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).

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
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.

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**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

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

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Symptoms

A list of common symptoms and when to seek help
**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?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

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**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 100-103\(^\circ\)F are typically harmless.

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

a. Risks of Fever Suppression:

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.
·  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
      · https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6943659/
      · https://www.mcgill.ca/oss/article/health/quercetin-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
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

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.


**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://www.ichnfm.org/antiviral)

**Whole food Multi**

**b. Vit D3 5-10000 IU/d (preferably with K2)** [https://www.youtube.com/watch?v=W5yVGmfivAk&fbclid=IwAR3nbLhZiEZ8HgkDoI8DSIF07M5qpJzq0_3t7ZCRw7ZDGxRgQfvt6ZJ8E](https://www.youtube.com/watch?v=W5yVGmfivAk&fbclid=IwAR3nbLhZiEZ8HgkDoI8DSIF07M5qpJzq0_3t7ZCRw7ZDGxRgQfvt6ZJ8E)

**c. Vit A 5000 IU/d**


**d. Zinc 15-25mg/d**

**e. Selenium 50-200mg/d**

**f. Vitamin C 3000mg or more daily (max dose is bowel tolerance)**


**g. NAC 600-1200mg/d (extended release form best)**

**h. Probiotics- multiple strains, Rotating. Include *Saccromyces b.***


**i. Melatonin - 1-10 mg at bedtime. Melatonin Inhibits NLRP3 Inflammasomes which is responsible for severe cytokine storm seen with severe COVID.**
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)-

John Chen, PharmD, L.Ac TCM Formula
Overview: https://lookaside.fbsbx.com/file/herbal%20formulas%20for%20coronavirus%20%20v%202020formulas%20for%20coronavirus.pdf?token=AWyHB1uU3fLEJ2WH2rOreAXeV34G87WTJOjNUSEm_u5yBK17KxzqvFCwH7P1zqHBv8cyLl90R7iw9rApZv7NPaUBXZij0dIdKDviFavgjuAL2VXXfMgCZubSw2hNMA7dVI32Q3GZIxfCe_j5iEc4YPdguC7i2I1YknZeN2p8YjHkBlnjVljYM2K1R7ytmuROOKb0YM1JkIZ9WTdvgy0Z

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).


https://www.evolutamente.it/covid-19-pneumonia-inflammasomes-the-melatonin-connection/
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


a. Elderberry syrup

Donald Yance- Master Herbalist, Elderberry


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.ncbi.nlm.nih.gov/pmc/articles/PMC3872021/)
- [https://www.mdpi.com/2227-9059/7/4/73](https://www.mdpi.com/2227-9059/7/4/73)
- [https://europepmc.org/article/med/32050880](https://europepmc.org/article/med/32050880)
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](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.

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?

<table>
<thead>
<tr>
<th>Surface</th>
<th>Examples</th>
<th>Days or Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Metal</td>
<td>Doorknobs, Jewelry, Silverware</td>
<td>5 Days</td>
</tr>
<tr>
<td>Glass</td>
<td>Drinking glasses, Mirrors, Windows</td>
<td>Up to 5 Days</td>
</tr>
<tr>
<td>Ceramics</td>
<td>Dishes, Pottery, Mugs</td>
<td>5 Days</td>
</tr>
<tr>
<td>Paper</td>
<td>Newspaper, Magazines</td>
<td>Up to 5 Days</td>
</tr>
<tr>
<td>Wood</td>
<td>Furniture, Decking</td>
<td>4 Days</td>
</tr>
<tr>
<td>Plastics</td>
<td>Milk bottles, Bus seats, Elevator buttons</td>
<td>2-3 Days</td>
</tr>
<tr>
<td>Stainless Steel</td>
<td>Refrigerators, Pots/pans, Sinks, Water bottles</td>
<td>2-3 Days</td>
</tr>
<tr>
<td>Cardboard</td>
<td>Shipping boxes</td>
<td>1 Day</td>
</tr>
<tr>
<td>Aluminum</td>
<td>Soda cans, Tinfoil, Water bottles</td>
<td>2-8 Hours</td>
</tr>
<tr>
<td>Copper</td>
<td>Pennies, Teakettles, Cookware</td>
<td>4 Hours</td>
</tr>
<tr>
<td>Food/Water</td>
<td>Doesn't seem to spread through food, and has not been found in water.</td>
<td></td>
</tr>
</tbody>
</table>
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
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.

Disclaimer:
The information provided should not take the place of direct medical care or recommendations from Governmental, regional or international health authorities. Please seek care should you need medical attention. The American Apitherapy Society Inc., is a 503c Not for Profit group. We do not have direct affiliation or profit with any source, product or individual listed. AAS does not endorse all opinions or views expressed by listed sources.