

Dr. Bryan Ardis's COVID 19 & COVID 19 Vaccine Shedding, Disease and Death Protection Protocol



Vitamin C (ascorbic acid)

Adults 13 years old and up - 10,000mg divided into two or three doses per day

Children 6 - 12 years - 5,000mg per day

Children 2 - 5 years - 2,000mg per day

Vitamin C best practice for appropriate dosing (for ALL AGES) is to start with 1,000mg or 2,000mg a day and add 1,000mg every day until you get diarrhea. Whatever amount you took the day before loose stools occurred is the best dose for your body daily to take. Every person is different, some people have bowel tolerance of 2,000mg per day, and some people daily take 20,000mg, 30,000mg, even 50,000 mg without loose stools or bowel tolerance ever occurs.

I need to be clear, there is NO TOXIC dose of Vitamin C that has ever been determined, EVER. The best practice is to take as much daily that does not cause loose stools and stay on that indefinitely.

During periods of viral infections, I suggest during days of symptoms to be sure to get 3,000mg daily from the form of Vitamin C called Liposomal Vitamin C. LivOn Labs has my favorite form, and it can be found online (and at Nature's Pantry). The remaining daily dose during sickness can come from typical forms of Vitamin C (ascorbic acid).

Magnesium

13 Years Old and Up - 500mg

Children 6 - 12 years - 300mg per day or just below bowel tolerance

Children 2 - 5 years - 200mg per day

According to Cardiologist Thomas Levy MD, research also supports there is NO TOXIC amount of Magnesium for the human body. Levy explains that Magnesium daily dosing to prevent ALL disease processes is determined the same way I described how to determine highest amount of daily Vitamin C. Start with 500mg of Magnesium Chloride (also can be found at Nature's Pantry) and daily increase by 100mg until loose bowels occur then back down when that occurs, to the amount you took the day before, and stay on this just below loose bowel dose every day. I also recommend, as he does, to take that much magnesium every day of your life. To learn more about the incredible healing power of magnesium and disease prevention of magnesium, check out his book published in 2019, Magnesium Reversing Disease.

Selenium

13 Years Old and Up - 200mcg per day

Children 2 - 12 years - 100mcg per day

Every day forever! Selenium is an essential trace mineral that provides antioxidant and immune support. It's naturally found in many foods, but the actual amount of this key nutrient is dependent on the selenium content of the soil in which it's grown or how the food is cooked and/or processed. Selenium supplementation is an easy way to ensure that the body receives the proper amount of this essential mineral.

Apple Pectin

All ages - 700mg twice daily

Check this out! Protection against radiation:

<https://drrathresearch.org/images/attachments/education/Phytobiology/Pectin.pdf>. An important discovery was made with Chernobyl victims, which showed that intake of apple pectin greatly reduced the radiation load in children from Ukraine and Belarus afflicted by the Chernobyl disaster. In one study the average reduction of cesium 137 levels in children receiving oral pectin powder was 62.6% after a month-long trial.

MORE INFO

- All the supplements mentioned on this info sheet can be found at Nature's Pantry.
- Watch Nature's Pantry's own Blake Bars interview Dr. Bryan Ardis at www.naturespantry.life under the Vibrant You Health Show tab. Both documents mentioned by Dr. Ardis in the interview can be found here as well.
- In the interview Dr. Ardis says:
 - Most people recommend 50 mg of Zinc per day but that he recommends 100 mg of Zinc per day.
 - Quercetin is derived from the rinds or skins of fruit and Hydroxychloriquine is derived from Quercetin.
 - Ivermectin is derived from Wormwood, which is a natural supplement (stocked at Nature's Pantry).
 - Valium is derived from Valerian Root.
 - Over 80% of drugs are derived from plants just concentrated forms that cause liver and other issues because they aren't natural the way God made them.
 - You can't patent nature so they have to modify it a little to be able to patent it.
- You can learn more about Dr. Ardis, see his products, and watch episodes of the Dr. Ardis Show at www.thedrardisshow.com.
- We are currently working on bringing in the Ardis Labs line of supplements into the store here at Nature's Pantry.