

Doctor Pill – have you already taken your precautions?

I am a medical doctor with an own practice and a Swiss PhD degree, residing in Switzerland.

In my capacity as a doctor and humanitarian, I am, from a medical point of view, extremely concerned about the dramatic impact the Covid19 epidemic and its measures may very soon have on our health care system in Switzerland.

During the winter season, the following factors moreover influence and accelerate the course of this century's phenomenon.

1. Winter time with increased number of diseases
2. Influenza and similar viruses increasing the number of diseases
3. Increased stress with a higher susceptibility to disease (2 years of measures and other factors)
4. Inadequate preventive health care measures
5. Insufficient provision of treatment options
6. Insufficient provision of hospital and nursing capacity
7. Lack of sleep (less than 8h)
8. Sars CoV2 experimental injections entailing the reduction of a general infection defence
9. Sars CoV2 experimental injections with increasing disease consequences
10. Sars CoV2 experimental injections provoking an increase of complication rates (> 10% after boosting)
11. The emerging increase in the incidence of disease, redundancies and dismissals of health care workers

With the daily increasing corona case numbers, as published by the FOPH (Federal Office of Public Health) and despite the vaccination- and protective measures demanded with unusual massive pressure by the Federal Council, (such as keeping distances, disinfection of the hands), mask requirement and a vaccination status of approx. 70% of the CH population, an emergency situation in the health care system is likely to be reached soon. In addition, we have to worry about an overstrain of the medical profession, the nursing staff and the capacity of intensive care beds in hospitals, as reported daily by the official media.

From an epidemiological point of view, there is a real and very high risk (danger level dark red) of a total sudden collapse of the current health system in Switzerland.

This fact should actually cause sleepless nights to the entire medical profession in Switzerland (not only in hospitals or intensive care units)

We physicians have all taken the Hippocratic oath and are committed to it.
This oath commits us to:

1. Maintain the patient's health
2. Prevent damage to be caused to the patient
3. Take and implement medical measures to foster healing

A state of emergency and the complete collapse of the healthcare system possibly occurring in our country soon do force me to take additional action, prevention has always been better than cure.

I, therefore, recommend for prophylaxis:

- Eat mineral rich local fresh food such as vegetables/fruits and legumes/nuts.
- Drink daily a freshly squeezed juice of citrus fruits, oranges/lemons/grapefruits
- Supplement your food, as a support during the winter months, with vitamins C & D3 (5000 units per day), and zinc (10-30 mg per day)
- Avoid excessive and regular consumption of alcohol and cigarettes
- Cultivate social contacts, a feeling of being supported also contributes to a healthy immune system.
- Treat yourself to a regular restful sleep, ideally between 8 and 9h.
- Exercise or move daily in the fresh air, preferably the forest
- Pamper yourself regularly, possibly with a hot bath

Drug treatment for mild symptoms:

1. Start of a cough or a cold: Polyvidon-ointment (Betadine) - one top of a fingertip per nostril, herbal preparations (see below), very hot inhalations
2. Start of a sore throat: gargling with disinfectant solutions; herbal preparations such as Echinacea drops or other phytotherapeutic products, such as for example ascent granium, thyme & sage, eucalyptus and myrrh, pine needles

Drug treatment for severe symptoms possibly in consultation with your family doctor

1. Shortness of breath: cortisone (e.g. dexamethasone), asthma sprays with cortisone (e.g. Symbicort TH200) 2x daily, Aspirin 100mg, Cetiricin 10mg 2x daily.
2. Severe restriction of the health condition in general : cortisone (see above), Clarithromycin, Ivermectin 6mg
Heart problems: beta-blockers (e.g. metoprolol)

These proven drugs, tried and tested for many years, help to reduce and avoid to severely suffer, they foster a holistic health recovery.

An emergency state and crises situation require from all of us to take special and extraordinary decisions.

Assume responsibility for your personal and for your family member's health and do provide yourself in time with these medicines, do not wait until this century's crisis has started.

Consult your family doctor or your pharmacy, and get expert advice, with, as a guideline, this list in hand.

I became a doctor because I care about your health. Hopefully this list will be of service.

May you get through this challenging pandemic winter season well.

With My best wishes, yours sincerely,

Doctor Pill