

Covid-19 Prevention and Treatment Protocols

Prevention supplements but if under 15 y.o. cut the doses in half.

1. Vitamin D3 3000-5000 IU daily.
2. Vitamin C 1000 mg. daily.
3. Zinc 50 mg. daily.
4. Quercetin 500 mg. daily.
5. N-acetyl cysteine 600 mg. or L-glutathione 500 mg. daily.
6. Melatonin 3-6 mg. at night.

Treatment options for patients with symptomatic illness.

1. Rest, good hydration with oral fluids, acetaminophen as needed.
2. Vitamin D3 3000 - 5000 IU twice daily until symptom free.
3. Vitamin C 2000-5000 mg. twice daily until symptom free.
4. Zinc 50 mg. twice daily until symptom free.
5. Quercetin 500 mg. twice daily until symptom free.
6. N-acetyl cysteine 600 mg. or L-glutathione 500 mg. twice daily until symptom free.
7. Aspirin 325 mg. daily for at least 21 days.

Additional prescription options for higher risk patients age > 60, any co-morbidities or serious symptoms.

1. Ivermectin 3 mg. 12-36 mg a day in divided dose 3-5 times over 4-7 days of treatment.
2. Hydroxychloroquine (HCQ) 200 mg. 2-3 times a day for 7-10 days.
3. Fluvoxamine 50-100 mg. twice a day for 10 days.
4. Dexamethasone 8-16 mg. twice daily for 7-10 days.
5. Methylprednisolone 0.5-1 mg/kg daily in divided dose for 7 days.
6. Prednisone 40-60 mgs. daily for 7 days.
7. Azithromycin 250 mg. twice daily for 5 days or doxycycline 100 mg. twice daily for 10 days.

Additional prescription options custom tailored for more severe symptoms or lung conditions.

1. Albuterol inhaler at 2 puffs every 4-6 hours as needed.
2. Pulmicort inhaler (budesonide) at 2 puffs every 8 hours.
3. Albuterol 2.5 mg/ 3 cc solution via nebulizer every 4 hours as needed.
4. Budesonide 1 mg/2 cc solution via nebulizer 2-4 times a day for 10-14 days.
5. Blood thinners (Eliquis or Xarelto).
6. Home oxygen.
7. Outpatient IV fluids or infusions with vitamins and steroids daily.

After exposure in close quarters, and then prophylactic treatment.

1. Ivermectin 6-12 mg. once daily on days 1 and 3 and then one dose every week.
2. Hydroxychloroquine 200 mg. daily for 5 days and then one dose every week.

Treating those who get COVID after the shot is similar to treating the illness.

Detox Protocol for the COVID-19 Long Haulers and “Vaccine Injured”

Supplements:

1. Vitamin D 5000-10,000 IU daily
2. Vitamin C 4000 - 10,000 mg. daily
3. Zinc chelated 50-100 mg. daily
4. Selenium 200 mcg. daily
5. Magnesium 500-1000 mg. daily based on weight and tolerability
6. Apple pectin 500-600 mg. twice daily
7. L-glutathione 500 mg. twice daily
8. Aspirin 325 mg. daily
9. Melatonin 10 mg. daily in the evening
10. L-tryptophan 500 mg. twice daily
11. Omega 3 fatty acids(preferentially EPA) 2000-4000 mg daily
12. Nattokinase 100 mg. twice daily
13. B-complex 150 mg. once or twice daily

Prescription medications:

1. Fluvoxamine 25-100 mg. daily best in the evening
2. Fluoxetine 20-40 mg. daily

List of Lab tests to check if one got COVID or the vaccine to assess for underlying damage (Done through Quest Diagnostics)

For inflammation:

Cardio IQ myeloperoxidase

Lp-PLA2 activity

Micro-albumin/creatinine ratio

For immune function:

CBC with a differential

CD4 level

CD8 level

For bleeding issue:

Complete Blood Count: especially the platelet count and WBC's

For blood clots in small vessels:

hs Troponin T

D-dimer level

For heart function:

Galectin-3 level

NT-proBNP

For general organ function:

Comprehensive metabolic panel: especially the lytes, kidney and liver

General health:

Vitamin D level

Magnesium level

Reliable Resources For Additional Information and Help

- Dr. Simone Gold and **AFLDS.org**
- Twila Braise and **CCHFreedom.org**
- Dr. Pierre Cory and **FLCCC.org**
- **AAPS.org**
- Dr. Bryan Ardis and **TheDrArdisShow.com**
- Dr. Lee Vliet
- Dr. Peter McCullough
- Dr. Robert Malone
- Dr. Joseph Mercola and **Mercola.com**
- Dr. Zen Zelenko