



COVID Preventatives and Therapeutics

What follows is a thorough set of recommendations to prevent and treat Covid (naturally, although effective pharmaceutical options are also discussed under treatment). You may choose to do all of the preventive measures or some, depending on what feels best. All herbs and supplements may be ordered through our clinic if that is helpful.

Prevention

- Herbals:
 1. [Formulas available as herbal tea-decoctions or as granules](#)
 2. [Going Viral liposomal essential oil remedy](#)
- Supplements for immune support:
 1. **Vitamin C**, 2 gram total, daily. Ideally take vit C *with bioflavonoids* and if possible, slow release or delayed release vit C.
We recommend either of the following:

[DaVinci Labs Liposomal C](#)

[Vital Nutrients Vitamin C with Bioflavonoids](#)

If you get sick, 1 gm every 2 hours or as tolerated by bowel (more than your body needs will give loose stools) fortifies the immune system, especially the white blood cells fighting the infection.

2. **Zinc** 50 mg daily - likely works by interfering with the viral replication. Zinc will stay mostly outside the cell unless ushered in, eg, by Quercetin or Hydroxychloroquine. Here is the product we recommend:

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[Allergy Research Group Zinc Citrate](#)

3. **Quercetin** 3x daily [500mg x 3 or approximate equivalent, less if you're small, more if large]. Purposes:
 - *Anti-inflammatory*
 - *Recycles Vitamin C*
 - *To help drive the zinc into the cell.* This article talks about the HCO studies, politics, and also about how Quercetin can be substituted for the HCO or hydroxychloroquine although the Hydroxychloroquine is expected to be stronger. (see the bottom of the article)
 - **Green Tea Extract:** 2-3x daily - has catechins to help drive the zinc into the cell) - can use instead of quercetin (or drink green tea in the morning).

Product we recommend:

[Designs for Health Quercetin + Nettles](#)

4. **Vitamin D** Average 5,000U daily especially September through May (for Northern hemisphere), or more (10,000 IU daily) if blood levels are under 40. immune support. Excellent article on vitamin D reducing risk by 64 - 96%: ***If already having COVID19***, average adult can typically take 25,000U daily on average for a week, then return to 10,000 IU daily.

Recommended Product:

[Ortho Molecular Vitamin D3 with K2](#)

- Vit D works quickly to lower mortality but H2O2 (Peroxide) nebulization works much faster:
 - [First Clinical Trial to Support Vitamin D Therapy for COVID](#)
5. **Melatonin:** This non-prescription item is a rapidly rising star showing a powerful reduction in COVID illness and mortality (about 30% reduction of risk of getting COVID). See bottom most item.

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Recommended product:

[Quicksilver Scientific Liposomal Melatonin](#)

[Scientists Study Melatonin As Possible COVID-19 Treatment](#)

6. **Magnesium:** Mg needed to uptake of Vit D. Ideally 400mg+ daily but whatever you get in is better than not taking it. Magnesium Oxide doesn't absorb and its purpose is to stay in the gut and loosen stools. Take any other magnesium for the purpose of raising your Mg blood level. Recommended product (1/day with food):

[Innate Response Magnesium 300](#)

7. **Vitamin A** (fish source/Vit A Palmitate) 25,000U take 1 daily for 3 days, then 1-2x weekly while pandemic is going on immune support (especially for viruses). *Vit A and Vit D compete* with each other for sites so one can push the other out. So take vit A if you take vit D. Also, vitamin A is needed to take up magnesium.

Recommended product:

[Klaire Labs Micellized Vitamin A](#)

Treatment

1. **Hydrogen Peroxide (Dr Brownstein):** Nebulized peroxide (see video) may be a quick and simple way to heal the problem.

[Nebulized Hydrogen Peroxide - A Simple Remedy for COVID-19](#)

2. Optional but valuable: **NAC and Glutathione** might reduce and help with ***cytokine storm***.

Recommended Product:

[Quicksilver Scientific Liposomal Glutathione](#)

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Pharmaceuticals:

3. Ivermectin: My top pick, but consider all options if sick and vulnerable.

Ivermectin is now a therapeutic option for doctors. Senate testimony, Dr Kory describes a large study showing a 100% efficacy using Ivermectin prophylactically:

- [Dr. Kory Testifies at Senate Hearing 12-8-20 on Ivermectin](#)
- [COVID-19 Critical Care](#)

In this article there is a link (on the right, 3rd box) that is titled: [Ivermectin in the prophylaxis and treatment of COVID-19](#)

In that link it talks about the experiment where Ivermectin was shown to be highly effective in preventing COVID in hospital workers. It is also mentioned in the senate testimony video.

To find it do a 'command F' or 'control F' to find the number 788 (which is the number of hospital workers in the study, vs the 58% of the control...)

- More videos: [Dr. Kory and Ivermectin](#)
- [Dr. Pierre Kory speaks about Ivermectin](#)
- What follows is the same interview but the part where he speaks about a study in which 100% success of ivermectin as preventive was removed.

[Dr. Pierre Kory Ivermectin interview](#)

To see where to get Ivermectin, go to <https://www.exstnc.com/>

4. Hydroxychloroquine

If you get sick (e.g., fever, abdominal or GI upset, foul smelling diarrhea, muscle aches, flu like symptoms, **dry cough**) then one can consider [Hydroxychloroquine](#).

The typical dose is 200mg, 1-2 tabs twice daily for 2 days, then 1 twice daily

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until well.

The purpose is both anti-inflammatory but even more important, it pushes the zinc into the cell where it interferes with viral replication. May also need Azithromycin (or Doxycycline if trying to avoid Azithromycin due to cardiac concerns). Will need zinc supplementation as well, 100 to 200mg daily, or more. Rx available through [frontlinemds.com](https://www.frontlinemds.com) or [myfreedoctor.com](https://www.myfreedoctor.com)

Article: A glance at the 2 graphs in the article clearly shows that where Hydroxychloroquine is promoted, the mortality rate is a fraction of what it is where it is not being used.

[Countries Using Hydroxychloroquine Have Low Coronavirus Fatality Rate](#)

5. Consultations:

[Push Health](#): Tele-medicine prescribing ivermectin

[Myfreedoctor.com](https://www.myfreedoctor.com) - similar, cost by donation

[Front Line COVID-19 Critical Care Alliance](#): I-MASK protocols, Ivermectin dosing, etc.

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