

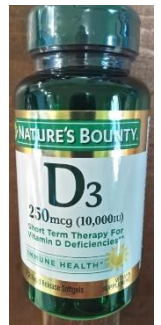
All info on this page are practices I use personally and for reference only → **ALWAYS** ask your Dr first!

Preventatives for Good Immune System

I TAKE THESE FOR THE REST OF MY LIFE

D3

For Anti-oxidant; For Anti-inflammatory; Neuro-protective and brain cell activity. Traditionally the dosage has been 3000-5000 IUs daily but recent studies by prominent Doctors indicate that this only gives you 60% of the needed values on laboratory tests of people with severed COVID. Therefore I take 10,000 IUs daily now recommended for immune boosting. To prevent mild headaches...I split the Vitamin D to 2 daily doses.



Zinc

For Anti-oxidant; Anti-inflammatory; Anti-bacterial. Zinc is the critical element that prevents pathogenic cells from replicating and I found it must be taken daily. The human body doesn't absorb Zinc very well so you I use something like Quercetin to drive it through the cell wall (See below). Dosage I take is 25-50mg per day.



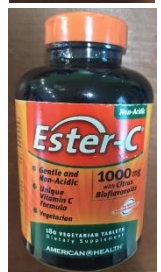
Quercetin

For Anti-viral. This is a compound found in apple skins, blueberries and other fruits. "An apple a day keeps the Doctor away." This is because Quercetin is an effective and natural anti-viral.



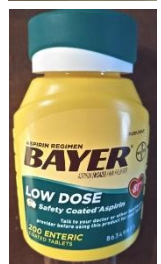
Vitamin-C

For Oxygen uptake. The human body needs this to uptake oxygen - Vitamin-C. Any brand is okay; however, Ester-C has a delivery system that mimics slow-release which gives me a full day of protection so I take it in the afternoon and a regular C supplement in the morning.



Aspirin

For Anti-clotting. **BUT**→I checked with my Doctor for approval; **remember** →with SARS COV2 clotting is a much more serious issue than "bleeding" ; I use safety coating tablets to protect against stomach irritation. My minimum daily dosage is 81mg.



The brand is not important: though, I choose brands that are organic or natural without additives

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Early action if I think I am exposed to a pathogen or have ANY cold symptoms

I do this for suspicion of contact w/sick person

Life Extension Zinc Lozenges

For Anti-pathogen replication (viruses, pollen, bacteria, fungus). Works by DIRECT CONTACT on **the first few pathogens that enter the body** by blocking replication. Works on contact. Runny Nose? Minor phlegm? Headache? Dry cough? Sinus congestion? I do this immediately at first symptom or if I think you may have been exposed. These take 90 minutes to dissolve in the mouth, I do NOT chew. If symptoms remain, I put another one in until they disappear.



Budesonide Nasal Inhalant Spray

For routine nasal cleansing. Budesonide is a popular ingredient in inhalers for people with allergies that is prescription based. I use this over-the-counter nasal spray (also sold as Rhinocort) as a routine wash or temporary treatment while I am waiting for a prescription from my Doctor for the full strength version. If I can't find it, I use regular plain Mouth Wash in my mouth and swab just inside the opening of my nose.



Fennel Seeds or Star Anise

For Immune Support and symptom relief. Shikimic Acid is an active ingredient in Tamiflu; however, is found naturally in Fennel Seeds, Star Anise and White Pine Needles (5 needles on a branch is the official White Pine). For Fennels seeds, I bite into the seed or use espresso machine to extract the shikimic acid or put in tea basket. For Star Anise, I drop one in my hot tea or use coffee grinder to make flakes for use in steaming tea, or chew a few at a time.



Take my Temperature/ I bought an analog Thermometer

For tracking danger zone temperatures 101 degrees or higher. Traditional thermometers are best since they don't need batteries but I practice reading the gauge and I read the directions so I would know how to use it in a hurry.



Next I GET A DOCTOR appointment

I find one of my Doctors who supports alternative treatments and call immediately until I can be seen; many have telehealth appointments. I ask for Prophylaxis treatments.

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Early Treatment when I **know** I am sick

I call my doctor immediately and get prescriptions for early treatments (days 1-8) for COVID or other viral intrusions and I step up my supplements as follows

Quercetin

For temporary enhanced anti-viral. **While I am waiting for my doctor to prescribe either Ivermectin, and/or Hydroxy-chloroquine (HCQ) or monoclonal antibodies** (Regeneron Infusion at outpatient center), I take 3 times the daily dosage **UNTIL** I start the prescriptions, then drop back to a single daily dose. Side effects for high Quercetin are mild diarrhea; so, I try to take one in the morning, one at lunch and one at dinner while getting my prescription filled.



Aspirin

For enhanced anti-clotting. Clotting is a serious life-threatening complication from a COVID-like illness; I step up my aspirin to 325mg (Dr says okay) for about 30 days or I ask my Doctor for an equivalent anti-clotting prescription. I **AVOID** Ibuprofen.



If I want to use natural supplements for clotting instead of aspirin I get fresh turmeric and eat one piece approximately the length of my thumb (I use tin foil or plastic bag to keep my fingers from getting stained while peeling with peeler or plastic knife). Or sometimes I try a Turmeric supplement >IF< I can be sure it is pure with no contaminants. Turmeric powders are notorious for having heavy metals from the industrial peeling process.



Diet & Nutrition during illness

I STOP eating RED MEAT for up to 30 days. **I STOP all ALCOHOL** for up to 30 days. I eat soft foods: yogurt (lots of it), boiled vegetables (carrots & beets), yellow squash soup, drink Coconut water, protein powder in milk/water; Pedialyte or Electrolyte water like Propel. I keep taking Vitamin D3, & Zinc and **INCREASE** my Vitamin C and drink 6 liters of water per day.



I set up a way to GET PRESCRIPTIONS & someone to check on me

I set up a friend or relative who can get my prescriptions and drop off other things at my door.

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Surviving days 9-21 of a full-blown SARS-like illness (Drs say 9-10 are worst)

I track & soothe the severe symptoms

A histamine response is a natural body function to protect against unwanted pathogens. For instance in the stomach when I eat something that doesn't sit well it may produce an excessive uncontrolled release of inflammatory molecules known as Cytokines (acid reflux). Similarly, if the pathogen is in the lungs, this is the same process that inflames the lungs; makes it hard to breathe, depresses oxygen levels, is quite painful and can create fear. I monitor my pulse and Oxygen Saturation (SpO2) symptoms if I reach this state. I obtained a Pulse Oximeter (finger probe) **before I got sick and I got extra batteries and installed and tested the Pulse Oximeter**. I record my SpO2 reading at 8am, 2pm, 6pm and 10pm every day for 14 days from the index finger ... of both hands. 95-100 is perfect/normal. 90-94 indicates I need to begin proning (lying and/or sleeping in specific positions) (see below). Under 85-89 may require me to get a prescription from Dr to increase blood flow. → **SP02 under 84 requires supplemental oxygen (I will seek Doctor prescription immediately if this happens).**



Pulse
Oximeter

Famotidine (PEPCID)

For suppression of Histamine effects in the lungs. Unwanted fluid and excess lung inflammation can be lessened by using a Histamine blocker. Until I get a script, I use PEPCID. In the vascular system, Histamine opens the capillaries to allow more blood flow and locally drops the blood pressure in the surrounding cells and tissues. This may also be why people experience a drop in blood pressure during COVID or SARS-like illness. Famotidine will help block Histamines from happening in the lungs and keep the fluids to a minimum. Interestingly, Histamine is critical in the sleep-wake cycle as well and this may be why these cycles are interrupted with this disease.



More Vitamin C

I increase my Vitamin C as it helps increase oxygen uptake -natural or supplements.



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Second and Third weeks of a full-blown SARS-like or Covid illness (CONTINUED)

I set up for Pulmonary Relief and Exercises

Nebulizer

For Subsiding the chest pain. A nebulizer atomizes a liquid into a breathable aerosol. There are several home recipes that I use OR I get my Doctor to prescribe Budesonide for the nebulizer. One recipe I found online is 16 oz of pure water, add 3 tsp of food-grade hydrogen peroxide (30%) to dilute to 3%. I fill the solution chamber with the mixture above. Then I add ONE drop of povidone iodine or 2 drops for extreme congestion. I ordered a nebulizer that both plugs in & uses a car battery. I **OPENED the box and assembled BEFORE** being sick.



My Exercises while sick

- 1) 6 minute walk in the room and then check pulse oximeter reading at 8am, 2pm, 10pm.
- 2) I find it very Important to do **PRONING**, for 30-45 minutes each time, at least 4-5 times a day to improve healing in my lungs; avoid blood pooling and clotting in my lungs

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Improve Lung Oxygenation by Lying in Prone Position

If the oximeter reading shows **SpO2 levels below 94%**, patients in home care are advised to lie prone on their stomachs. This will improve breathing and increase oxygen saturation.

1. Begin by lying in prone position on a flat bed for 30 minutes to 2 hours
2. Switch to lying on your right side for 30 mins to 2 hours
3. Switch to 30 minutes to 2 hours of sitting up (30-60 degrees)
4. Switch to lying on your left side for 30 minutes to 2 hours
5. Switch to semi-proning position for 30 minutes to 2 hours
6. Return to prone position for 30 minutes to 2 hours. Repeat cycle...

Keep monitoring your oxygen levels after switching between positions. If oxygen levels drop **below SpO2 92%**, consult a doctor and seek hospital care immediately.

Avoid proning in conditions like Pregnancy, Deep Vein Thrombosis, Cardiac conditions, Spinal or Fracture issues.

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Extended Symptoms & Strong Immunity

To avoid Long Haul symptoms or support my healthy lifestyle I do this

N-A-C Sustain N-Acetyl-L Cysteine

For Liver and Kidney Detoxification and Lung Function. N-A-C restores Oxidative Damage and Inflammation, levels blood sugar & helps brain health. I find NAC helpful as it has anti-coagulation properties, boosts my mood, reduces brain inflammation; improves my memory function.



Lysine

For Brain Function. This supplement supports brain health and elimination of deposits in the brain. It may help prevent dementia so I take it daily based on my Dr recommendation.



I Filter Water then add Mineral drops

Clean water is essential to good health. A good in-line Berkley filtration system is ideal; however, I use the table top version that is also available. The filters are expensive; however, they perform a valuable task. I use clean water in everything I cook -especially coffee and tea. Once a day I fill a 16 ounce bottle of filtered water add 1 FULL dropper of Assorted Mineral Drops. The essential minerals are best when purchased at a Natural Health food market or the healthrangerstore.com



Magnesium & B12

For Detoxing. A good combination of two supplements that have detoxifying qualities. The body needs magnesium to complete this process and a consistent source of B vitamins (no pic).

MitoQ or other CoQ10

For Liver health and function. I find these online or shop at Natural Food Markets.



Brain Fog physical massage -quick self-help I LOVE!

Lymph Drainage Massage by MassagebyHeather.com (or another physical therapist)

[Self Lymph Drainage Massage by MassageByHeather.com in Louisville, KY - YouTube](https://www.youtube.com/watch?v=QA-wiOd7-Ro)

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