



VIRUS Update, Summer 2025

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NOTICE:

While we strive to ensure the accuracy of this information, it may not be safe or effective for you. Contact your healthcare provider before embarking on any new self-treatment.

Viral diseases need to be taken seriously this year.

Instead of slowing with summer, viral diseases like measles and pertussis (whooping cough) are rising at alarming, record-setting levels for adults and children. Cases of COVID, Respiratory Syncytial Virus (RSV), Human metapneumovirus (hMPV) and others are also still being reported. There have been a concerning number of fatalities. This is serious.

2025 is one of the worst virus years in recent history. Seasonal flu racked up 47 million cases with 610,000 hospitalizations and 27,000 deaths including 288 children so far this season. Pertussis is on track for 10,000 reported cases in 2025. The disease is usually underreported and increases during the summer and fall months.

Proven ways to avoid contracting a virus

Strategies like a clean diet, adequate sleep, moderate exercise, reducing stress and anxiety and avoiding mosquito habitats are verified effective. Also consider a good quality multiple vitamin mineral at 150% of the RDA.

Some individual vaccines have shown benefit. The seasonal, trivalent flu vaccines have delivered as much as 75% protection and our experience has been minimal or no adverse effects if you get a vaccine that is preservative and chemical free.

Vitamin C with its anti-inflammatory and antioxidant activity was shown to be very effective working with your immune system to prevent and treat seasonal virus in a controlled clinical trial (see reference 3 below) using 3 grams of C per day.

Here are some general guidelines for taking vitamin C.

For young, healthy, and active adults: 1-2 grams per day

For children and elderly: 2 grams per day.

For individuals at increased risk such as cancer, HIV survivors and individuals vulnerable to colds and flu (See <https://www.cdc.gov/covid/risk-factors/index.html> to see if you are at risk), the vitamin C study used 3 grams per day with verified, excellent benefit. (See Reference 3 for more information).

For maximum absorbability, activity and GI tolerance, use a vitamin C product that:

- Is made with calcium ascorbate
- Includes bioflavonoids

We recommend the Safe & Sound® products available at VitaQual.com.

References

1. <https://covid.cdc.gov/covid-data-tracker/#hospitalizations.>)
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8133047/>
3. <https://pubmed.ncbi.nlm.nih.gov/10543583/>
4. <https://pubmed.ncbi.nlm.nih.gov/35000647>
5. <https://www.nytimes.com/2024/06/17/health/bird-flu-pandemic-humans.html>.
6. <https://emergency.cdc.gov/han/2024/han00511.asp>).

[Click here](#) to visit Northwest Natural Health® Specialty Care Clinic website.

[Click here](#) to visit VitaQual.com website.