

Prevention

General Immune boosting

Vitamin A
Vitamin B12
Vitamin C 1000mg/day (liposomal vit. C is more effective)
Vitamin D3 (5000 iu / day)
Vitamin E
Vitamin K (MK7)
Magnesium
Selenium
Quercetin - 500mg/day
Zinc - 25 - 50mg/day
Aspirin 81mg/day

*Recommended website to order vitamins, etc.: www.vitacost.com

Note: for those not familiar with immune boosting there is a great product with key essentials at www.vladimirzelenkomd.com - "ZStack" (1 month supply is \$55). On this website is also a "Prophylaxis (prevention) protocol" and a "Treatment protocol". Alternatively, www.shoptenpenny.com/opti-mune.html includes quercetin, vitamin C+D, zinc, and NAC (2 month supply is \$44)



For more natural treatment options: www.drxxmd.com

ORAL/NASAL HYGIENE/SANITIZATION

1-2x/day prevention 1x/4hours treatment

Nasal and Oropharyngeal Sanitization

Cetylpyridinium Chloride



Povidine-Iodine



Thymol Menthol Eucalyptus –
Listerine™ Antiseptic



Treatment

The BEST treatment protocols are compiled and updated here regularly:

www.covid19criticalcare.com AND www.truthforhealth.org

TREATMENT OPTIONS – at first sign of symptoms/ illness

1. REST! Good Hydration with oral fluids. Acetaminophen as needed.
2. Vitamin C – 3000mg, 2X per day for 7 days
3. Vitamin D3 – 10000 IU, 2 X per day for 7 days
4. Quercetin – 500 mg, 2 X per day for 7 days
5. Zinc – 50mg, 2X per day
6. Aspirin – 325 mg, 1 per day for 10-14 days
7. N-Acetyl cysteine – 600 mg, 2 X per day for 7 days
8. Melatonin 10mg before night time sleep

Flush sinuses & gargle with water/saline/and a drop of either hydrogen peroxide/betadine once every 4 hours. The virus multiplies in the oral/sinus area so this is VERY IMPORTANT!
Optional, if needed: Budesinide spray as directed (buy at Walmart/CVS)
Nebulizer with water/saline/and a drop of either hydrogen peroxide/betadine (note: if you don't have a nebulizer, try a humidifier with water/hydrogen peroxide in patient's room)

Additional Prescription options for higher risk patients, elder or those with co-morbidities or serious symptoms:

1. Hydroxychloroquine (HCQ) 200 mg, 2 X per day for 5 days
2. Azithromycin 250 mg, 2 X per day for 5 days OR Doxycycline – 100 mg, 2 X daily for 5 to 7 days
3. Ivermectin – prescribed per weight of patient - take daily until no more symptoms!

Things to have on hand for you or loved ones:

HCQ (Hydroxychloroquine)

IVM (Ivermectin)

Pulse oximeter - finger clip to measure oxygen levels (90+ is good)

BP meter

Nebulizer

NAC (N-Acetyl Cysteine)

RESOURCES FOR HCQ/IVM

In **Minnesota**:

<https://purescriptsrx.com/> Call, leave a message and a doctor/nurse practitioner will get back to you in 1-2 days. Keep calling, they are busy and if you have symptoms, let them know.

Telemedicine consult and prescription/pharmacy - For Hydroxychloroquine/Ivermectin
<https://americasfrontlinedoctors.org/treatments/how-do-i-get-covid-19-medication/>

Telemedicine consultation - You download an app "Medici" or "Elevate" - Choose a doctor to prescribe IVM/HCQ: <https://myfreedoctor.com/>

Telemedicine consult and prescription/pharmacy:
<https://www.pushhealth.com/drugs/ivermectin> - create account and request

Direct purchase of IVM/HCQ <https://buyivermectin.us/> - ships from India (\$30 shipping fee)

Also from India:

<https://www.ziverdokit.store/product-page/prevention-kit>

Doctors/Scientist's names you can trust:

Peter McCullough, Richard Fleming, Elizabeth Lee Vliet, Vladimir Zelenko, Ryan Cole, Paul Alexander, Judy Mikovits, Michael Yeadon, Christiane Northrup, Robin Monotti, Robert Malone, Jane Ruby, Suzanne Humphries, Sherri TenPenny, Bob Zajak, etc.

News updates: Telegram Messenger app: Stew Peters Show, Dr. Jane Ruby, Dr. TenPenny, Robin Monotti+Dr Mike Yeadon.

Websites: www.thehighwire.com, Americaoutloud.com, the-mccullough-report, geertvandenbossche.org, www.thedrardisshow.com, www.openvaers.com/covid-data, https:safertowait.com,

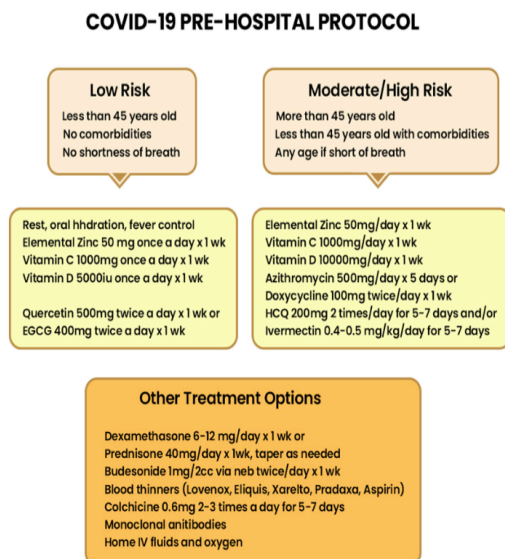
Treating Long-Covid

And for those with adverse effects from the JAB/Remdesivir...

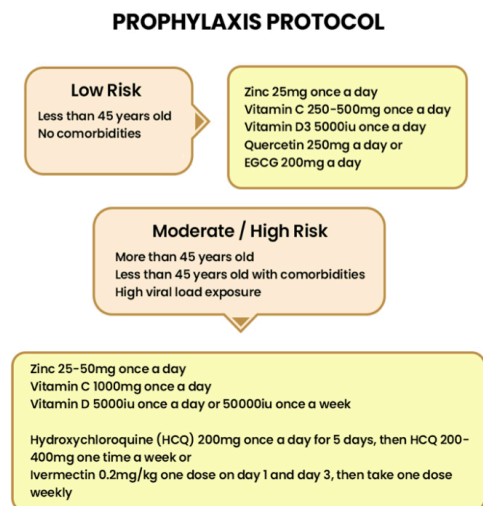
Liposomal Vit C
NAC (N-Acetyl Cysteine)
Vit. B complex
Quercetin
Zinc (50mg)
Liposomal Glutathione
Aspirin - 325mg

Dr Zelenko Covid-19 Protocols

Covid-19 Prehospital Protocol



Prophylaxis Protocol



www.Vitacost.com

Check out Oregon's Wild Harvest Aller-Aid™ with Quercetin and NAC -- 90 Gelatin Capsules at <https://www.vitacost.com/oregons-wild-harvest-aller-aid-with-quercetin-and-nac>

NATURAL TREATMENTS

PROTOCOL TO HEAL
FROM GRAPHENE
OXIDE POISONING
(COVID MRNA SHOT)

→ SUPPLEMENT

EACH OF THESE WILL HELP
YOUR BODY TO REDUCE THE
OVER-MULTIPLICATION OF SPIKE
PROTEINS. THE SPIKE PROTEINS
CONNECT TO HEALTHY CELLS IN
YOUR BODY VIA AN ACE2
RECEPTOR. ZINC IS THE KEY
TO KEEP THIS FROM OCCURRING.

* BLACK SEED, ELDERBERRY,
AND QUERCETIN DELIVER
THE ZINC INTO YOUR CELLS
TO PROTECT THEM

* HQ + IVERMECTIN ALSO DO THIS

DAILY

- NAC, 750 MG → (OR GLUTATHIONE)
- ZINC 50 MG
- FISH OIL 3000 mg
- SELENIUM 200 mcg
- QUERCETIN 500 mg
- VITAMIN D3 5-10000
- VITAMIN A in
- VITAMIN B12

(N-ACETYL
CYSTEINE)

- MELATONIN 5mg
- VITAMIN C 1000mg
(in the morning)

HERBS:

- WHITE PINE NEEDLE TEA.
- BLACK SEED OIL / BLACK CUMIN
(Nigella sativa) 1/2 tsp/day
- ELDERBERRY OR GREEN TEA
- NATURAL HONEY