

The Corona Virus Rescue Handbook

How To Prevent and Recover From Corona Virus With A Widely-Used Home Remedy Internationally Available Without A Prescription

by Dr. Kerri Rivera

Dear friends,

In the face of the International Crisis called Coronavirus that is sending old and young to the hospital and shutting down entire economies, I feel it is my sacred duty to spread this information.

I have been working with a simple, cheap, and widely available compound known as chlorine dioxide for 15 years. This chemical solution is available without a prescription and in countries worldwide. Unlike the anti-malaria drug, which has been lately touted in the news, **chlorine dioxide does not have harmful side effects.**

I have been advising its use for autism patients for over a decade with excellent results. Now, my practice is expanding as I have seen it used successfully to help patients with a variety of other chronic health conditions improve as well. For more information about chlorine dioxide and how it can help with a variety of every day or chronic health problems, be sure to check out my book. Available here:

<https://www.kerririvera.com/new-book-release-alternative-first-aid-reference-guide/>

The focus of this free e-book you are reading now is to help you learn how to prevent contracting COVID19 - Corona Virus, and how to assist someone's healing if you know of anyone who has symptoms. The news is telling us that hospitals can become very crowded and may run short on supplies like respirators and masks, so if you have a mild to moderate case, you may want to stay at home and treat yourself there. *(Always check in with your doctor for the best recommendations for you.)*

Please share this ebook with your friends and family. We want them to have the opportunity to get the materials they need (like chlorine dioxide) in advance of falling ill. We don't know if the shipment of supplies will be slow or delayed due to increased demand or lack of workers.

IMPORTANT: Where To Order Chlorine Dioxide

Please email me directly to find out where to order. There are a number of sources of chlorine dioxide that my clients and I have used in the past. Unfortunately, many of them have been running short on supplies or having trouble shipping. Please email me directly for where to get chlorine dioxide: kerri@realkerririvera.com and put "WHERE TO BUY CHLORINE DIOXIDE" in the subject line.

Additional Resources:

If you end up getting supplies and not needing them, no problem. Keep these on hand to use for household first aid to treat allergies, infections, chronic disease (*MS, Fibromyalgia, tumors, diabetes, Lymes disease, autism, depression, etc.*) and to detoxify. You will find the information you need in my \$12 book, [Alternative First Aid Reference Guide](#). If you have any questions, be sure to contact me. I am working with people around the world who want to improve their health. I do [one-on-one consultations via skype](#) and also have a [low-cost membership group via an online platform](#).

Thank you, I wish you all the best health in this unprecedented time.

- Kerri Rivera -

kerri@realkerririvera.com

www.realkerririvera.com

www.thetruthaboutchlorinedioxide.com

www.KerriRivera.com

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A Note About Chlorine Dioxide:

Chlorine Dioxide is a compound that has been used in various health related patents for over 100 years. It was popularized for internal use by "everyman" when Jim Humble, an engineer turned jungle-trudging-gold-pro prospector used it to accidentally "cure" two men in his crew of acute malaria infections in a matter of hours. Since then it has been used to kill malaria in 100% of patients in several trials in Africa. Branching out, Jim found chlorine dioxide was also effective in helping all sorts of other problems - bug bites, poisonings, sanitizing food and surfaces, and detoxifying the body.

Chlorine dioxide works on the basis of pH, or electrical charge and **is selective for killing a wide number of pathogens** (*virus, fungus, bacteria, candida, parasites, etc.*) **but does not harm healthy tissue or healthy gut flora** .

Jim tried to popularize this remedy, taking it to big name organizations that promote health in 3rd world countries, but met incredible resistance to his cheap compound that seems to fix everything. Although there are thousands of health-related patents for use of chlorine dioxide, and it's even used as a water-purifier in municipalities across the United States, the multi-billion-dollar pharmaceutical industry has shied away from testing and promoting this inexpensive and effective compound.

For more information on chlorine dioxide and how it works, please review the following resources:

1) The Science and Therapeutic Potentials of Chlorine Dioxide

<https://www.thetruthaboutchlorinedioxide.com/the-science/>

2) Chlorine Dioxide As A Water Purification Treatment:

<https://www.kerririvera.com/chlorine-dioxide-a-selective-oxidizer/>

3) What is The Chemical Make-up of Chlorine Dioxide?

<https://www.brighteon.com/d86a08ac-cf4b-4b88-8bda-b09e94e1c990>

Beyond Chlorine Dioxide - More Alternative Solutions

One of the best-informed people on the health science and the coronavirus pandemic that I have run across in my research is Mike Adams, the Health Ranger. Mike recommends using ONE of the following strategies to strengthen the immune system and kill viruses and other pathogens that may enter the body.

- 1) Colloidal Silver
- 2) Chlorine Dioxide
- 3) Herbs –Rosemary, Oregano, Calendula, Licorice Root, Vitamin C, Relora, Curcumin, and Forskolin.

If you are not able to get chlorine dioxide right away, and/or you have some of these other ingredients on hand, consider starting to use these, in advance of symptom-onset to strengthen your immune system. I would also add Black Seed Oil to this list for it's potent antiviral properties.

- 4) Black Seed Oil - Muhammad is quoted as saying, "Black Seed Oil can cure anything but death."

Whether or not that is true, I couldn't say, but Black Seed Oil's reputation for killing viruses, bacteria, fungus and other pathogens is not in dispute. Black seed oil is cold-pressed from cumin seeds – a common spice in the cuisine of many cultures. It has a strong, somewhat turpentine-like flavor. It's not too bad once you get used to it. Taking a spoonful of this every day, or with meals, is a great way to strengthen the immune system and kill viruses and bacteria.

Since Corona Virus does not generate symptoms in the body for its long two-week incubation period, it's a great idea to be taking steps to kill it before it has a chance to multiply. Many of my clients take this every day with meals, 3 times a day, and are getting healthier all the time. You should feel confident in dosing this regularly for the weeks or months that we are under coronavirus threat. GMO-certified Black Seed Oil is available at: www.ketokerri.com/kk-black-seed-oil

What Is Chlorine Dioxide And How Do You Make It?

Chlorine Dioxide is a simple chemical compound made by mixing a 22.4% solution of sodium chlorite and 4% hydrochloric acid. When the two clear, odorless chemicals mix, the liquid turns yellow and chlorine dioxide gas begins to be emitted. Typically bottles of these two ingredients are sold in pairs and you can buy a set and mix them when you are ready to use the CD. Chlorine dioxide gas is not stable. It will last in the body for less than an hour. It will last in a sealed water bottle out of the light for several days.

WARNING: Chlorine Dioxide Gas can be irritating at pure concentrations.

Always mix with purified water before ingesting or inhaling. Specific directions are covered in the different protocols. We recommend at least 1 ounce of water be mixed with each drop of chlorine dioxide before drinking. Chlorine dioxide works inside and outside the body killing germs of all kinds. Specific protocols will be discussed in this ebook.

Kerri Rivera's Corona Virus Protocol: Overview

I have created a video overview of the protocol and my recommendations. Because this is an "ebook" - you can click here to see the video: <https://www.kerririvera.com/kerris-overview-of-how-to-protect-yourself-against-the-corona-virus/>

If you are not able to see the video now, you can read about it in this overview section. In later sections, I will go into more detail on several of the protective protocols. There are many different ways to protect yourself from Corona Virus.

1) Chlorine Dioxide –Ingestion

To create/activate chlorine dioxide, mix one drop of each liquid, the solution will turn green and smell stinky in one minute. It's ready! (*Email me directly if you need to know where to find the ingredients: Kerri@KerriRivera.com*)

On Day 1: Mix one 1 drop in a full glass bottle of purified water and drink throughout the day.

On Day 2: Put 2 drops of CD into your water bottle.

On Day 3: Put 3 drops of CD into your water bottle, etc.

Continue to increase the dosage until you are having approximately 3 drops of chlorine dioxide (*diluted in at least 3 oz. of water*) every hour you are awake.

WARNING: DETOX REACTIONS MAY OCCUR

If you are experiencing nausea or other signs of excessive detoxification, cut the dosage in half, and start building up again, slowly. Stay at a dose where you are comfortable. Nausea is not necessary for the protocol to be effective.

WARNING: Always mix CD with water. Do not drink the drops straight or breath the gas in directly, without diluting it with water.

Click to View Video: <https://www.kerririvera.com/kill-cure-stop-how-to-heal-the-coronavirus-epidemic/>

2) Chlorine Dioxide –By Nasal Aspirator/Squirting

Put 2-3 drops of chlorine dioxide in the bottle that is filled with pure water. Spray into the nasal cavity. If it is uncomfortable (*burning*) dilute the solution. **READ IMPORTANT:** The drops must be put into a good quantity of water and then inhaled, but NEVER INHALED ALONE.

3) Chlorine Dioxide –By Spray Bottle

Put 20 drops of CD into 30 mL (*1 fluid ounce*) of water in the spray bottle. Use this spray bottle to clean hands and surfaces as an on-contact sanitizer. This is also an excellent way to kill on contact, any germs that have collected at the back of your throat/tonsils. Reports show that Corona Virus symptoms often began at the back of the throat. **This is a strong/concentrated formulation.** Do not spray this into your nose or drink it at this concentration.

4) Chlorine Dioxide –Inhaler

Put 1-3 chlorine dioxide drops and several cups of hot water in water in an inhalation funnel, and hold near the mouth and nose while you are breathing, for 10 minutes per day if you are well. Use it more often if you are exhibiting symptoms of disease. This strategy is explained in more detail later in the ebook. **READ IMPORTANT:** The drops must be put into a good quantity of water and then inhaled, but NEVER INHALED ALONE.

5) Chlorine Dioxide –Humidifier

Put 9 drops of CD into the humidifier (*for about a gallon of water*). You can run the humidifier all the time, especially in your bedroom at night. This will allow you to inhale a low level of chlorine dioxide gas on a regular basis. It will also help sterilize the space, killing germs on surfaces in the room.

When You Begin To Experience The Onset of Illness/Symptoms

If you do get sick with viral symptoms, ramp up the intensity doing all the protocols more often and potentially with drinking more CD drops in your water bottle (*if you can tolerate it –your tolerance can go up if you are ill*). **DO NOT increase the amount of CD drops you are inhaling. Too strong a concentration of CD in the lungs can be damaging.**

In addition, or as an alternative, I recommend the following herbs and supplements. Some may be available from Amazon, your herbalist, or other locations. I have a web-store called KetoKerri.com where I have sourced the highest-quality supplements and made them available as a one-stop-shop for my clients I consult with. If you would like to buy some of these things there, I would sure appreciate it. I have made the links available, where applicable.

6) Black Seed Oil –This is anti-viral and anti-inflammatory. A good one to take every day .

<https://www.ketokerri.com/product/kk-black-seed-oil/>

7) Humic/Fulvic Minerals –An excellent source of trace minerals. You should be taking this everyday anyway. I recommend 1 dropper-full in a glass of water 3 times per day .

<https://www.ketokerri.com/product/kk-humic-fulvic-1-bottle/>

8) Stone Breaker –Anti-Viral in addition to being anti-parasitic. (*This is part of the parasite protocol*).

<https://www.ketokerri.com/product/stonebreaker-4oz/>

9) Breakthrough Vitamin D With Chondroitin –This is not just “vitamin D.” This is a new-ish compound studied by autism research pioneer Dr. Bradstreet and others which has some very exciting results behind it. It stimulates macrophages and reduces nagalase. The macrophage are the “Pac-Men” of the immune system and very important to our ability to fight off disease. <https://www.ketokerri.com/product/kk-breakthrough-vitamin-d-1-bottle/>

The following are herbs which I don’t usually stock, but have been recommended by Mike Adams, the Health Ranger. See how many you can find with your online or local resources.

10) Oregano Oil –Another antiviral supplement.

11) Relora –Antiviral

12) Licorice Root –Antiviral (*targets replication*)

13) Calendula

14) Elderberry

15) Coriander

16) Selenium

17) Zinc –Antiviral. I take 25mg in AM and 25mg in PM .

18) Forskolin

19) Rosemary –the tinctures are probably better than

20) Spirulina, Chlorella - these are small algae that are great for detoxifying and are considered superfoods.

Be well and be proactive! Please start ramping up your daily protections, and send this information to your friends and family. Better to be over-cautious than under-cautious. Email me if you have any questions. I wish you all the best!

Studies On Chlorine Dioxide and CoronaVirus

Why do I recommend Chlorine Dioxide in my protocols?

1) I like chlorine dioxide because it has been used for several decades to treat a variety of maladies around the world and according to these thousands of anecdotal reports it has been both safe and effective.

2) Chlorine dioxide has an excellent safety record. (<https://www.thetruthaboutchlorinedioxide.com/the-science/>)

3) Chlorine dioxide is used to treat drinking water and has patents for thousands of other uses, many of them biologically based - e.g. purifying blood, tissues and other organs, mouthwash, cleaning contaminants off food, etc.

4) It is inexpensive and easy to obtain around the world.

5) It works quickly with minimal side effects. (*Most side effects are related to rapid detoxification - herxheimer reactions - such as nausea, and are short-lived if experienced*).

6) Chlorine Dioxide is widely studied and utilized around the world. Even though the pharmaceutical industry is not publishing articles (*like this ebook*) on how to use chlorine dioxide to treat coronavirus, they are studying coronavirus extensively.

Below I would like to share just two of these studies, one showing that chlorine dioxide kills coronavirus in drinking water, and one showing that chlorine dioxide gas reduces mortality in rats who are simultaneously exposed to a lethal virus.

Scientific Research From Japan Shows Exposure To Chlorine Dioxide Simultaneous To Viral Exposure Eliminates Mortality

An associate recently sent me this article and says it has been making the rounds amongst some of the “good guys” in academia. (*Read It Here: <https://www.kerrivera.com/wp-content/uploads/CD-White-Paper-Japan.pdf>*) In the experimental set-up, rats were put in a small enclosure where they were exposed to a virus for 15 minutes. In the control group, they were simultaneously exposed to an influx of fresh air, and in the experimental group they were exposed to air with a low concentration of chlorine dioxide in it – either simultaneously, or on a delayed-treatment schedule. The results showed that the rats in the experimental group who were exposed to chlorine dioxide at the same time as the virus, had a significantly LOWER concentration of the virus in their lungs. That’s good. Those rats did not die. (*7 of the 10 rats in the control group died.*) The results were somewhat less effective the longer the delay between the onset of the viral exposure the beginning of the Chlorine Dioxide gas treatment.

This is a good reminder for us to be diligent in using CD early and often in the case of prevention or contraction of Corona Virus, flu and other airborne viruses. For more information on how to treat common (*and uncommon!*) ailments at home, remember to pick up a hard copy or PDF copy of my new book here: [Alternative First Aid Reference Guide](#)

PubMed Study Shows Chlorine Dioxide Eradicates Corona Virus

According to this nice little abstract on Pub Med (<https://www.ncbi.nlm.nih.gov/pubmed/15847934/>), we learn the following: **“.19 mg/L of chlorine dioxide in wastewater ensures complete inactivation of SARS-CoV (Coronavirus).”** This comes from a study on the persistence of the virus in feces, urine and hospital wastewater and is providing instructions on how to treat/disinfect water to kill any coronavirus it might contain. The article suggests **chlorine dioxide is 100% effective in killing coronavirus.**

We already know CD is safe for ingestion by people, and has been used for helping the body heal from any number of health conditions including autism, malaria, herpes and AIDS. Now we can add proven efficacy against Corona Virus to the list.

Keep CD on Hand For Your Family's Health Needs

When I feel myself getting sick – cold, flu, fever, etc. – chlorine dioxide is what I turn to knock out viruses in the early stages and so the illness does not progress. Make sure to keep CD on hand. You never know when it might be helpful for a winter cold or a world-wide coronavirus outbreak.

Some people, like non-agenarian (*in his 90's...*) chlorine dioxide proponent Jim Humble, take chlorine dioxide every day prophylactically to keep their bodies clear of viruses, bacteria, cancer, heavy metals and glyphosate. While everyone must make their own choices, I encourage you to keep the ingredients for CD in your cupboard so you can be prepared to keep yourself and your family healthy. For more ways to use chlorine dioxide to treat chronic and acute conditions, look into my book, [Alternative First Aid Reference Guide](https://www.kerrivera.com/book-available-now/). Available Here: <https://www.kerrivera.com/book-available-now/>

No Hand Sanitizer? Use a CD Spray Bottle To Sterilize Hands and Surfaces

Click to watch the video:

<https://www.kerrivera.com/no-hand-sanitizer-use-a-cd-spray-bottle-to-sterilize-hands-and-surfaces/>

In this video, you will see a 2 ounce (60-ml) spray bottle filled with water and chlorine dioxide. You can use it for many things. If you want to make a strong solution for use as a hand and surface-sanitizer, go ahead and put in 40 drops of CD (*that's 40 drops from "Bottle A" and 40 drops from "Bottle B"*). Use that as a surface sterilizer for shopping carts, packages and deliveries, groceries, and other items that may have been exposed to viruses outside of your home. You can use it inside the home too, of course.

For on-the-body use, you can use it on your hands, as a hand-sanitizer. You can also **spray it into the back of your throat to kill germs in the region of the tonsils**. Reports indicate this is where the symptoms of Corona Virus often start. In a pinch, you could also mist some solution into the air near your face and sniff it into your nose. **Don't spray directly into your nose as this concentration is too strong.**

The CD in the colored bottle will last 7-10 days as long as you avoid leaving it in direct sunlight. If you're not sure, open the container and see if you can still smell CD or not. At this concentration, the smell will be quite strong unless it has lost effectiveness.

Also, use caution around fabrics, as the CD in high concentration may lighten fabric colors of materials it is applied to. For more information on how to treat common (*and uncommon!*) ailments at home, remember to pick up a hard copy or PDF copy of my new book here: [Alternative First Aid Reference Guide](https://www.kerrivera.com/book-available-now/) Please help us spread the word to friends and loved-ones!

Avoid These Over-The-Counter Medications During the Corona Virus Pandemic

New information out of France is telling us to avoid anti-inflammatories, like Ibuprofen, cortisone, and Advil if we are experiencing Corona Virus symptoms. French Health Minister and Doctor, Oliver Veran, has started warning people that ibuprofen can worsen the symptoms, causing a rapid and serious increase in severity of symptoms, even in young, health patients.

The article mentioned above recommends Paracetamol, also known as acetaminophen, the active ingredient in TYLENOL as a safe alternative, but **I DO NOT RECOMMEND** that. My recommendation is to avoid drugstore painkillers, including aspirin, and turn instead to safe and natural anti-inflammatory and anti-viral supplements, as described here: <https://www.kerrivera.com/kerris-overview-of-how-to-protect-yourself-against-the-corona-virus/>.

Even if you take these types of medications regularly for other health concerns, such as back pain, joint pain, headaches, or arthritis, it may be best to avoid them during this season of Corona Virus pandemic. I suggest taking nutritional herbal and food-based antivirals and anti-inflammatories regularly as a preventative, so you don't get sick in the first place. If you do develop symptoms, they will not be as severe if your immune system is already strong. In the event of symptoms, increase dosage, especially of CD via various methods of delivery. Stay safe and spread the word!

Gentle Inhalation of Chlorine Dioxide For Lungs and Sinuses

In addition to drinking Chlorine Dioxide (CD) with the water bottle method (*which I described in the video on this page: <https://www.kerririvera.com/kerris-overview-of-how-to-protect-yourself-against-the-corona-virus/>, and which we do all day anyway when on the CD Autism protocol*), you can also administer CD in a variety of other ways which are great for fighting colds, sinus infections and lung infections. The technique I'm going to address here is inhaling low-level-doses of CD to your lungs and respiratory system via CD drops in your cold-water humidifier.

IMPORTANT:

The drops MUST be put in a good quantity (& quality) of water, then inhaled, but NEVER INHALED ALONE. Chlorine Dioxide is a gas and when you put a few drops in your humidifier at night (*or throughout the day if you are quarantining*) you can benefit from a constant inflow of germ-killing CD gas. This is very passive. You don't have to "take" anything, and you won't notice much of a smell in the air. I recommend a few drops into a humidifier holding about a gallon of water, as pictured in the video.

Why Is CD In The Humidifier Such A Great Technique To Use Regularly?

Using chlorine dioxide in a humidifier is a great way to help dose and protect spouses, children, and elderly relatives who are not willing or able to take the other supplements or antivirals we recommend.

Chlorine Dioxide Gas Can Be Used To Kill Germs In Rooms and On Surfaces

Did you know that chlorine dioxide has been recommended by the food sanitation industry as a powerful, safe and effective water, food, surface cleaner – superior to our old friend bleach in many ways. It is used in hospitals to clean and sterilize surfaces.

In addition, CD can have a deodorizing effect. Guess What! You can buy an odor-mitigating Chlorine Dioxide "Room Shocker" at Home Depot for \$20, or you can get the same effect at home, for pennies! This "biocide" product works by killing/breaking down organic substances within an enclosed space.

Hospitals use chlorine dioxide for killing germs. This [study](#) found chlorine dioxide gas to be an effective room sterilizer. They used high-concentration chlorine dioxide gas in a closed room (*without people*) for less than three hours and published the germ-killing results. For the 8 pathogens tested, all had a **97-100% kill rate** in the multiple experimental set-ups.

Remember - if you are using high concentrations of CD to "shock" or "sterilize" a room, people should NOT be in the room at the same time. It is harmful to the lungs to inhale CD at too strong a concentration. The low-level doses I recommend for your humidifier should not be harmful or irritating, but do not add more CD or experiment with breathing high CD concentrations.

Keep The CD Humidifier Running To Keep Corona Virus At Bay!

While inhaling too much CD can be irritating and potentially harmful, you can follow my recommendations for a low-level ongoing exposure. Or you can add more CD to the humidifier and deploy it in a closed room (*for example, in a patient's bedroom, while he is gone to the doctor's office or resting in a different part of the house – like the TV room*), to help kill germs remaining on surfaces in the space. Because it is a gas, CD can penetrate many areas not accessible via liquid/spray-on germ killing applications.

Of course, chlorine dioxide mixed with water can also be used to wipe-on surfaces, but you might want to test a small area first, as CD can have a color-lightening effect on some fabrics and other materials. Get a humidifier if you don't have one, and start using it regularly to keep your bedroom a healthful, germ-free environment! Stay safe and spread the word!

How to Use a CD Atomizer To Cleanse Nasal Passages and Sinuses

Watch the Video Here:

<https://www.kerririvera.com/covid19-health-tips-use-a-cd-atomizer-to-cleanse-nasal-passages-sinuses/>

It is easy to fill a nose atomizer with CD and water to make a gentle and effective nasal rinse. Just mix 2 drops of activated CD (*that has turned yellow*) with 2 fluid ounces of pure water. I recommend using bottled/distilled water to avoid introducing any unnatural pollutants into your body this way. Once the solution is in the bottle, simply squirt and gently inhale (*sniff in*) the mist into your nasal passages and sinuses. **DO NOT ADD TOO MANY DROPS.** CD must always be diluted with plenty of water before breathing/sniffing or it can be harmful.

You may detect the smell of CD. This is fine and you are getting a small dose into your lungs and respiratory system as well. You may also taste the CD in the back of your throat, if it washes down with mucus (*post nasal drip*) and goes into your stomach. This is perfectly fine as CD is effective and helpful when swallowed as well as inhaled in small amounts.

Use a CD Atomizer to Treat Your Sinuses For Colds and Allergies, Too

If you have a lot of mucus in your sinuses, for example, if you are suffering from allergies or a cold, this is a great treatment to use. Mucus is produced when the body is trying to wash away contaminants and irritants. You can sterilize/clean the pollens, allergens and germs in your sinuses (*and help out the body's natural immune system*) by introducing CD in this manner on a regular basis while symptoms persist. For more information on how to treat common ailments at home, remember to pick up a hard copy or PDF copy of my new book here: [Alternative First Aid Reference Guide](#). Stay safe and spread the word!

Inhalation of Chlorine Dioxide Is An Excellent Way To Target Lung Infection

We all know by now that Corona Virus attacks the lungs. This can be very dangerous for people with pre-existing health conditions, compromised immune systems, and people who have smoked and/or have heavy airborne chemical/pollution exposure. The good news is that there is an inexpensive, easy way (*no electricity required*) to use chlorine dioxide gas to kill pathogens in the lungs and help the body target that region for more rapid detoxification.

I suggest using a simple passive inhaler to breathe in heavily-diluted chlorine dioxide gas for about 10 minutes per day as a preventative measure. (*This would be good to do after potential exposure, for example, nursing an ill family member, going out to the store or other potentially unclean areas, etc.*)

See the instructions below for how to do this. Remember you must always dilute the chlorine dioxide with plenty of water. If you are sick/symptomatic consider doing this more often – even constantly during the time you are awake and able to situate yourself with the inhaler in front of you. It will help break up the pathogens causing the problems. Be sure to inhale through both the nose and the mouth, to target pathogens in both areas (*sinuses, back of throat*).

How To Use A Hot Water Inhaler For Lung Infections and Coughs

Click here to watch video:

<https://www.kerririvera.com/japanese-study-links-cd-inhalation-with-virus-resistance/>

Start with 1 drop of chlorine dioxide in a bowl of hot, steamy water. You can potentially go up to 3 drops, but do not exceed that amount. **Too much CD can be irritating to the eyes, sinuses and lungs.** If you need a stronger dose, go for a longer exposure time. Do not add more CD drops to your bowl of water. The article I mention below states that the maximum safe long term-exposure level for humans is 0.1 ppm. **It is always better to go low-and-slow.**

The water will cool (*producing less steam*) and the CD will dissipate and lose effectiveness over time, so for ongoing use, replenish frequently. If you do not have the type of plastic bowl and inhalation nozzle seen in my video, a common substitute is filling the sink (*or a bowl*) with hot water and putting a towel over your head to trap the steam/vapors and then bending over the bowl/sink to breathe them in for a period of time.

Can Kerri's Latest Book Help You Recover From Your Health Problems Naturally?

I hope you have learned a lot about how to help your family in times of crisis - including a global pandemic - with this [Corona Virus Rescue Handbook](#). In my new book, which couldn't have been released at a better time, I go into even more protocols like these, for all sorts of health problems. From every day first aid, to more serious and chronic conditions. This is a good book to keep on hand to help your family take responsibility for their own health.

“Are you ready to learn the truth about the future of health and healing?

Neither should be as complicated or as costly as we have been led to believe.”

- Kerri Rivera -

The book is called [Alternative First Aid Reference Guide for Campers, Preppers and Household Use](#). You can get your first-run copy here: <https://www.kerririvera.com/new-book-release-alternative-first-aid-reference-guide/>

It is currently available in English, Spanish and Portuguese as an ebook or paperback version. This book is designed to help you use the safe, natural products we recommend for a variety of every-day health conditions. (*And global pandemics, too! I'm looking at you, Corona Virus!*) The baseline protocols involve affordable, easily-available (for now!) compounds that you can use every day for general health, and keep a reserve supply on hand for emergencies and extreme situations. You will find it especially helpful for strengthening your immune system and fighting off viruses during this pandemic coronavirus scare. In addition, we've included sections on:

İ - **Skin problems:** Moles, sores, skins, rashes, skin tags and eczema

İ - **Ear Nose and Throat Concerns:** Colds, flu, ear pain, congestion and allergies

İ - **Digestive Issues and Detox:** Constipation, Diarrhea, Hemorrhoids

İ - Teeth and Gum Health

İ - **Chronic Health Concerns:** Cancer, Chronic Fatigue

İ - **Acute Infection:** Malaria, Shingles, Dengue Fever

İ - **Traditional First Aid:** Burns, Bruises, Pain and Stroke

Get your copy here:

<https://www.kerririvera.com/new-book-release-alternative-first-aid-reference-guide/>

We have also included a chapter on **water purification** (*especially for emergencies*), **detoxification** and avoiding additional toxic exposure. If you have an **emergency preparedness** plan (*you should*) we have instructions for what to have in your bug-out bag or camping knapsack, and what precautions to take when you're traveling in airplanes.

The Most Important Health Supplies

If you've been on any of my protocols before, you probably have most of what you'll need already on hand. Many important supplies are available at KetoKerri.com. If not, this book will provide an important shopping list to stock your natural health pharmacy and help you learn how to start using some of my protocols for a variety of day-to-day health concerns. In using these remedies to help families with autism for so many years, I have learned that they are helpful and powerful for a wide variety of situations.

In fact, in addition to my autism consulting practice, I have started helping many people who are suffering from a wide variety of other health conditions including cancer, obesity, diabetes, and fibromyalgia, Lyme disease, and chronic fatigue. What I teach is not "standard of care" medicine at the doctors office ... doctors are not allowed to tell you about many of these remedies and protocols, in some cases. Nevertheless, they are in wide use around the world and the results are in – this stuff works! You can get your copy today:

<https://www.kerririvera.com/new-book-release-alternative-first-aid-reference-guide/>

Special Note About Corona Virus

We are concerned that many people around the world are being exposed to Corona virus. Even if you do not have any symptoms of COVID19 (*such as a dry, hacking cough, fever, and breathing difficulty*), you may be a silent carrier, as the virus has a long silent incubation period and young and healthy people may not exhibit severe symptoms in any event. Children may remain symptom-free altogether. Nevertheless, I recommend everyone treat themselves with health-promoting anti-viral measures as a way of killing any low-level virus they may be incubating (*before it gets bad*) and also to avoid unknowingly spreading the pathogen to a more vulnerable population – like the old and sick.

Thank you for being cautious. My antiviral protocols will be helpful to your health whether or not you are a silent carrier of Corona Virus. Please help me distribute this information to your friends, neighbors, and family members. These books are now printed and available. Your health is too precious to risk. Please act now before things get worse.

Get your copy here: <https://www.kerririvera.com/new-book-release-alternative-first-aid-reference-guide/>

About the Author:

Kerri Rivera is an author, speaker, health consultant (*i.e. homeopathic doctor*) and autism mom. **She has helped over 800 kids (ages 6 months - 32 years old) recover from autism.** After her son was diagnosed with autism in 2004, she began treating him with the standard DAN biomedical interventions popular at the time. He was a "non-responder" and after years of treatment his results were disappointing.

In desperation, she prayed for a solution to her son's health problems. Asking God to help her find something that would help her son and that she could share with others; a solution that would be affordable and accessible around the world and effective in relieving the autism symptoms affecting an increasing number of the world's youth.

Finding Chlorine Dioxide shortly thereafter, she tried it on herself and with her son. He had an immediate and obvious improvement in symptoms. The veil of autism was lifted and he began speaking in ways he hadn't for years. Kerri knew she was on to something and began to share her discovery with the world.

In 2014 Kerri's Book, Healing The Symptoms Known As Autism, was published on Amazon, becoming a #1 Best Seller in the Health category before being banned in 2019 when Amazon began a dramatic purge of literature focusing on natural health. The book itself, translated into 7 languages is filled with testimonials from happy families and racked up scores of additional positive online reviews from people who had never met Kerri, but were benefiting from her protocol as spelled out in the book. Shop for "**Healing The Symptoms Known As Autism,**" here:

<https://cdautism.org/shop/healing-the-symptoms-known-as-autism-second-edition-ebook> ,

Social Media:

To support her growing following, Kerri created Facebook groups that attracted fans from around the world. In addition to English and Spanish-speaking groups (*Kerri is bilingual*), parents offered to help moderate groups in Arabic (*10K members*), Turkish (*12K members*) and Portuguese. Before being banned by Facebook in another drastic social media censorship sweep, Kerri's groups had between 50,000 and 100,000 followers.

Due to privacy concerns on social media, Kerri has now converted to meeting with families via an inexpensive paid membership group here: <https://www.kerririveraprotocol.com/home-page>. Through working with the families of her autistic clients, Kerri has seen dramatic improvements in health of individuals struggling with a variety of health concerns, not just autism. Her protocols are wondrously effective in treating several chronic diseases.

As a result, Kerri has published a new book, with broader appeal. Her latest book, **Alternative First Aid Reference Guide for Campers, Preppers and Household Use**, has just been released! You can get your first-run copy here: <https://www.kerririvera.com/new-book-release-alternativefirst-aid-reference-guide/>

This book is designed to help you use the safe, natural products we recommend for a variety of everyday health conditions. Through her direct [one-on-one skype consultations](#), Kerri has worked with, and seen recoveries of, the following conditions:

- Lyme Disease
- Prostate Cancer
- Chronic Fatigue Syndrome
- Fibromyalgia
- Hypothyroidism
- Hashimoto's Disease
- Multiple Sclerosis
- Influenza
- Viruses
- Candidiasis
- Mold Toxicity
- Small Intestinal Bacterial Overgrowth (*SIBO*)
- PANDAS
- Bio-polar Disorder
- And More...

Kerri believes that illness has a root in pathogens and inflammation. Chlorine Dioxide removes pathogens, and along with the rest of her protocol, helps allow the body to heal itself.

Media Appearances

Kerri has been a guest on a variety of podcasts and video interviews with hosts such as:

- Mike Adams - Natural News, The Health Ranger
- John B. Wells - The John B. Wells Program: Caravan To Midnight
- Sarah Westall - Business Game Changers: Innovation, Disruption, and The Big Issues
- Sean Turnbull - The SGT Report
- Dr. Alan Keyes, Former U.S. Ambassador - Sovereign Nations
- Bob Sisson - Bob The Plumber, IAMtv
- Mark Grenon - Genesis 2 Church
- Richard Sacks - Lost Arts Radio
- Patrick Timpone - The Morning Show at One Radio Network
- Justin Stellman - Extreme Health Radio
- Dustin Nemos - Political, Economic, Cultural, Historical, Health Commentary Vlogging

Live Speaking Events

Rivera has also been a repeat-appearance live speaker at Autism One Conferences in Chicago, an event featuring other luminaries in the field such as Dr. Klingardt, Dr. Bradstreet, Robert F. Kennedy, Jr. and Dr. Amy Yasko.

Video Archive

To see a collection of some of Kerri's video interviews, visit this page: <https://www.kerririvera.com/full-list-videos> or take a look at her Brighteon Channel here: <https://www.brighteon.com/channel/kerrion24>.

Controversial But Effective

Kerri's protocol is controversial because it works. As evidenced by the rampant censorship the natural health industry has faced online in recent years, the information we need in order to get and stay healthy is getting ever-more-difficult to disseminate. Kerri wants people to remember that we have the tools to heal ourselves and our families. We just need to work together to get this information to be more widely known.

Websites:

- KerriRivera.com
- TheTruthAboutChlorineDioxide.com
- AutismDebate.com
- CDAutism.org