

DR. COVINGTON'S ANTIVIRAL TEA

THIS TEA REMEDY SHOULD SHORTEN THE LENGTH OF OR PREVENT THE ONSET OF VIRAL ILLNESSES LIKE INFLUENZA (THE FLU), COLDS, OR EVEN SOME GASTROINTESTINAL VIRAL ILLNESSES (STOMACH FLU). IT MAY ALSO LESSEN THE SEVERITY OF THESE VIRAL ILLNESSES.

equal parts  + 
GREEN & BLACK TEA
(DECAF IS OKAY!)



fresh-grated
GINGER

If making for a child, use sparingly, as it will make it too spicy and the child won't drink it. Strain after steeping if you prefer.

TURMERIC + *black pepper*

Turmeric is the spice that makes curry yellow, and the anti-inflammatory part of the tea. It's available from health food stores in capsule form.



Black Pepper helps the body absorb the active ingredient in the Turmeric. Don't overdo the Black Pepper if making it for a child.



ZINC

Add contents of a 25 mg zinc capsule. If using tablets, crush with spoon.
FOR CHILD: USE ONLY 1/4TH
FOR INFANT: USE ONLY 1/8TH
You can get about 5 mg of zinc from a lozenge of OTC cold remedies like Coldeezee and Airborne.



**SWEETEN
THE POT**

Add honey or sugar & milk or lemon juice to taste. This is especially necessary if making for a child!



HOW IT WORKS:

RECIPE BASED ON SCIENTIFIC STUDIES

GREEN & BLACK TEAS both have different theaflavins, all of which are antiviral.

GINGER inhibits the virus from getting out of one cell and into the one next to it - thus limiting the length of the viral illness.

ZINC is a component added to all the new age over-the-counter anti-cold remedies because of its clinically proven antiviral properties.

TURMERIC has anti-inflammatory properties which help in several ways, including reducing the inflammation causing aches and pains, and should also help with airway inflammation and sore throat, all of which are increased during viral illnesses. Curcumins, a family of compounds found in Turmeric, have been found to inhibit the development of the "cytokine storm" which is what makes new flu strains (as in "bird flu") so deadly.

BLACK PEPPER has piperenes in it, which help the body absorb the active ingredient in the Turmeric.

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PUT IT IN A THERMOS

& sip all day

This tea remedy works best if it is taken in small amounts throughout the day, rather than only once or twice a day.

DON'T FORGET ABOUT PROBIOTICS

Probiotics (present in natural yogurt products) are an important part of the immune system. Natural yogurt products are also okay for babies.



**THIS IS WHAT I DO FOR MYSELF
AND MY OWN FAMILY WHEN WE HAVE
ANY SORT OF VIRAL ILLNESS.**



Further Explanation of the Ingredients in Dr. Covington's Anti-Viral Tea Remedy

The tea contains Green Tea and Black Tea, Ginger, Zinc, and Turmeric to reduce inflammation and inhibit a cytokine storm. Make a big pot of tea and drink it in small amounts ALL day long. *Like most more natural remedies, this is unlikely to work if you drink only a few cups per day.*

Tea has "theaflavins" that inhibit viral entry into cells. Both green and black tea have different ones and all are antiviral. Use about 5-7 tea bags and a pot (about a quart) of tea.

Ginger is another ingredient that has a component that prevents the virus from getting into cells. Use *fresh* ginger. Grate in enough to make it spicy hot...limits severity and length and damage caused by virus.

If you're making this pot of tea for a child, you have to use less Ginger because, if it is too spicy hot, the child will not drink it.

Incidentally, most people find the "spicy hot" ginger tea soothes a sore throat.

Zinc has been shown to be antiviral against all cold type viruses including corona viruses including COVID19 (most recently recommended by a Corona/SARS virus expert) –use a liquid preparation or a capsule that can be opened into your pot of tea.

A good choice for capsules is something like "Bio Zinc" or "Chelated Zinc" which are more readily absorbable/soluble. Use one 25mg capsule in a pot of tea. If you can get some of the Airborne or Zicam OTC cold remedies, they usually have an effervescent tablet or a lozenge that has 5-8 mg of zinc and this would be enough for a small child like a toddler.

Turmeric, an essential ingredient of the spice, curry, has a component, Curcumin, that inhibits / mitigates the cytokine storm which, in severe cases, is what is responsible for the severe respiratory failure that is so devastating. Add Black Pepper to increase absorption of the active ingredient in the turmeric.

Turmeric is less important if you're making this for a child (especially since it doesn't taste good), but if you are making this antiviral tea for an adult who you think might have the new COVID 19 virus, you should definitely use turmeric. You should use enough to make the tea taste somewhat bitter, some say it tastes like dirt.

Nevertheless, for an adult fighting a new virus, that we have never seen before, one like COVID 19, the turmeric would be very important. Turmeric, is a member of the genus, Curcuma, all of which have been used throughout south and eastern Asia for various anti-inflammatory properties.

You can use plain turmeric from grocery or health food stores and, if you do, add Black pepper (contains piperenes) to enhance absorption of the active ingredient(curcumins) in turmeric. There are also health food store preparations of the active ingredient in turmeric which also contain piperenes and other (probably less efficacious) ingredients. These products often have a name such as "Curamen" or "Cura Med", and others, which refers to the name of the genus Curcuma sp., to which turmeric belongs. Empty one or two capsules into the tea. You can also use turmeric root(which probably works better) and grate it like you do the ginger.

Turmeric, an anti-inflammatory, is only essential if you are exposed to/infected with a novel virus such as the novel corona virus, COVID19, or an influenza virus like the novel H5N1 influenza virus in 2005-2006.

By lessening the Ginger a little and leaving off the turmeric, one can make a very tasty tea, especially if you add some spices that make it into chai tea. However, if I knew I had a true case of COVID19, I would use enough ginger and enough Turmeric to make it taste like spicy hot, bitter, dirt. Then I would chew on the grated ginger/turmeric in the bottom of the cup. – *Sam Covington MD.*

What is a Cytokine Storm?

The word comes from the Latin meaning: cyto meaning "cell" and kine meaning "come hither"

Simply put, there are TWO main branches of the immune system in fighting viral infections.

<p>1. There is the one most commonly activated, which utilizes antibodies when the invading organism has been seen before by the body. Antibodies (produced by the body in response to a previous exposure and ramped up in response to the repeat infection) attach to the virus and inactivate it.</p>	<p>2. Then there is another branch of the immune system, which utilizes T lymphocytes to attack the invading organism when it is one which the body has never seen before (and thus has no circulating antibodies against it).</p>
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When a T lymphocyte happens upon a novel virus like the COVID19, it disgorges its cell contents which contain chemicals that attack/disintegrate that virus (your own cells in the immediate vicinity are also damaged by these cell contents). T Lymphocyte cells also contain cytokines, which signal other T lymphocytes to the scene. Those newly arriving T Lymphocytes call in more and more of their brothers, so to speak.

The consequence of this is that, if there are a lot of viruses, the T Lymphocytes call in more and more of their brothers, creating a very destructive so-called "cytokine storm" (of arriving T Lymphocytes). If this virus is in the lungs, the lungs can become filled with fluid (ie. pus), made up of all the contents of all the arriving T lymphocytes, other white blood cells, and all the associated cell debris. In bad cases, the patient suffers from severe respiratory distress because he is essentially drowning. This is why ventilators are needed to use positive pressure to keep the lungs open by forcing air into the collapsing air passages and alveolar air sacs of the lungs.

Turmeric (and apparently other members of the genus *Curcuma*) has a component, curcumin, which inhibits this cytokine storm and lessens the likelihood of respiratory distress.

The attached infographic was created by Kristen Eads Covington (Dr. Sam's Daughter-in-Law) from a handout I made for my ER patients. Free printable download available in color or black + white at keads.com/work#/tea-infographic