

Flus, Colds, Viruses

For your safety, please read the material handling information at the end of this document.

Hydrogen Peroxide (H₂O₂) is deadly to viruses due to the extra atom of oxygen. It occurs naturally in our body even in breast milk. According to Dr. Frank Shallenberger MD, “viral infections are eradicated from the body not by killing the virus itself but killing the cells that produce them”.

He goes on to state:

“Viruses are not alive, so it’s not possible to kill them. Viruses are just pieces of genetic code. In and themselves, they can neither survive nor reproduce. Viruses need to infect cells. In the interior of the cell, a virus uses the cell’s own DNA and RNA to reproduce. In other words, what a virus does to an infected cell is to control it and use it to manufacture new viruses. This new virus, in turn, can move out of the cell and go and infect other cells. The way to control any viral infection is not to kill the virus, it is to kill the infected cells that have been turned into viral factories. And that’s just what the extra oxygen atom on hydrogen peroxide does.”

(Accessed 6/4/20 www.secondopinionnewsletter.com)

This formula is not my invention. It is probably only a matter of time before I will be asked or told to remove this information. But over a period of months, I was able to glean and distill information by reading and researching many websites, books, papers, some by doctors, some by researchers, some by alternative practitioners. Some references are provided below. This method has successfully been used for the current pandemic virus as well as those health issues mentioned in the body of this text. However, that was not my original goal when I began searching to help my husband. It is not specifically for the respiratory system, but it certainly can help it. Hydrogen peroxide used internally can produce amazing results. Research this further on your own-always be discerning with information you find online or from well-meaning but untrained practitioners as unfortunately a lot of it is not safe and can be harmful to your health or to that of your loved ones. Always proceed cautiously and double check information if you are unsure of the source. Safety and logic have been my professional m.o. for more than 30 years and I have never had any problem nor has my family or clientele. Be discerning! Please [email me](#) if you have any questions.

I answer every one: janethomasnd@gmail.com

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My purpose for exploring and learning this was to help my husband with a long-term respiratory issue that multiple doctors have not defined or assuaged. I began searching in February 2020 during Covid-19 virus pandemic. Although I wasn't looking for a pandemic solution, this formula, I discovered, will work to prevent or reduce/minimize symptoms of the virus - or any virus for that matter. Translation: should you contract the virus, this could help shorten the duration, minimize symptoms, and prevent death. Puzzling that it's so effective yet those who have put anything "out there" about it had to remove info. Hydrogen peroxide, iodine, baking soda, and many other natural cures can't be patented so Big Pharma has no use for them and doesn't want you using them either. Why- they are cheap and effective. You win; they don't. Most of what you will read about here is very inexpensive and of course, safe.

I first discovered a woman on You Tube with great tutes about the peroxide and how she used it along with interesting Epsom salt and baking soda usage tips. The FDA ordered her to remove some of her content that pertained to H₂O₂. They have done this to anyone, including physicians who are publicly discussing the successful use and benefits of using H₂O₂ and iodine for the Covid-19 virus. Why? Because there is no profit to be made when people treat themselves cheaply and successfully. There really isn't any risk if you are using safe methods and procedures as outlined here. It's called common sense; something that is becoming very uncommon. And as a side note: I do not and have not ever practiced quackery or masqueraded as a charlatan. This is being used by thousands of medical physicians and practitioners all over the world. All protocols I recommend, and use, are based on research, sometimes clinical trials, and my own experience and that of my family and clientele. I take great pride in my education and experience and adherence to "do no harm"

Some time later (during the pandemic), I discovered iodine specialist Dr. David Brownstein, MD, who practices in Michigan and is successfully treating patients intravenously and orally with many natural and safe AND effective remedies. His website is referenced at the end of this document. The FTC tackled him also and he temporarily unpublished anything about the peroxide and iodine. He's one smart fellow and has been doing this for over 20 years. He has written many books that should be of great interest. I sold his book "Salt Your Way to Health" and the *Selina Naturally* Celtic Grey Salts at my health food store in Missouri. I continue to exclusively use Celtic Grey salt in my cooking. Read his blog, sign up for his newsletter. Search for him all over You Tube. He generously has shared a wealth of valuable, salient health info. He is considered the leading WORLD expert on iodine. Along the way, I discovered several free books and will include links to those. Links to interesting websites and

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practitioners will provide a wealth of information to do your own research. It's like a dominoes effect as you continue to peel layers away. When you see the same doctors or health crusaders' names mentioned in different platforms, you want to pay attention and look further. Continue to be discerning at all times.

Orthomolecular medicine has been of interest to me since I completed ND training. The writings by Dr. Andrew Saul, PhD are fascinating. He has written several books, writes a newsletter and has a website listed below in the resources. When I was studying naturopathy, orthomolecular medicine was a required course. The term means nutritional medicine and for some people, high doses of certain supplements are required due to the type of illness they have, extreme deficiencies, reduced immunity, advancing age with multiple co-morbidities, unhealthy lifestyle practices, and so forth. I recommend you investigate it and read some of the citations on his website. Most everything he writes about is backed up by research and clinical trials. It's just that the public rarely hears about it. Supplements are an outstanding addition to a healthy diet. And a healthy diet today is defined very differently depending on who you ask; it's nearly become political. But we can all agree, that eating more green vegetables, fruits, whole grains is good and so is limiting sugar, processed and packaged foods, frozen dinners, and all the junk. Dr. Saul passed away in January 2024, I am sorry to report.

Every single person I have ever consulted with has been advised to drink purified water; the minimum is 2 quarts. Based on Diagnox Urinalysis specific gravity marker, more water isn't the answer; water has to penetrate at the cellular level. If you are taking RX meds, sweating, playing sports, bloated, stressed, overeating, start with 8 ounces first thing in the morning. Don't drink for 2 hours after you eat. Try to guzzle the last glass by 6pm so you aren't on the toilet all night long. And drink distilled or RO water-purified. Even well water is questionable. People brag to me that they drink well water. Doesn't matter until you have it tested. Have it tested by a national lab. And then.....Drink up!

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Let's get started!

PEOPLE: Label everything you are making immediately. No, your memory isn't that great even if you are twenty years old. Simplest is to use green painters tape and a permanent marker. Easiest to write the formula on the bottles to make rebatching a breeze. Sounds complicated at first glance, but it is easy to do this. We keep the nebulizer and liquids in a Rubbermaid tub for easy access. I write the instructions on painter's tape with the indelible marker. Put a box of tissues in the tub- you will need it.

This section will teach you how to dilute 35% Hydrogen peroxide, how to label and store the product, how to make your sterile solution. The peroxide and, if desired, Lugols iodine are added to a small portion of the saline solution and placed into the medicine cup of your nebulizer. (I am editing this in 2025 and no longer dilute my peroxide with saline solution but am leaving the instructions as originally laid out because it would be considered the safest.)

- **DILUTING** 35% Hydrogen peroxide to 3% peroxide

Dilute 35% Hydrogen Peroxide to 3% Hydrogen Peroxide (wear rubber gloves and goggles). If any is spilled on skin, flush with water. If in eyes, flush thoroughly for 15 minutes. Best to practice safe and sanitary lab techniques, prepare the area and equipment before starting. No children or pets should be in the room - PERIOD!

- **SANITATION:** All bottles, jars, lids, pipettes, glass Pyrex measuring cups, countertops, etc. must be sanitized before you begin. If the jars have water inside, place into a 200° oven for 20 minutes. Allow to cool. Use clean cotton towels dedicated to this project.

- **YOU WILL NEED:**

35% Hydrogen Peroxide

Distilled Water

Amber Glass Stock Bottle to store your diluted 3% peroxide (I use 32-ounce amber Boston round)

Amber Glass 1 or 2 oz dropper bottles

Store peroxides in Amber bottle in dark, cool cabinet away from heat or in refrig. Don't freeze it. Also dispense the diluted 3% into a 1 or 2 oz amber dropper bottle for daily usage.

Immediately label all your hydrogen peroxide bottles both diluted and undiluted to avoid any confusion or error. Remember, you will not be using 35%, you will be using 3%.

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(If you purchased 3% Food Grade H₂O₂, skip this step)

To dilute 35% to 3%- making 1 quart, see the chart below

1. Distilled Water (**do not use tap water**)
2. 35% Food Grade H₂O₂ (resource provided at the end of notes)
3. Wear safety goggles and vinyl gloves in case of spills or splashes

USE THIS AMOUNT OF 35% HYDROGEN PEROXIDE	AND THIS AMOUNT OF WATER*	TO MAKE THIS AMOUNT OF 3% HYDROGEN PEROXIDE
1 part	11 parts	12 parts
1 and ¼ cups	14 and ¾ cups	1 gallon (16 cups)
1 and ¼ tablespoons	¾ cups + 2 and ¾ tablespoons	1 cup (16 tablespoons)
¼ cup + 1 tablespoon	3 and ½ cups + 3 tablespoons	1 quart (4 cups)

(Accessed 7/14/20 Using-hydrogen-peroxide.com) (accessed again on 1/5/25)

Making Sterile Saline Solution (keep refrigerated for one month- label it.) I make a fresh small batch using a sterilized jar every Sunday. If you want to store in refrig, you can double or triple the formula and it is usable for one month. Make sure you write the date on the jar.

8 oz distilled water

½ teaspoon fine Celtic Grey Salt (do not use anything else!)

½ teaspoon Arm & Hammer Baking Soda (optional-great for lung issues) Don't buy the cheap version at your favorite Dollar store. No, baking soda does not and never has contained aluminum. You're thinking of baking powder which we are not using here.

Place all ingredients into a glass jar with tight fitting lid. Shake, whisk, or stir well and shake before each use. There is some cloudiness. When using distilled water, you do not have to boil.

Nebulizing

✓ Nebulizer with Mask, hose, and medicine cup.

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This is similar to what we have. This includes a child's mask below you will see a link for ordering extra masks which I recommend if family members will be nebulizing. Everyone should have their own (label them) and each mask should be washed in hot soapy water, rinsed, and dried. Do NOT wash your tubing. Do not buy the upright handheld portable units. It won't do the job right.



[Click here to order](#)

Pipettes or measuring spoons

✓ 3 mil Sterile Saline Solution

✓ 3 mil 3% Hydrogen Peroxide or use $\frac{3}{4}$ teaspoon

✓ 1 drop Lugol's Iodine (optional) (I only use iodine in the a.m.- this can irritate the eyes- if you have been exposed to the virus, definitely use the iodine.)

Place all ingredients into nebulizing cup. Place hose onto cup. Place hose onto mask. Place mask onto face. Turn on nebulizer and breathe deeply through mouth and nose. Inhale deeply and hold for a count of 4. This can take up to 10 minutes or longer. When finished, blow nose. Rinse the mask and medicine cup parts with hot water and set aside to dry, with frequent usage, sanitize the tubing by rinsing with a weak Clorox bleach solution followed by a thorough rinsing or replace the tubing once a month.

It is ideal for each family member to have their own mask.

Use the nebulizing technique after you have been out in the public. When symptomatic, it can be used more frequently; multiple times per day- SAFELY. If you have a virus, Dr. Shallenberger recommends using this hourly for the first day, then 4-6 x a day until the infection is completely resolved. If the treatment is started early enough, you will be well in 2-4 days (or sooner!)

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This technique is so helpful for congestion, improved breathing, sinuses, asthma. Sore throat, colds, allergies, and yes **VIRUSES**. It is perfectly safe and completely non-toxic. You can even use 3% Hydrogen Peroxide undiluted, but we have not done that. Please do not use drugstore peroxide which has additives not meant for human ingestion. This remedy has a positive impact on the function of your bowels and your gut and kills pathogens in your nose and throat.

Supplements: I highly recommend the daily supplements of Vitamin C as ascorbic acid or sodium ascorbate (crystallized form) Take to bowel tolerance. For more information visit www.doctoryourself.com or read books by and about DR. Linus Pauling, MD- Nobel prize winner. Also, magnesium and 100mcg Selenium daily. Vitamin D is very important. Dose load Vitamin D for 2 weeks then use 3-4 x per week, Quick Silver. See last page for a link to my [dispensary](#) and save \$\$\$.

Selenium must be supplemented if you are using iodine. 200 mcg daily is plenty. A small handful of raw Brazil nuts will also provide your daily selenium requirement. Selenium is essential which means the body requires it but does not synthesize it- that means you must eat it. With soil depletions as they are, many of us have selenium deficiencies. *You cannot take iodine without taking selenium.* If you want to know more about it, get the book about iodine by Dr. Brownstein, MD. Here is his website:

<https://www.drbrownstein.com/>

Notes:

1. Use ONLY distilled water
2. Always nebulize **before** a meal or 2 hours after a meal
3. Sometimes the iodine can irritate the eyes. You can close your eyes or wear goggles or skip iodine. (More on my experiences and recommendations with iodine in a future post) The iodine I use and recommend is Lugols Iodine - a liquid - 5% solution. This is the best form of iodine due to it being a combination of potassium iodine and iodine. In simplest explanation, you need both forms because the iodine is stored in the thyroid and the iodine is stored in the breasts, testes, ovaries, etc. Read more about iodine on www.drbrownstein.com.
4. Uninformed, irresponsible use of iodine is foolishness. If you want to use the iodine, learn more about it. See my references below. Better yet, seek a practitioner trained in iodine therapy and get tested. There is 6.25 mg of iodine in 1 drop of Lugols 5% solution. Do not take large quantities of iodine. Please ask me or investigate this further on your own.

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Be sure to keep jars, lids, bottles, work areas, as sterile as possible as you are introducing the solutions into your delicate mucus membranes. Glass jars can be sterilized in the dishwasher or 200 degree oven for 15 minutes. Allow to cool.

5. If you do not understand any part of this, just [email me](#) . I have literally spent months researching and learning how to do this method to help my husband with breathing issues. The internet is a wonderful and useful tool if one is discerning with the vast amount of reliable and ridiculous information available. There is a lot of misinformation and quack information and is some cases dangerous advice. If you are not sure, don't do it.

I accept no liability or responsibility for anyone who uses this. Use at your own risk. This is not to be considered medical advice, treating, prescribing, or diagnosing any condition. Go to a medical doctor for that. I am a natural medicine educator and teach people ways to get healthy and / or stay that way.

Your health is invaluable. You can be rich but if you are not healthy you will lead a poor life.

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Recap

Use on empty stomach

Into Nebulizer Medicine cup:

Sterile Saline Solution- 3 ml or $\frac{3}{4}$ teaspoon

Hydrogen Peroxide- 3 ml or $\frac{3}{4}$ teaspoon

Iodine (morning dose only) 1 drop

Connect hose and mask to cup nad place on face.

Turn on nebulizer

Deeply inhale through mouth and nose. Hold breath to count if 4. When there is no more vaper being emitted, you are done.

Blow nose

Wash cup and mask. Air dry

PEOPLE: LABEL ALL YOUR BOTTLES SO YOU DO NOT MAKE A MISTAKE ON WHICH IS 3% AND WHICH IS 35%. (You heard me)

Here are some other things you can safely use in your nebulizer:

- **Magnesium chloride- 3 $\frac{1}{2}$ teaspoons magnesium chloride to 3 ounces distilled water. Great for asthma, benefits pulmonary function. The magnesium is nebulized directly into the lungs and bronchial tissues.**
- **Sodium bicarbonate- This is Arm & Hammer Baking soda. Powerful and instant pH changing effects. Use $\frac{1}{2}$ teaspoon in 8 ounces distilled water. This will take about a half an hour with fast inhaler.**

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- **Iodine-** use special caution and do some research and use 1 drop. Iodine can give quick and dramatic results. If there is any discomfort or side effect, discontinue. We initially use 1 drop Lugols iodine in the medicine cup as mentioned in this instructable. We found it irritated our eyes and after my husband was better, we take our iodine orally. Please research or ask about this.
- **Silver Hydrosol-** I only recommend Sovereign Silver (on my dispensary, the practitioner grade is called Argentyn 23). This is a completely different topic, but it can be nebulized at full strength and is fantastic. Use about 1 teaspoon in the medicine cup and repeat 2-3 times per day. Silver brings up controversy also, but I have seen it work its magic many times over and use it prophylactically and acutely. It's perfectly safe and you won't ever need to audition for the Blue Men by using it. 😊

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Resources:

- Nebulizers- Do not get the upright handheld units. You need one with a compressor motor to get the vapor flowing. You want the procedure to be effective and it should only last 10-30 minutes depending on how full the medicine cup is and your motor capacity. See image on page 6 or find something similar. You should be paying between \$49 and \$90 for one.
- Pipettes, eye droppers, or measuring spoons- Amazon, SKS bottle, Sunburst
- Guardian of Eden- 35% Hydrogen Peroxide (get one quart) this is the brand we sold at our health food store. <http://www.dfwx.com/h2o2.htm>
- Or get 3% Food Grade peroxide and you don't have to dilute it, but I recommend buying the 35% from the reputable source listed above. I've had clients order 3% from Amazon.
- Amber Dropper bottles- 1 oz- my dispensary, amazon, Friend, Sunburst, SKS etc
- Amber Boston Round bottles- 32 ounce for storing diluted peroxide- SKS etc
- Distilled Water- any grocer- label this jug "Lab Use" and store it in a cabinet
- Vitamin D - Quick Silver Scientific, Carlsons, NOW, Nordic Naturals, Thorne, etc
- Celtic Gray Sea Salt (fine)- most good health stores or my [dispensary](#)
- Lugol's Iodine- get 5%
<https://www.jcrowsmarketplace.com/1ozlugolssolution5valuepriceincludesshipping.aspx>
(To take tableted iodine, see my [dispensary](#) for Iodural)
- Arm & Hammer baking soda- this brand only. Bathe in it. 14 lbs available at Costco
- pH Hydrion papers- good to monitor your pH levels as baking sodium alkalizes the body
- <https://drbrownstein.com>
- <https://drsircus.com>
- Dr Frank Shallenberger MD- do some research
- www.doctoryourself.com This is invaluable info about vitamin C and more by Dr. Andrew Saul PhD
- <https://riordanclinic.org/> a clinic successfully using alternative therapies to treat disease.
- Magnesium oil or magnesium chloride- <https://www.health-and-wisdom.com/magnesium>
- For magnesium supplementation, use a combination form. If you are following the magnesium oil foot soak method, you won't need to use oral magnesium because your stools can get loose. Watch for signs your body gives you.

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- [Earth clinic-Bill Munro inhalation method.](#) I've read about this technique. It's very effective but I have not used it. You can watch the YouTube tutorial on how Mr. Munro does it [here](#)

➤

- You will need a nasal atomizer like this:



➤

Order here:

https://www.amazon.com/Refillable-Sprayers-Atomizers-Sprayer-Funnels/dp/B09QC1T1TR/ref=asc_df_B09QC1T1TR?mcid=b69bcfd739903f14ad11ef9e4db27552&hvociid=15723395734268873626-B09QC1T1TR-&hvexpln=73&tag=hyprod-20&linkCode=df0&hvadid=721245378154&hvpos=&hvnetw=g&hvrnd=15723395734268873626&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9019209&hvtargid=pla-2281435178618&th=1

Free Shit: What I have learned the hard way over the years is that people often don't or won't take health advice. Either they prefer Dr. Google, or they are skeptical; some are unmotivated to do the work it takes to be healthy. Believe me, it's a lot of work and as you get older it's even more work. Accept it. Stay home and as they say at Nike, Just Do It!

So I'm providing a few of the books I found online for free. Remember when something is free, you want to be discerning. I think this information is salient and will be useful to you and your family from here on out. I know it is for me. I share it because you are worth it. I would ask that you share my website and my dispensary and recommend my natural medicine consultations so I can continue doing what I do. Thank you.

Iodine book: https://www.jcrows.com/MaryJoFahey_IodineRemediesSecretsFromTheSea.pdf

Vitamin C: https://www.seanet.com/~alexs/ascorbate/198x/smith-lh-clinical_guide_1988.htm

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Hydrogen peroxide: <http://foodgrade-hydrogenperoxide.com/sitebuildercontent/sitebuilderfiles/TheTruthAboutFGHP.pdf>

From Dr. Shallenberger MD on H2O2: <https://www.secondopinionnewsletter.com/Health-Alert-Archive/View-Archive/14089/This-AtHome-Treatment-Can-Knock-Out-Any-Virus-Including-the-Coronavirus.htm>

Places H2O2 is Found:

<https://alternativehealth.co.nz/cancer/articles/peroxide.htm#:~:text=Hydrogen%20peroxide%20peroxide%20occurs%20naturally%20within%20the%20Earth%27s%20biosphere%3B,and%20the%20Shrine%20of%20St.%20Anne%20in%20Quebec.>

WARNINGS ABOUT HYDROGEN PEROXIDE: Food Grade hydrogen peroxide consists of hydrogen and oxygen. There are no poisons or contaminants. There is no such thing as pure hydrogen peroxide as it is always mixed with water. The only molecular compounds of the contents are hydrogen and oxygen and it is not flammable.

Please use extreme caution when handling 35% H2O2 and store away from your children. My supplier advises drawing skull and crossbones on the bottle or I have suggested the “Mr. Yuck is Green” concept. Write “Danger” and store high in a cool, totally dark location. Exposure to Sun/Uv light will weaken the contents. For extended storage, slightly loosen the bottle’s cap because the bottle could swell and burst- we have bubbling oxygen in there! If your bottle is swollen, place a clean cloth over the bottle and slowly loosen the cap to release the pressure.

Wear Kitchen rubber gloves.

- In the event of leakage, flush the skin with plain running water. There can be a temporary sting sensation or lightening of the skin. Color will return in 30 minutes- 2 hours. No toxins will be absorbed into your skin and no permanent skin damage is done. Remember that H2O2 is used daily by MD’s to treat skin conditions.
- Disposal: H2O2 can be safely run down any sewage system with running water. It is diluted by water.
- Hydrogen Peroxide cannot be biologically contaminated so if you do receive a leaky container, the remaining contents are completely useable.

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- **Avoid Eye Contact-** if this happens, immediately flush eyes with water for 15 minutes and go to the emergency room.
- **If swallowed while still at 35% concentration, drink as much water as possible and go to the emergency room. Do not induce vomiting. DO NOT TAKE ON AIRCRAFT WHEN YOU TRAVEL, INCLUDING NOT IN CHECKED BAGGAGE. A BLOWOUT WILL OCCUR DUE TO PRESSURIZATION OF THE AIRCRAFT.**

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DO NOT buy your supplements on Amazon.

Please investigate my online dispensary for high quality, practitioner grade supplements, foods, supplies, essential oils, and personal care products. It is unbelievable how much you will save compared to most of the online platforms, including buying direct from manufacturers. I am proud to offer this to you at a 30% discount off the MSRP (Manufacturer's Suggested Retail Price).

You [click on this link](#) to create a free account with a password using your email address. If you let me know you are doing this, I will set up your every day 30% discount. If you spend \$50 or more, your shipping is free and boy, are they fast.

Yes, I do get paid a nominal amount but by offering the deepest discount Fullscript allows, I am passing the savings on to you. Please take a few minutes to see if you can save money and get your favorite products. I often give away my knowledge and products for free. It's probably not the best business tactic but what's important to me is to help people. I am a Doctor of Naturopathic Ministry and I serve people in need.

My dispensary is managed by Fullscript and is an online platform that practitioners use to dispense high quality health and nutritional products to their clients and patients. All products are stored in climate-controlled warehouses. Customer service is excellent, but you know I am always right here to help you with any ordering issues and of course, product usage, questions and concerns.

To get started, click on this link: <https://us.fullscript.com/welcome/jthomas-nd>



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