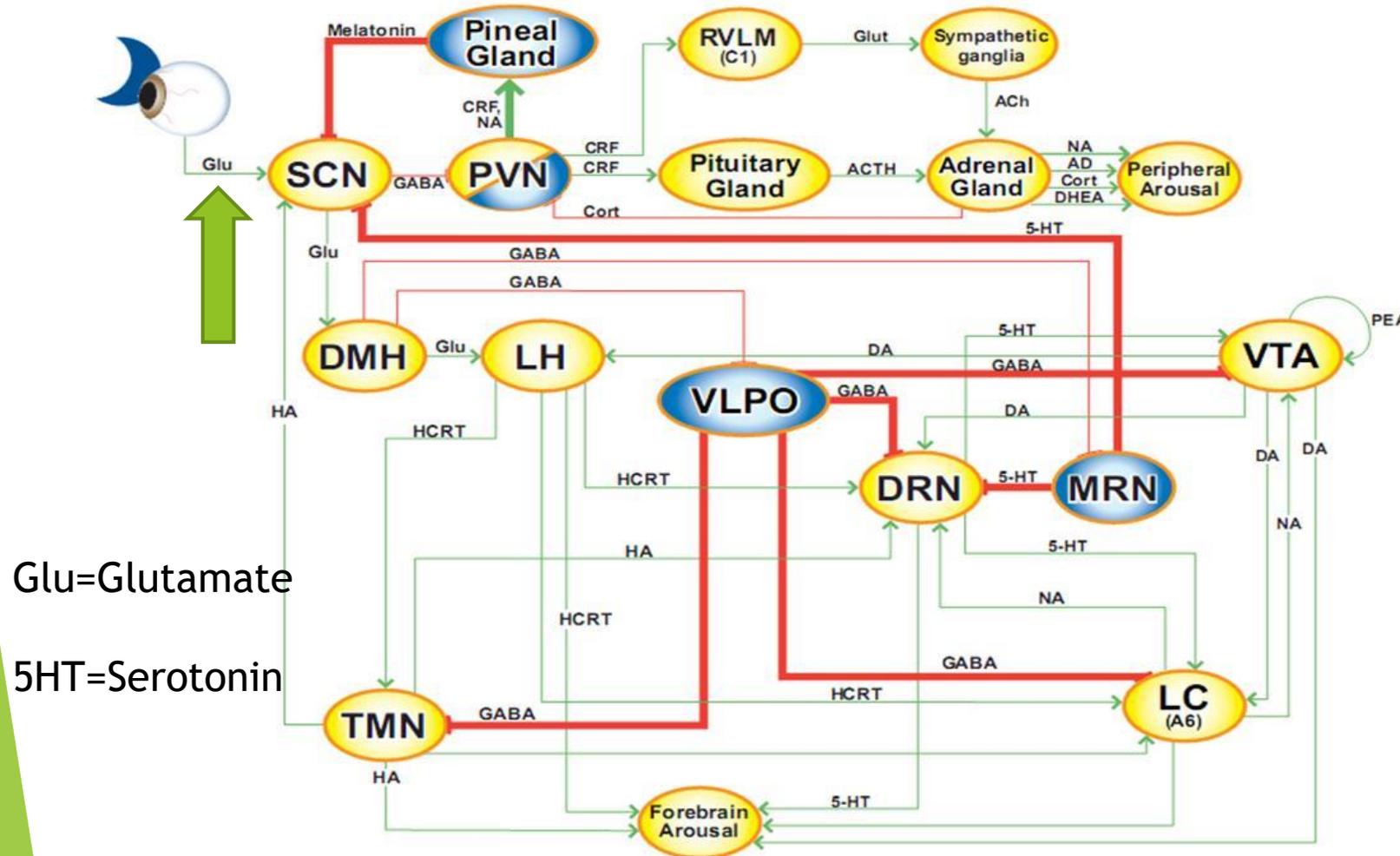
You need serotonin and GABA stay
asleep.

COVID 19 creates a ton of
inflammation (cytokines)

Inflammation increases glutamate
and decreases Serotonin

Glutamate blocks the action of
melatonin and you can't fall
asleep.

Serotonin (and GABA) are needed
to keep you asleep. Lack of these
will cause insomnia and anxiety



What is Creating Stress, Anxiety, and Fear?

Dis-information

Conflicting Information

Changing information

What Generates Dis-Information?

Secondary Gain

- ▶ Media: lives on its ratings.
- ▶ Good News generates none.
- ▶ Bad news generated loads!
- ▶ Economic gains...I'll leave this one to the conspiracy theorists

Political Gain

- ▶ Numbers, numbers, numbers.
- ▶ If the numbers are low, then it will look like the leadership is “perfect”.
- ▶ Is the real impact being hidden?

Interesting historical note: The Spanish flu pandemic of 1918-1920 was so named because Spain was the only country willing to admit that a pandemic was occurring. All other countries were denying its existence.

CHANGING INFORMATION

This is very new, and you should expect that the data presented will change, sometimes drastically, as more is learned.

In the rush to get material out to the public there is little "fact checking" actually performed. This opens the door for seemingly incongruous evidence.

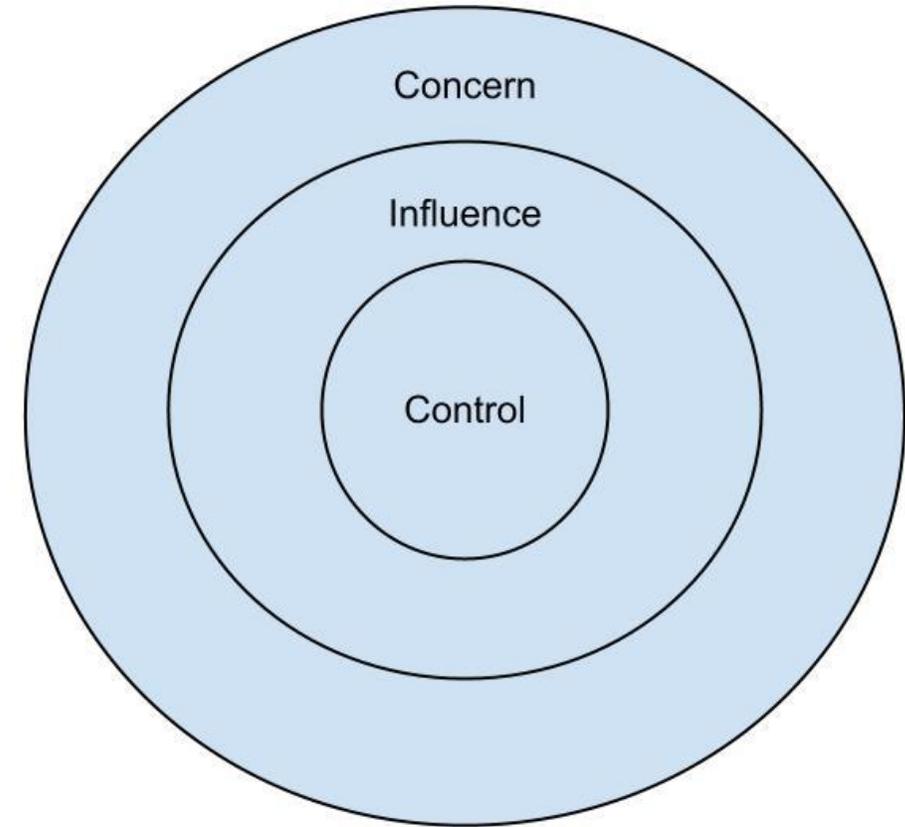
This behavior is expected in this type of situation.



WHAT
SHOULD
I DO



Put our
energies into
areas that we
have control or,
at least, have
some influence



COVID 19 is transmitted by droplets. Let's avoid spreading the virus



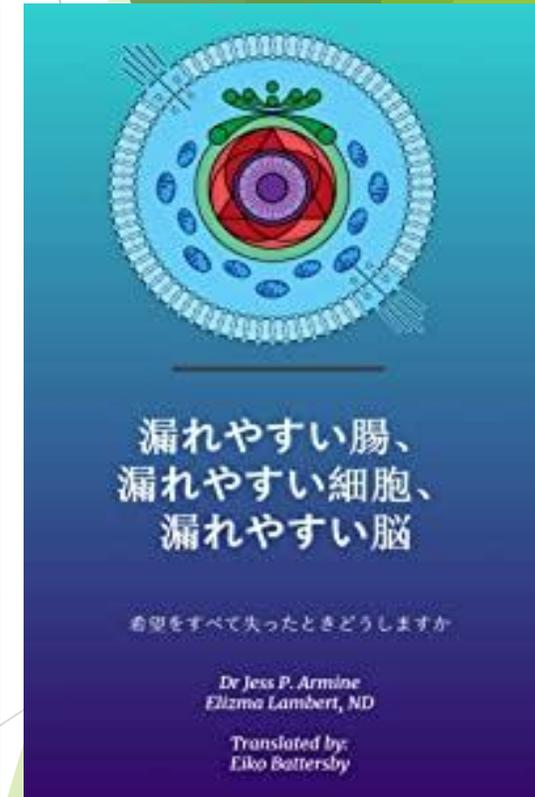
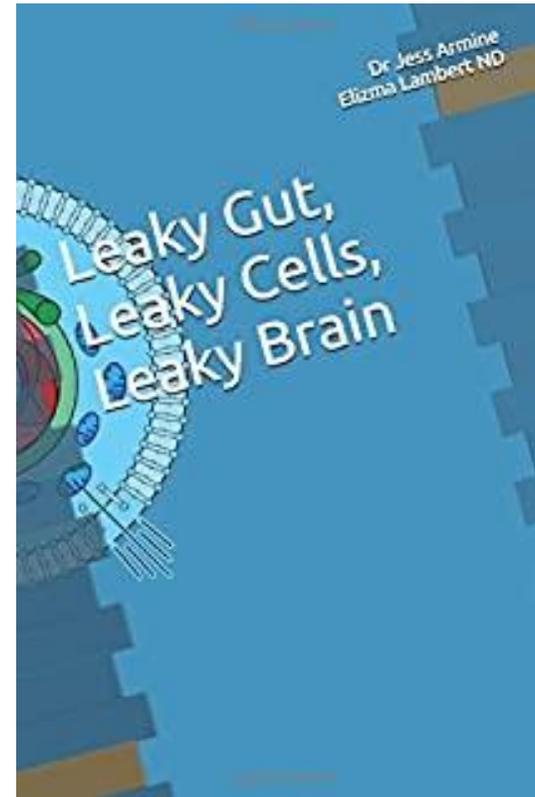
Jury's out on the fist bump

Prevention and Treatment

Many suggestions out there...

Support Your Foundation

- ▶ You need the full complement of vitamins and minerals inside your cells for your biochemical processes to work.
- ▶ You need absorbable phospholipids to repair your cell membranes. Without patent membranes yourselves will not work at peak efficiency and disease can take root.
- ▶ If you already have any type of chronic condition, consider repairing your leaky gut as this is the great creator or contributor to chronic inflammation which is one of the major reasons for the immune dysfunction.



The Key is Absorption!



ABSORPTION

Tablets, Capsules



**DOUBLE
ABSORPTION**

Powders, Liquids



**TRIPLE
ABSORPTION**

Liposomal, Transdermal



**PERFECT
ABSORPTION**

Intravenous

**FROM LEAST ABSORBED TO BEST ABSORBED
A GENERAL GUIDE IN CHOOSING PRODUCTS**

The Vitamin Absorption Hierarchy

www.drjessarmine.com

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Some of Dr Jess's "Go To" Products for Highly Absorbable General Support



Seekinghealth.com



Patchmd.com



VNscience.com/

HOCL



Hypochlorous acid (HOCL) is what your cells produce to fight bacteria, parasites, viruses, and fungi.



There are numerous emerging studies showing the role of hypochlorous acid in the control of soft tissue infections, as an antiviral, etc. as well as its phenomenal safety margin.

*Ramalingam, Sandeep & Griffiths, Samantha & Cai, Baiyi & Wong, Jun & Twomey, Matthew & Haas, Jürgen. (2015). **The role of hypochlorous acid in chloride-ion-induced inhibition of virus replication.***

*Wang L, Bassiri M, Najafi R, et al. Hypochlorous acid as a potential wound care agent: part I. **Stabilized hypochlorous acid: a component of the inorganic armamentarium of innate immunity.** J Burns Wounds. 2007;6:e5. Published 2007 Apr 11.*

How to Use HOCL

▶ *As a spray:*

- ❑ On hands
- ❑ On face
- ❑ On surfaces
- ❑ Safe & effective

▶ *Diffusion with an essential oil diffuser:*

- ❑ Use straight (neat)
- ❑ Use enough to provide 15 min of mist.
- ❑ Recommendations vary from daily to every other day
- ❑ I suggest an ultrasound diffuser

USA



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UK/EU



Leucillin



Acquaint
Sanitising
Water

Various Herbs and Vitamins Can Be Used for Prevention and Treatment



Dietrich Klinghardt MD, PhD

Lecture and Slides Available at klinghardtinstitute.com

- ▶ Calendula (Jan, Nelofer, and Riffat John. "Calendula officinalis-an important medicinal plant with potential biological properties." *Proceedings of the Indian National Science Academy* 83.4 (2017): 769-787)
- ▶ Licorice ("Licking latency with licorice." *The Journal of clinical investigation* 115.3 (2005): 591-593.
- ▶ Scutalaria (Skullcap): Wu, Canrong, et al. "Analysis of therapeutic targets for SARS-CoV-2 and discovery of potential drugs by computational methods." *Acta Pharmaceutica Sinica B* (2020).
- ▶ Rosemary (Wu, Canrong, et al. "Analysis of therapeutic targets for SARS-CoV-2 and discovery of potential drugs by computational methods." *Acta Pharmaceutica Sinica B* (2020).
- ▶ **Andrographis** ("Broad-spectrum antiviral properties of andrographolide". Archives of Virology volume 162, pages611-623(2017). "Andrographolide treatment could increase the survival rate, diminish lung pathology, decrease the virus loads and the inflammatory cytokines expression induced by infection. Mechanism studies showed the NF-κB and JAK-STAT signaling pathway were involved in the activity of andrographolide"). *Andrographolide inhibits influenza A virus-induced inflammation in a murine model through NF-κB and JAK-STAT signaling pathway*. Microbes Infect. 2017 Dec;19(12):605-615. doi: 10.1016/j.micinf.2017.08.009. Activity of andrographolide and its derivatives against influenza virus in vivo and in vitro. Biol Pharm Bull. 2009 Aug;32(8):1385-91.
- ▶ **Artemisia annua** (Li, Shi-you, Cong Chen, Hai-qing Zhang, Hai-yan Guo, Hui Wang, Lin Wang, Xiang Zhang et al. "Identification of natural compounds with antiviral activities against SARS-associated coronavirus." *Antiviral research* 67, no. 1 (2005): 18-23.)
- ▶ Dandelion (Taraxasterol) (IN VIVO ANTI-INFLAMMATORY EFFECTS OF TARAXASTEROL AGAINST ANIMAL MODELS. Afr J Tradit Complement Altern Med. 2016 Nov 23;14(1):43-51. doi: 10.21010/ajtcam.v14i1.6.)

Propolis (throat spray, capsules)

- ▶ **Propolis:** Propolis is a potent anti-viral (Ferreira, L. das N., et al. "*Effect of the ethanolic extract from green propolis on production of antibodies after immunization against canine parvovirus (CPV) and canine coronavirus (CCoV).*" *Brazilian Journal of Veterinary Research and Animal Science* 49.2 (2012): 116-121).
- ▶ **This article suggests that propolis enhances anti-viral immunity in a relevant animal model**



From Dr Klinghardt

Alternative approaches

Treatment of a possibly infected or diagnosed patient

Vitamin C: In a press release from a Chinese hospital specializing in infectious disease it was observed that intravenous vitamin C was extremely effective in treating affected and infected patients: the dose of 100-200 mg/kg body weight was given intravenously for 3 days in a row (this equals to only 7.5 – 15 grams for a 75 kg (180 lbs.) person (大大剂量维生素C治疗新冠肺炎的交二二方方案 发布时间：2020-02-21 11:00:56 浏览次数：5870). The treatment is scheduled for a government sponsored trial: “*Clinical Trials.gov dentifier NCT04264533, ZhiYong Peng, Zhongnan Hospital*”

In the US, the pioneers of orthomolecular medicine also published a consensus paper on the use of Vit C: Orthomolecular Medicine News Service, Feb 16, 2020 “*Early Large Dose Intravenous Vitamin C is the Treatment of Choice for 2019-nCov infected Pneumonia*” Richard Z Cheng, MD, PhD; Hanping Shi, MD, PhD; Atsuo Yanagisawa, MD, PhD; Thomas Levy, MD, JD; Andrew Saul, PhD.

Vit D3: Dr K suggests 6000-10,000 IU/day. Dr Jess suggests 5000 IU/day

Alinia and Chloroquine have been recommended but should be prescribed and monitored by a medical professional



For Insomnia Consider:

- ▶ Melatonin: I usually recommend 3 mg at bedtime but there is evidence that high dose melatonin may be beneficial in fighting COVID 19. Consult your provider.
- ▶ PharmaGABA or Liposomal GABA with L Theanine (quicksilver scientific)
- ▶ 5 HTP to create serotonin. Start with 50 mg per day building to 200 mg/day

Let's Make This..

Simple, straightforward, practical and
doable!



... first ...

Get rid of FEAR... Future Events Assumed Real.

Science proves that laughter boosts immunity, decreases cardiovascular risk and supports your general health.

Hayashi K, Kawachi I, Ohira T, Kondo K, Shirai K, Kondo N. Laughter is the Best Medicine? A Cross-Sectional Study of Cardiovascular Disease Among Older Japanese Adults. *J Epidemiol.* 2016;26(10):546-552.
doi:10.2188/jea.JE20150196

Sakurada K, Konta T, Watanabe M, Ishizawa K, Ueno Y, Yamashita H, Kayama T. *J Epidemiol.* 2019 Apr 6; . Epub 2019 Apr 6



DON'T BUY INTO THE
DRAMA OR PANIC



TAKE ALL INFORMATION
WITH A GRAIN OF SALT



TAKE THE "BULL BY THE
HORNS" AND DO WHAT
NO ONE EXPECTS....



LAUGH!!!

In Other Words

*Watch what you
are feeding your
mind!!*





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Take Reasonable Precautions



Jury's out on the fist bump

THIRD.

Consider Preventative Measures

HOCL as described

Dr Klinghardt said that if you were to do the minimum effective treatment, it would be:

Vitamin C and Andrographis



Dr. K's Prevention Formula

Perhaps make a solution of:

Put 1 QT clean water in a blender and add 14 gms of Vit C powder. (I use organic Camu Camu).

Then add the herbal tinctures (calculate the weekly total of each). These include:

Calendula, Licorice, Angiographis, Rosemary, Scutellaria, Artemesia, & Dandelion



Add 2 tablespoons of Microphos (UK-Ki Science) or Optimal PC (seekinghealth.com) and blend for several minutes.



Put the mix in a glass and keep in the fridge.



Estimate one seventh of the amount, put it in a separate glass and drink the content over the day.



Dr Jess's Prevention Formula

- ▶ Put 1 QT clean water in a blender and add 14 gms of Vit C powder. (I use organic Camu Camu).
- ▶ Then add the herbal tincture of (calculate the weekly total of each) of Andrographis.
- ▶ Add in powdered or liquid Sunflower Lecithin. Calculate 1 week's dose.
- ▶ Blender on high for 3 min.
- ▶ Place solution in an ultrasound jewelry cleaner for 8 min, stirring frequently.
- ▶ Store the solution in a glass jar. Your dose would be 4-5 ounces per day. Sip your dose throughout the day.



Some Hints

▶ A solution of liposomal PC, Vitamin C and Angiographis seems to have the proper “punch”

▶ There is a product that contains most of the herbal ingredients.



Treatment

- ▶ Centers around IV Vitamin C at 100-200 mg/kg body weight for 3 days and possible use of Alinia and Chloroquine
- ▶ *If you have a fever and difficulty breathing, call your doctor, 911 or go to an emergency department...don't depend on alternative measures if your life is in danger!*



Dr Jess is an expert in diagnosing and treating complex, multifactorial conditions and offers a Complimentary 30 min “get acquainted” session to determine if he can help your condition.



www.drjessarmine.com

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