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BaleDoneen is fully aware that the World Health Organization (WHO) states that “There is no evidence that regularly rinsing the nose with saline has protected people from infection with the new coronavirus”.

They are right in that there have been no double-blind prospective trials of people with COVID-19 using NaCl to perform hypertonic nasal irrigation and gargling (HSNIG). Respectfully, studies have shown this technique does inhibit common cold viruses including the coronavirus (HCoV 229E). Waiting for a randomized trial to show this safe, simple, inexpensive therapy is effective for COVID-19 seems overly cautious in light of the current science and danger from the ongoing pandemic.

The research of Ramalingam, et. al. published in the journal *Nature* has provided the scientific mechanism for the effectiveness of HSNIG. Epithelial cells in the nose and throat produce the substance hypochlorous acid (HOCL). The amount of production is dependent on high levels of chloride. HSNIG provides the necessary chloride to generate concentrations of HCOL to kill viruses enough to mitigate symptoms and the spread to others.

Recent evidence indicates there is significant replication of COVID-19 in the nose and throat during the first 5 days of symptoms. The research also indicates these new viruses are infectious. This provides an opportunity to curtail the spread by killing these viruses with HSNIG during this initial symptomatic period. It can take days of infection to create enough viral concentration to produce symptoms. Currently, thousands of people have occult infection with COVID-19. They can innocently infect others. Empirically, use of HSNIG by everyone regardless of symptoms could assist in stopping the current pandemic.

The supporting research is provided as PDFs on our website www.baledoneen.com. We invite you to read and make your own assessment.

In short – here are a few highlight statements drawn from their research, which support our recommendation for all Americans to use HSNIG.

- Epithelial cells mount an antiviral effect using chloride ions.
- Once cells are infected, they produce hypochlorous acid (HOCl) very early post infection.
- The greater the NaCl concentration, the more HOCL produced.
- All the viruses tested were inhibited. This panel included a coronavirus (HCoV 229E).
- It is likely to work against the new coronavirus (SARS-CoV-2) too.
- Evidence indicates significant viral replication and shedding occurs in the nose and throat during the first five days of upper respiratory symptoms.
- HSNIG provides a safe, inexpensive and easy-to-use home treatment to prevent the spread of virus.

BaleDoneen takeaway: While this hypothesis needs to be confirmed, we do not see a downside to implementing this very safe self-care approach now, in addition to the current measures of social distancing and personal hygiene.