



THE AMERICAN APITHERAPY SOCIETY INC.



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**AMERICAN APITHERAPY SOCIETY:
Coronavirus disease (COVID-19)
Pandemic UPDATE**

Hello Hive,

During this current World crisis we understand that many people are searching for answers and reassurance. Although we have all been inundated at times with information, we did want to reach out and share what we can at this time. First and foremost, we hope that you are all safe and have access to care should you need it. Please stay home and stay well!

Again, below you will find links to the current updated information published by the American Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO).

[CDC](#)

[WHO](#)

[Our Website](#)

Position

1. 50-75% of the World continues to rely on herbal medicine as their primary form of healthcare. AAS wishes to provide guidance based on current scientific

information for those without or limited access to care.

2. AAS believes there is a viable place for the use of Hive products and natural substances in the prevention of, and/or treatment for limiting severity of COVID-19.

Note: The degree to which hive products can be used for severe illness is unknown and there is currently no or very limited data available to suggest otherwise.

THERE IS A SIGNIFICANT AMOUNT OF FALSE OR MISLEADING INFORMATION CIRCULATING ON SOCIAL MEDIA PLATFORMS.

Understand that there is a difference between extrapolated data from test tube or animal studies and confirmed human clinical trials. This has been a long-standing issue within the Apitherapy community and continues currently. What we are outlining below is what we are currently considering as best available data extrapolated and otherwise from trusted public sources and experts in the field. As information changes so may recommendations. We will attempt to update this posting should items significantly change.

Statistics

This is an excellent visual representation of the key statistics associated with COVID-19, updated regularly.

<https://informationisbeautiful.net/visualizations/covid-19-coronavirus-infographic-datapack/>

General Info:

1. **CDC Information for Health Care Providers**

· <https://www.cdc.gov/coronavirus/2019-ncov/hcp/index.html>

2. **Alex Vasquez, MD, ND, DC: Antiviral Overview**

· <https://vimeo.com/357388714>

3. **Metagenics Institute LIVE with Heather Zwickey, PhD, discussing "SARS-CoV2/COVID-19: What You Need to Know" with host, Deanna Minich, PhD**

· <https://www.facebook.com/MetagenicsInstitute/videos/900994613663848/>

4. **Life Extensions Foundation Recommendations**

<https://www.lifeextension.com/protocols/infections/2019-novel-coronavirus-sars-cov2-covid-19>

Symptoms

A list of common symptoms and when to seek help

<https://www.cnn.com/2020/03/25/health/coronavirus-symptoms-list-what-to-do-wellness/index.html>

	Treatment	SYMPTOMS	MANAGEMENT
<p>Imaging</p> <ul style="list-style-type: none"> Imaging is not recommended for screening, but common chest CT findings include ground-glass opacities, consolidation, and crazy paving patterns, in a bilateral peripheral distribution <p>Clinical Course</p> <ul style="list-style-type: none"> Clinical outcomes: mild disease, pneumonia, severe pneumonia, acute respiratory distress syndrome (ARDS), septic shock Case fatality rate (CFR) estimated at 2%, but given that many mild cases have gone undiagnosed, CFR is likely lower 	MILD	<ul style="list-style-type: none"> Subjective or low-grade fever Dry cough Myalgias and arthralgias Nasal congestion Headache Sore throat 	<ul style="list-style-type: none"> 14d home quarantine from day of exposure Droplet, eye, and contact precautions where appropriate for providers Return precautions Supportive care: encourage eating and drinking, acetaminophen for comfort/fever Many hospitals are avoiding or cautious with ibuprofen due to theoretical risk, but there is no scientific evidence about a link between COVID-19 and NSAIDs (03.25.2020)
<p>Investigational Treatment</p> <ul style="list-style-type: none"> There are currently no FDA-approved treatments directed against COVID-19 at this time (03.25.20). However, a variety of therapies are under investigation. These include repurposing of <ul style="list-style-type: none"> Antivirals: remdesivir, lopinavir/ritonavir Antimalarials: chloroquine/hydroxychloroquine Immunosuppressive medications: tocilizumab Transfusing antibodies against SARS-CoV-2 analogs/SARS-CoV <p>Investigational Prevention</p> <ul style="list-style-type: none"> It is expected that COVID-19 vaccine development will take a minimum of one year 	MODERATE	<ul style="list-style-type: none"> High-grade temperatures Shortness of breath or trouble breathing Radiologic signs of pneumonia Chills Profound fatigue 	<ul style="list-style-type: none"> Airborne precautions for aerosolizing procedures Supportive care: acetaminophen for comfort/fever Respiratory support ARDS treatment as needed Treat comorbidities: <ul style="list-style-type: none"> Suspected sepsis: empiric antibiotics Flu: oseltamivir Asthma/COPD: bronchodilators MDI
	SEVERE	<ul style="list-style-type: none"> Severe dyspnea Hypoxia Dehydration P/F ratio <300 New bilateral infiltrates on imaging 	<ul style="list-style-type: none"> As above plus: <ul style="list-style-type: none"> Advanced ventilatory support
	CRITICAL	<ul style="list-style-type: none"> Respiratory failure Shock Multiorgan failure 	<ul style="list-style-type: none"> As above plus: <ul style="list-style-type: none"> Circulatory support with fluids and vasopressors if clinically appropriate

Adapted from Harvard Medical School publication, Module 1. From Bench to Bedside Graphic Summary Version 2, 3/25/20. Full graphic can be downloaded here https://drive.google.com/file/d/1eFYXyoFSJ1N-zYL3UMprYZYCaje8B_-a/view?fbclid=IwAR3DzN80gYsNtCW48NIVRUMCF7JKD1BmhqKicg1ShGvPsICnsIHpxDURWt8

Recommendations

Best Practice

1. :

2. Practice Social Distancing. Don't go out if you're sick!

If you don't believe it is serious, take a look at these statistics and projections: [https://covid19.healthdata.org/projections?](https://covid19.healthdata.org/projections?fbclid=IwAR26YUaE1PXE-RibdGFbEX8hX7f0pDYmSwJAWzgweP-)

[fbclid=IwAR26YUaE1PXE-RibdGFbEX8hX7f0pDYmSwJAWzgweP-](https://covid19.healthdata.org/projections?fbclid=IwAR26YUaE1PXE-RibdGFbEX8hX7f0pDYmSwJAWzgweP-)

1. Wash your hands frequently

· <https://www.cdc.gov/handwashing/videos.html>

c. Sinus Rinse by Neil Med/Neti Pot or similar 2x/daily.

Add organic unfiltered raw **Honey** to warm water, mix in saline packet.

Option to add Biocidin liquid 2- 6 drops or essential oil 2-6 drops.

1. **Propolis** based Throat spray

2. Keep Surfaces clean and disinfected-Tips

· <https://health.clevelandclinic.org/tips-for-keeping-your-home-clean-in-the-time-of-covid-19/>

f. At Home HEPA air filters

· <https://thewirecutter.com/blog/can-hepa-air-purifiers-capture-coronavirus/>

· <https://www.allerair.com/pages/air-purifiers-for-coronavirus>

Fever Support

2. - unless posing a risk, fever is the bodies natural response to infection and can be protective. Misconceptions about fever are commonplace. Fevers of 100-103f are typically harmless.

· <https://www.nature.com/articles/nri3843>

a. Risks of Fever Suppression:

· <https://royalsocietypublishing.org/doi/full/10.1098/rspb.2013.2570>

b. Ibuprofen/NSAID's and Acetaminophen. The WHO has reversed it's position regarding NSAID use in COVID-19 infection. The original concern was from comments made by the French Health Ministry based on potential mechanism of ACE2 receptor interaction.

- <https://www.sciencealert.com/who-recommends-to-avoid-taking-ibuprofen-for-covid-19-symptoms>
- <https://www.fda.gov/drugs/drug-safety-and-availability/fda-advises-patients-use-non-steroidal-anti-inflammatory-drugs-nsaids-covid-19>
- Still potential issues with ACE2 receptors: <https://www.sciencedaily.com/releases/2020/03/200323101354.htm>

General

A. Eat a healthy whole food anti-inflammatory diet rich in nutrients and antioxidants.

- Smoothie E-

guide: <https://drive.google.com/file/d/0Bz1DqUGYu15JRHU4WUw0VGVkX2c/view>

a. **Honey, Pollen**, and **Propolis** are excellent additions.

- http://www.scielo.br/scielo.php?script=sci_arttext&pid=S0102-695X2016000500657
- <http://www.phytojournal.com/archives/2019/vol8issue4/PartR/8-4-197-109.pdf>
- <https://www.mdpi.com/2079-6382/8/4/251>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6943659/>
- <https://www.mcgill.ca/oss/article/health/queracetin-take-or-not-take>

b. Fermented foods have broad benefits and support the microbiome which is a key modulator of the immune system. **Bee bread** is a good option to incorporate both hive products and the benefits of fermentation

- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6306734/>
- https://www.apimondia.com/en/component/easyfolderlistingpro/?view=download&format=raw&data=eNpFkE9PwzAMxb-KIRNIIsLZDGp1348QBJCTQrpOXuG0gbalkLZsQ3530nzglfn7-6dmERYE_AXcoKmsUe3EIWOxRKcTDFq6ts0FTts2LMptaBYo-sJ_NYZJQ5Gur7jnEf9AjitNp0saqnEc7ankscxTjs5tVrcRBYz4PeTaOYjNRky0jp1tWWtKCqbThFVMmwHYDx4SQBK_a2M8vO2i5gVwnZjh7JgU3b-xruoV7-GgY3m3vJYOt4JnJxOYOjjqS0fEK1CI4sV3NQ6pG-gMKvsTI51S1bMUXpz2HNfIYkmlk2bTcJfcZi6SmKzqfSPw9XyMF7SjqlcX-_QMfw3eb

c. Beans & legumes, Curcumin and green tea are high in protease inhibiting enzymes which help suppress the key enzyme protease in COVID-19

- <https://www.preprints.org/manuscript/202003.0226/v1/download>
- <https://www.drugtargetreview.com/news/57834/preliminary-sars-cov-2-protease-inhibitor-shows-efficacy-in-mice/>

d. Mushrooms are high in immune glucans. They have a long history of use in Traditional Medical systems and are well documented immune modulating/stimulating medicinal foods.

- <https://www.ncbi.nlm.nih.gov/pubmed/32162896>

Nutrients

1. As far as we know the below nutrients and herbs have solid validated evidence. If there is a question about any of it check with your doctor. **Note:**

Doses may vary based on individual:

- <https://www.ichnfm.org/antiviral>
 - <https://avivaromm.com/covid-19-natural-prevention/>
 - https://www.academia.edu/39406350/Vitamins_Against_Viruses_Implausible_Pro-Vaccine_Publications_Contrasted_Against_Ignored_Public_Health_Campaigns_and_Double-Blind_Placebo-Controlled_Clinical_Trials._Journal_of_Orthomolecular_Medicine_2019
- a. Whole food Multi
 - b. Vit D3 5-10000 IU/d (preferably with K2) https://www.youtube.com/watch?v=W5yVGmfivAk&fbclid=IwAR3nbLhZiEZ8HgkDoIDSIF07M5qpJzq0_3t7ZCRwfw7ZDGxRgQfvtd6ZJ8E
 - c. Vit A 5000 IU/d
<https://upload.latest.facebook.com/InflammationMastery/videos/2734244300030641/>
 - d. Zinc 15-25mg/d
 - e. Selenium 50-200mg/d
 - f. Vitamin C 3000mg or more daily (max dose is bowel tolerance)
 - <https://www.consuldranderson.com/iv-vitamin-c-for-hospital-use-for-covid-19/>
 - g. NAC 600-1200mg/d (extended release form best)
 - h. Probiotics- multiple strains, Rotating. Include *Saccromyces b.*
 - <https://drohhiraprobiotics.com/dr-ohhiras-propolis-plus/>
 - i. Melatonin - 1-10 mg at bedtime. Melatonin Inhibits NLRP3

Inflammasomes which is responsible for severe cytokine storm seen with severe COVID.

- <https://www.sciencedirect.com/science/article/pii/S0024320520303313>
- <https://www.evolutamente.it/covid-19-pneumonia-inflammasomes-the-melatonin-connection/>

Herbs

1. There are multiple herbs known to have immune modulators, stimulators, and antiviral benefit.

a. Use and combination of herbs is typically chosen based upon a specific system i.e. Traditional Chinese Medicine, Ayurvedic, Eclectic, Naturopathic etc

.

Overview by 7Song, RH (AHG)-

Herbalist: <https://www.americanherbalistsguild.com/sites/americanherbalistsguild.com/files/7song-herbalistnotescovid-19.pdf>

John Chen, PharmD, L.Ac TCM Formula

Overview: [https://lookaside.fbsbx.com/file/herbal%20formulas%20for%20corona%20virus.pdf?](https://lookaside.fbsbx.com/file/herbal%20formulas%20for%20corona%20virus.pdf?token=AWyHB1uU3flFEJ2WH2rOreAXeV34G87WTJOjNUSEm_ncyBK17KxqzvFch7P1zqHBv8cyLlf90R7viw9rApZv7NPaUBXZlj0dldKDviFavgiuAL2VXXfMgCZubSw2hINMA7dVI32Q3GZlxfCe_j5jEc4YPdguC7i2l1YknZeN2p8YjHkBInJVIjYM2K1R7ytmuROOKb0YM1JkIZ9WTdvgY0Z)

[token=AWyHB1uU3flFEJ2WH2rOreAXeV34G87WTJOjNUSEm_ncyBK17KxqzvFch7P1zqHBv8cyLlf90R7viw9rApZv7NPaUBXZlj0dldKDviFavgiuAL2VXXfMgCZubSw2hINMA7dVI32Q3GZlxfCe_j5jEc4YPdguC7i2l1YknZeN2p8YjHkBInJVIjYM2K1R7ytmuROOKb0YM1JkIZ9WTdvgY0Z](https://lookaside.fbsbx.com/file/herbal%20formulas%20for%20corona%20virus.pdf?token=AWyHB1uU3flFEJ2WH2rOreAXeV34G87WTJOjNUSEm_ncyBK17KxqzvFch7P1zqHBv8cyLlf90R7viw9rApZv7NPaUBXZlj0dldKDviFavgiuAL2VXXfMgCZubSw2hINMA7dVI32Q3GZlxfCe_j5jEc4YPdguC7i2l1YknZeN2p8YjHkBInJVIjYM2K1R7ytmuROOKb0YM1JkIZ9WTdvgY0Z)

b. There are many pre-made formulas available. We are listing product examples as well as individual herbs (Not Inclusive).

a. Source Natural Wellness formula

b. Honey garden syrup Honey, Propolis, Elderberry Syrup (Oxymel).

Evidence adapted from Propolis Professional Monograph by Eric Yarnell, ND,

RH (AHG):

Administration of a proprietary elixir containing 50mg/mL mg/mL of echinacea, 50mg/mL mg/mL of propolis, and 10 mg/mL of vitamin C for 12 weeks cut the number of URIs in half and reduced the severity and duration of those URIs that did happen compared to placebo in a double-blind trial (Cohen, et al. 2004).

A double-blind trial found that an aqueous (!) propolis extract (apparently of North African origin) significantly reduced the incidence of nocturnal asthma attacks and improved ventilatory function compared to placebo (Khayyal, et al. 2003).

- c. Sambucol Elderberry Extract
- d. Kyolic Immune Formula 103
- e. Wish Garden Kick-ass Immune

Scientific reviews: <https://www.worldhealth.net/news/scientific-look-botanical-plants-and-supplements-against-coronavirus/>

- a. Elderberry syrup

Donald Yance- Master Herbalist, Elderberry

Commentary: <https://www.donnieyance.com/the-truth-about-elderberry-sambucus-nigra/>

- b. Elderberry leaf
- c. Echinacea
- d. Astragalus
- e. Osha

- f. Olive leaf extract
- g. Berberine herbs- goldenseal, Oregon grape etc.
- h. Garlic

Hive Products

a. **Propolis:** commonly known as Bee Resin or “glue” is a very powerful and safe herb with known antioxidant, anti inflammatory, and anti microbial benefits, including antiviral.

Propolis when ingested has benefit on both the GI and respiratory system through direct contact, and via activation of Toll like receptors. Propolis induces a moderate pulmonary anti-inflammatory effect, highlighting the classic pairing of Lung-Large Intestine in Chinese Medicine.

Given the amount of studies strongly suggesting benefit in a variety of virus (Influenza, HSV, Entero, etc.) this is an herb that could have significant benefit during this pandemic.

- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3872021/>
- <https://www.sciencedirect.com/science/article/abs/pii/S0378874105003740>
- <https://www.ncbi.nlm.nih.gov/pubmed/14993078>
- <https://www.ncbi.nlm.nih.gov/pubmed/20041423>
- <https://www.tandfonline.com/doi/abs/10.1080/00218839.2019.1695715>
- <https://www.mdpi.com/2227-9059/7/4/73>
- <https://europepmc.org/article/med/32050880>
- <https://www.sciencedirect.com/science/article/abs/pii/S0378874119330429>
- <https://www.thieme-connect.com/products/ejournals/html/10.1055/s-0039-3400052>

Advice from a world-known expert in complementary and integrative medicine, Dr. Dietrich Klinghardt, MD, PhD. - strong advocate of the use of **propolis** against Covid-19. <https://www.youtube.com/watch?v=NctiERzrny4&feature=share&app=desktop>

b. **Venom**

a. currently the AAS position on Venom is that if you have been stinging regularly and have a acquired tolerance than it is **ok** to continue and would recommend considering adding the classic acupuncture points Large Intestine 10 and Stomach 36 bilaterally as these 4 points together are a classic combination for the immune system.

· <http://www.itmonline.org/arts/zusanli.htm>

b. If you have not been stinging or are at very early stages, you should consider holding treatment as initially it is an increased burden on the immune system.

c. Likewise we advise **AGAINST** stinging in acute illness due to the transient increase in inflammation and oxidative burden which can increase complications.

HOW LONG DO CORONAVIRUSES* LIVE ON SURFACES?

SURFACE	EXAMPLES	DAYS OR HOURS
Metal	Doorknobs, Jewelry, Silverware	5 Days
Glass	Drinking glasses, Mirrors, Windows	UP TO 5 Days
Ceramics	Dishes, Pottery, Mugs	5 Days
Paper	Newspaper, Magazines	UP TO 5 Days
Wood	Furniture, Decking	4 Days
Plastics	Milk bottles, Bus seats, Elevator buttons	2-3 Days
Stainless Steel	Refrigerators, Pots/pans, Sinks, Water bottles	2-3 Days
Cardboard	Shipping boxes	1 Day
Aluminum	Soda cans, Tinfoil, Water bottles	2-8 Hours
Copper	Pennies, Teakettles, Cookware	4 Hours
Food/Water	Doesn't seem to spread through food, and has not been found in water.	

Message from:

Patrick Fratellone, MD

Cardiology, and American

Apitherapy Society Vice President



Patients with cardiovascular disease diagnosed with novel coronavirus (COVID-19) are urged to continue taking their (ACEi) and angiotensin receptor angiotensin and angiotension receptor blocking medications (ARB) as prescribed, according to a statement jointly published by the American Heart Association (AHA), the Heart Failure Society of America (HFSA), and the American College of Cardiology (ACC).

There were reports of benefits using these medications for COVID-19. Cardiovascular disease patients who are diagnosed with COVID-19 should be fully evaluated before adding or removing any treatments, and any changes to their treatment should be based on the latest scientific evidence and shared-decision making with their physician and healthcare team, the press announcement stated. According to the joint statement, there have been no experimental or clinical data to support claims related to benefit or harm related to ACEi or ARB use in COVID-19 patients. The associations urged that modifications to ACEi or ARB treatment should only be made after a full

evaluation of the individual patient is completed by a physician.

Concern over depletion of antioxidant capacity: We know that COVID-19 raises liver enzymes and that oxidative stress is a key component of severe infection and cytokines storm. Given this, there is concern regarding acetaminophen as it is known to be hepatotoxic and depletes body stores of glutathione the “master antioxidant” which not only detoxifies but recirculates essential nutrients and supports the immune system.

Please consult your health care practitioner before starting or stopping any medication during this pandemic.

Please email the American Apitherapy Society with any questions

Email

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