

Stress

<https://www.apa.org/helpcenter/stress-body>

<https://adrenalfatigue.org/stress-and-your-health/got-stress/stress-affects-body>

Aging

<https://www.ncbi.nlm.nih.gov/pmc/?term=physiological+changes+of+aging>

<https://www.intechopen.com/books/gerontology/ageing-process-and-physiological-changes>

Flavonoids

<https://pubs.rsc.org/en/content/articlehtml/2010/fo/c0fo00103a>

<https://www.ncbi.nlm.nih.gov/pubmed/20569521>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5465813/>

Plant Nutrition

<https://health.mo.gov/living/families/wic/pdf/phytonutrients.pdf>

<https://tinyurl.com/vkmmkzp>

<https://journals.plos.org/plosone/article?id=10.1371%2Fjournal.pone.0104058>

<https://www.ncbi.nlm.nih.gov/pubmed/27613272>

Gargling with Salt Water or Green Tea

<https://www.ncbi.nlm.nih.gov/pubmed/24130944>

<https://www.ncbi.nlm.nih.gov/pubmed/29652019>

<https://www.ncbi.nlm.nih.gov/pubmed/27175786>

<https://www.ncbi.nlm.nih.gov/pubmed/30037024>

TMPRSS2

<https://en.wikipedia.org/wiki/TMPRSS2>

<https://www.pnas.org/content/early/2020/03/11/2002589117>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5649750/>

<https://www.sciencedirect.com/topics/nursing-and-health-professions/sulforaphane>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2757849/>

Vitamin C

<https://tinyurl.com/s3m2s74>

<https://tinyurl.com/wnmq6e3>

<https://www.ncbi.nlm.nih.gov/pubmed/16373990>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5707683/>

<https://www.ncbi.nlm.nih.gov/pubmed/21184650>

Vitamin D

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6904361/>
<https://www.ncbi.nlm.nih.gov/pubmed/26035247>

Zinc

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3649098/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5306179/>
<https://www.ncbi.nlm.nih.gov/pubmed/18385818>
<https://www.ncbi.nlm.nih.gov/pubmed/28814517>
<https://www.ncbi.nlm.nih.gov/pubmed/28246125>

N-Acetyl Cysteine

<https://www.ncbi.nlm.nih.gov/pubmed/29972340>
<https://www.ncbi.nlm.nih.gov/pubmed/29573703>
<https://www.ncbi.nlm.nih.gov/pubmed/32098455>
<https://www.ncbi.nlm.nih.gov/pubmed/31962155>
<https://www.ncbi.nlm.nih.gov/pubmed/24968347>
<https://www.ncbi.nlm.nih.gov/pubmed/25156898>

Quercetin

<https://www.ncbi.nlm.nih.gov/pubmed/31436895>
<https://www.ncbi.nlm.nih.gov/pubmed/26851778>
<https://www.ncbi.nlm.nih.gov/pubmed/22350287>
<https://www.ncbi.nlm.nih.gov/pubmed/20934345>
<https://www.ncbi.nlm.nih.gov/pubmed/18992773>
<https://www.ncbi.nlm.nih.gov/pubmed/2125682>
<https://tinyurl.com/whca67a>
<https://www.mcgill.ca/oss/article/health/quercetin-take-or-not-take>
<https://www.ncbi.nlm.nih.gov/pubmed/17046271>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4728566/>
<https://www.youtube.com/watch?v=vSJBGOaXl7E>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4594049/>

Melatonin

<https://www.ncbi.nlm.nih.gov/pubmed/26888116>
<https://www.ncbi.nlm.nih.gov/pubmed/32143642>
<https://www.ncbi.nlm.nih.gov/pubmed/29346581>
<https://www.fox10phoenix.com/news/doctor-offers-coronavirus-protection-advice>
<https://www.ncbi.nlm.nih.gov/pubmed/32194980>
<https://www.ncbi.nlm.nih.gov/pubmed/32182222>
<https://www.ncbi.nlm.nih.gov/pubmed/32117301>

<https://www.ncbi.nlm.nih.gov/pubmed/30242884>
<https://www.ncbi.nlm.nih.gov/pubmed/?term=melatonin+inflammasones>

Herbs

<https://www.ncbi.nlm.nih.gov/pubmed/17397266>
<https://www.ncbi.nlm.nih.gov/pubmed/32050880>
<https://www.ncbi.nlm.nih.gov/pubmed/11366542>
<https://www.ncbi.nlm.nih.gov/pubmed/22834653>
<https://www.sciencedirect.com/science/article/pii/S1978301916300766>
<https://www.ncbi.nlm.nih.gov/pubmed/27896563>
<https://www.ncbi.nlm.nih.gov/pubmed/31826474>
<https://www.ncbi.nlm.nih.gov/pubmed/27649599>
<https://www.ncbi.nlm.nih.gov/pubmed/26018920>
<https://www.ncbi.nlm.nih.gov/pubmed/25975107>
<https://www.ncbi.nlm.nih.gov/pubmed/21400748>
<https://www.ncbi.nlm.nih.gov/pubmed/29170045>
<https://www.ncbi.nlm.nih.gov/pubmed/31560964>
<https://www.ncbi.nlm.nih.gov/pubmed/30220668>
<https://www.ncbi.nlm.nih.gov/pubmed/29356205>
<https://www.ncbi.nlm.nih.gov/pubmed/27717933>
<https://www.ncbi.nlm.nih.gov/pubmed/31981749>
<https://www.ncbi.nlm.nih.gov/pubmed/30263705>
<https://www.ncbi.nlm.nih.gov/pubmed/25624701>
<https://www.ncbi.nlm.nih.gov/pubmed/26579460>
<https://www.ncbi.nlm.nih.gov/pubmed/32106571>