

**Exerpt on Natural Supplement Plan from**  
**A Naturopathic Doctor's Guide to Wellness for**  
**Immune Support**

**by Dr. Artemis Morris**

**NATURAL SUPPLEMENT PLAN**

*“It is far more important to know what person the disease has  
than what disease the person has.”*

*-Hippocrates*

To support your vital force and immune system optimizing and personalizing nutrition and lifestyle habits are essential. Moving up the therapeutic order, making sure you are not deficient and are optimizing your nutrient status also influences your nutrigenomic, epigenetics, and risk of disease. In this next section you will receive a general foundational plan for using nutritional supplements to prevent disease and manage it naturally.

Ideally, in recommending a treatment plan that includes high quality, personalized nutritional supplements, I am spending at least thirty to seventy-five minutes going over medical history, family history, medications, supplements, and

investigating causal factors to determine a personalized treatment plan for my patients; however, *these-are-not-usual-times*. While in quarantine, I am doing phone-consults and telemedicine at Artemis Wellness Center to help patients on an individualized basis.

Quality is as important, if not more important, than quantity, when it comes to food and to nutritional supplements. The links I share for supplements and that are on my website are trusted sites that are direct from the manufacturers. Besides physician-grade quality, 3rd party-testing, and sustainability, I choose nutritional supplement companies based on their integrity and dedication to natural healing.

**Anything you are buying online or from large conglomerates, such as, Amazon and online vitamin stores may not have quality ingredients and can be more marketing than medicine.**

- Who are you supporting with your supplement choices?
- Do you know what you are buying?
- What is the therapeutic dose for you?
- Is there any science behind it?
- Who is recommending it?
- What are their credentials?
- What is the purity?
- Interactions with medication?
- Is it right for **you**?

All of these answers are unclear if you are not using a professional recommendation or way of ordering supplements that is recommended by a licensed and credentialed naturopathic physician or integrative practitioner.

I can't guarantee that this general plan is right for you, but it is a plan that is simple, easy, accessible, follows principles of "do no harm," and provides your body with the foundational nutrients for healing and cofactors for epigenetic support from companies I have grown to know and trust over my twenty years of medical practice.

Our immune system functions at its best when we give it the building blocks for healing, such as the right food and optimal amounts of nutrients. This fundamental, science-supported plan will give you, and your immune system, a good foundation in addition to a healthy diet and lifestyle. If you want to save time and money on the right natural plan for you, make an appointment for a personalized consult; however, if you are not able, the next best thing is to follow and enjoy the benefits of the plan below.

Stay tuned for updates to this section because the clinical trials and research on Vitamins, minerals, and nutritional supplements for COVID-19 are continually evolving. The nutritional supplements recommended in this plan are for general health and optimizing your immune system response by preventing nutrient deficiencies, rather than treat any specific medical conditions.

**Basic rules for taking nutritional supplements:**

- Get the best quality as recommended by your Naturopathic Doctor or integrative practitioner.
- Get a personalized recommendation that takes into account biochemical individuality and interactions with medications.
- Address nutrient deficiencies to help your body and its vital force do what nature intended it to do, get well.
- Use high doses of nutrients under supervision.

Consult with your Naturopathic Doctor, Functional Medicine, or Integrative Practitioner for specific herb and supplement recommendations. This section is not intended to treat and does not constitute specific medical advice that supersedes your medical plan or doctor's advice.

To make an appointment for specific recommendations that take into account your specific needs, medication interactions and optimal nutrient needs, contact Dr. Artemis Morris at schedule at <https://drartemis.com>.

## NATURAL PHARMACY

### NATURAL SUPPLEMENT PLAN

#### **The Foundational 4 Nutritional Supplements for Immune Health:**

There are four nutritional supplements that are on my essential foundational plan for my patients to optimize their immune health. Getting a specific recommendation and an exceptional quality is also essential to making sure that they are right for you and won't be a waste of money. I provide specific brands and links that I use in my practice, however, you can consult with your naturopathic doctor, functional medicine or integrative practitioner to get more specific recommendations. The foundational four nutritional supplements are a physician-quality Multivitamin, Essential Fatty Acids, optimal levels of Vitamin D, and a personalized probiotic.

See video of Dr. Artemis Morris discussing the Foundational Four on CBS news.

[https://www.wfsb.com/interview-boosting-the-immune-system-through-vitamins/video\\_8ddc99be-1351-593b-8817-f08eadfca497.html](https://www.wfsb.com/interview-boosting-the-immune-system-through-vitamins/video_8ddc99be-1351-593b-8817-f08eadfca497.html)

1. **Multivitamins.**

Choosing the right multivitamin makes a big difference in terms of whether or not it will support your immune system and general health. There are many studies showing multivitamins don't make a difference in health if they are from over-the-counter (OTC) brands with low levels of nutrients that may have "other ingredients" that raise your cholesterol or are contaminated with heavy metals. A meta-analysis of clinical research by Drs. Long and Benton in Psychosomatic Medicine found that only daily multivitamins containing higher levels of B vitamins daily for 4-12 weeks modestly reduces perceived stress and subclinical anxiety in healthy adults compared to placebo.

A research article by Dr. Bendich in 2001 called Micronutrients in Women's Health and Immune Function sponsored by a drug company nonetheless, found that **"Multivitamins have been shown to enhance many aspects of immune response, and antioxidant micronutrients consistently have been found to enhance lymphocyte-proliferative responses and skin-test responses, especially in the elderly"** (Nutrition 2001;17:858 – 867).

The merit of a multivitamin rests on its quality, dosages and forms of nutrients, absorption, and personalization to your needs. A general, high-quality multivitamin will ensure that you are not suffering from any nutrient deficiencies that can compromise your immune function and epigenetics, that you are getting optimal levels of nutrients needed to replace the nutrients in our soil, and getting

optimal levels of nutrients to deal with stress, which in and of itself can affect immune function.

Multivitamins specific to your nutrient, biochemical, genetic (MTHFR etc.), medical condition and stage of life needs in a form that you can absorb. A multivitamin without iron because unless you are known to be anemia or need extra iron in pregnancy, too much iron is not good for your heart and iron is used by viruses and bacteria to replicate. There is a drug trial application out of Iran to use an iron chelator, a drug that gets rid of iron in the body, to treat COVID-19.

These multivitamins have optimal amounts of immune supportive vitamins and minerals, such as, B vitamins, Vitamin A (beta-carotene), Vitamin E, Vitamin C, magnesium, selenium and zinc.

**Here are some of my multivitamin general favorites:**

- Plant-based multivitamins without iron, <https://amorris.metagenics.com/phytomulti>
- Women's multivitamins with fish oils <https://amorris.metagenics.com/wellness-essentials-women>
- Prenatal multivitamins with fish oil for pregnant mamas. [https://amorris.metagenics.com/plusone\\_daily\\_prenatal\\_packs](https://amorris.metagenics.com/plusone_daily_prenatal_packs)
- Men's multivitamins <https://amorris.metagenics.com/wellness-essentials-men-s-vitality>

- Active nutrients without copper and iron <http://www.wholescripts.com/register/bewell-morris>.

- More options can be found under favorites at:

<https://us.fullscript.com/welcome/drtartemis>

<https://drtartemis.com/nutritional-supplements/>

## 2. **Essential Fatty Acids (EFAs).**

Omega 3 fatty acids (EPA and DHA) found in purest form in wild caught fish (salmon, sardines, halibut, mackerel), nuts (walnuts, chia and flax seeds), algae, and some greens (purslane) are required by all of the cells of our body and especially our heart, brain, skin, metabolism, endocrine system, and immune system. In fact, high levels of omega 3 fatty acids in a blood test I use in my office, which is part of a brain health program, were found to reduce the risk of all-cause mortality by 50 percent. People with high blood pressure, heart and cardiovascular disease, and diabetes are especially at risk with COVID-19 and thus they require optimal levels of Essential (omega 3) fatty acids.

Omega 3 fatty acids also help with moods and depression because the good fats are needed to allow your neurotransmitters to work their best. A study by Zhazeri, S and colleagues in 2008 in Australia and New Zealand found taking 1000 mg of omega 3 fatty acids to be just as effective as 20 mg of the antidepressant drug Prozac in a clinical study.



Dr. Mahmoud Abulmeaty, at King Saud University, is conducting a clinical trial to address the immune system, inflammation, and cytokine storm component of COVID-19 using an essential fatty acid blend of fish oils, protein, and other nutrients that are found in a combination of fish oils and good quality multivitamin.

**“Using specific nutrients such as n3-fatty acids and antioxidant vitamins in extraordinary doses modulate the host immune response and ameliorate the cytokine storm associated with viral diseases such as COVID-19.”** The composition of the immunonutrition product being studied includes: protein, 1.1 g EPA, 450 mg DHA, 950 mg GLA, 2840 IU vitamin A as 1.2 mg  $\beta$ -carotene, 205 mg Vitamin C, 75 IU vitamin E, 18 micrograms Seleniun, and 5.7 mg Zinc.

Check for interactions of essential fatty acids with blood thinners, but many of these are theoretical and may require monitoring by your physician. Make sure to always refrigerate your essential fatty acids and ideally take them with food, since they are made from food.

These are some of my favorite essential fatty acid supplements:

Fish oils with a great balance of EPA/DHA for overall health:

- Monopure 1300- a predigested form of omega 3s that was found to be 3 times more absorbable than the typical fish oil. <http://www.wholescripts.com/register/bewell-morris>

- Omega 3s& 6s <https://amorris.metagenics.com/omegagenics-epa-dha-720>
- More options can be found at: <https://drartemis.com/nutritional-supplements/>

PS. There is not enough evidence to recommend Krill oil as a sustainable and effective supplement for EFAs, and besides, what will the whales eat?

**Vegan?** No problem.

It is difficult to get high doses of EPA from vegan sources, but if you are genetically well equipped, you can get a decent basic preventative dose of DHA & EPA from algae. There is a small amount of omega 3 fatty acids in purslane, as well, a wild weed that is part of the traditional Mediterranean diet.

- Vegan omega 3 fatty acids derived from algae:

<https://amorris.metagenics.com/omegagenics-epa-dha-300-algae>

- More fish and vegan options can be found at:

<https://us.fullscript.com/welcome/drartemis> and <https://drartemis.com/nutritional-supplements/>

### 3. **Vitamin D3.**

To find out how much Vitamin D3 you specifically need, get your blood tested to find out your levels of 25- hydroxyvitamin D. Optimal dosage of

Vitamin D3 needed through supplementation takes into account ethnicity, liver and kidney function, genetics, and individual needs, in addition to test values.

Taking high doses of Vitamin D will increase your needs for other vitamins and minerals that work support Vitamin D metabolism, such as other fat soluble vitamins, calcium, and magnesium. The best sources of Vitamin D are sunlight, liver, some mushrooms, and egg yolks but a supplement works just fine especially when taken in combination with your essential fatty acid, extra virgin olive oil, or a high fat meal.

There are clinical trials showing that having optimal levels of Vitamin D may help your immune system respond to some viral and bacterial respiratory pathogens, enhance cellular innate immunity by inducing antimicrobial peptides and defensins, and reduce proinflammatory cytokines. Studies on Vitamin D in children have found them to be protective for preventing respiratory illness and boosting the immune system. There are clinical trials underway using varying doses of Vitamin D for COVID-19.

In general, the Institute of Medicine (IOM) recommends at least 10 mcg (400IU) of Vitamin D daily for most to prevent rickets, however, most people may need at least 50 mcg (2000IU) to 125 mcg (5000IU) for optimal immune support. Vitamin D is needed to unlock the cellular potential of your cells. The other fat-soluble vitamins include, Vitamin E, A, and K. A combination of Vitamin D3 with K2 has been found to be especially protective to the heart.

There is a clinical trial on using high dose Vitamin D (25,000IU for one dose with olive oil and toast) to boost immune power against COVID-19 by Manuel Castillo Garzon at the University of Granada in Spain. The study states,

“Vitamin D is a hormone precursor produced by our own body with the help of sunlight which has an important role on adaptive immunity and cellular differentiation, maturation and proliferation of several immune cells. **Reduced levels of vitamin D in calves were positioned as the main cause of bovine coronavirus infection in the past.** Therefore, it seems plausible that **the use of vitamin D as a nutritional ergogenic aid could be a potential intervention to fight against COVID-19 infected patients which remain asymptomatic or which have non-severe and severe symptoms.** This study aims to investigate whether the use of vitamin D as an immune modulator agent induces significant improvements of health status and outcomes in non-severe symptomatic patients infected with COVID-19 as well as preventing COVID-19 health deterioration. We hypothesize that vitamin D will significantly improve hard endpoints related to COVID-19 deleterious consequences compared with a usual care control group.”

<https://www.cebm.net/covid-19/vitamin-d-a-rapid-review-of-the-evidence-for-treatment-or-prevention-in-covid-19/>

<https://www.researchsquare.com/article/rs-21211/v1>

<https://www.sciencedaily.com/releases/2020/05/200507131012.htm>

Daily doses of Vitamin D (rather than a huge dose at once) will help your liver to process this fat-soluble vitamin that is stored in the liver along with Vitamin A, E, and K for prevention.

- Vitamin D drops. 2 drops a day to get to 2000IU a day. <https://amorris.metagenics.com/d3-liquid>
- Vitamin D for kids. 1 drop a day. <https://amorris.metagenics.com/metakids-d3-liquid>
- K2 D3 5000. 1 every other day or every day depending on your needs and liver function. <https://www.xymogen.com/assets/imageDisplay.ashx?productID=957&attachmentTypeID=1>
- Order through: <http://www.wholescripts.com/register/bewell-morris>.
- More options can be found under favorites at: <https://us.fullscript.com/welcome/drartemis> and <https://drartemis.com/nutritional-supplements/>

#### 4. **Probiotics:**

Probiotics are the tiny “good” bacteria and yeast that are the backbone of our immune system and help produce inflammasomes that fight viruses as part of our immune response. Probiotics have also been shown to decrease the viral load during respiratory infections. Probiotics have natural antibiotic, antiviral,

immune supportive, vitamin-making, gut-supportive, and anti-depressant activity.

There is a class of probiotics, called psychobiotics, that will help you with anxiety and depression by helping you make the mood-balancing neurotransmitters (serotonin) and communicating through your vagus nerve to your brain to help you cope. When our gut is off, our immune system isn't working at its best and vice versa – this is called the gut-brain connection. Therefore, probiotics are on my essential list of immune-supportive supplements. Probiotics are also the great equalizer when it comes to the hygiene hypothesis that showed that growing up on a farm amongst the dirt, teeming with microbes, was protective for allergies and autoimmune disorders.

The best way to get probiotics and prebiotics is through your diet. Prebiotics are the precursors that help you make probiotics. Foods high in probiotics and probiotic activity include berries, fresh fruit and vegetables, such as, artichokes, beets, leafy greens and the soil that they are grown in organically or biodynamically, and fermented foods, such as sauerkraut, unpasteurized yogurt, and tempeh.

When your diet is lacking or you need extra help to keep your immune system “fighting strong” or help it get back on track after taking antibiotics or medicines that throw it off, taking a probiotic is essential.

Make sure to always refrigerate your probiotics and ideally take them with food, since they are made from food.

- Broad spectrum probiotic for immune health. One a day with food. <https://amorris.metagenics.com/ultraflora-spectrum>
- Probiomax complete DF. 1 a day. <https://www.xymogen.com/formulas/products/946>
- Order through: <http://www.wholescripts.com/register/bewell-morris>.
- More options can be found under favorites at: <https://us.fullscript.com/welcome/drartemis> and <https://drartemis.com/nutritional-supplements/>

## **EASY CLICK BUNDLES ON THE FOUNDATIONAL FOUR**

- Bundles on my Foundational Four:

<https://amorris.metagenics.com/item/bundr1afeszi/foundational-four/1.html>

- Mepacks of the Foundational Four created for you through a consult:

<https://www.wholescripts.com>

**Many of the supplements listed may be out of stock, in which case, contact my office for alternatives and updates. <https://drartemis.com>**

## NATURAL PHARMACY

### **Supplemental Immune Support:**

In addition to the foundational essential supplements to help your body function at its best, I have included a section on specific nutrients that you may have heard about in the media that have been used by integrative practitioners to optimize immune function. There has been much misinformation in the media surrounding the scientific evidence of these supplements. Part of the confusion is that it is difficult to generalize how much of these nutrients and what form is right for everyone. Based on Naturopathic principles, individualizing recommendations is always the safest and most effective way to know what you need. I provide specific brands and links that I use in my practice, however, you can consult with your naturopathic doctor, functional medicine or integrative practitioner to get more specific recommendations.

My top three evidence-based immune support nutrients include, Vitamin C, zinc, and Vitamin A.

#### **1. Vitamin C.**



Vitamin C is a potent antioxidant that has been shown to decrease free-radical damage and resolve viral infections when given acutely in large amounts. When I was in medical school, iv nutrients, like Vitamin C (Myers cocktails) were part of our immune support program for chronic disease and have been used safely and effectively in naturopathic medicine for decades. Physicians around the globe are using high dose Vitamin C in combination with Vitamin D to help patients recover from COVID-19 and there are clinical trials underway.

How much can you absorb? Daily dose of Vitamin C recommended at 40-250 mg a day to prevent deficiency. If you get sick, you can increase that dose to at least 2-4 g a day, as long as you don't have any contraindications. It is difficult for the body to absorb more than 250 mg at a time according to some research; however, if your body needs more Vitamin C as is the case during times of infection or stress, taking a higher dose is the best way to give it what it needs to help fight an infection. A common side effects of taking too much Vitamin C is loose stools, this is what we call in naturopathic medicine, "bowel tolerance." It is fine to take Vitamin C on a daily basis up to bowel tolerance, i.e., about 500 mg less than what you would need to take to get loose stools. If you have reflux disorder, get buffered Vitamin C so it won't be too harsh on your stomach. Be careful with too much Vitamin C if you have iron overload.

Options can be found under Vitamin C at <https://us.fullscript.com/welcome/drartemis> and other sites under supplements at <https://drartemis.com/nutritional-supplements/>.

## 2. **Zinc.**

Zinc deficiency results in dysfunction of both arms of the immune system and increases susceptibility to infectious diseases. Having enough Zinc in your body has also been found to decrease viral replication. Zinc deficiency in children has been found to decrease their risk of fatal respiratory infections. The combination of Zinc and pyrithione at low concentrations was found to inhibit the replication of SARS coronavirus (SARS-CoV). <https://www.uchealth.org/today/zinc-could-help-diminish-extent-of-covid-19/>.

Foods high in zinc include: meat, shellfish (oysters, crab), legumes (chickpeas, lentils, tofu, beans), seeds (hemp, squash, pumpkin, pine nuts, sunflower seeds), nuts, dairy (yogurt), eggs, whole grains, shiitake mushrooms.

Take extra zinc ONLY if you are deficient or are showing signs of illness, because high zinc levels can deplete your body of other important minerals, like copper. Keep doses below 150 mg a day for adults and don't use with children unless being supervised by an integrative practitioner.

Some zinc options I use for my patients:

- Liquid zinc. 1-2 teaspoons a day or as directed. <https://amorris.metagenics.com/zinc-drink>
- Zinc lozenges. See favorites, zinc. <https://us.fullscript.com/welcome/drartemis>

We can do an informal test called the Zinc Tally Test to get a sense of if your are deficient in zinc in office or via zoom.

### 3. **Vitamin A.**

Vitamin A comes in many forms (retinol, retinal, retinoid acid, and retinyl ester), called retinoids, that are found in high amounts in animal products (liver, meat, eggs, milk, fish). Provitamin A carotenoids can be converted into retinol in smaller amounts and come from vegetarian sources in our diet, such as, grains, oils, colored vegetables like carrots and squash, and fruit. Retinoids, unlike the vegetarian-sourced carotenoids, can be toxic to your liver in high amounts.

I include Vitamin A here as a “rescue” nutrient that traditionally is used in high doses at first signs of illness by qualified orthomolecular and integrative physicians. Because of the potential for toxicity, I recommend you eat lots of food

high in the carotenoids, and be monitored by a physician if you choose to use high doses of Vitamin A in combination with Vitamin D for viral infections.

## **EASY CLICK BUNDLES ON SUPPLEMENTAL IMMUNE SUPPORT**

- Bundles on my Supplemental Immune Support:

<https://amorris.metagenics.com/item/bunddpehsosf/supplemental-immune-support/1.html>

- Mepacks of Supplemental Immune Support created for you through a consult:

<https://www.wholescripts.com>

## NATURAL PHARMACY

### Higher Force Immune Support

*“Extreme remedies are very appropriate for extreme diseases.”*

*-Hippocrates*

In this section, I share higher force on the therapeutic order immune support products that are best used under the guidance of an integrative practitioner. Herbs and nutrients in higher doses or in combinations may interact with medication and are best used as needed, rather than daily, similar to the way pharmaceutical drugs are prescribed.

Nutrients are vitamins, minerals, and cofactors that influence all our physiological mechanisms and immune system. Having nutrient deficiencies, like what we saw with the research on Vitamin D, can increase your risk of infection and illness. Research on this subject falls under the headings of nutrigenomics, orthomolecular research, and epigenetics. etc.. In addition to nutrients, herbs and the field of herbal medicine has much to contribute to health

and wellness. Herbal medicine is the earliest form of medicine and has been used since the dawn of mankind. A combination of nutrients and herbs may be used for immune support. I provide specific brands and links that I use in my practice and continually update and research, however, you can consult with your naturopathic doctor, functional medicine or integrative practitioner to get more specific recommendations.

### **Higher force immune support products:**

These products are not intended to treat any specific disease, however, they combine some of my favorite immune support herbs and nutrients and have helped many of my patients get well and stay well through immune challenges.

- Immunocore, a combination of vitamins, minerals, and immune supportive mushroom extracts. A new immune support formula is underway from this company that I will also keep you posted on. <https://amorris.metagenics.com/immucore>
- Immune Active and other higher force immune support products can be explored here. <https://amorris.metagenics.com/item/bundyqdjqsph/higher-force-immune-support/1.html>
- Viragraphis. <http://www.wholescripts.com/register/bewell-morris>
- NAC. NAC is a natural mucolytic and has been shown in animal studies to reduce the risk of mortality from viral infections by 50 percent. Take 1 twice a day if you have phlegm. This natural amino acid supplement is used as a

pharmaceutical drug in Europe. <https://www.wholescripts.com/register/bewell-morris>

- Chinese herbal medicines: yin qiao, chuan xin lian, and more. Go see a licensed acupuncturist or Chinese herbalist for specific advice.
- You can check out my additional immune support favorites at: <https://us.fullscript.com/welcome/dartemis>

### **EASY CLICK BUNDLES ON HIGHER FORCE IMMUNE SUPPORT**

- Bundles on my Higher Force Immune Support:

<https://amorris.metagenics.com/item/bundyqdjqsph/higher-force-immune-support/1.html>

- Mepacks of Higher Force Immune Support created for you through a consult:

<https://www.wholescripts.com>

Many of the supplements may be out of stock, in which case, you can contact my office or get access at my or other physicians' quality sites. **A consult will make sure that you are not taking something that interacts with your medication and that is right for you.** For more information on supplements, you can also explore my favorites in my virtual dispensary for patients at <https://us.fullscript.com/welcome/dartemis> and

<https://drartemis.com/nutritional-supplements/>

Getting the right supplements takes time and expertise; so if you are unsure what to do and want to be safe, **make an appointment for a phone/ telemedicine consult for specific recommendations at <https://www.artemiswellnesscenter.com/take-action>. I am offering 30-minute nutritional supplement reviews** as an alternative to my 75-minute comprehensive visit during the pandemic while I am home in quarantine with the kids.



## NATURAL PHARMACY

### Chinese and Traditional Herbal Medicine

Some herbs have been found to have strong antiviral properties, protect your immune system, and can help with the dysregulation of the immune system, called cytokine storm. Much research on herbal medicine has been on viruses similar to COVID-19, namely SARS and MERS. All the SARS viruses, including COVID-19 infect us by attaching to our cells through the ACE-2 enzyme receptor. Some herbs may be useful in COVID-19 by supporting the immune system, decreasing the risk of cytokine storm, or working on the ACE2 receptor to help with prevention and treatment of COVID-19. The World Health Organization has clinical studies underway investigating herbal medicines for COVID-19.

Some herbs that have antiviral properties and support the immune system. Herbs with antiviral properties that have been specifically studied for coronaviruses include, licorice root, elderberry, Japanese knotweed (growing wild across the US right now), cinnamon, cordyceps (a weird fungi), Chinese skullcap root, andrographis paniculata, astragalus, boneset, artemisia annua (also used for malaria worldwide), some species of sage (miltiorrhiza), honeysuckle, and boneset. Make sure you know which herb you are using and what dosage is right for you by consulting with an integrative practitioner or herbalist. Licorice root, when taken in high amounts, may affect blood pressure. Many of these herbs are included in

my immune support favorites I list under <https://us.fullscript.com/welcome/drartemis>.

China's State Administration of Traditional Chinese Medicine (TCM) found that a traditional Chinese herbal formula called Qing Fei Pai Du Tang was 90 percent effective in treating patients with COVID-19 in their hospitals. This formula contains two ingredients that are banned in the US, namely ma huang (ephedra) and xi xin (chinese wild ginger root) and a version of apricot seeds (ku xing ren) that was banned because it was touted as cancer treatment. Chinese herbal formulas and Chinese medicine follows specific principles in treating a patients pattern of illness, not a western diagnoses and thus should be used only when prescribed by a licensed acupuncturist or herbalist treating on an individual basis. Using herbs incorrectly can be dangerous and result in them being restricted for use in practitioners that know how to use and recommend them safely, as was the case with ma huang, which is an essential part of this life saving formula.