

Optimal Dosing Quercetin (Drives zinc into cell) and Vitamin C (but so does Tonic Water w. Quinine)

According to **“Quercetin and Vitamin C,”**³⁶ both vitamin C and quercetin have excellent safety profiles, and oral supplementation with quercetin at doses up to 1 gram (1,000 mg) per day for three months has not resulted in any significant side effects.

“Only higher intravenously administered doses up to 51.3 mg/Kg (around 3,591 mg per individual) were associated with renal toxicity,” the paper notes. The following table shows the proposed dosages for concurrent use of vitamin C and quercetin, either **as a prophylactic for high-risk groups, and/or treatment for mild to severe COVID-19 disease.**

	Quercetin	Vitamin C
Prophylaxis	250–500mg BID	500 mg BID
Mild cases	250–500mg BID	500 mg BID
Severe Cases*	500 mg BID	3 gr q6 for 7 days

*ARDS-like presentation, require assisted ventilation/intubation, ICU hospitalization.

Source: [Frontiers in Immunology June 19, 2020](#), Table 1

The Importance of Zinc

While Marik’s paper does not address the use of zinc, it seems reasonable to recommend oral zinc supplementation as well, especially if you’re older. In fact, two oft-noted early symptoms of COVID-19 – the loss of taste and smell – are both symptoms of zinc deficiency.

As noted in the Integrative Medicine journal’s review³⁷ of emerging COVID-19 research, **“Zinc plays a crucial role in the function of essentially all immune cells,”** and **“Deficiency of this critical element has a profound impact on immune response, increasing susceptibility to a variety of infections.”** Like quercetin and vitamin C, zinc also has **well-known antiviral properties** in its own right. As noted in the Integrative Medicine journal’s review:³⁸

“Increasing intracellular zinc concentrations in cell culture impairs the replication of a variety of RNA viruses including SARS-CoV-1 ... In vivo evidence for zinc's antiviral role comes from a Cochrane review that found zinc intake was associated with a significant reduction in the duration of the common cold.

Many of the studies showing benefit when taken during the course of an infection were in the form of a zinc lozenge. It makes sense to utilize this mode of delivery during the acute infection phase ...

Anosmia (loss of smell) and dysgeusia (distorted sense of taste) are commonly being reported in patients at every phase of COVID-19. These are also classic symptoms of zinc deficiency.

It is too early in the discovery process to determine if this is cause or effect, nonetheless zinc deficiency greatly impairs immune function, especially resistance to viral infections. Notably, inadequate dietary consumption of zinc is found in almost half the older population.”

Strong Recommendations

Quercetin is far less expensive, is safer and is likely equally effective to hydroxychloroquine at driving zinc into the cell, where it does its job of inhibiting viral replication, and unlike hydroxychloroquine, it reduces inflammatory cytokines and also increases interferon.

However, it is important to understand that if this excellent strategy is going to be optimally effective it needs to be administered early in the disease phase – the earlier the better. Using quercetin and zinc would be best done if you were recently exposed to the virus. This way you can inhibit viral replication and keep the viral load low while your innate immune system does its work in clearing the virus.

With respect to vitamin C, it is my perception that there is major confusion in this area. It can be used in low doses of several hundred milligrams to meet nutritional requirements and support your immune system in the early phase of the illness.

However, if you're really sick and have shortness of breath, and are considering being hospitalized or are already in the hospital, then you need

very high doses of vitamin C in the 10 gram to 100 gram-dose per day, either through liposomal or IV administration.

I don't recommend taking high doses of vitamin C unless you are acutely sick. The bulk of the literature reviewed here is promoting the use of vitamin C to regenerate quercetin, but I believe there are far more powerful approaches. What might that be?

It seems obvious to me that quercetin is best taken at night (with zinc) before you go to bed and you haven't eaten for at least three to four hours. You will sleep for eight hours, and if you are metabolically flexible, this is the time that you will dive into nutritional ketosis. Ketosis will increase your NADPH levels, which is FAR superior to vitamin C at recycling antioxidants like quercetin.

The other benefit of taking quercetin at night is to take advantage of its senolytic action to remove senescent cells, which are similar to nonreplicating cancer cells that secrete powerful proinflammatory cytokines that destroy your health. You can optimize quercetin's senolytic properties if you take it while you are fasting.

USE A NETI-POT

STORY AT-A-GLANCE

- Flushing your sinuses may be an effective way to inhibit the progression of a virus such as SARS-CoV-2 by lowering the viral load in your sinuses
- Research has demonstrated that nasal irrigation reduces the symptoms and duration of viral illnesses such as the seasonal flu and common cold
- Nasal irrigation and gargling with hypertonic saline has been shown to reduce the duration of the common cold by 1.9 days and reduce transmission within the household by 35% by reducing viral shedding when done within 48 hours of symptom onset

- You may also be able to reduce the risk of SARS-CoV-2 migrating into your lungs by gargling a saline solution or using a povidone-iodine solution such as Betadine Sore



Throat Gargle

- Nebulizing hydrogen peroxide or colloidal silver may be even more effective. A recent review found 0.5% hydrogen peroxide effectively inactivated a range of human coronaviruses, including those responsible for SARS and MERS, within one minute of exposure

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If you're already presenting with a runny nose or [sore throat](#), Levy recommends using the nebulizer for 10 to 15 minutes four times a day until your symptoms are relieved. You can also use nebulized hydrogen peroxide for prevention and maintenance

To inactivate viruses with hydrogen peroxide, all you need is a face mask that covers your mouth and nose and a nebulizer that emits a fine mist with properly diluted food grade hydrogen peroxide.

Typically, food grade peroxide comes in concentrations of 12%, which must be diluted down to 1% or less before use, as described in the chart below and

video above. If you are using 3% hydrogen peroxide, then you would multiply the number in the first column by 4, or divide the second column by 4.

Table further down is Sept 2020 more recent

Hydrogen Peroxide <i>(Food Grade 12%)</i>	+	Water <i>(Filtered)</i>	=	Hydrogen Peroxide <i>(1%)</i>
1 part	+	11 parts	=	12 parts
¼ cup	+	2 ¾ cups	=	3 cups
1 cup	+	11 cups	=	12 cups
4 cups	+	44 cups	=	3 gallons <i>(48 cups)</i>

Quercetin and Vitamin C

(My Note: Vit C helps Quercetin which helps Zinc which must be balanced with Copper at no more than 15:1 Zinc/Copper. TOTAL Zinc must be \leq 150mg/day)

Zinc-to-Copper Ratio Can Impact Immune Function

When it comes to zinc supplementation, more is not necessarily better. In fact, it can frequently backfire if you do not also maintain a healthy zinc-to-copper ratio. As explained by Chris Masterjohn, who has a Ph.D. in nutritional sciences,⁴⁵ in an article⁴⁶ and series of Twitter posts:⁴⁷

"In one study, 300mg/day of zinc as two divided doses of 150 mg zinc sulfate decreased important markers of immune function, such as the ability of immune cells known as polymorphonuclear leukocytes to migrate toward and consume bacteria.

The most concerning effect in the context of COVID-19 is that it lowered the lymphocyte stimulation index 3 fold. This is a measure of the ability of T cells to increase their numbers in response to a perceived threat. The reason this is so concerning in the context of COVID-19 is that poor outcomes are associated with low lymphocytes ...

The negative effect on lymphocyte proliferation found with 300 mg/day and the apparent safety in this regard of 150 mg/d suggests that the potential for hurting the immune system may begin somewhere between 150-300 mg/d ...

It is quite possible that the harmful effect of 300 mg/d zinc on the lymphocyte stimulation index is mediated mostly or completely by induction of copper deficiency ...

The negative effect of zinc on copper status has been shown with as little as 60 mg/d zinc. This intake lowers the activity of superoxide dismutase, an enzyme

important to antioxidant defense and immune function that depends both on zinc and copper ...

A study done with relatively low intakes of zinc suggested that acceptable ratios of zinc to copper range from 2:1 to 15:1 in favor of zinc. Copper appears safe to consume up to a maximum of 10 mg/d.

Notably, the maximum amount of zinc one could consume while staying in the acceptable range of zinc-to-copper ratios and also staying within the upper limit for copper is 150 mg/d."



LUMBROKINASE:

For Blood Clots

If you get COVID, take Lumbrokinase prophylactically to prevent blood clots.

Holistic prophylactic alternatives that might be beneficial against blood clots include proteolytic enzymes such as lumbrokinase, nattokinase and serrapeptase, all of which act as natural anti-coagulants by breaking down the fibrin that forms the blood clot.

- Lumbrokinase, a complex fibrinolytic enzyme extracted from earthworms, is a highly effective antithrombotic agent that reduces blood viscosity and platelet aggregation. It also degrades fibrin, which is a key factor in clot formation. Lumbrokinase is about 300 times stronger than serrapeptase, and

nearly 30 times stronger than nattokinase. It is my strong personal preference and recommendation if you are using a fibrinolytic enzyme.

Best to use FOOD-GRADE hydrogen peroxide. Also remember not to dilute it with plain water as the lack of electrolytes in the water can damage your lungs if you nebulize that. You will need to use saline or add a small amount of salt to the water to eliminate this risk.

Starting Peroxide Concentration	Hydrogen Peroxide	+	Water (Filtered)	=	Ending Peroxide Concentration
3%	1/4 tsp	+	7 1/4 tsp	=	.1%
12%	1/4 tsp	+	5 ounces	=	.1%
36%	1/4 tsp	+	15 ounces	=	.1%

Brownstein also dilutes the peroxide with sterile water and saline rather than distilled water. Using saline prevents the osmotic differential that can cause damage to lung cells. ... When nebulizing, Brownstein also adds one drop of 5% Lugol's (iodine) solution to the nebulizer as well.

How to make normal saline solution at home

Saline solution is easy to make at home. You will need:

- one clean glass bottle or jar with lid
- table salt
- pot with lid

Instructions:

1. Put one cup of water and ½ teaspoon of salt into the pot. Put the lid on.
2. Boil for 15 minutes with the lid on (set a timer).
3. Set the pan aside until cooled to a room temperature.

4. Carefully pour the salt and water (normal saline) from the pan into the jar or bottle and put the lid on.

MY NOTE: I WOULD USE R-O OR DISTILLED WATER... WOULD NOT WANT TO NEBULIZE CHLORINE AND FLOURIDE INTO MY LUNGS

Normal saline solution: A few important points

- It is very important to use only fresh normal saline. Bacteria can grow in saline and cause infections.
- Use a clean glass jar or bottle that has been recently washed in a dishwasher with very hot soapy water.
- Do not drink solution.
- Throw away the solution if it grows cloudy or looks dirty.
- Keep the saline in a bottle or a glass for a maximum of 24 hours. Throw away any unused solution, wash the container, and make a new solution.

VITAMIN B1 IS THIAMINE WHICH IS IN MATH+ PROTOCOL

MATH+:

<https://articles.mercola.com/sites/articles/archive/2020/08/24/quercetin-and-vitamin-c-synergistic-effect.aspx>

Melatonin MEDINA COUNTY, Texas – A Medina County doctor says he’s successfully helping COVID-19 patients recover with more ease with the use of supplements and medications, including melatonin.

Dr. Richard Neel, with [Little Alsace Urgent Care Center](#), said since the beginning of the pandemic in the spring, he has treated a couple of hundred patients with melatonin and vitamins C and D3, along with antibiotics and steroids, depending on the need of the patient.

“Melatonin is an amazing molecule that has antitoxins, antioxidants and modulates the immune system in ways much like the hydroxychloroquine, but it’s much easier to titrate the melatonin. And I think it’s actually a much better molecule,” Neel said.

[*Melatonin is America’s most used sleep aid, but it should be taken with caution*](#)

Melatonin is known to help with sleep and inflammation.

“(Melatonin is) way better at stopping the overreaction of the immune system that leads to the cytokine storm, and that’s basically how it works,” Neel said.

He said every one of his patients has recovered, but there were two that needed to be hospitalized. However, their condition was not serious, he said.

Neel is a retired colonel U.S. Air Force chief flight surgeon with a master's degree in public health from Harvard University and is also an aerospace medical expert. He started studying the effects of melatonin 20 years ago as a counter-use on bioweapons.

“I’ve been in contact with many of the leading researchers on melatonin, and melatonin was actually recommended for use with the original SARS and MRSA and other viruses,” Neel said.

Many people have heard about Neel's therapy, and he's been working seven days a week, he said. Before COVID-19 arrived in the U.S., Neel tried to get Italian doctors to give melatonin a try, but he said his colleague told him that no one wanted to listen to an American doctor then. Since then, word has spread about the use of melatonin, and he's been getting a lot of calls.

"I'm fielding phone calls actually from all around the U.S. but also from a few other countries, as well. So the word definitely is out there," Neel said.