

Protocols for early Treatment COVID and potentially other viral illness.

I have put the McCullough protocol below. But this is a fluid situation and things have changed since that printing. You can read all the protocols at c19protocols.com. The optimal situation is to be treated within 5 days.--the earlier the better.

For this reason, I keep both Hydroxychloroquine and Ivermectin and other items in my house and you should too. (See the TAB: "You Should Do This Now"). It is not one size fits all but depends on symptoms and your particular health etc. I would print off several protocols from that site to keep handy. You may need to take them to your physician.

Summary Here: (Explanation below)

- Hydroxychloroquine or Ivermectin per appropriate Dose
- Nicorette gum or a nicotine patch
- Vit C all day long, D 10,000iu daily, Zinc 30-50 mg/day (with 1-2 mg copper from other source, like MVI), Quercetin 500 mg 2x a day, Selenium 200-220mcg a day, NAC 800-1200 mg a day.
- Drink a Quart of water with a teas of Baking Soda and teas of salt.
- Long acting antihistamine like Claritin D
- Baby ASA
- Azithromycin or Doxycycline
- Nebulizer with 30-50 % Hydrogen peroxide and a drop of Iodine. Or Budesonide if you have it.

Here is my thinking and how I treat people. In general, based on my experience as time progressed some people appear to have a mild cold or respiratory illness then get suddenly worse at about the five day mark. I don't care what the USELESS Covid tests show. The FDA admits these tests cannot tell the difference between COVID and Influenza, and the tests were formally withdrawn on 31 July 2021 by the FDA. (Why are we still using them you may wonder...)

If someone over 30 with or without other medical issues and is getting ill, I make sure they have in the house a pulse oximeter and a nebulizer.

1. Hydrate hydrate hydrate. But not just with water. Mix 1 teas salt and 1 teas baking soda into a quart of water. Drink frequently so you get a quart a day. This may cure your disease without anything else. You might need to repeat the quart one time. Don't think you can get the same from Gatorade. It may make things worse because of the potassium. You can drink other plain water after the quart. Don't worry about loss of appetite but low fluids (and fluid follows low salt) can end you in the hospital. Keep your urine clear. . If you are a caffeine drinker don't suddenly stop. Try to take near your normal intake or you can experience Headache and Constipation.

2. If I am starting to have anything more than a runny nose and have hydroxychloroquine available I take 400 mg immediately. That has often stopped whatever I was getting in its tracks.

3. I make sure to take Vit C a little all day long, maybe 500-1000 mg every hour or two, as long as I am ill. That way, I get 5-6 gm a day in divided doses. Everyone should be on the 9 supplements as outlined in the other tab “The nine supplements everyone should take”. Or better than that, you can be on combined nutritional medicine I have on my Shop page. This insures the 90n essential nutrients and my Immune Stack adds extra things to combat the issues from toxic agents such the spike protein or the “Covid Vaccines”. The goal for wellness is a D3 level above 60 for example.

4. If any systemic symptoms are still present after that first dose of hydroxychloroquine, either start chewing 2 mg Nicorette gum or put on a patch. Smokers do not seem to have as many problems, and this has worked also for “long haul “symptoms in some cases. Within 48n hours of onset, I might try 200 mg hydroxychloroquine twice a day, but, if after 36 hours it is not better I switch to Ivermectin at .5 mg/kg/ day. For me that is 160 lbs./ 2.2= 73 kg. 73 kg x 0.5 mg = 36 mg/ day. Usually plan on a Five day dose.

5. I also begin Claritin D or another long acting antihistamine probably for 10 days, and if my lungs are involved I use prescription Montelukast (Singulair) 10 mg a day for longer until I am completely clear.

6. Other pharmaceuticals you can add if you have them available is Azithromycin 500 mg day 1 and 250 mg daily for another 4-9 days. If you don’t have that consider Doxycycline 100 mg twice a day for 10 days.

7. I do not take Tylenol, Motrin or any anti-inflammatory other than a baby aspirin a day. If my temperature goes up its ok--that is how our bodies expel toxins. If I get over 103 deg and am uncomfortable I use the old fashioned method of getting into a tepid bath and sponging down, or my version is putting on a warmish wet T-shirt and let it evaporate. Don’t get chilled. The T shirt works great in hot climates--not so much in Midwest winter.

8. Other things are dietary, I chew Nigella Sativa or Black Cumin seeds--6 a day. Elderberry juice or Aronia berries/ juice (which I have in my yard) are great. I make chicken broth with kale and other vegetable and it always makes me feel better. A gluten free diet improves gut health in the long term, and may help prevent “COVID Lung” by this mechanism.

9. EMF toxicity can present with identical symptoms. This is especially a consideration if you notice a pink tinge to your urine. Shut down as much wi-fi around you as possible. Hard wire your house. Keep your cell phone at least an arms-length away from you as much as possible. De-electrify your bedroom as possible. Don’t have any electronic devices on or near your bed. If you use your phone for an alarm keep it away from you. Don’t wear an Apple style watch or sleep monitor or exercise monitor on a regular basis. Consider a radiant barrier under your roof. Turn off your modem at night. Do whatever you can to limit this unnatural electromagnetic toxicity. Sadly, we are all exposed to this in increasing amounts.

10. If you have access to IV therapy, IV Vit C and glutathione are very helpful in general, and when you are sick.

11. I think, with time, we will discover that there are only a few ways we become ill. Toxins, parasites, bacterial toxins, and bioweapons couched as viruses. I avoid masks as they make things worse. Fresh air is important. Saunas are great. Plenty of sleep.

This is my protocol, and is not official medical advice for any individual. But if I were ill, this is what I would do for myself, and you can see the details below in the algorithm by Dr. McCullough. It is important to monitor your Pulse Oxygen level. It should stay above 95%-- depending on your baseline. If it is drifting down in spite of everything, EVEN IF YOU DON'T FEEL TOO BAD, and reaches 92-93 you need more aggressive treatment including oral steroids and a Budesonide inhaler. Any time your O2 starts dropping, you need to contact a physician who uses the FLCCC or other similar protocols. Baby ASA (80 mg) day 1 till over disease. If any pulmonary symptoms such as cough or Shortness of Breath (SOB), you may need an inhaler or nebulizer. SOB is a serious risk factor and needs competent medical attention. Some people have successfully used a 30-50% Hydrogen Peroxide solution with a drop of iodine in nebulizer. I also use Budesonide nebulizer by prescription. See next page for the entire McCullough algorithm . For thoughts about shedding and vaccine remorse go to that tab.

Lee Merritt MD