

Key Points-

- Treat **Early!**
- Stay **Hydrated**-Body Armor, Bai, Vitamin Water, Water
- **Know** your **symptoms** and when to **reach out** to a like-minded provider
- **Decrease** cytokine storm with melatonin, NAC
- **Protect** your kidneys-drink water, use Aleve (fever reducer if needed)
- Get **outside** and **move**-go for a walk around the house, fresh air and sunlight is key
- Let others know so they can **support** you and help you-you are NOT alone!
- REST, REST, **REST!!!!**

Prevention to Early Treatment

1. <https://covid19criticalcare.com/wp-content/uploads/2020/11/FLCCC-Alliance-I-MASKplus-Protocol-ENGLISH.pdf>
2. Supplements (if under 15 years old then cut the doses in half)
 - a. Vitamin D 5000IU daily
 - b. Vitamin C 1000mg daily
 - c. Zinc 50mg daily
 - d. Quercetin 500mg daily
 - e. Melatonin 5mg at night
 - f. NAC 600mg daily OR L-gluthathine 500mg daily

Active Treatment

1. <https://covid19criticalcare.com/wp-content/uploads/2020/11/FLCCC-Alliance-I-MASKplus-Protocol-ENGLISH.pdf>
2. **Supplements** for symptomatic illness – all taken **TWICE a day for at least 10 days** unless otherwise noted
 - a. Vitamin D 5000IU
 - b. Vitamin C 1000mg
 - c. Zinc 50mg
 - d. Quercetin 500mg
 - e. Melatonin 10mg **at night**
 - f. NAC 600mg daily OR L-gluthathine 500mg
 - g. Acetaminophen/Tylenol/Aleve 325mg **daily**
 - i. This is metabolized through the liver
3. Additional treatments may be needed for high risk patients, co-morbidities or serious symptoms
 - a. It will be dependent on what your healthcare provider prescribes for you BUT these are options
 - i. Hydroxychloroquine-HCQ
 - ii. Ivermectin
 - iii. Budesonide
 - iv. Dexamethasone/Prednisone
 - v. Azithromycin or doxycycline
 - b. If there are specific issues such as LUNG, CARDIAC or SEVERE issues-treatment options are:
 - i. Albuterol inhaler
 - ii. Symbicort

- iii. Blood Thinners (Eliquis/Xarelto)
- iv. Nebulizer
- v. Home oxygen/CPAP/BiPAP

4. Monoclonal Antibodies

- a. <https://www.upmc.com/coronavirus/monoclonal-antibodies>
- b. <https://a-zurgentcare.com/>



5. Like-Minded Providers

- a. **Yeagers**-have COVID kits for sale-currently have a waitlist for meds and not taking new patients until Spring 2021
 - i. <https://heritagefamilyhealth.org/contact>
 - b. **Donaldson's**-Morgantown Family-they are able to prescribe medications to your local mom and pop pharmacy
 - i. 1 610 286 9064
 - c. **Whealers**-telehealth with an ED doc and able to prescribe medications to your local mom and pop pharmacy
 - i. <https://www.compcompcare.net/>
 - d. Frontline Doctors
 - i. <https://speakwithanmd.com/>
 - e. Dr. Stella
 - i. <https://drstellamd.com/telehealth-services/>
 - f. My Free Doc
 - i. <https://myfreedoctor.com/>
 - g. Push Health
 - i. <https://www.pushhealth.com/drugs/ivermectin>
 - h. Dr. Zelenko
 - i. <https://vladimirzelenkomd.com/>
6. **Pharmacies**- Many name brand pharmacies such as Walgreen's likely won't fill these prescriptions. You will either need a local pharmacy willing to do so, or if the doctor you find who prescribes is able to refer to one he/she knows can fill the order quickly, then that's also a good choice.
- a. Mom and Pop Pharmacies
 - i. You need to call the local ones around and see if they will fill Ivermectin and hydroxychloroquine for COVID.

1. Some will fill one week and the next week not fill it
 2. Cost is variable
- b. <https://covid19criticalcare.com/pharmacies/>

Hospital Treatment

1. <https://covid19criticalcare.com/wp-content/uploads/2021/01/FLCCC-Alliance-MATHplus-Protocol-ENGLISH.pdf>
2. **Patient Advocate-Michelle**
 - a. <https://thedrardisshow.com/contact-michelle-rowton>
3. **Lawyer**
 - a. **Ralph Lorigo**
 - i. <https://www.lorigo.com/>
 - b. **Zach Nahass**
 - i. <https://www.cgalaw.com/legal-team/zachary-e-nahass/>

Overview:

- <https://aapsonline.org/CovidPatientTreatmentGuide.pdf>

Other Treatments:

- Supplement Providers
 - <https://www.kappanutrition.com/product-page/immune-c-advanced-complex>
 - This is a 12 vitamins/minerals in 1 capsule
 - Amazon or Kappa website
 - 2 bottles per month
 - \$25/bottle
 - <https://www.lifeextension.com/>
 - <https://www.puritan.com/>
- **Hydroxychloroquine (HCQ)**: raises the pH levels of the host cells attacked by the virus, thus preventing the virus from releasing its genes and replicate. As a result, hydroxychloroquine expels the coronavirus COVID-19 bug out of the lung cells and can't infect them anymore. It, also, helps the zinc sulfate to enter the affected cells and it's actually the zinc that kills off the coronavirus bug, while azithromycin prevents for further infections to take place.
 - Natural Forms of HCQ-
 - Artemisinin/Sweet Wormwood
 - Cinchona Bark
 - Ylang Ylang
 - grapefruit, cinnamon, lemon, lime, oranges, ginger, raisins, honey, pepper and basil.
 - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8013177/>
 - Heat up 1 grapefruit and eat its pulp. Grapefruit contains quinine-like substances, which in turn is effective in treating malaria.

- Boil some freshly ground black pepper and 1 tsp of cinnamon in 1 cup of water. Leave it to cool off and then add a bit of honey. Drink this spicy tea while warm.
 - Mix 60 ml of water with the juice from 1 lemon and 3 mg of lime juice. Drink this to prevent fever episodes.
 - Juice the leaves of holy basil to make 11 mg of fresh juice, and mix this juice with 3 mg dried and powdered holy basil and freshly ground black pepper.
 - Add 1 small piece of ginger and 2-3 raisins in a cup of water. Boil until the initial water quantity drops to half. Let the tea cool off a bit and drink it warm.
- **Oxygen:** (walking and deep breathing). What we know for sure is that patients with COVID-19 suffer from prolonged and progressive hypoxia. This happens when the body is starved of oxygen due to low O₂ in the bloodstream. Lungs don't get enough oxygen, and the same happens to the rest of the body, thus organ failure is a common cause of death in COVID-19. Why is this actually happening? The glycoproteins in COVID-19 attach to the proteins in the hemoglobin (responsible to carry oxygen through the bloodstream) called hemes. Hemes carry a special kind of iron ion through the bloodstream, which is normally quite toxic in its free form. When the virus binds to the hemes, it forces them to release this toxic oxidative iron ion into the bloodstream. Two things happen: hemoglobin can no longer carry oxygen because they lack the vital iron ion to do so. Second, the released iron ion is highly reactive and causes oxidative damage in the body. Last, the overwhelmed liver doesn't know how to cope with the situation and releases an enzyme called alanine aminotransferase ALT. At this stage, the patient needs a whole lot of oxygen, just to keep the organs continue working, thus the needed ventilators.
- **Essential Oils:**
 - a. <https://pubmed.ncbi.nlm.nih.gov/32575476/>
 - i. Geranium and Lemon
 - b. <https://pubmed.ncbi.nlm.nih.gov/32834111/>
 - i. *Lamiaceae-Mint family*-basil, mint, rosemary, sage, savory, marjoram, oregano, hyssop, thyme, lavender
 - ii. *Lauraceae-Laurel Family*
 - iii. *Myrtaceae-Myrtle Family*-Myrtle, pohutukawa, bay rum tree, clove, guava, acca, allspice, and eucalyptus are some notable members of this group.
 - iv. *Apiaceae*- celery, carrot or parsley family
 - c. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7279430/>
 - i. Cinnamon
 - ii. Bergamot
 - iii. Lemongrass
 - iv. Thyme
 - v. Lavender
 - d. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6073409/>
 - i. Orange (Precursor to glutathione)
 - 1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7402141/>

- **Herbs:**
 - a. Black Seed Oil
 - i. <https://alivenhealthy.com/2021/12/08/how-to-prevent-blood-clots-from-the-covid-vaccine/>
 - ii. <https://pubmed.ncbi.nlm.nih.gov/33176642/>
 - b. Pine Needle Tea
 - i. <https://pubmed.ncbi.nlm.nih.gov/32513797/>
 - ii. <https://rightsfreedom.wordpress.com/2021/05/15/how-to-guard-against-the-spike-protein-contagion-caused-by-the-covid-vaccinated/>
 - c. Honey, Green Teas
 - i. <https://guardian.ng/features/health/green-tea-honey-black-seed-validated-as-covid-19-cures/>
 - d. Dandelion
 - i. <https://www.biorxiv.org/content/10.1101/2021.03.19.435959v1>
 - ii. <https://www.news-medical.net/news/20210323/Dandelion-extract-inhibits-SARS-CoV-2-in-vitro.aspx>