

Coronavirus COVID-19 Serious Web Articles

IN MEMORIAM OF LIFE



A. The Need for Face Masks vs Face Shields

To check the spread of COVID-19 virus, Face Masks are now mandatory in many cities. Below is a very helpful recent Web article on the effective protection for both wearer and others in public wearing of:

1) Face Masks (e. g. N95, blue disposable, cloth): cover both nose and mouth in the presence of others, used especially within 6 feet.

2) Face Shields: cover the eyes in particular. But they don't stop mouth and nose droplets from viral infestations (including food prepared by workers in delis, bakeries, restaurants, and takeout or fast-food places).

For more complete coverage of all three facial orifices, through which the COVID-19 virus can enter the body's brain and respiratory system, Face Shields are worn with Face Masks. In hospitals, apparently in the presence of COVID-19, a health care worker wears both the N95 Respirator along with the Face Shield.

1. Johns Hopkins Medicine

[Coronavirus Face Masks: Types and When to Use](#)

2. Science Alert

[Some Scientists Say Just Breathing or Talking May Spread COVID-19...](#)

3. World Economic Forum ...

[Micro droplets might explain the rapid spread of COVID-19](#)

Note: see **C. 3.**

B. Web Articles - COVID-19 related, and natural remedies

1. NPR

[What To Do If You Test Positive...](#)

2. US News & World Report

[How **Blood Sugar** Ups **COVID Risks**, even in Non-Diabetics](#)

3. Science Alert

- a. [Coronavirus Patients...Neurological Symptoms...](#)
- b. [New Study... **SARS-CoV-2** can invade the Brain through the nose](#)
- c. [**COVID-19 Deaths** Are Being **Linked to Vitamin D Deficiency**...](#)

4. NUTRA Ingredients

[Clear link between vitamin D deficiency and severity of coronavirus...](#)

5. VOX

[The many strange long-term symptoms of **COVID-19**, explained](#)

6. Healthline

- a. [**COVID-19** long-term Heart damage](#)
- b. [3 Surprising Benefits of Vitamin D](#)
- c. [15 Healthy Foods High in B Vitamins](#)
- d. [10 Best Ways to Increase Dopamine Levels Naturally](#)

7. Judson Smart Living

[Ways to Prevent Parkinson's Disease](#)

C. Related Health info in Patient Heal Thyself book

1. Brain Health & Parkinson's

pages 43, **222**, 304

2. Heart Health

page 236

3. Mycoplasma Infections –

respiratory illness spread from an infected person's nose and mouth droplets;
linked to brain, heart.

pages 303 - 308

Note: See **A. The Need for Face Masks vs Face Shields**

4. See Healing Protocols

in the book; and partial list in this Newsletter Page 2

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