

PREVENTIONS, TREATMENTS - NATURAL AND PRESCRIPTION

I thought I would put some context to what we are all dealing with. Due to the inhumane and intentional interference of the government and its agencies to deny and obstruct all of us from getting the medical help and supplies we need to prevent, heal, and survive this weaponized illness that we are all being subjected to physically and emotionally, I have been asked by many of you to share the natural alternatives to those prescription medication protocols we are finding very hard to obtain. I will include all the current doctor prescription medicine protocols and the **NATURAL ALTERNATIVES** to these doctor prescription protocols, both for prevention and treatment, should you need them and cannot get the medicines.

I recommend you have **BOTH** the pharmaceutical **AND** natural alternative protocols on hand if needed because soon they will ban all the medications one way or another if they have their way. Since most of the medications are becoming much harder to order, you should definitely have the natural alternatives available in your home to use. They are proving to be just as effective for people if you use them. My prayer is that something in here helps keep you well and/or out of the hospital and able to prevent serious progression of any illness, not just COVID.

I have compiled all the past and present medical protocols and treatments that I can recall. All of these have been used for thousands of patients and, as with all things concerning health, there will be new findings which we can all share with each other as they become researched and utilized. I could not find some of my past information that was accessible months ago due to internet censorship. All of the information must now be researched using alternative news and video platforms like Bitchute, Odysee, Rumble, Minds, MeWe etc, and new social media sites like Gab and others. Since I do not use social media at all, I go straight to the sites. If you would like a list of others let me know. I only included 7 in the list below but there are several others. I did not want to overwhelm you.

For easy access **PART 3** contains information that many renowned doctors have posted already for public use. Many of the natural alternatives and treatments, I have personal experience with and have been using them myself for a very long time way before COVID. The prescription medication protocols I have not needed to use and hopefully never will. However, I included all of them in **PART 3** to give you options. The protocols are listed by the doctors names who developed them. Many are Nobel Prize nominees for their research and developments and **ALL** of them have long renowned medical backgrounds in treatment and research. These protocols have saved thousands of lives already, so they are worth learning and utilizing if you should need them.

Throughout this information there are links for **YOU TO DO YOUR OWN RESEARCH AND MAKE YOUR OWN CHOICE ABOUT WHAT TO DO**. I am not giving you medical advice. This information is already out there and is posted on these doctor's personal websites, as well as many other well known health websites. I am simply sharing the information and my opinion based on my personal experience of using these natural alternatives for you to read, so you can be prepared by having supplies on hand if you choose to do so.

If you want to watch videos with these doctors they are everywhere on alternative browsers. You will most likely **NOT** find them using Google or Chrome, Safari, Bing, Microsoft Edge, Internet Explorer. Those are totally censored, esp. Google search, the Chrome browser, and anything Apple related. You must use an alternative browser like Duck Duck Go, Dissenter, Brave and maybe Firefox, or some other alternative browser. Search using the word "protocol" attached to the doctors name and you will see many search results. Or, at least you will on Duck Duck Go and Dissenter, and Brave..... Never on Google, Chrome, and Apple, and most likely not on Microsoft Edge, Bing, or Internet Explorer, but I do not use those last 3, so I may be wrong.

Forget YouTube. It is totally censored. Type in your search first using Bitchute, Rumble, Odysee, Minds, or any other alternative video platform you may know of, and then the video you want, or the doctor you want. Their channel will pop up. Watch them and get educated while you still can. The time is coming when we may not be able to get any of this information anymore.

If you want to skip to the protocols, links, and detoxification information, you can do so now. They are in **PART 3, PART 4, and Part 5**. If you need to get onto treatments now, try to read **PART 1 and PART 2** later.

OR you can continue reading now **PART 1 and PART 2** to understand what we are dealing with and the damage it can cause if you do not understand it. Hopefully it helps you to deal with the fear we are being saturated and manipulated with. Because it will affect whether you are able to heal and stay well or not.

If any of you have suggestions or new information to add **PLEASE SHARE** because this prevention and treatment information is updating regularly and new things are being discovered every week it seems. So feel free to share. We all benefit from it.

Unfortunately we cannot depend on our doctors in the system anymore, except the slowly growing handful of brave and courageous ones that have stepped forward and compromised their careers and lives to help others according to their own ethics and oaths. Fortunately, by the grace of God and the power of prayer, they are an ever-increasing group and we appreciate all of them more than they will ever know. Let them know how much you appreciate them the next time you meet them. They may not all receive what they rightfully deserve on this side of Heaven, but I assure you, they will receive their crowns on the other side of Heaven, because our God sees and never forgets or fails us.

That said, read the following information dealing with detoxification and the psychological aspect of this attack in **PART 1 and PART 2**. Then go on to the protocols and natural alternatives and detoxes in **PART 3 and PART 4, and Part 5**. Or, go directly to the protocols and read the rest of this information when you have the time. I think it will help a great deal with the intentional fear factor and psychological behavioral programming we are all experiencing and being subjected to. "In all your getting, get understanding." (Prvb.4:7)

THESE ARE THE BEST SITES FOR INFORMATION UPDATES AND INTERVIEWS WITH DOCTORS AND LAWYERS :

I would highly advise that you watch as many of these informational videos as possible as time allows, and read the articles on these sites because they have a lot of really important and effective treatment information, as well as a wealth of legal advice, and the real and verified scientific research and clinical studies discussions. You will be well informed and equipped after watching these. Take your time and take notes.

FYI: Everyday Daystar TV posts the most recent interviews. They are on cable and satellite TV **AND you can watch them on the internet for free. The link to the two sites they created just for this topic are below in the list.** So check back now and then at the links below (especially the Daystar TV links) because they give the updated action and new findings you need to be taking. They are passionate about this topic. They have been banned on the internet because they are effective and are the largest worldwide Christian Broadcast network in the world reaching even Israel and the Middle East everyday. They refuse to be bullied or manipulated by fear and despite being banned have more viewers than ever. People are hungry for the truth. The Joni Table Talk interviews are very in depth and the best I have watched (and I have seen a lot of others). There are some serious bombshells in those interviews and I love that they always include hope in their message, no matter how horrific the the scene behind this masquerade clown show curtain appears.

- 1) [Covid-19 Crisis](#) Daystar TV
- 2) <https://vaccines.daystar.com/> Daystar TV
- 3) [The HighWire - Home](#) - Del Bigtree

- 4) [Children's Health Defense • Help Children's Health Defense ...](#) - Robert Kennedy Jr.
- 5) [Health Impact News](#)
- 6) [LifeSiteNews](#)
- 7) <https://www.theepochtimes.com > us-news>

Part 1:

YOUR IMMUNE SYSTEM / DETOX / FEAR / MINDSET / AND HOW IT ALL AFFECTS YOUR ABILITY TO HEAL AND STAY WELL / AND THE IMPORTANCE OF YOUR "FILTER" ORGANS TO STAYING WELL AND FIGHTING OFF ILLNESSES.

I have used natural alternative protocols daily and seasonally with great results for many years for prevention, strengthening, and healing, for both myself and my son, who due to autism, has had a wide variety of many different severe health needs solved, without the use of pharmaceutical drugs causing harmful side effects that always lead to liver, gallbladder, kidney, spleen, and bladder damage in the long haul. Aside from the various medical conditions that pharma drugs cause, there are also the cognitive issues that develop over time that get overlooked caused by added heavy metals and other toxic ingredients that specifically affect brain cognition, and eventual bladder, liver, spleen, and kidney damage. No doctor has had any answers that worked for my son. Pharma meds hurt him, or made matters worse, so I had to find my own answers, and they have worked surprisingly well over these past 25 years, 7 months, 3 weeks, and 2 days, to be exact, but who's counting?

Keep in mind, every med, supplement, medicinal treatment, herb, chemical, etc, goes straight into your bloodstream, and therefore travels all over your body affecting every organ, especially the bladder and those that are the filters and eliminators. The liver, spleen, kidneys, lymph nodes, etc, these filters are really key to keeping your body strong and able to fight off sickness and disease. If your filters are clogged or impaired, your immune system will be impacted and deteriorate over time because their impairment hinders their condition and the processing of the nutrients. That is why people develop so many of the same diseases as we age. These contaminants lodge in your organs and have not only very obvious and evident side effects, but also trigger slowly growing diseases we commonly refer to as "normal aging". The "filter organs" take the brunt of the ongoing daily barrage of incoming and outgoing toxic material. So protect them and keep them clean.

If you want a mental picture of this take a look at any filter in your home or car that has not been changed for any length of time, and you will understand what I mean. Only difference between those filters and ours is, we cannot replace our body's filters, we can only strengthen them and keep them cleaned to extend their lifetime. Eventually their warranty will run out. But like any good warranty worth having, we can extend it through good care and correct handling. That said, giving your body the natural vitamins and minerals it needs is what I have used for years in regards to illnesses and keeping them out of my life, or evicting them if they get past my natural God-given defenses. A key to keeping your filters cleaned out is detoxification. I have listed the best detoxifiers in **PART 4 and PART 5, both the supplements, herbs, and the recipes**. There is hope that these will also help detoxify the negative side effects of the "vaccine" and vaccine shedding.

Next we need to address the panic everytime someone gets a cold or flu these days. As if these common varieties of corona viruses (the common cold) have suddenly disappeared since COVID has become the "new normal" for every diagnosis. Everyday our immune system is at work being tested and proven at all times. Common colds are **one of the ways** the body detoxes, strengthens, and most importantly **CODES YOUR IMMUNE SYSTEM FOR VICTORY THE NEXT TIME AROUND** whenever you next meet up with one of those thousands of common corona viruses that seek to find a home in your body. If we never were to get an occasional cold or flu, we would not have a tested, proven, prepared, functioning, and **OVERCOMING** immune system. Getting a cold or flu now and then is not the end of the world, and it is not a reason to perpetrate fear, given this new "COVID climate" we have been manipulated with and thrown

into. Overcoming is a learning process. We are still going to experience colds and flus, AKA coronaviruses, as long as we live in a physical body. Mankind has lived with them forever and survived thus far.

It is time to change our perspective and think of it like this: A cold or flu can actually serve to be a needed process and helpful for you now and then. Huh? What did you say? Yes. We never feared them before like we are being manipulated to do now. So why now the sudden hyper reaction to coronaviruses, AKA the common cold virus? Remember the days when you shrugged your shoulders at a cold or flu and just did what you had to do until you got better? Do you ever remember going into a panic and saying "I'm going to die!" ? No. For sure you were not happy, but you took what you knew to take, and you moved on, and got better, because you believed you would. Your first thought was not "OMG I'm going to die". But now we have been psychologically traumatized to think this way and God says: "As a man thinks in his heart, so is he". (Prvb. 23:7) Neuroscience has proven that the mind and the power of believing is the number one key to the process of healing and overcoming illness, and staying healthy and strong.

Colds and flu are normal challenges to your immunity. They are like "lifting weights for the immune system". Your body's reaction to them should be an indicator to you the shape yours is in. In the same way an athlete cannot strengthen muscle unless they use and work that muscle, so it is with our immune system. Like a boxer cannot fight a battle and win without an adversary to strengthen and challenge them, we too have everyday unseen adversaries to our immune system challenging it, to strengthen us and teach our immune systems to war and to win. The old adage "use it, or lose it" is very true to any increase, whether it be physical or mental. The more pressure an athlete uses to strengthen their physical and mental performance, the stronger they become in strength, endurance, and will, for their next level of competition. The more we challenge our minds and use them, the less our minds deteriorate, and the sharper our minds become. We must approach this battle called "coronavirus" with the same mindset an athlete has when they set out to win and defeat an opponent, because our immune system was designed to heal. It was made for anything the "natural world" throws at it. "Man made" is another story, but that is a rabbit hole for another time.

Your immune system can, and will, fight off anything thrown at it, if you give it the support it needs to do so. As annoying as it is to get a cold, or something stronger like the flu, just remember, every cold and virus strain is one of the ways your immune system is trained to become stronger and more programmed to fight off any and all future strains of that particular cold or virus. In fact, it actually codes the immune system with the winning immunity solution for the next time it meets up with that particular adversarial virus. So give your body what it needs to fight. Fighting disease is the process through which our immune system increases in its learned programming. Do not let the environment of COVID cause you to freak out and make matters worse. Everything is **NOT** COVID. They made COVID from a coronavirus, which is the common cold virus, so it would be easily transmitted.

Colds and flu are still out there. And so is fear. And **FEAR** is your real enemy. Fear does not help you in any way, shape, or form. Fear hinders the healing process. In fact, it can even stop it dead in its' tracks (no pun intended). Neuroscience has proven this principle found in God's Word. Whatever mental signal or command you send your body it will obey. For good or for bad. Don't forget that important reality. It could turn things around for you. It could save your life. God designed it to do so for a reason. He Himself said when things are going south and nothing is working out, "Consider your ways and your words" ; "My thoughts are not your thoughts and My ways are not your ways." (Is. 55:8). How's that? God does not think or speak defeat. His message 365 times (once for each day of the year) in His Word is always a loud and resounding , "**Fear Not !**"

My Friends, we have more control over our situations than we realize. In this case whenever people hear the word COVID, fear sends the signal : "All hope is lost. This is it. " or, "I am going to die". Why? Because the world and its media mouthpiece is programming us day and night with this messaging. And your body, being the obedient recipient of your thoughts, and then your words, responds by setting that signal or "command programming" into motion. There are whole neuroscience research books and studies that backs this up. To sum

it up and shorten the explanation - Change the messaging you are sending your body. This must be a daily reset, given what they are throwing at us all day with the frantic COVID death propaganda 24/7.

Mindset, my Friends, is everything when it comes to success vs. defeat. Athletes who are winners use a specific mindset to strengthen and to win. **Having a right mindset will be your asset and your friend in fighting the psychological factor of this war of fear we find ourselves in.** At the onset of every challenge we must have the mindset, **"FAILURE IS NOT AN OPTION. I have a way out, and I am coming out strong with my battle won. Period. I refuse to give up, cave in or quit. No excuses."** Like a pit bull to a bone just determine to make up your mind that "You will live and not die". I like to say it like this: "I'm going to be victorious and I am going to turn out glorious, because my God has promised me." I am His responsibility. "Those who trust in the Lord are kept safe." (Prv.29:25) You must learn to program yourself at the onset for victory, not defeat. This will program your mindset and it will give your body a fighting chance because where the mind goes, the body is naturally inclined to follow. This is a natural law. Your mind and thinking have far more to do with the healing process, and how long it takes for it to happen, than most people realize.

How do I know this? Because I have proven this over and over again. I have had to train myself in it and still must because it is a never-ending training process. If you don't believe me about how your words and your thinking affect your outcome and ability to fight, try remembering when someone told you the worse news and remember how it made you feel physically and emotionally at the first hearing. (It only takes one hearing to set this in motion). Remember how it drained you of your strength and your will, especially when it was a word of fear. And then remember when you had someone start to encourage you, and build you up with good news and encouragement about the same exact thing, and suddenly you began to feel strong and uplifted and ready to fight to win. That is called hope, my Friends Even after hearing the bad news, that encouragement and faith in what they encouraged you in, or what you read to encourage yourself in, canceled it out. Remember how that made you feel physically and emotionally? I do. The fight to win started. That is why hope is called "the anchor of your soul" (the mind, will, and emotions). (Heb.6:19)

What do you think is the reason for all the "pep talks" coaches give athletes before a game? If the coach told them what a bunch of losers they were, and told them they were stupid, weak and useless, do you think they would go out and win? No, he talks winning, and acts like a winner, and gives them a winners mindset and the determination to go out and make winning happen. He tells them who they are, and what they can do, and how they are going to do it, and how strong they are, and winning is the only option. That is how it is done in the world of competition, and everyday your immune system is in the world of competing with all sorts of adversaries you cannot even see. You are in competition for your life, every day of your life. You have won thus far. Keep competing and do not give COVID more strength than it has. Determine ahead of time you are stronger. God's got your back.

Know this: There **ARE** solutions, and that should give you calm right there. Which is why they want to take them away. They **DO** not want you to have hope or any other answer than what they have to give, which is pitiful, harmful, and hopeless, to say the least. God always has an answer ready for the asking. He needs you calm and clear headed because fear brings disorder, chaos, and worst of all, **IMPULSIVE** reactions driven by fear. The world wants you to fear all the time. God wants you to hope in Him all the time. So I hope to give you hope. Solutions. There are a lot of them. Stay calm and fight like a winner. Like a person who knows their God. Because "Those who know their God shall be strong and do exploits." Like the Apostle Paul said in Phil.1:21: "To live is Christ, to die is gain". In other words, whether I live or die, the outcome is still in my favor. What do I have to fear? When I am done here, I am going to be with Jesus forever, That is gain, so death does not scare me. Live like a winner and give God the glory. But while we are here, while we are here, life is a process of overcoming. So live like an overcomer.

So what to do physically? Feeding your body the right diet and nutrients, and knowing what to take to fill in the gaps to boost your immune system, can kick these attacks out within days, overnight, or even hours (as I have experienced hundreds of times). Occasional illnesses strengthen your immune system to stand strong against the

more virulent types always lurking out there, even with a minimal functioning immune system, which is why they do not kill you. So remember that when you get sick. Determine you will recover. You have done so before all of your life thus far, but with the relentless messaging of death and fear right now you are going to have to insulate your mind and emotions by wrapping yourself with messaging that will contribute to your healing. We must stop the rampant fear that every sniffle or cough is going to kill us ! Seriously? Well message this: Your body's defense system is an amazing piece of work. The Bible calls it " God's masterpiece". It learns how to recognize and fight harmful invaders on a daily basis through practice and programming itself to destroy the invader right there on the spot, and the next time, and the next time, and the next time, that invader invites itself in. Having the nutrients you need to assist your immune system will help you physically keep it in optimal performance mode. And then, you must deal with your mindset. This takes time and daily attention. You must control what you allow yourself to hear and feed on because whatever it is, it has the potential to become truth and a self fulfilling prophecy in your life. "Guard your heart and your mouth." Be aware of what you are hearing and believing because once you hear yourself repeating their lies you are headed down a path of destruction. And My Bible assures me that " In my pathway there is life and no distruction". Check your "inner chatter". It will be an indicator to you whether you are determined to come out fighting to win, or accepting the defeat this world loves to dish out to us each day. Don't let the lies of this world feed you. Get the truth in you. Your health will thank you for it.

Many great doctors of natural alternatives have repeatedly proven that all "normal" sickness and diseases are due to vitamin and mineral deficiencies. And they all have spiritual roots. Amazing but true. Man made diseases are another story, and that is what we are dealing with on a regular basis considering what has been done to the water, the air, the food, (through the dangerous cancer causing GMO, pesticides, and constant terraforming of the atmosphere), etc., although there is plenty of research and whistleblowing proving we have been dealing with this for decades. So let's give ourselves the fighting chance we need with daily detoxes and immune enhancing supplements and minerals. Because you will never avoid 100% of what is dumped into the food, air, and water whether you eat totally organic and have the best diet or not.

First things first, we must **NOT FEAR**, but rather support and protect our immune system. Your immune system was made to be activated, and it does the job well if you take care of it, and give it what it needs to thrive **AND DO NOT FEED IT FEAR. Thoughts are the primary way your body receives and responds to attacks. This has been proven. Did you know your thoughts occupy actual physical real estate in your brain? Did you know they create treelike structures of dendrites that send out the commands to your body to heal and fight, OR, in reverse, to take flight and give up the fight? You have far more control over your outcome than you realize. You choose.** For now, do not freak out if you feel a cold coming on. Everything is **NOT COVID**, but with all the fear being pumped into our psyche daily non stop 24/7 in all the media, you can turn a cold into a full blown case of anything, if you allow your mind to convince you every symptom is COVID, when in the past you would have **NEVER** thought that way. You would have dealt with it knowing it would be over soon (even sooner given your mindset) or you may have programmed it to last a certain amount of days by telling yourself it would do so. Whether you realize it or not, you just gave your immune system the command of how long it will take to get rid of this thing.

The mind and the power of suggestion is **SO POWERFUL** you can think and talk yourself right into an illness you never had. I hve actually seen people talk themselves into dying. So take a deep breath and say, "All is well and I am strong, my body is a healing machine (because it is), and I am getting better and better, and stronger and stronger, with every step and every breath". "Those who trust in the Lord are kept safe." I am telling you from first hand experience getting control of fear is the **FIRST STEP TO HEALING. The body struggles and fights against you to heal when it is in fear mode. Fear shuts off the immune system and tells it there is no hope, give it up.**

The cells of your body communicate constantly. Your body communicates your thoughts to its cells either to help it heal, or to accelerate its demise. You choose. Your thoughts are a command center sending the signals to fight, or take flight and give up. So give yourself the signal to resist and repair, and be well from the get go.

Speak to yourself out loud. God gave you that mouth to declare your outcomes for yourself. Stop fear and feed the outcome you want to see. That would be my first advice. Ask me how I know? From **REPEATED, DAILY practice and use of this truth. Thus far it has never failed me. What you refuse to give up on that is intended for your ability to live your God-given destiny, always has to give in. Just like there are physical laws, so likewise there are spiritual laws that govern this universe. Apply your spiritual law "As a man thinks in his heart so is he." "You shall have what you say..." "It is not what goes into a man that defiles him. It is what comes out of a man." "Whatever a man sows, that shall he also reap." All spiritual laws.** So apply your spiritual law. Sow it like a seed. Your mouth is a gateway.

Now, if you are sick all the time or getting constant colds or flus that leave you debilitated, dead or almost dead, obviously that tells you there is something wrong. That signifies a renegade, rebellious, or inactive immune system. That is called disease, both chronic and catastrophic. If you struggle with this it requires attention and prevention. And that is what I am going to focus on to help all of us have what we will need to have on hand, as a prevention and for immediate use. If you are feeling something coming on, do not panic or play the blame game against yourself or anyone else. That will get you nowhere and, in fact, it weakens you. These days we need to be uber prepared because they are removing information and treatments as fast as we discover them to keep us in a helpless dependent state on their failed protocol treatments being enforced for their agendas. We have options and we have solutions to stand prepared.