

Unknown Corona facts 3.2

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1. Dietary supplements and dosing

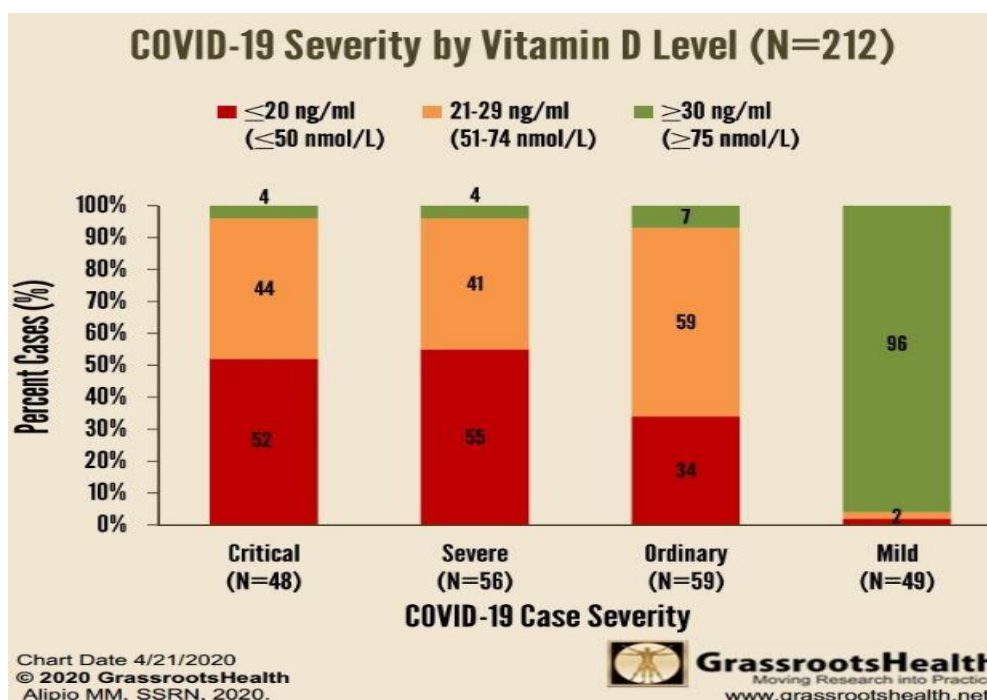
Omega3 fish oil capsules 3-6 caps daily

Omega-3 reduces the inflammatory response and prevents blood vessel blockages. Corona increases the risk of life-threatening blood clots. Many victims in the corona die of pulmonary embolism. The increased risk of blockage is likely to persist for weeks, so do not stop treatment too soon.

The pharmaceutical factory also tries to convert the active part of fish oil into a patentable form and sell it as a patented medicine. [SeaFoodSource Madelyn Kearns](#)

Vitamin D 50-100µg daily (2000-4000 IU)

Low levels of vitamin D in the blood were observed in patients with severe coronary infection. If this turns out to be a cause-and-effect relationship, then with a vitamin D level above 75 nmol/L (=30 ng/ml) you are protected from severe Corona disease!



NAC teaspoon in the mornings and evenings

N-acetylcysteine has been shown to be an effective symptom reliever in the flu ([DeFlora S Pubmed](#)). NAC inhibits the action of mucus molecules by breaking the bridges between mucus molecules. NAC is also required in a reaction in which free oxygen radicals formed in inflammation are neutralized (oxidative stress, NAPDH oxidase). Bodybuilders use it as a nutritional supplement. NAC also have anti-aging properties(cosmetic).

Available e.g. [MyProtein.com](#) 200g.

Vitamin C 500-1000 mg daily.

Even 24 000mg daily dosage has been studied [Pubmed BMC Critical Care](#)

2. Do not eat "a little of everything"

Better immune defence can even be detrimental in the case of Corona. In the ICU department patients die when their own body shoots The Corona virus with a shotgun.



3. Which foods should be eaten?

Eat bad tasting foods also! By eating dark green foods high in leafy greens, you keep your body's pH in balance. As a general rule all good-tasting food acidifies the body. E.g. wheat flour, white sugar and red meat are bad.

Recommended dishes include **seaweed, spinach, broccoli and lemon**. The body needs the substances in bad-tasting foods to make bases. These fight acids in the body. Leaf green(chlorophyll) is especially good. It is also available as green powder (e.g. RawSom Green mix, rotten cod flavour). When the taste is worse, the power is more effective. Just a teaspoon corresponds a bowl of lettuce for leafy greens.

The benefits of bad-tasting foods are not limited only to correct the acid-base balance. The use of bad-tasting foods also helps the gut maintain a good bacterial balance. Eat **sauerkraut** a couple of forks every day (or eat **Lactobacillus Plantarium** probiotics)

Nothing works properly in a dehydrated body and even good raw materials can turn into kidney stones that are harmful to the kidneys. **Drink 2-3 liters of water** daily. In addition, **leave out artificial sweeteners**. For example, aspartame acidifies body. If you want to save yourself from fatigue, **reduce or quit coffee** too. Green tea is preferred. The fault is probably not so much in the caffeine of the coffee, but it is in the particular protein which it contains. Successful and mentally refreshed people seem to have common in those three things: they have learned to drink water, they do not drink coffee, and they do not use artificial sweeteners.

These dietary advices are mostly in case if you get the disease. An acidic body with poor bacterial balance recovers poorly from the disease.

4. Lose weight if your BMI is over 25

Keep your BMI below 25. For example, according to a British report, $\frac{3}{4}$ Corona patients who needed hospitalization were overweight.

For those under 50, overweight appeared to be the most significant risk factor. People with BMI more than 40 are particularly at high risk. [Pubmed Obesity SP 4/2020 SimonetA](#)

5. Properly functioning protective equipments

If you want to be completely protected from the disease, get disposable coveralls, gloves and a motorized respirator for moving outside the home. (e.g. [3M Versaflo TR-300](#)). It is a good idea to have a plastic version of the helmet that can be disinfected after use eg. A12t (convenient to dispense from a flower spray nozzle bottle). Learn to remove guards so that you do not contaminate the wrong area.

[A passive full face peace](#) is heavy to breathe, but cheaper. Protection is good. But wonder what you look like when you dress the overall Hood firmly over your head with gas mask?

Do not use a half face gas mask alone. There is a direct connection from the mucous membranes of the eyes to the nasal mucosa. Regular glasses have a hole on the side. You can supplement the half mask with [eye protection from sides also](#).

In healthcare through FFP3 and N95 masks Corona infection cases come daily. There is no better to offer for common use. As you can see from the above, protecting yourself from the virus completely is practically difficult. Especially in the event of a more dangerous wave of the virus, these things are good to know.

The poor protection of **F**iltering **F**ace **P**iece (FFP) has been known for a long time. Everyone knows who has done a longer dusty job with the FFP3 mask on. After work, dust can also be found inside of the mask. It means, it always leaks from the sides. Against the Corona, FFP has suddenly become very protective against harmful aerosols! Of course, this cannot be true. For example, if you are pregnant or otherwise at risk and your employer tells you that you are well protected with the FFP3 mask. I wish you luck on your journey because you will need it.

Protecting yourself against the Corona is hard, but if for some reason you must use shields, use them properly! When used improperly, the mask can even spread the disease. For example, in case you touch filter part.

6. Corona with underlying diseases

BLOOD PRESSURE

Keep your blood pressure on a good level (110-140/70-90 mmHg)! In other infections low blood pressure can be a sign of a poor prognosis. In the case of the Corona high blood pressure leads to death ([Eur Resp J 3/2020](#)).

There has been a debate about which antihypertensive drugs are helpful? For example, online discussions with citizens had concluded that ACE inhibitor-type antihypertensive drugs should be discontinued. Doctors have also been contacted about this.

When changing the drug, the pressures are often elevated before the balance of treatment. I became acquainted with the antihypertensive discussion on expert discussion boards. There was almost a consensus that ACE / AT2 drugs have an effect. But on the other hand, were completely disagreed in which direction? That is, **keep your working antihypertensive drugs. Do not eat ibuprofen or other non-steroidal anti-inflammatory drugs** (NSAIDs). NSAIDs raises blood pressure and can otherwise increase the harm with Corona-virus infection e.g. kidney damages have been reported.

ASTHMA

Extra asthma medications will not overcome this disease but **keep an adequate stock of medications at home**. Asthma medications have begun to show delivery problems. Keep your asthma in good balance, take your medication as directed. And do not eat Ibuprofen.

In asthma, cortisone is also readily prescribed orally as a cure for airway infections. In the Corona, cortisone seems to cause more harm than good. Cortisone increases the amount of virus in the body and slows down the disappearance of the virus.

[The Lancet 2/2020](#) Also did not work in [SARS Journal of Virology 12/2004](#)

SLEEP APNEOA

A runny nose is not a specific symptom of the Corona, but it is associated with severe swelling of the membranes, meaning the nose may be completely blocked. If you only use a nasal mask that covers your nose, also **get a nose-mouth mask that covers your nose and mouth**. There is a limited supply also of with these masks. The same masks are needed to treat people with Corona. Thousands of sleep apnoea patients can not go to get nose-mouth masks from the hospitals.

Blood oxygen content may drop significantly when you have the Corona virus. Get e.g. [Garmin Fenix pro6 wristwach](#). It monitors blood oxygen saturation all the time! Incredibly good for tracking your sleep also.

DIABETES

Keep your blood sugar at a good level. Also, the majority of those with corona and diabetes have survived with mild symptoms.

7. Cure for the Corona infection

Hydroxychloroquine (Oxiklorin® Orion) has been a common but ineffective antirheumatic drug. On the other hand, its side effects are minor. It is a close relative to antimalarial drug chloroquine with more side effects. These gave incredibly good results in the studies. However, it was quickly realized that when widely used, the virus would become drug resistant. Although [The T started marketing these as a miracle cure!](#)

Inappropriate published information about the drug had to be hidden quickly. It was said to work only in test tubes and even own studies were cancelled. The drug was given to people with Corona infection. It was not a test tube study.

Here are one results, judge by yourself. I will not add the link because those will be removed.

6 patients hydroxychloroquine and azithromycin

20 patients hydroxychloroquine

16 patients placebo

Resolution of symptoms and recovery was monitored by mucosal PCR samples(≈infectiousness)

After six days:

Hydroxychloroquine + azithromycin: 100% (6/6) healed and did not infect anymore

Hydroxychloroquine alone: 70% (14/20) healed

Placebo: only 12,5% (2/16) healed

Applied to the whole population level these may not work. Bacterial and viral resistance to the drugs would probably rapidly increase. Fortunately, the T agreed to fix the matter by proposing to inject your hand directly into the vein! Thus, his other Corona drug revelations were nullified.

Did you think The President really thought that injecting a hand disinfectant directly into your veins would be a good idea? If you believed; I can reveal that you were cheated. Those who leaked this information will probably die of Corona without the virus.

Tetracycline antibiotics (also macrolide antibiotics) are known to have a [non-antimicrobial anti-inflammatory effect](#). Scar formation in the lungs is a big problem in Corona infection. Tetracycline antibiotics have been used successfully for decades, e.g. in acne and lung diseases. They prevent scar formation. The structure of the basic drug for cystic fibrosis has also been developed from doxycycline. Doxycycline is a more advanced form of the ordinary tetracycline e.g. is better absorbed.

If you have any long QT interval on your ECG, do not take hydroxychloroquine and azithromycin at the same time. If you do not know, use the Doximycin® option. [Grapefruit and calcium supplements are in any case prohibited during these medications.](#)

Keep at your home in case. You need to start medication early!

Oxiklorin® Orion 300mg 10 tablets 1 morning and 1 evening for five days

Azithromycin® Orion 250mg 6 tablets 2 pills daily for three days

or Doximycin® Orion 150mg 8 tablets 1 pill daily (the first starting dose 2 tablets)

8. Do not stop using snuff or tobacco

In Paris, 25.4% of the total population smokes. In contrast, only 5.3% of coronary patients admitted to hospital were regular smokers (France Paris, a sample of 500 patients). In general smoking impairs the ability to defend against respiratory viruses. Is a smoker's poorer resistance to mucous membranes even an advantage? Does nicotine itself have an inhibitory effect on the virus? In France, this is tested with a nicotine patch. If you do not smoke, do not start. But you do not have to stop smoking or snuff just now.

9. Pregnant and you got the Corona

Try to find the wormhole in space-time and travel back in time over the moment you touched the handle of the apartment building door and then your nose. No one yet knows what will happen to a child who is exposed to the virus during pregnancy.

Is it harmful to the developing foetus brain? Symptoms suggestive of neurological damage have been reported in patients with corona, e.g. severe tiredness or depression.

if you are pregnant do not get this virus or consider getting properly functioning protective equipment.

10. Conclusions and warnings

All known existing information should not be shared in a pandemic. Functional basic services and health care are needed. Wrong kind of information causes general panic and anxiety. The shortage of supply of certain products would also increase unrest. Failure to keep society structures in action would lead to general panic and insecurity for all.

If you are wondering how favouring a food can be harmful information? Rethink, what happens to the price? does the product run out? The complete change in consumption patterns would lead to a mismatch between demand and consumption. The wrong kind of information could lead encouragement to unhealthy options e.g. smoking. Censorship is also needed in the west during the pandemic and war. At this stage, the situation is still easy for society. What if this becomes a more deadly second wave? This may be only the practice.

Avoid stress and maintain your peace of mind. Panic is meant to be the last barely functioning straw before dying. If you take the chicken by the neck with a firm grip, the chicken will panic. The chicken can not do anything else. Panic removes all thought and joy from life. We are no chickens to be taken to cut a neck. If stress threatens, look for peace of mind again. Panic and stress waste all the resources of the body. Whatever works for you: exercise, yoga, meditation, nature or prayer. Whatever until it is the legal and ethically acceptable. Do not be a screaming chicken in distress.

Some of the content would cause harm when distributed. I also removed my own conclusions about the vaccine. The medical issues presented are mainly based on peer-reviewed data sources or multiple sources. Here, I deliberately looked at it from the perspective of a biohacker, and not through the eyes of licenced physician.

The above does not represent the opinion of my employer, nor even my own as medical profession.

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Kuopio Finland 18 May 2020
