



## A Conservative's perspective on the COVID19 Pandemic- with Physician and Attorney Marilyn Singleton

This week IAQradio+ looked to the left coast for a conservative's perspective on the COVID19 pandemic and interviewed Marilyn Singleton, MD, JD, a California physician who also holds a law degree. Dr. Singleton opined on the intersection of public health, medicine, law and public policy.

### **Nuggets mined from today's episode:**

#### ***Is the general population over fearful about the health risks of COVID19?***

COVID19 is real, it's a nasty, nasty virus. A positive COVID test and a case, defined by epidemiologists as having symptoms, are two very different things. It's sad that certain networks and news stations dramatize the numbers of COVID cases and COVID fatalities. 40% of people who test positive for COVID are asymptomatic. The statistics shown by the media do not show the recoveries. 99.997% of people recover.

***Are flu deaths counted the same as COVID19 deaths?*** Flu deaths are not counted the same as COVID 19. Influenza Like Illness (ILI)\* diagnosis is clinical. For example, someone in end stage heart failure with only one month of life remaining may be tipped over by flu and succumb in 2 weeks instead of one month. The 4 most vulnerable groups to COVID: 1. AGE, 2. OBESITY, 3. HYPERTENSION & 4. DIABETES. Like the occasional death of an athlete from an unusual cause, occasionally someone young and in good health will succumb to COVID. The first teen death in the US attributed to COVID could have been a drug overdose.



\* “Influenza-like illness (ILI), also known as flu-like syndrome/symptoms, is a medical diagnosis of possible influenza or other illness causing a set of common symptoms.” Wikipedia

***As a physician, are you pro supplements for improving the immune system?*** There is no big money in selling supplements. Anti-natural remedy prejudice exists. Supplements are known to help. Why not? Vitamin C, Vitamin D, Zinc, flavonoids, etc. One example is natural ophthalmology treatment for a type of macular generation. Medical and healthcare are different. Medical care is what physicians learn in school. Healthcare is taking care of oneself, such as reducing one’s food intake. The public believes that a prescription is superior to a supplement or Over the Counter drug. The public believes if it is more expensive it works better. “A combination of fresh air, sunlight, scrupulous standards of hygiene, and reusable face masks appears to have substantially reduced deaths among some patients and infections among medical staff.”\*\* Open Air Treatment of Pandemic Influenza. Richard A. Hobday, PhD, and John W. Cason, PhD Certain herbs apparently improve interferon.

***Long haulers and long term risks to asymptomatic people?***

Coronavirus targets a specific receptor called ACE2 found on certain cells. Old people have more ACE2 receptors and kids have fewer, which may be why young people have fewer COVID infections. We don’t know about long term risks. Viruses such as subclinical levels of chicken pox can hide and become shingles years later. Some healthcare workers have shown long term effects from SARS1.

***Precautions?*** People who wash their hands often tend not to get sick. Kids get more colds because they are known to wash less. There are 7 known corona viruses, 4 cause the common cold.

Wash your hands. Sneeze or cough into your elbow. Masks and social distancing provide some protection from airborne particles generated by people distanced 6 feet away. Airborne viral particles are known to float in the air distances of 27 feet. Avoid strangers. Surface fomites generally do not retain large amounts of infectious COVID virus.

The subject of masks remains up in the air. Before COVID, masks other than N95 weren’t demonstrated to work. Today most of the general

population is wearing cloth masks not N95s. The first randomized clinical trial in 2015 demonstrated no benefit in wearing masks in preventing flu in health care workers. Masks make people feel they are doing something positive. Masks likely do not cause physical harm. Masks have not shown significant depletion of oxygen saturation (only 2%). Masks, especially cloth masks worn daily, can become bacterially contaminated. Some people wear masks with nose exposed; the nose can be a viral reservoir.

Comparing data between countries may not be accurate, Australia's seasons are opposite to those in the US. Weather is a factor; higher relative humidity is good for people and bad for the virus. Most newer studies on masks have been done in laboratory. A community study on masks from Denmark has been censored. What happened to the study?

Adherence to proven protocols makes things work. In the US, the population does not obey. In Asia, the population is compliant and wearing masks is commonplace. In a study from Singapore, only 12% of the population wore the masks properly and where specified. Americans don't obey.

***Therapeutics and Vaccines?*** The medical advice to early COVID patients was to stay home and hydrate. We've learned the hard way of the importance of early intervention in treating COVID. Phase 1 treatments with antibiotics, vitamin C, zinc and antiparasitics. The antiparasitic drives the zinc into cells. Hydroxychloroquine given earlier stops the virus from overwhelming the system. Baylor University has developed effective protocols. Day 1, do something, don't wait until you get sick!

Prior to the fast tracking of COVID19 vaccine, the fastest vaccine development was for the mumps virus which took 5 years.

Phase 1-The vaccine is given to a small number of people with the illness and there are no gross side effects.

Phase 2- The vaccine is given to several hundred people and there are no side effects.

Phase 3-The vaccine is given to 3,000 people and a placebo is given to a group. The placebo should contain more than saline, the same carrier as the drug.

Phase 4- drug approval.

Pharma doesn't normally make vials and applicator/delivery systems until drug is approved. 'Operation Warp Speed' did everything simultaneously at the government's financial risk.

In a survey of US population only 10% would take the drug. The percentage crept up to 60% takers when provided definitive proof. Does the immunity last and if so for how long? The MERS antibodies last 3 years. T cell immunity may last much longer. COVID is an RNA virus, smallpox is a DNA virus. We still do not have a vaccine for the AIDS virus. AIDS is considered a controlled epidemic. Flu vaccine is generally 50% effective. Community immunity needs 40%-70% efficacy. The COVID19 has mutated and continues to mutate. British epidemiologist William Farr's curve showed that what goes up must come down. First waves of infection can have multiple peaks. The COVID virus has never gone away, so not really a second wave. Will the government try to force people to take the vaccine?

*Radio-Joe: The Pfizer vaccine requires two injections. Some people may experience COVID symptoms for several days. Will people who experience symptoms, get the follow-up injection?*

***Workmen's Compensation and COVID?*** Business owners must follow governmental regulations. Workers wanted to work through lunch and go home early. The government said NO! The Labor Board in California pays for employee grievances.

## **ROUNDUP**

Global Restoration Watchdog Pete Consigli:

- California law requires office workers to leave their desks when taking breaks.
- Scurvy (a disease caused by a deficiency of Vitamin C) is prevented by eating oranges and other foods rich in Vitamin C. As a preventative measure, our Moms made us eat oranges during flu and cold season.
- A 30 year study done on men in China demonstrated that garlic and onions lowered risk of prostate cancer. Rather than eat the foods,

people today take the easy way out by ingesting pills. Rather than eating 6 ounces of fish they take fish oil pills. Rather than eating foods with garlic, they take garlic pills.

- When Spain shifted to a Mediterranean diet the health of its citizens improved.

Dr. Singleton commented: The Mediterranean Diet has been demonstrated to be the healthiest.

***Pete Consigli: What lead you to assemble and curate the information for AAPS?***

**Dr Singleton:** The Association of American Physicians and Surgeons looks at controversial medical issues which due to censorship people in the professions are afraid to openly discuss. When COVID first started we were told that we didn't need masks without any good reasons or data. People were then magically told to wear masks as a psychological tool to make people feel they were doing something positive. She reviewed 300 studies and then curated a list of studies upon which she commented. There was no a CDC meta-analysis of studies (mainly health care workers) from 1945-2016. None showed that masks resulted in a decrease of viral spread. In lab studies a machine blows air, this does not provide real-world answers. She is awaiting the Danish study on community mask use.

Monica Gandhi is an American physician who is a Professor of Medicine at the University of California, San Francisco did a positive mask study which was withdrawn. The data did not support the conclusion.

***Fresh Air Ventilation.*** Even the opening of an entrance door and a small window can dilute the number of small droplets to one half after 30 seconds. (This study looked at droplets from uninfected persons). This is clinically relevant because poorly ventilated and populated spaces, like public transport and nursing homes, have high SARS-CoV-2 disease transmission despite physical distancing.

[https://www.thelancet.com/journals/lanres/article/PIIS2213-2600\(20\)30245-9/fulltext](https://www.thelancet.com/journals/lanres/article/PIIS2213-2600(20)30245-9/fulltext)

**Dr. Singleton's final comments:**

- Wearing a mask may decrease inoculum.

- Wear the right type of mask.
- Masks must be worn properly.
- Rubbing exterior of some masks improves static attraction.
- Reusable masks must be washed.
- We deserve and need education not sensationalism.
- You can't believe everything you see on TV.
- Testing positive is not the same as a case.

For more information on this week's guest:

<https://marilynsingletonmdjd.com/about/>

For more information on AAPS: <https://aapsonline.org/>

For more information about early treatment:

<https://aapsonline.org/covidpatientguide/>

For a review of mask studies: <https://aapsonline.org/mask-facts/>

From Don Weekes: interesting study on masks and their utility:

<https://www.cbc.ca/news/canada/marketplace-masks-test-1.5795481>

Study from University of Toronto and Dr. James Scott on masks and their utility.

### ***Z-Man signing off***

Trivia:

Why is US election day always a Tuesday?

Answer:

Tuesday was chosen as Election Day so that voters could attend church on Sunday, travel to the polling location (usually in the county seat) on Monday, and vote before Wednesday, which was usually when farmers would sell their produce at the market.

Don Weekes