

Prevention vs Treatment

3 Numbers we all should know

A} What is your body's twice daily, running dose of Vitamin C?

B} What was your last blood level of Vitamin D / 25-(OH) D?

C} What is your blood level of homocysteine? (New kid on the block!)

D} Nattokinase = the clot buster! (888-648-4442) 2 caps / day

A} Why don't cows, dogs, & birds get heart attacks - but the heart attack is common in human beings? One answer, many humans don't get enough Vitamin C, ergo, they have scurvy! → ergo.....

The fruit bat, the guinea pig, a few monkeys, and the human being can't make Vit C-all the other animals can! + they can increase production of Vit C if they get sick, get pregnant, get injured, or encounter a toxin. Also, we can't make collagen without Vit

C. (The collagen holds the inner wall of the artery together!)

B} It is in our best interest to have a Vit D blood level between 60 and 100 ng/ml. NO toxicity to Vit D has been reported UNDER 250 ng/ml. Skin with a "good" tan does NOT let the sun's rays get through! If a lady's 25-(OH)D level is between 60 and 100 ng/dl, she has reduced her risk of breast cancer about 75%. If you got a lifeguard tan yesterday, you don't need Vit D today! My experience: about 45% of us can get a 25(OH)D level > 60ng/ml by taking 5000IU/day. The other 45% will probably need to take 10,000 IU / day. BE CAREFUL AS VIT D TOXICITY IS NO FUN!

C} You want your homocysteine blood level to be < 9.0. memol/L

Homocysteine > 9.0 mcmol/L= increased risk of dementia. This risk is due to an enzyme DNA defect that 50% of us have → AND can pass on to our children!
Treat with Rx: Cerefolin or Deplin Best

base vitamin =-methylfolate)

D} Nattokinase - OTC clot buster. Been around ~ 10 centuries one needs about 10,000 fibrolynic units a day. Does not increase bleeding risk!

LONG COVID

Long COVID symptoms vary but often include fatigue, shortness of breath, brain fog, sleep disorders, fevers, gastrointestinal problems, anxiety and depression. 3 Severity ranges from mild to debilitating, and the disorder shares many similarities with post-job injuries.

Microvascular Research Foundation (MVRF), which he founded to help those suffering from COVID-19 shot injuries and long COVID. He and colleagues have treated more than 1,500 such patients, with close to 80% experiencing a significant reduction in symptoms.³

80% Experience Symptom Relief Following Clot Treatment aspirin, fibrinolytic enzymes and ivermectin

He posted a video for physicians warning that most were "barking up the wrong tree when it came to treating COVID-19 as a viral pneumonia.s

Lumbrokinase is my top recommendation for a fibrinolytic enzyme, as it's about 300 times stronger than serrapeptase and nearly 30 times stronger than nattokinase.² Extracted from earthworms, lumbrokinase is a highly effective antithrombotic agent that reduces blood viscosity and platelet aggregation while also degrading fibrin, which is a key factor in clot formation.

Dr. Peter McCullough as we were both presenting at an Orlando dental meeting and he told me that he was having better results with bromelain, curcumin and serrapeptase.

Kory adds that because there are so many pathophysiologic processes going on in these cases, even beyond microclots, that a new specialty called spikeopathy should be formed to study it. He's found that many people respond favorably to ivermectin while others benefit from additional therapies like low-dose naltrexone and even antihistamines.

Other options include: oral Nattokinase, IV Vitamin C, Blood Ozonation and Hyperbaric Oxygen

PERSONAL INTEGRATIVE MEDICINE

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Long Covid / Persistent Spike Protein Syndrome

If your viral illness keeps dragging on, as in "long covid", or, if after a vaccination you just can't "get over it", your symptoms may be due to spike proteins that are hanging around and causing micro-clots.

From: The Orthomolecular Medicine News Service, Sept 27, 2023, Persistent Spike Protein Syndrome: Rapid Resolution with Ultraviolet Blood Irradiation.

The bad news is that you can also "catch" the spike protein from someone else! More bad news - the symptoms are vague & non-specific: cough, headache, gut problems, cognitive & mental impairment, pain in chest, joints, muscles, loss or alteration of smell & taste.....

One lab test that may help part the waters is the D-Dimer blood test, which, if positive, indicates on going clotting. The D-Dimer test may also be used to follow response to therapy.

The procedure is (MAH + UVBI): 50 to 100 cc of your blood is withdrawn & heparinized and squirted into a bag of 100 - 200 cc of Normal Saline.

Your blood is then mixed with 50 to 100cc of Ozone, run through an Ultraviolet machine, and it is then intravenously returned to your body.

If one still has symptoms after 2 of the above infusions, it is reasonable to re-attempt the above and follow with an IV Vitamin C.

This procedure is being used in clinics around the world.

Both Ozone and Ultraviolet light have been medicinally used for the last 100 years.

For practice members, the cost of MAH + UVBI is \$132.00

For non-practice members, the cost of MA + UVBI is \$173.00

The Cost for IV Vitamin C: Member - \$142.00 Non-Member - \$200.00

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WHAT TO DO IF YOU FEEL SICK - or need antibiotics - try below, or, call your Doc!

*1 Vit C - When you realize: "I'm sick!" →

→ Every hour, on the hour - start taking 1000 mg of Vit C Slack off to every 2-3-4 hours if you get stomach cramps or diarrhea. Continue when your stomach settles down.

Your body may need / tolerate 1000 mg every 45 min, or, every 30 min... OR Lyposomal C every 2 hours

*2 "Stoss Therapy" (European tx) → 50,000 IU Vit D - 3 X / day X 2 days (with oil as below)

#3 100,000 IU Vit A 3 times a day - with a shot glass/tsp of avocado/olive/coconut oil

- for 2 days (Lower dose/fewer days with liver or kidney disease)

Nebulizing anything is just about as good as getting it Intravenously!

The surface area of our lungs is about ½ to 1 whole tennis court.

That surface is about 2 cell walls away that same surface area of your blood!

#4 Nebulize food/pharmaceutical grade H2O2 solution hourly the first day, then 3-4 times a day thereafter ~ 0.05% to 1% strength Do NOT use brown bottle / household peroxide! {See Iodine below!}* IT'S OK TO ALTERNATE H2O2 & Glycerin!

Food grade peroxide may be found at: www.intothegardenofeden.com. Whole foods has 3% OTC! Cut this in ½ (or weaker!) with distilled water. If it's 35% - YOU want ~ .05 to 1% → dilute 1 part peroxide to 20 parts distilled water + pinch of salt.

Nebbing down 3 cc - should take ~ 10 minutes → mask on - inhale, → mask off-exhale

SEE BELOW!!!

#5 Nebulize Ozonated glycerin-put in in ml of the 5% O3G. Do NOT mix anything with this!

#6 Iodine - 10 drops or # 5 tabs 2 X / day for 3 to 5 days. *It's a VERY good idea to add 1 drop of 5% Lugol's to 2 - 3 cc H2O2 in the nebulizer! *Don't mix this with anything!

WITH EVERY OTHER H2O2 NEB, ALTERNATE SILVER & IODONE - Do NOT mix them!

#7 Argentyn Silver 23 - 1 tsp under the tongue for 30 seconds 7 times daily
Ears - 2-6 drops, hold for 3 minutes, 3 times / day. Via nebulizer - 3cc by itself 4 to 6 times / day OR 1 drop Arg 23 with 2 - 3 cc's H2O2 Do NOT mix w the silver or 03G!

#8 Zinc - 15 to 50 mg 3 to 4 times a day 3 days only

#9 Quercetin 500 mg twice daily // Selenium 200 mcg / day

#10 Peroxide Bath: 2 cups of Epsom Salts +
1 cup SWIMMING POOL STRENGTH H2O2

(You will probably ONLY find this at a pool supply store!
This is "pool grade". NOT food grade!

Good for: acute/chronic infection, acute/chronic pain, circulation

Peroxide Soaks: Per gallon of water: $\frac{1}{4}$ to $\frac{1}{2}$ cup Epsom Salts + 1 pint to 1 quart of the 3% (Brown bottle) H2O2 - or - $\frac{1}{4}$ to $\frac{1}{2}$ oz swimming pool strength H2O2

Nebulizer Helpers KEEP IT IN THE FRIG!

#1 PROTECT YOUR BAG'S CONTENTS! IF IT BECOMES CLOUDY - DO NOT USE IT! (YOU may give YOU pneumonia!)

#2 Wipe the bag nipple with alcohol prior to withdrawing fluid from the bag! Keep your needle clean → H₂O₂ or alcohol

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Suggest: Google: how to dilute H₂O₂

Expert Tips For Effective Dilution

- Always add hydrogen peroxide to distilled water, not the reverse.
- Use distilled water for optimal accuracy and stability.
- Store diluted solutions in opaque containers in a cool, dark location.
- Clearly label containers with concentration and dilution date.
- Research recommended dilutions for specific uses. For example, consider researching removing tree sap if using hydrogen peroxide for car care.

By adhering to these guidelines and understanding the specific needs of each application, you can safely and effectively use diluted hydrogen peroxide to achieve professional results.

Preserving Potency: Storage Secrets That Maintain Quality

Once you've perfected your hydrogen peroxide dilution, proper storage becomes paramount. This will determine whether your solution remains effective or loses its potency.

The Science of Hydrogen Peroxide Stability

Hydrogen peroxide naturally breaks down into water and oxygen. This decomposition is accelerated by light, heat, and certain materials. Understanding these factors helps you develop a storage strategy to maximize the shelf life of your diluted solutions.

Choosing the Right Container

Your container choice significantly impacts the potency of hydrogen peroxide. Opaque, tightly sealed plastic containers are ideal. Opacity shields the solution from light, a major decomposition catalyst. Avoid metal containers, as they can react with the hydrogen peroxide. The right container maintains the integrity of your diluted solutions.

The Impact of Light and Temperature

Light, especially ultraviolet light, speeds up hydrogen peroxide breakdown. This is why opaque containers are so important. Temperature also matters. Store diluted hydrogen peroxide in a cool, dark location, away from direct sunlight and heat. A storage temperature between 68°F and 77°F (20°C and 25°C) is ideal.