

## Part 4B :

### #1- RECOMMENDED FOR COVID AND ALL FLU-RELATED PREVENTION

VITAMIN D - 2,000 - 10,000 / day. The D3 form is the active form. 10,000 IU - 25,000 IU is the optimum recommended dosage. It will not hurt you. If you are sick with COVID, the renowned Dr. Zelenko protocol even prescribes up to 50,000 IU daily for 2 days. But the norm as listed above is 10,000 IU-25,000 IU a day for optimum protection. You can increase it if you are sick.

I once heard Dr. Lee Merritt say that doctors jokingly call the recommended daily allowance (RDA) the "Recommended Death Allowance", because the numbers recommended do not come close to what they should be. So do not be too concerned about these numbers. The FDA has not updated them for many, many years, despite the studies disputing the RDA's you see on most supplements.

Vitamin D3 (which is actually a hormone) is the #1 go to for COVID prevention, and cancer, or any illness for that matter. It has been clinically tested to be so. Everyone is deficient in this hormone/vitamin. Your vitamin D blood levels should be at 60 or above. That is the middle of the scale. Anything below 40 is on the low side. 80 and above is best. However, even people with levels of 30 fared better than those who had lower numbers, so start to get your levels up now through supplementation and sunlight while you can. Levels of at least 60 and above are recommended. You will need supplementation to get to this level even if you get a lot of sun, because it is hard to absorb and store up D for any length of time. That is why we succumb to viruses and colds in the winter. Getting sun in the summer will not suffice through the winter. It just does not last. And the darker your skin, the higher dosage you will need because more melanin in your skin blocks absorption of Vitamin D from the sun. Every protocol out there includes vitamin D3 at the TOP of their list. Try to get your level to 80 or more through supplementation. It also is a very strong cancer prevention hormone. Double whammy.

#### NOTE:

You should take Vitamin K2-M7 with any D3 supplement to avoid the calcium being drawn out of your bones as can happen when D3 is taken on its own. 100mg is the normal amount of Vitamin K2-M7 to take and do not take too much because it can thicken blood and that is not good if clotting is happening. Keep the K around 100mg. Good news here though, is that many of these other supplements on the list help to keep blood from clotting and help blood flow so it should all balance out in the end. Leafy greens in your diet add Vit. K so consider dosage if you eat a lot of greens and salads daily.

### #2 - THE MASTER VITAMIN - A MUST HAVE

VITAMIN C - 1,000-5,000mg / day (AND even HIGHER) in separated doses throughout the day.

They do not call it the master vitamin for no reason. You can go MUCH higher in dosage according to your bowel tolerance level. You can test your tolerance level by starting low around 500mg -1,000mg / day and increasing it incrementally hourly, or every two hours, by the same amount until bowel intolerance. Once you experience loose bowels, then stop at that point. That is your present tolerance level.

After you get used to that amount, then use that level for a day or two. Then add to it by increasing it again until bowel intolerance level. Repeat this process until you reach the level you want. I take up to 5,000mg / day and could go much

higher, but financially I do not do so. It gets expensive. If I am feeling sick or want extra protection because I may have been exposed to something, then I definitely increase it. I would do this with most of these preventions. Most people are fine on 1,000-3,000/day if they are healthy and are not eating a bad diet with a lot of sugar. Take Vitamin C as a prophylactic, and then increase the amounts if you are getting sick or become sick. Some people absorb better than others. Fact of life, the older you get, the less absorption happens. That is why enzymes are so important as you age, but that is another rabbit hole for another time. Just know you may need more than you did when you were younger, and you DEFINITELY need more than the typical RDA listed on the bottle, which is always too low on most antioxidants.

FYI: The liposomal Vitamin C form is the best form because absorption is superior and it goes through the lipid (fat) membranes and won't give you diarrhea, but it is VERY pricey. If you can afford to get it, you could use the other less expensive form of normal Vit. C and take that throughout the day, and take the liposomal form once during the day. Or take the liposomal if sick, and the other form as prevention. Mix it up anyway you deem necessary. It is best to take the C throughout the day in divided doses. One with each meal is good.

\*\*\*\*\*ADDED BONUS - VITAMIN C HELPS PUSH ZINC INTO THE CELLS . JUST LIKE HYDROXYCHLOROQUINE AND IVERMECTIN. WHICH IS WHY THEY ARE SO IMPORTANT AND WORK SO WELL.

#3- THIS IS YOUR VIRUS SHIELD.

ZINC- (Mineral) 30mg-50mg (some even say 60mg).

This mineral coats and blocks viruses from getting into the cells, but it is hard to absorb and even harder to push into the cells, so it MUST be combined with an ionophore to give it the "shot" it needs to get into the cells to do the work of protecting the cells. That was the whole premise of Hydroxychloroquine. HCQ is an ionophore and pushes zinc into the cells to protect and coat them. If you have never taken supplemental zinc, start lower at around 15mg-30mg (there are many that are also 22mg and some as low as 7mg) and build up to 30mg or 50mg. Personally, I like to have different mg dosages available (i.e. 7mg/15mg/22mg/30mg/50mg) so I can split it up and take less when I do not need so much, or more if I feel like I am coming down with something. I do not recommend over doing zinc on a daily basis. But do increase it if you are getting sick or already sick. Zinc is very inexpensive.

NOTE: Zinc often upsets your stomach so take it with food or when your stomach is not too empty. It should not upset your stomach with food.

[Zinc Benefits, Dosage, Foods, Supplements and Side Effects ...](#)

[Zinc: Benefits, Risks, & How Much You Need - Food ...](#)

#4- HERE IS THE NATURAL IONOPHORE ALTERNATIVE TO HCQ AND IVERMECTIN

QUERCETIN WITH BROMELAIN COMBO - 500mg-1,000mg/day of Quercetin, and 165mg-200mg of Bromelain.

YOU MUST GET THIS COMBINATION FORM FOR ABSORPTION. BROMELAIN SHOULD BE INCLUDED. THE GOOD BRANDS ALL HAVE BROMELAIN.

Quercetin is an antioxidant and flavonoid and \*\*\*natural ionophore. Like the hydroxychloroquine and Ivermectin it pushes zinc into your cells. \*\*\*\*Quercetin (with Bromelain) is the natural alternative to replace Hydroxychloroquine and Ivermectin if you cannot get those. But get this while you can because the darn FDA is now trying to stop us from getting this one too! And I have used this for years to address my son's asthma and allergies. Combined with Grape Seed Extract (250mg/day), it stopped his asthma, and no more allergies as long as he uses these two (Quercetin and Grape Seed Extract) together. Both are natural antihistamines. You can take a higher dosage of the Quercetin if you are sick or getting sick. This will not harm you. You will not overdose on more, the worse you could do is waste it by doing so. I use it with the Grape Seed Extract for COVID prevention because TOGETHER they are very effective for the breathing and Grape Seed Extract is very good for the vascular and respiratory system. In other words it helps with blood flow and your lungs, both COVID affected systems. We all know by now that COVID is a thrombo-inflammatory disease.

Grape Seed Extract helps with all things cardiovascular, vascular, and respiratory. It is often recommended for allergies and asthma and is especially beneficial for those issues when combined with Quercetin. Grape Seed Extract has been widely clinically tested and proven. It has a gazillion benefits for various health needs.

NOTE:

DO NOT CONFUSE GrapeFRUIT SEED EXTRACT FOR GRAPE SEED EXTRACT. THAT IS DIFFERENT. Grape SEED Extract is the one you want to get if you use this supplement.

Grape Seed extract is not in the protocols above but I have used it in combination with Quercetin for years with excellent results for blood flow and respiratory issues. I include it here because you may want to also. It supports your vascular system and your respiratory system. Both of which are very affected by COVID. A lot of allergy specialists will actually recommend supplementing with this.

If you have asthma, this combo of Quercetin and Grape Seed extract really works. As with all supplements it takes a couple of weeks to see results because supplements provide the needed nutrients to repair and restore. So however long that takes will determine the length of time to experience results. But I found that this combo did not take long to start having good results. I use 250mg of Grape Seed Extract but you can use less. A standard amount is 125mg.

Quercetin is a very effective anti-inflammatory and helps blood vessels, blood flow, and blood pressure. It fights cancer and helps protects and strengthens your mitochondria. It blocks replication of viruses. It is used to eliminate plaque buildup in arteries, and is good for literally a gazillion other issues. Too many to mention here. But it directly deals with the harmful issues caused by COVID. This is a super supplement and one of the "MUST HAVES".

Best to take on an empty stomach to have the anti-inflammatory effect. Take it together with the zinc like you would take HCQ or Ivermectin with zinc. Quercetin replaces those two meds. It is the natural alternative for them since so many of us cannot get the meds. Many natural doctors prefer using Quercetin.

<https://www.naturalfoodseries.com> › 11-proven-benefits-quercetin

9 Proven Benefits of Quercetin | Better Nutrition

<https://draxe.com> › nutrition › quercetin

Quercetin Benefits - Dr Sarah Brewer

Which brings us to another ionophore alternative .....

#5 - ANOTHER NATURAL IONOPHORE

EGCg - 400mg/day - take with food.

This is another ionophore natural alternative to HCQ and Ivermectin that pushes zinc into the cells. If they take your Quercetin away, have this on hand. Some studies are showing it to be just as good and maybe better. I use both. I add this one to the Quercetin if I feel like I am getting something. This one must be taken with food because it is strong. It can harm the stomach lining if always taken alone. It is derived from green tea.

There have been clinical studies done on both Quercetin and EGCg showing them to be effective for COVID. Get them on hand in case the FDA pulls them from shelves. Use them as a prophylaxis and treatment.

Therapeutic Potential of EGCG, a Green Tea Polyphenol, for ...treatment of coronaviruses

What Is EGCG? Benefits, Dosage, Safety and Top Foods ...

Green Tea Benefits: 19 Reasons Why Should Be Drinking More ...

EGCG extract, health benefit, side effects

#6 - THE "BIRTH CONTROL FOR VIRUSES"

SELENIUM- (Mineral) 200mcg/ day is the normal amount; Some people say 400mcg/day, but the usual amount is 200mcg. You can increase it if you are sick. Some people go up to 800mcg if they are very sick or have cancer. For a short time that should be okay from what I have read. But NOT FOR EVERYDAY USE. I have used that much only when sick. When well, use 200mcg/day, and 400mcg/day, if getting sick, to knock it out. IF very sick then try higher but not for long.

SELENIUM IS A MAJOR VIRUS BLOCKER AND STOPS REPLICATION OF VIRUSES. Many doctors include this supplement in their COVID protocol. It is a major supplement for cancer prevention as it stops tumor growth.

Selenium Benefits, Foods, Dosage and Side Effects - Dr. Axe

13 Proven Benefits of Selenium | Organic Facts

<https://explore.globalhealing.com> › 7-ways-selenium-benefits-your-body

What is Selenium | 8 Amazing Selenium Benefits

X-2 Bio True Selenium Combo Selenium and Nascent Iodine (Survival Shield X2)- This is the selenium and iodine I get. Best around.

#7- THIS NEXT SUPPLEMENT IS SO SCARY TO BIG PHARMA THAT THEY ARE BANNING IT. WHY? IT IS ONE OF THE ANTIDOTES TO THE SPIKE PROTEIN IN THE VACCINE AND IN COVID. SO STOCK UP ON IT IF YOU CAN FIND IT. I HEAR IT WILL BE GONE AS OF JANUARY 2022. AMAZON HAS ALREADY PULLED IT, BEING THE GOOD LITTLE GLOBALIST COMPANY THEY ARE.

NAC - 600mg-1,200mg/day - This has so many benefits that it is hard to list them all here. But in regards to COVID this one promotes production of glutathione levels (The master antioxidant), and it stops blood clots from forming.

NOTE: NAC should be taken with Vitamin C to avoid getting kidney stones. I have read this can happen IF you are low on Vitamin. These days NO ONE should be low on Vitamin C considering all these issues.

NAC supports the lungs, blood vessels, and the cognitive functioning of the brain, which are all areas affected by COVID and the "vaccine". Many people with autism use it to help with balancing behavioral issues among many other things. Besides stopping blood clots from forming, it helps a wide range of respiratory issues i.e. asthma, allergies, and pneumonia inflammation. NAC thins bronchial mucus in lungs and it is used as a natural allergy/asthma remedy. It was useful in fighting the effect of mucus buildup that Covid was causing in lungs, so the FDA in true form had to go after it. I think we hit a nerve because they pulled this one very fast.

NAC is an antidote for the spike protein in the virus and the vaccine. It neutralizes, it protects, it detoxifies all your organs, and it heals the liver, which the "vaccine" destroys. The FDA wants to

re-classify NAC as a drug so Pharma can own it now and charge us a fortune for it. Previously, before all the medical takeover by the FDA and CDC, these agencies could not just take away a supplement on a whim because they wanted to reclassify it and benefit from it off our backs. But now they are just suddenly pulling pharmaceutical and supplemental cures that have any chance of being an alternative treatment or prevention for COVID. Why? Because if there is a treatment already available they cannot by law make a vaccine for it. A vaccine takes years to do clinical studies on and to get approval for. Pharma had to block and refute all treatments that work in order to get the Emergency Use Authorization (EUA) they manipulated. An Emergency Use Authorization removes all liability from them hence no long term clinical studies or trials. A win, win for them. NAC is part of many physician's COVID protocols, in combination with glutathione. It is a major preventative and treatment for COVID. Especially in its IV form which you can only get in a hospital or clinic. Now you cannot because of the CDC protocols blocking its use.

NAC has a lot of clinical trials and studies proving it works. It also helps with brain disorders. Many who cannot tolerate psych drugs, use NAC and it works great for them, especially those with autism. Unlike meds, NAC does not cause liver or kidney damage, especially with long term use. This stuff works as well as any med out there. It's often used for OCD and bi-polar. It can help reduce the brain disorders being caused by the vaccine.

New Discoveries on the Benefits of N-Acetylcysteine (NAC ...

Take a look at all of them because each one has some info that was not on one of the others.

As you will see on these sites, NAC removes heavy metals, which BTW, is one of the causes contributing to autism, Alzheimer's and dementia and which is in all vaccines.

It detoxes (also good against the vaccine), and it removes biofilms (which means it helps remove the casing film around the bioweapon spike protein which would help block the negative side effects of the vaccine). It also removes the biofilms of candida which is at the root of so many diseases getting a foothold.

It is very protective of the liver (A major side effect of these vaccines is they literally can liquify the liver so this would protect from that.)

It is very protective of the heart as it protects against the homo cysteine which leads to heart disease (the vaccines often cause heart failure).

It helps with blood vessels and stops clotting (the huge side effect of the vaccines is they cause blood clots). They don't want that side effect messed with.

Improves lungs and removes mucus (the vaccine harms your lungs and COVID produces mucus). It improves oxygen levels. Oh, we cannot allow either of those. Gotta kill us with the ventilators that collapse damaged weakened lungs....

Fights the flu - prevents viruses from spreading, nope, cannot have that either. They want an everlasting, ongoing emergency to keep control over everyone until they "reset" everything.

And it fights addictions because it crosses the blood brain barrier and deals with glutamate which affects obsessive and addictive behaviors like OCD, Bi-Polar, etc. (Oh, they do not want you free of their psychotropic, useless liver and kidney destroying drugs).

Helps fertility and the ovaries (we know they hate that).

They are finding it helps with Parkinsons symptoms and diabetes, and the pharma industry loves those two diseases too much to part with the money they make on them.

And read how it alleviates gut disorders, also a main concern for those with autism. They do not want any answers for autism.

It evens helps against cancer because it repairs DNA damage. (Now that is what the vaccine definitely alters and destroys- your DNA. Can't have NAC to stop that, can we?) The cancer industry makes more money for Big Pharma than any other. Well, other than vaccines maybe.

It works against endotoxemia - a major contributor to every known chronic disease process in the body. They don't want anything that stops inflammation that is for sure ! Then who would buy their drugs? And again, sepsis is a common side effect of the vaccine, and one that caused death for the many who experienced this particular side effect. How "safe and effective" is that? .

NAC helps skin disorders and the neurological issues that may accompany obsessions such as skin picking, hair pulling and twisting, etc.

Oh, my, the list goes on forever and a day and I could go on and on, but just read that second site above. It is very thorough. You will begin to see that everything NAC does, goes against the purpose of the vaccine and COVID as a depopulation agenda. NAC is very protective against all things neurological, which has really got me mad because I use it for m son's autism related OCD issues and neurological damage. A lot of people with autism use this stuff. I wish I had found it sooner.

Doses of NAC may range from 2000 to 2400 mg/day for adjunctive support of psychiatric conditions .

Many supplements come in 600mg doses, or combination formulas may contain 100-200mg - so multiple capsules divided throughout the day may be necessary for individual needs.

14 Health Benefits of NAC (N-Acetylcysteine) - Dr. Jolene ...

Top 9 Benefits of NAC (N-Acetyl Cysteine)

N-Acetylcysteine (NAC) Benefits, Uses, Dosage, Risk and ...

This link shows how NAC protects and restores from cognitive diseases like Alzheimer's, strokes, Parkinson's, etc. All of these conditions are known vaccine side effects: <https://microbeformulas.com> › blogs › microbe-formulas › top-12-health-benefits-of-n-acetyl-cysteine-nac

NAC: The Do-It-All Supplement You've Never Heard Of (Until ...

This article admits NAC could be used for treatment of COVID and yet the CDC and FDA have ordered it removed for sale. Why? They want to do this with Vit D and C, glutathione, and Quercetin.....Seeing any pattern here? All the top beneficial supplements for COVID prevention and treatment.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7649937>

## #8- THE MASTER ANTIOXIDANT

GLUTATHIONE- 500mg/day - as prevention; (2,000mg 2-3x's /day if sick). Called the "Mother of all antioxidants".

This is the supplement the doctors are saying will help stop the effects of being around those who have been vaccinated and are shedding the spike protein. It is anti-inflammatory and helps stop what is called a "cytokine storm" in the immune system. It is especially essential in helping the respiratory system and lungs and is a great preventative and treatment. Many doctors are recommending it and treating patients with this with great success. It is especially effective given in IV form like Vitamin C. They use it in conjunction with NAC. Both are strong preventatives and treatments. NAC helps the body make glutathione. Your body does not make it on its own.

Now it is looking like they are going to ban the NAC, unless Congress gets their act together, but don't hold your breath. So enter Glutathione. After all, NAC makes glutathione, so we will have to just go to the horse's mouth (no insult meant to Ivermectin) to get it. Works better with NAC since NAC is a precursor, but Glutathione works without it also. It blocks that spike protein from vaccine shedding and from COVID so it is an essential.

<https://coremedscience.com/blogs/wellness/glutathione-3a-14-benefits-of-the-master-antioxidant-plus-diet-26-supplements>

<https://www.medicalnewstoday.com/articles/323936>

<https://renewmespa.com/15-benefits-glutathione-iv-therapy>

## Glutathione Benefits for Your Health and Body

#9 - \*\*\*THIS IS MY FAVORITE SUPPLEMENTAL FORM OF AN ANTIBACTERIAL AND ANTIVIRAL. IT IS THE NATURAL ALTERNATIVE REPLACEMENT FOR THE ANTIBIOTICS IN THE MED PROTOCOL.

MONOLAURIN - 600mg-1,200mg / day. EXCELLENT ANTI-BACTERIAL AND ANTI-VIRAL (SPOURCED FROM COCONUT).

This would be your alternative taken by mouth natural supplement for an antibacterial (anti-viral) if you cannot get any of the ones in the protocols. And even if you can. This stuff works great ! I have used it over and over for years and it always works well and works fast. Since using it I have never needed a prescription antibacterial or antiviral. Some doctors say to add Lysine to it to magnify its effects. I have never had to do that, but I am trying it now to offset the possibility of too much arginine, another essential amino acid, which can contribute to viruses replicating (the opposite of lysine). Arginine is in nuts, pumpkin seeds, orange juice, and chocolate (which I use for blood flow). I use it for blood

flow. The ratio of arginine to lysine is important to virus replication or suppression. (That info is in the link below under the lysine information.) So use Lysine if you take arginine or you want to support suppression of viruses. Some Monolaurin formulas come with lysine added.

Monolaurin can be taken daily at 600mg-1,200 mg . Some take it in 300mg caps. I use the 600mg caps. As with all these natural alternative supplements you should increase the dosages when you have been exposed to something or you are getting ill. I often take extra Monolaurin when feeling a cold or flu like symptoms coming on (which is very rarely with this stuff) and it knocks it out overnight. Take it with your Vitamin C and Quercetin. All these can be increased in dosage IF SICK OR GETTING SICK. I have used it to completely replace the antibiotic or anti-viral meds. (I use the Ecological Formulas brand. It works very well.) There are other brands that have it combined with Lysine, or you can get Lysine on its own and take it with a standalone Monolaurin. Use them together if you feel the need for more protection. When that happens, I take 2 caps of 600mg each (1,200mg) 3X's/day, or 1cap of 600mg 3 X's/day. Depending on how you feel. I do not always take it every day during the summer. I use it mostly in the winter.

Monolaurin will not hurt you in higher dosages, except maybe in your wallet. A lot of Naturopath doctors prescribe monolaurin for infections and illnesses. For years I have taken Monolaurin on its own for any cold, flu, infections, toothaches, or any illness with almost immediate and great success. This is my go to for everything. You can take it as a prophylaxis, or even when starting to feel ill. I do not take it as much in seasons when I am not at risk for getting ill. That saves on money.

\*\*\*\*\*Research shows that monolaurin kills all pathogen (bad) bacteria it is exposed to, and many other viruses including staph, measles, candida, the herpes virus, Epstein Barr and shingles. Herpes, which is a side effect of the vaccine, is a lipid enveloped virus just like the vaccine lipid enveloped spike protein, and since monolaurin dissolves and destroys the herpes lipid envelope, I assume it should do so for the vaccine induced herpes. Just a thought. Corona viruses are a lipid enveloped virus. Maybe that is why it has always worked so fast for us whenever we have taken it. Literally overnight most times.

[https://draxe.com › nutrition › monolaurin](https://draxe.com/nutrition/monolaurin)

[https://www.monolaurinandmore.com › monolaurin-top-10](https://www.monolaurinandmore.com/monolaurin-top-10)

## #10- ANOTHER NATURAL ANTIBIOTIC ALTERNATIVE WHEN SICK

I talked about silver at length in Part 3. I am adding in this section also in case some of you skip Part 3.

SILVER- IS A NATURAL ANTIBIOTIC.

NOTE: DO NOT OVERTAKE SILVER ORALLY ON A DAILY BASIS. YOU TAKE THIS ORALLY (INTERNALLY) ONLY WHEN SICK OR FEELING LIKE YOU ARE GETTING SICK TO STOP THE ILLNESS. YOU DO NOT TAKE THIS ORALLY TO PREVENT. USE MONOLAUURIN FOR THAT.

## FOR PREVENTION:

**NOSE** - Apply liquid silver to a Q tip and swab your nose as is comfortable. You do not have to go up too far. You can spray it also. This kills off anything incoming and lessens the viral load of any cold or flu.

**EYES** - Silver drops can also be used in your eyes.

**MOUTH** - Silver mouthwash will protect from any incoming viral load. There are silver mouth sprays that protect your teeth and throat. I have used them for years. They work very well. I have the link in Part 3.

I will include it here also.

**AS A HAND SANITIZER** - You can also get silver hand sprays that are NOT toxic like all the other hand sanitizers out there.

**FACE / HAND / BODY CREAM** - There are also silver gel products and silver face and body creams that kill all sorts of bacteria and viruses, including Staph, herpes, and MRSA. SILVER WOUND GEL is a military grade gel that kills all bacteria and viruses. It works excellent for cuts, burns, wounds, and rashes. It is my favorite go to. I actually put it on before going out and I never have gotten sick because anything that hits your hands it will kill. It lasts for 3 days or until washed off (whichever comes first). I will include links below where to buy these.

**FOR TREATMENT IF SICK**- You can use the liquid silver drops in your ears for earaches, to gargle with for sore throats, and in your nose for any on start of illness, just sniff it up your nose after dropping in the drops. To gargle with, just put a couple of dropperfuls in you mouth and hold the silver in your throat while relaxing your throat, and gargle and hold, and gargle and hold repeatedly for several minutes, and then swallow. You can also alter off and on between salt water and silver for your throat. It saves on money. And you can put the silver drops in water in a humidifier or essential oil diffuser and breathe in the steam to disinfect sinuses and throat. Add a drop or two of Iodine to it. I use nascent iodine. I think you could also use a drop or two of the povidone iodine solution along with the silver.

**#11 - NASCENT IODINE** - like silver you can use this to swab your nose. Nascent iodine is safer than silver on the liver when taken orally. it is essential to your body and a number one needed supplement for cognitive and other issues. It is most effective as a preventative taken orally and it detoxes heavy metals and other contaminants. For strong health you must have this nutrient because every cell uses this nutrient. Without nascent iodine your brain cognition declines. Iodine has proven to raise IQ levels in clinical studies. Rule of thumb. As your brain goes, so goes the body.

**#12 - POVIDONE IODINE - DO NOT SWALLOW**

This has been recommended to use as a mouthwash to prevent COVID. Just a drop or two in a glass of water. Just enough to make the water a light brown tint. Swish and spit out. You do not swallow this like the other iodine. This kills germs. And this one can be used to swab nose also, like the nascent iodine.

#13- THIS IS A NEWER TREATMENT OPTION STILL EVOLVING. INHIBITS VIRUS REPLICATION. It is becoming more and more used for COVID treatment.

LYSINE - 2,000mg/day - or 500mg 1-3x's/day

I am told that when taking Monolaurin, Lysine helps in better absorption and the combination of the two makes the Monolaurin more effective. Like Monolaurin, Lysine also inhibits the replication of viruses, so in combination they work to support each other. As I said above, Monolaurin is both antibacterial and antiviral. A lot of Naturopath doctors prescribe monolaurin for infections and illnesses. Lysine is an essential amino acid and your body does not make essential amino acids on its own, so you must supplement with them or get them from food. They are not that hard to get, but absorption is another story. In regards to COVID, Lysine is showing in clinical trials to be a viral inhibitor lessening viral load. Hospitals in other countries are using IV Lysine to heal the lungs and keep their patients off ventilators.

So, get ready, the CDC may take this one from us soon too. Just do not overdo it in dosage on this one because it can throw off arginine.

This link has info on lysine for COVID:

Virologists Report Poor Man's Amino Acid Cure for Covid-19 Would Abolish Need for Vaccines - Lew Rockwell

Benefits and Dosages:

<https://draxe.com/nutrition/l-lysine-benefits/>

Some Lysine uses:

Aids in reducing inflammation (COVID and the vaccine spike protein are inflammatory). All disease is rooted in inflammation.

Used to treat herpes outbreak and reduce and minimize reoccurrences, a reaction many people are having after getting the vaccine, so lysine will help to fight that. And deficiencies in lysine can lead to cold sores.

Makes antibodies against skin disorders which is why it is included in many drugs for skin conditions.

Helps reduce inflammation in the lining of the gut so it is helpful for leaky gut syndrome.

Improves bone density and fights osteoporosis.

Aids to regulate insulin and blood sugar.

Helps lessen anxiety.

Is anti-cancer.

Supports blood pressure.

Note : If you have kidney disease or trouble with gallstones, then be careful when supplementing with this. Lysine and Arginine can work against each other. While lysine inhibits virus replication, it can activate arginine, and too much Arginine can increase them. Therefore, you want to make sure your lysine intake is HIGHER than your arginine intake, which is why people supplement with lysine. So, if you get a lot of arginine, then make sure you get HIGHER amounts of lysine either through food or through supplements.

#### #14 - ANOTHER NEW NATURAL SUPPORTATIVE TREATMENT

DMG (DIMETHYLGLYCINEINE) - 500 MG - AMINO ACID - HELPS PRODUCE NITRIC OXIDE AND METHYLATION AND GETTING OXYGEN INTO THE BLOOD.

Years ago a doctor gave me a book about this supplement for my son who has autism and because of its affect on ADHD behaviors and cognitive issues, and it can cross the blood brain barrier. Besides being able to improve brain function and mental focus, DMG improves oxygen and DECREASES SEIZURE ACTIVITY. It is an adaptogen (helps the body adapt to stress and restores balance); it reduces lactic acid, improves oxygen utilization and energy, and drives cellular reactions. You cannot overdose on this supplement.

It normalizes cholesterol, triglycerides, and homocysteine levels.

Supports anti-viral, anti-bacterial, and anti-fungal activity giving your body greater infection resistance.

This supplement also helps produce the Mother of all antioxidants, GLUTATHIONE, so since the wildly popular NAC is on the chopping block, this can replace NAC if they succeed at taking it from us.. Like NAC, it supports the liver in eliminating toxins. DMG supports methylation. Something that is askew in many with autism.

\*\*\*\*\*DMG makes nitric oxide and nitric oxide kills viruses on contact.

Dr. Lee Merritt, bioweapons expert and former President of the American Association of Physicians and Surgeons said this is one of the main supplements she would use daily against vaccine shedding and COVID treatment and prevention. Her video is above at the very end of Part 3. She gives a step by step treatment protocol against the side effects of the vaccine, and vaccine shedding and transmission.

Boosting Natural Nitric Oxide Levels in the Lungs is a ...

<https://www.selfgrowth.com › articles › proven-health-benefits-of-dmg-supplement>

#15 - ALA - ANTI-INFLAMMATORY AND ANTI- ASTHMATIC, ETC.

ALA (Alpha Lipoic Acid)- TURNS GLUCOSE INTO FUEL AND HELPS VITAMIN C ABSORPTION AND FUNCTION - 60 mg - 100 mg/day for general health. 600mg- 800mg /day for diabetes or cognitive disorders. 600mg- 1,800mg/ day for neuropathy. This one too Boosts glutathione levels, the nutrient that blocks the damaging COVID spike protein . Best absorbed when taken on an empty stomach.

Treats diabetes naturally. It can relieve pain from peripheral neuropathy taking from 600mg - 1,800mg/ day for several weeks.

Eye Health- Macular Degeneration, Vision Loss, Retina Damage, Cataracts, Glaucoma, etc.

Prevents memory loss and cognitive decline, crosses blood brain barrier.

Cardiovascular Disease

Anti-asthmatic properties

Boosts Glutathione - Glutathione stops the vaccine and COVID spike protein from attaching to the cells and it neutralizes them. So this is very important and also it can be used like NAC to boost Glutathione levels since NAC is being taken away from us in January it appears.

There are so many functions this supplement works for and you can click the link below to see what they are. In regards to COVID, ALA protects and fights damage to blood vessels, heart, and liver, which are all effected by COVID.

<https://draxe.com › nutrition › alpha-lipoic-acid>

<https://www.newhealthadvisor.org › Alpha-Lipoic-Acid-Benefits.html>

#16 - Last but not at all the least. This is the traffic cop for all your nutrients. A TOP TOP MINERAL. (It probably should not be listed last.)

MAGNESIUM - Everyone is deficient in magnesium. Everyone. So you must supplement with it. This mineral is responsible for directing all others where to go. That is why I call it the traffic cop. Magnesium chloride actually suppresses the growth of viruses. \*\*\*But be aware of the magnesium sulfate form because this form of magnesium actually enables viruses to replicate. The dilemma is, that while magnesium sulfate helps viruses replicate, it also is very antithrombotic. It stops blood clotting like aspirin does. So I guess if you use the sulfate form make sure you supplement with other virus blockers. If blood clotting is not an issue for you, do not use this form. If you use this form for anti-clotting make sure to use the other virus blockers and killers mentioned above i.e. Zinc, Selenium, NAC, Lysine, Monolaurin, Silver, Quercetin, etc. All the other forms of magnesium are fine. And there are other natural blood thinner alternatives I will talk about next.

In regards to COVID and Magnesium Dr. Ardis writes:

"MAGNESIUM PROTECTS AGAINST BLOOD CLOT DISORDERS, if you have been vaccinated, or are exposed, or worried about the shedding of the antibodies from those vaccinated. We know the spike proteins associated with Covid 19 and the Billions of Spike Proteins the Vaccines are making our bodies create, kill people and cause clotting problems, strokes and ALL listed diseases and outcomes on Slide 16. Great news however, regardless of what is causing damage to the blood vessels and damage to platelets in the blood from the spike proteins, Magnesium has been PROVEN to prevent and protect against blood clotting! Here are a few studies, and a screen shot of the conclusion.

<https://pubmed.ncbi.nlm.nih.gov/12774935/>". His PDF is in the link above.

FOR ANTI BLOODCLOTTING AND BLOOD FLOW

ASPIRIN - 325 mg or more if needed

DR ZELENSKO AND OTHER PROTOCOLS RECOMMENDS HAVING SIMPLE ASPIRIN ON HAND BECAUSE THE FIRST THREE MONTHS OF HAVING COVID, AND AFTER GETTING THE VACCINE, MANY PEOPLE DEAL WITH BLOOD CLOTS. That is why I call it the "clot shot". Aspirin is a blood thinner and anticoagulant and also is used to prevent heart attacks and strokes. He recommends 325mg for an adult. Maybe more if you are having severe clotting. Dr Bartlett says to use 325mg while sick and recovering, and then go to a regiment of 81mg/day low dose to avoid heart attack or other clotting issue.

Aspirin works quickly if you are experiencing this. Have some on hand. Aspirin is known for use to stop sudden heart attacks. The vaccine has been having this common side effect.

#### NATURAL SUPPLEMENT ALTERNATIVES TO ASPIRIN: FISH OIL; NATTOKINASE; AND SERRAPEPTASE

FISH OIL - Blood thinner

NATTOKINASE AND SERRAPEPTASE: MY FAVORITES - Both are proteolytic enzymes which means they dissolve proteins that serve no purpose.

If you use aspirin DO NOT USE THESE, Unless you consult a doctor first because it may be too much. If clotting is life threatening maybe it would help, but check with the doctor first because there is a lot of info on these two on the NIH site and it is being used for treatment for people who cannot take aspirin.

The two work together and are often taken together. They are sold separately, but I have seen formulas where they are combined. These two are widely used for any thrombosis and blood clotting related issues with great results, not just for the blood clotting side effects of the vaccine or COVID. I have used these two for awhile and they really work. Some people like to use fish oil but I have always been concerned about the mercury and radiation contamination in many fish oils, and the quality of most are unverified and not good. It is a matter of choice and preference for me.

Both Nattokinase and Serrapeptase are a potent anti-inflammatory enzymes that break down fibrin, dissolve blood clots, supports circulation, and normalizes blood pressure.

These are favorites of mine.

The Nattokinase prevents and dissolves blood clots and the Serrapeptase reduces inflammation, pain, and swelling.

You can use them together for thrombosis, thrombophlebitis, clots and any clotting or blood flow issue.

This is recommended by doctors and works better than aspirin with no side effects.

NATTOKINASE - 2,000FU (100mg)/day on an empty stomach 1 hour before eating or 2-3 hours after eating. This is the normal low dose. Dosages up to 3,000Fu's (150mg/day) has been used safely in studies. Reduce back to 2,000 FU after 6-7 months.

Anti-coagulating effects last up to 8 hours. Do not use with bleeding disorders, using blood thinners, if you have low BP, or if you use ACE inhibitors and calcium channel blockers

BENEFITS:

## Anti-coagulant

Prevents clots from forming and aids in dissolving and breaking up existing clots.

Dissolves fibrin and helps keeps blood vessels clean.

Increases production of plasmin and other blood clotting dissolving components.

Aids in preventing stroke, angina, varicose veins, muscle spasms, and pain.

Prevents aggregation of red blood cells.

Helps prevent heart attacks, strokes, and thrombosis.

Normalizes Blood Pressure.

Stabilizes and assists in gastrointestinal tract.

Helps brain function. Clears up brain fog. Prevents Alzheimer's, dementia, and migraines.

Improves circulation

Treatment for migraines.

Prevents strokes. Improves blood flow to the brain, even after a stroke.

Reduces edema and stops DVT (Deep Vein Thrombosis).

Helps in treatment of cataracts and eye floaters because it dissolves the proteins and fibers that causes these. Some have regained sight after central retinal vein occlusion and retinal artery occlusion.

Helps maintain C Reactive Protein levels

NOTE: For some people Nattokinase can cause short spurts of temporary Tinnitus for a day or two (not continuous all day) if you have a problem of blood flow in the brain. Everyone I read about who got this short temporary condition had it go away after a few days or less. It will disappear as the problem is rectified by the Nattokinase. For tinnitus you can take B12, CoQ10, and Ginko Biloba.

Even heals clots in the eyes.

[dradrianmd.com](http://dradrianmd.com) › [catalog](#) › [resource library](#) › [Nattokinase.pdf](#)

NIH Articles:

[Nattokinase: An Oral Antithrombotic Agent for the ...](#)

[Nattokinase: A Promising Alternative in Prevention and ...](#)

There are a lot of testimonies at end of the short article of severe migraines being healed using Natto

[Top 10 Health Benefits of Nattokinase - Earth Clinic](#)

SERRAPEPTASE - Analgesic and anti-inflammatory enzyme - 10mg- 33mg/20,000IU- 40.000 IU is the normal dosage. I use 20,000 IU. Like nattokinase you take this on an empty stomach one hour before eating or 2-3 hours after eating.

Serrapeptase has some side effects so research it first. I have had no problems with it.

#### BENEFITS:

Treats pain and Inflammation, bone and joint swelling, arthritis

Stops clots from forming; Removes clots. treats atherosclerosis

Stroke prevention

Promotes bacteria and wound healing; Stops infections. Inhibits the formation of biofilms that makes antibiotics more effective.

Respiratory infections; Decreases mucus production and clears lungs to help solve lung issues.

Heals skin disorders

Fights Auto Immune Disorders- It dissolves dead and damaged tissue.

Controls histamine

Helps removes waste from lymphatic system

Improves eye health; Dissolves debris in the blood and eye tissue improving eyesight and conditions like macular degeneration. .

Strengthens capillaries

Treats migraines

Enhances activity of antibiotics

Reduces excess mucus - bronchitis and sinusitis

Helps stop infections

Neurological disorders like Alzheimer's

Carpal Tunnel; Therapeutic nerve pain ; MS

Serrapeptase Benefits, How to Use and Side Effects - Dr. Axe

#### VACCINE SHEDDING AND SIDE EFFECTS

Three Ways to Halt Spike Protein Transmission with Diet

#### WITH RECIPES

#### VIDEO - MIKE ADAMS

Is Pine Needle Tea the answer to covid vaccine shedding? Suramin, shikimic acid and science

<https://www.brighteon.com/7c129e86-7e2b-47a7-bc74-dd19621e4042>

Pine Needle Tea and making Quinine extracts from citrus peels.

<https://www.brighteon.com/97b0e7f6-4fe7-4be7-9b18-4673155a1065>

Fennel Seed as source of shikimic acid

<https://www.brighteon.com/7cb1a48c-e414-480b-b986-b419568a0ff3>

Moringa - natural multi vitamin and superfood

Moringa Benefits, Side Effects, Uses and Dosage - Dr. Axe

15 Health Benefits Of Moringa - Sunwarrior

15 Amazing Health Benefits of Moringa Oleifera - Natural ...

<https://www.earthclinic.com/remedies/moringa-health-benefits.html> - Moringa has some of the same benefits as Ivermectin

X-2 Bio True Selenium Combo Selenium and Nascent Iodine (Survival Shield X2)

<https://www.healthyhappybodycare.com/shop>

I have been on this lawyer's site before with no problems. He is extremely censored due to aggressively going after Fauci. Maybe that is why his website was highlighted red because I have used this site before, with no problems.

<https://rumble.com/vli7jn-renz-faucis-hospital-covid-protocol-is-killing-people-you-must-fight-for-yo.htm>

You have Medical Rights!

During this speech Attorney Renz gives you several key pieces of information on how to fight hospitals and why you must fight for your family members.

Please watch the entire speech.

Summary:

1- Do not let the hospitals isolate your family members from you.

2 - Remdesivir and Ventilators equal death for your hospitalized family member. That is the Fauci protocol.

3 - Early treatment / intervention is key. Ivermectin, Hydroxychloroquine, and Budesonide work. Go here for protocols that work:

The Math+ and I-Mask+ protocols that Renz references in his speech are here:

<https://covid19criticalcare.com/covid-19-protocols/>

Another great treatment resource is <https://www.truthforhealth.org/patient-treatment-guide>

Don't take another shot. Avoid getting any viral infection. How? By using a prophylaxis. You must use anti-viral treatments daily.

<https://rumble.com/vn7ma1-alex-jones-full-show-friday-10121.html> (Find the video with just this interview on bitchute)