



Author

Theresa AuCoin

M.ED., CHHP, Certified Nutritional Consultant

TABLE OF CONTENTS

PREFACE	3
DISCLAIMER	3
INTRODUCTION	4
COVID SYMPTOMS	5
KNOW THE COVID STATS!	6
Three Main Stages of Covid	7
PREVENTION AND EARLY TREATMENT ARE KEYS TO YOUR SUCCESS	8
SUPPLEMENTS	9
ANTIVIRALS AND MORE	12
FOOD CHOICES	15
EXERCISE	17
SLEEP	17
INTENTIONAL STRESS REDUCTION	17
HEALING FROM COVID-19 SYMPTOMS	18
FEVERS	18
IMPORTANT NOTES ON SUPPLEMENTS	20
SOURCES FOR IVERMECTIN, HYDROXYCHLOROQUINE, AND MORE	20
TELE-MED SOURCES	22
NEBULIZING	23

WELLNESS & HEALING PROTOCOLS

USEFUL EQUIPMENT	24
WELLNESS ELIXIRS	24
MATH + HOSPITAL TREATMENT PROTOCOL FOR COVID-19	25
RESOURCES	25
ENDNOTES	27

PREFACE

The information in this document is compiled from these resources:
I-MASK+ Prevention & Early Outpatient Treatment Protocol for Covid-19
I-MATH+ Hospital Treatment Protocol for Covid-19
FLCCC (Front Line Covid-19 Critical Care Alliance)
AAPS (Association of American Physicians and Surgeons)
AFLDS (America's Frontline Doctors)
The New World Council For Health
MD's who have had tremendous success in treating patients with covid-19 symptoms.

DISCLAIMER

The information in this document is solely for educational purposes regarding potentially beneficial therapies for COVID-19.
Never disregard professional medical advice because of something you have read here or on our website.
It is not intended to be a substitute for professional medical advice, diagnosis, or treatment in regards to any patient.
Treatment for an individual patient should rely on the judgement of your physician or other qualified health provider.
Always seek their advice with any questions you may have regarding your health or medical condition.

WELLNESS & HEALING PROTOCOLS

Please note our full disclaimer at:

<https://yourhealthdefender.com/medical-disclaimer/>.

INTRODUCTION

What can you do to prevent getting the virus? A lot! This is called taking “**prophylactic**” measures to prevent getting sick. **You can positively improve your immune system, starting today!**

What can you do if you get sick with the virus? There are **healing measures** you can do at home and there are prescriptions your MD can order for you, if needed. I have found that the integrative, or functional, or holistic doctors will order the currently suppressed medications for you. If your MD will not, there are [tele-med resources](#) for MD's who can treat you via phone conversations and calling in prescriptions for you.

What if you are vaccinated? Do you still need to take measures to prevent the virus? **ABSOLUTELY.** It has been acknowledged that the **vaccines do not prevent transmission** nor do they prevent you from getting the illness. Some have suggested that you may have less severe symptoms being vaccinated. I'm not personally convinced about that because I've yet to see any substantial studies on this and more so because of ADE / Antibody Dependent Enhancement or pathogenic priming. This is when a vaccinated person encounters the wild virus they were vaccinated for and they actually become much sicker than they would have unvaccinated. That is what happened in the animal studies for the earlier attempts at this type of covid vaccine. All the animals developed antibodies, but when they were exposed to the very illness they were vaccinated for, they got very sick and most died. There were no animal studies done with the covid vaccines currently being used. The animal studies were skipped. Please learn more about ADE - for yourself if you are vaccinated, AND for your family and friends who are vaccinated. Dr. Malone, an inventor of the mRNA vaccines explains in this [VIDEO](#).

It's important for us all to realize that other countries have been more truthful and factual in reporting “breakthrough” cases, which are vaccinated people getting sick with Covid-19. Here is a recent article from the UK stating that 80% of Covid Deaths in August Were People Who Had Been Vaccinated According to Public Health Data.

WELLNESS & HEALING PROTOCOLS

<https://theexpose.uk/2021/09/08/exclusive-80-percent-of-covid-19-deaths-in-august-were-people-who-had-been-vaccinated/> In the US the CDC changed the definition of an **unvaccinated** person to include everyone who is partially vaccinated and everyone who is fully vaccinated who is within 14 days of their last shot. That changed the reporting here in the US of breakthrough cases. The Expose UK reports that 80% of Covid-19 deaths in August were people who had been vaccinated.¹ This simply means that EVERYONE, vaccinated or not, must be aware of the importance of supporting their immune system. The vaccines are not protecting people from transmitting nor from incurring Covid-19. So let's ALL support our immune systems!

COVID SYMPTOMS

Do you have Covid Symptoms or the Flu?

That's a great question and one that is not easily answered because the PCR tests do not differentiate between the flu and covid-19.² The good news is that the wellness and early treatment protocols can help both.

Here are Covid symptoms:

Common:

- Dry cough
- Tiredness
- Fever
- Chills at night, sudden onset of sweats during the day

Less Common:

- Sore throat
- Diarrhea, nausea, vomiting, and other gastrointestinal issues
- Conjunctivitis ("pink eye")
- Headache
- Muscle aches, body aches
- Skin rashes
- Discoloration of fingers or toes
- Loss of taste and/or smell

WELLNESS & HEALING PROTOCOLS

- Drop in blood oxygen concentration

Serious:

- Chest pain and/or pressure
- Loss of speech and/or movement
- Loss of focus, difficulty with concentration and memory
- Rapid heart rate, palpitations
- Shortness of breath and/or trouble breathing

Although some of the symptoms are the same and similar to the flu, *Covid-19 symptoms can be different from the flu* in a couple of important ways because Covid-19 triggers 2 responses worse than the flu: 1) an **exaggerated inflammatory response** causing damage to critical organs, and 2) an **exaggerated blood-clotting** response leading to multiple blood clots in the lungs, brain and other organs. So let's each take the prevention and early treatment suggestions seriously.

WHAT ABOUT CONTAGION AND EXPOSURE TIMES?

- ❖ It usually takes between 5-6 days from exposure for symptoms to appear, but can take up to 14 days.
- ❖ An infected person can be contagious to others for up to 2 days prior to symptoms appearing.
- ❖ An infected person can be contagious to others for 10 to 20 days, depending on their own immune system and severity of their illness.

Let's first focus on PREVENTING getting sick!

KNOW THE COVID STATS!

You likely already know this, but in case you don't and/or as a reminder, here are the chances of you dying from covid:

- ❖ 75 years old & older incur the majority of deaths, especially those with 2.5 other medical conditions.
- ❖ Under 50 years old with covid symptoms - 0.05%

WELLNESS & HEALING PROTOCOLS

- ❖ Under 18 years old with covid symptoms - near 0% Those under 18 who die from covid have severe underlying medical conditions.
- ❖ Children? Roughly 7 times more children die from the flu than from Covid-19.

In summary, approximately 99.9%+ of people who contract Covid will have mild to moderate symptoms, recover, and have strong immunity.

Three Main Stages of Covid

1. The Viral Phase (Days 1-5)

Symptoms include sore throat, nasal stuffiness, fatigue, headaches, body aches, loss of taste and/or smell, loss of appetite, nausea, diarrhea, fever. This is the viral infection & replication phase, which needs to be treated ASAP, at the time of diagnosis, with drugs with antiviral action.

2. The Inflammation Phase (Days 5-10)

The flu-like symptoms may continue. Your body's immune system response has geared up to fight the infection. Inflammation in the lung cells may lead to feeling breathless. You may also experience worsening coughing and/or difficulty breathing, chest heaviness or tightness or chest pain. As inflammation damages the airways interfering with normal oxygen-carbon dioxide exchange, blood oxygen levels can drop and people can experience drowsiness, confusion, loss of focus, difficulty concentrating, low energy and severe fatigue. The exaggerated inflammation response in Covid further increases the risk of blood clots.

According to the Association of American Physicians and Surgeons, your MD may add these prescriptions and support during Phase Two:³

WELLNESS & HEALING PROTOCOLS

- nebulized budesonide to help penetrate the lungs and reduce inflammation
- oral prednisone, methylprednisolone, dexamethasone
- colchicine – may also be added to reduce inflammation
- full strength adult aspirin 325 mg to reduce inflammation and risk of blood clots
- home oxygen concentrator may be needed to improve oxygen levels (requires physician prescription)

3. The Hyper-Inflammation / Clotting Phase (Up to 30 days)

Symptoms seen in Stage 2 intensify. Difficulty breathing becomes extreme, oxygen levels drop sharply, risk of heart attack or stroke increases. Hopefully you will be well prior to this phase. But if not, according to the Association of American Physicians and Surgeons, your MD should consider these medications being added:

- Aspirin 325 mg unless told not to take by your doctors
- And/or low molecular weight heparin injections (e.g. enoxaparin[Lovenox])
- OR apixaban (Eliquis), or rivaroxaban (Xarelto), or dabigatran (Pradaxa) or edoxaban (Savaysa) in standard doses for 5 to 30 days

If these added steps do not lead to improvement, or the patient becomes unstable, a 911 call is warranted for ER evaluation and hospital admission. Please see the MATH+ Hospital Treatment Protocol on page 18.

PREVENTION AND EARLY TREATMENT ARE KEYS TO YOUR SUCCESS

Prevention & treatment with over-the-counter (OTC) medications & supplements need to be taken every day, without interruption, irrespective if healthy, vaccinated or not, or sick with Covid.

WELLNESS & HEALING PROTOCOLS

SUPPLEMENTS

Prevention and early treatment include supplements that should be taken EVERY day. This supplement list comes from many doctors and health professionals. I highly recommend that you work with your own holistic/functional/integrative health professional to assess your levels of these nutrients and adjust accordingly.

When experiencing an acute immune issue (covid-19), continue the same supplements and consider increasing some, especially Vitamin C.

SUPPLEMENTS		
SUPPLEMENT	PREVENTION/ PROPHYLACTIC PROTOCOL	WHY?
Vitamin D3 with K2	3000iu - 5000iu / day	More than 80% of sick covid patients are Vitamin D deficient. This is the sunshine vitamin (actually a hormone) that is crucial for your immune system. Getting your Vitamin D levels checked is really important to know how much to supplement. K2 helps draw calcium away from your arteries and soft tissues (where calcium can be harmful), directing it toward your bones and teeth, where it can be properly absorbed.
Magnesium	500mg / day	Magnesium is important for Vitamin D to work well and studies show it protects against blood clotting.
Zinc	30mg - 40mg / day	Zinc stops the virus from replicating! But it has difficulty penetrating the cell to get to the virus. That is why Quercetin is on the list!

WELLNESS & HEALING PROTOCOLS

Quercetin	250mg - 500mg / day	<p>Quercetin opens up the cells to let the zinc in!</p> <p>Zinc is the bullet and quercetin is the gun!</p> <p>Similar to hydroxychloroquine but not as strong.</p>
Vitamin C	500mg - 1000mg / day (Intravenous dosing of Vitamin C can achieve much higher absorption levels than oral dosing.)	<p>Among many other things, Vitamin C has been shown to improve the ability of white blood cells, your first line of defense, to seek out and destroy foreign invaders. It's been known for over 20 years that patients with infectious diseases have low circulating levels of Vitamin C. It's VERY important to your immune system.</p> <p>After positive findings were reported to the government of Shanghai, China announced a recommendation that all patients with Covid-19 be treated with high doses of intravenous Vitamin C.</p>
Melatonin	3mg - 10mg at bedtime	<p>Melatonin, the sleep hormone, helps modulate your immune system, especially by suppressing cytokine storms to prevent progression of acute respiratory distress syndrome and respiratory failure. Babies and children have high levels of melatonin and as we age, we have less and less. The fact that young children have such high melatonin levels explains why they show very mild symptoms, if any, after Covid-19 infections. Melatonin must be supported by ascorbic acid / Vitamin C.</p>
NAC N-acetylcysteine	600mg / day	<p>NAC has antioxidant, anti-inflammatory and immune-modulating characteristics that may prove beneficial in the treatment and prevention of SARS-Cov-2. It also encourages healthy glutathione levels and</p>

WELLNESS & HEALING PROTOCOLS

		promotes bronchial, respiratory, liver and immune health.
B Complex	Follow instructions on your bottle	B vitamins support our energy and stress control. A full spectrum B with biotin and all the other B vitamins is important because the B vitamins work synergistically together.
ACF by Buried Treasure	Follow instructions on your bottle	This is an overall immune boosting formula that my family keeps on hand at most all times. It's composed of high-quality herbs, plant-based naturally sourced vitamins and minerals. It's fast acting immune support, but I'm warning you, it tastes fairly nasty.

WELLNESS & HEALING PROTOCOLS

ANTIVIRALS AND MORE

ANTIVIRALS AND MORE	
<p>Ivermectin with Azithromycin (See calculation chart for Ivermectin)</p> <p align="center">Chronic Prevention 0.2 mg/kg per dose twice a week as long as disease risk is elevated in your area</p> <p align="center">Post Covid-19 Exposure Prevention: 0.4 mg/kg per dose. One dose today, repeat after 48 hours.</p> <p align="center">Acute Immune Issue - Hospitalized MATH + Protocol calls for 0.6 mg/kg per dose - daily for 5 days or until recovered</p>	<p>These antivirals stop the virus from</p> <p>1) entering the cells and</p> <p>2) from multiplying once inside the cells, and they reduce the bacterial invasion in the sinuses and lung:</p> <p>Ivermectin with azithromycin (AZM) or doxycycline</p> <p align="center">Or</p> <p>Hydroxychloroquine (HCQ) with azithromycin (AZM) or doxycycline</p> <p>Dosing Ivermectin is important and based on body weight. A dosing chart is below.</p> <p>Both the Ivermectin or Hydroxychloroquine combination should include zinc plus Vitamin D and Vitamin C, as listed above.</p> <p>Some MD's also recommend adding B complex.</p> <p align="center">The Zinc is critical. It helps block the virus from multiplying. Hydroxychloroquine is the carrier taking zinc INTO the cells to do its job.</p> <p align="center">See sources for ivermectin and hydroxychloroquine on pages 19-21.</p>
OR	
<p align="center">Dr. Vladimir Zelenko, M.D.'s Outpatient Treatment:</p> <p align="center">Hydroxychloroquine 200mg twice/day for 5 day</p> <p align="center">Azithromycin 500 mg once/day for 5 day</p> <p align="center">Zinc sulfate 220mg once/day for 5 days</p> <p>https://www.facebook.com/covid19win/photos/121708892816495</p>	
ANTI-COAGULANTS	
<p align="center">Aspirin 325mg / day (unless contraindicated)</p>	<p>Aspirin is not recommended for those on blood thinners.</p>

WELLNESS & HEALING PROTOCOLS

OR			
<p>Nattokinase Start with dosage recommendations on the bottle.</p>	<p>Nattokinase is an enzyme (a protein that speeds up reactions in the body) that is extracted from a popular Japanese food called natto. Natto is boiled soybeans that have been fermented with a type of bacteria.</p> <p>The human body produces several types of enzymes for making thrombus (blood clots), but only one main enzyme for breaking it down and dissolving it - plasmin. The properties of nattokinase closely resemble plasmin. According to Dr. Martin Milner, from the Center for Natural Medicine in Portland, Oregon, what makes nattokinase a particularly potent treatment, is that it enhances the body's natural ability to fight blood clots in several different ways. Because it so closely resembles plasmin, it dissolves fibrin directly. In addition, it also enhances the body's production of both plasmin and other clot-dissolving agents.</p> <p>Plus it produces a prolonged action, lasting longer than other options.</p> <p>Nattokinase is not recommended for those on blood thinners nor those with low blood pressure as it is known to lower blood pressure.</p>		
<p><i>Covid-19 spreads via airborne transmission. So how do you get Covid-19? Through your orifices: nose, mouth, eyes. The highest viral load has been shown to be in nasal passages! So protect your nasal passages, your mouth, and your eyes!</i></p>			
<p>Argentyn 23 Silver (Professional Bio-Active Silver Hydrosol) “Colloidal Silver”</p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; padding: 5px;"> Immune Building— 1 teaspoon (or equivalent in sprays), hold under tongue for 30 seconds, swallow, 3 times per day </td> <td style="width: 50%; padding: 5px;"> Acute Immune Issue - 1 teaspoon (or equivalent in sprays), hold under tongue for 30 seconds, swallow, 7 times per day </td> </tr> </table>	Immune Building— 1 teaspoon (or equivalent in sprays), hold under tongue for 30 seconds, swallow, 3 times per day	Acute Immune Issue - 1 teaspoon (or equivalent in sprays), hold under tongue for 30 seconds, swallow, 7 times per day
Immune Building— 1 teaspoon (or equivalent in sprays), hold under tongue for 30 seconds, swallow, 3 times per day	Acute Immune Issue - 1 teaspoon (or equivalent in sprays), hold under tongue for 30 seconds, swallow, 7 times per day		

WELLNESS & HEALING PROTOCOLS

<p>Nasal Spray with Argentyn 23. (Professional Bio-Active Silver Hydrosol) “Colloidal Silver”</p>	<p>Prevention: Use the nasal applicator and spray into nostrils before and after being around crowds. (I also use a dropper and put a drop in my eyes.)</p>	<p>Acute Immune Issue - Use nasal applicator and spray into nostrils several times a day. (I also use a dropper and put a drop in my eyes.)</p>
<p>AND/OR</p>		
<p>Nasal Spray with Xlear</p>	<p>The xylitol and grapefruit seed extract ingredients in Xlear have been shown in studies to improve covid-19 patient outcomes as an adjunct therapy.</p>	
<p><i>You can also chew gum sweetened with xylitol, which is by the way, much better for us than artificial sweeteners like aspartame.</i></p>		
<p>Mouthwashes</p>	<p>Twice/day gargle with antiseptic mouthwash with cetylpyridinium chloride (Crest™, Act™, Scope™), or 1% providone/iodine solution or Listerine™ with essential oils.</p>	
<p><i>Of course, keep the good hand washing hygiene going too.</i></p>		

WELLNESS & HEALING PROTOCOLS

Calculation for ivermectin dose (0.2 mg per kg)

Body weight Conversion: 1 kg \approx 2.2 lbs (doses calculated per upper end of weight range)		Dose 0.2 mg/kg \approx 0.09 mg/lb (Each tablet = 3 mg; doses rounded to nearest half tablet above)	
70–90 lb	32–40 kg	8 mg	(3 tablets=9 mg)
91–110 lb	41–50 kg	10 mg	(3.5 tablets)
111–130 lb	51–59 kg	12 mg	(4 tablets)
131–150 lb	60–68 kg	13.5 mg	(4.5 tablets)
151–170 lb	69–77 kg	15 mg	(5 tablets)
171–190 lb	78–86 kg	16 mg	(5.5 tablets)
191–210 lb	87–95 kg	18 mg	(6 tablets)
211–230 lb	96–104 kg	20 mg	(7 tablets=21 mg)
231–250 lb	105–113 kg	22 mg	(7.5 tablets=22.5 mg)
251–270 lb	114–122 kg	24 mg	(8 tablets)
271–290 lb	123–131 kg	26 mg	(9 tablets=27 mg)
291–310 lb	132–140 kg	28 mg	(9.5 tablets=28.5 mg)

FOOD CHOICES

I'm going to start out by playing the "blame game" for us all. I largely put the blame on the terrible food choices that too many make on Big Food, Big Ag, and Big Pharma. It's their fault. The food industry has and does deceive you into choosing terribly unhealthy foods. **But once you are aware, you are in charge** of protecting your own body from the fast foods, processed foods, the chemically laden foods, junk foods, sodas, and more. Doesn't the fact that the obese have a much more serious time handling this covid-19 virus speak volumes? Poor food choices lead to almost every negative health condition, including all the comorbidities surrounding covid-19 deaths. You are in charge of what you put into your mouth. How can you make the best choices? **Educate yourself.** I still do. Just saying choose healthy foods is not enough. What are healthy foods? Did you know that vegetable oil is one of the most detrimental and toxic items in your kitchen? I highly recommend

WELLNESS & HEALING PROTOCOLS

reading at least one of these right away: [Fast Food Genocide](#) by Joel Fuhrman, MD and/or [The Truth About Covid-19](#) by Dr. Joseph Mercola and/or [31-Day Food Revolution](#) by Ocean Robbins.

In the meantime, please know that there are **foods that strengthen your immune system and foods that weaken your immune system**. You are in charge. Here are a few healthy food choice rules to consider:

- A. **Eliminate junk foods, fast foods & sugary foods.** All the covid-19 comorbidities are created and/or made worse by these food choices. In addition, “even moderate consumption of fast food or commercial baked goods doubles the risk of developing depression, and just one serving of French fries per week has shown to increase risk of breast cancer by 27%.” Fast food today is like the asbestos of 20 years ago: a widely used silent killer.” **So remove or greatly reduce sugar, flour / wheat, processed & fast foods, and sodas.** Skip all the fruit juices too because they are basically flavored sugar water. Eat the whole fruit instead.
- B. **Consume whole real foods, including fruits, nuts, and whole plant foods, healthy animal products,** all sourced consciously, meaning organic, humane, non-GMO, and fair-trade foods whenever possible. What if “an apple a day” really does keep the doctor away? Did you know that one of the most healing foods on the planet are **organic bone broths?** Remember that chicken soup your grandmother made? It really does have healing benefits! Please stick to real foods as much as possible.
- C. **Eat fewer animal products, and make them all grass fed, humanely raised, without antibiotics.**
- D. **With seafood, skip the farm raised and watch out for mercury content.** Go wild caught & low mercury.
- E. **Skip the dairy.** Cow dairy milk, cheese, yogurt, etc. are very difficult to digest, making it a burden on your body. Goat dairy products are much easier to digest because the protein molecule is much smaller. In fact the molecular makeup of goat dairy is similar to human breast milk. Another fact to know is that all American dairy products have much higher allowable levels of “pus” and in addition American dairy

WELLNESS & HEALING PROTOCOLS

products still have added bovine growth hormones, which are banned in Europe. So skip the dairy or choose goat products or European products.⁵ Quick testimony to the benefits of skipping cow dairy products. My daughter suffered with sinus issues for years and years. She was a milk lover. When she stopped the cow dairy, her sinus issues resolved themselves quickly! No more drainage and nor more sinus issues! And no more cow milk!

- F. **Drink half your body weight in ounces every day.** No substitutes.
- G. **Skip all the traditional and diet sodas.** BOTH will make you gain weight and both are full of chemicals your body does not need.
- H. **Consider “intermittent fasting”** as this allows your body to re-set during the intermittent time span. It encourages the cleanup tool of your body called autophagy, when your body removes the damaged cell parts and recycles them to make new ones.

EXERCISE

Did you know that exercise improves your immune functions? Walking 30 minutes a day does wonders. Sun rays on your skin can help you make Vitamin D. A resistance training called BFR or blood flow restriction may help boost your immune system while you gain muscle mass. Using resistance bands is another way to be creative in your workouts. Just do something!!!

SLEEP

Many people have sleeping issues. Addressing these, so that you do get 7-8 hours of solid sleep is essential to your health. It's during your sleep that your immune system can gain optimal function. We heal when we are asleep. Think about this. When you are sick, don't you get sleepy? That's your innate immune system telling you to sleep! Lack of sleep promotes inflammation, promotes weight gain, and shortens life spans. SLEEP IS SO IMPORTANT!

INTENTIONAL STRESS REDUCTION

How you manage stress is a huge factor in your overall well being. During these covid-19 times who is not stressed? And when you are stressed, your

WELLNESS & HEALING PROTOCOLS

immune system's effectiveness is reduced. Stress increases inflammation too. Being stressful is no fun and can be miserable. What can help? That exercise we talked about above will help. Be consistent with it. Meditation can definitely be positive. I like the *Insight Timer app* for this. Reading, socializing with friends, immersing into a hobby, yoga, listening to music, reading are all ways to help you reduce stress. One thing that helps me is to TURN OFF mainstream negative news.

HEALING FROM COVID-19 SYMPTOMS

When you are sick, M.D.'s suggest continuing all the suggestions above with the exception of exercise. When you are truly sick, skipping the exercise to rest and sleep more is a must.

You also may want to increase some of the supplements, especially Vitamin C. Your need for Vitamin C can increase by large amounts when you are sick. So it makes sense to increase your intake. As you increase the Vitamin C, you may experience "bowel tolerance." This is indicated by mild gastrointestinal symptoms, like rumbling from the gastrointestinal tract, belching, flatulence, increased bowel movement and loose stools. If you do experience this, it is wise to reduce your intake so that these symptoms go away. I personally have reached bowel tolerance when taking 2,000mg of C every 2 hours when ill, and I simply reduced back to half that for a day, then dropped back to normal. It's really great that we can experience this to find out how much our body is actually using!

FEVERS

My friends, FEVERS ARE GOOD! **Fever activates your immune system**, particularly your killer cells so that they go after and destroy the pathogens! If you take a fever reducer, you are REDUCING and crippling your own immune system, prolonging your illness! So *unless your fever is high*, consider enduring it to get well faster! Many health professionals state that adult fevers are normally between 100 and 104 degrees Fahrenheit. If your fever is higher than 103 degrees Fahrenheit, you should call your healthcare provider.

WELLNESS & HEALING PROTOCOLS

When fever reducers are needed, please know that acetaminophen actually depletes the body of glutathione, the most important antioxidant that your body makes! As with every medication, there are potential benefits and risks. Acetaminophen should be used as a last resort. Ibuprofen and other non-steroidal anti-inflammatory drugs (NSAIDs) are a common cause of kidney failure in the US. All that to say, use drugs as a last resort, but use them when necessary. You may want to consider the homeopathic fever reducers, like Hyland's Fever Reducer.

Below are suggested ways to reduce a fever without drugs from many holistic MD's:

1. **Rest and sleep** to allow your body to repair and restore. When you sleep, your body makes more white blood cells that can attack viruses and bacteria!
2. **Hydrate.** Fluids can help remove the toxins! Stick to WATER! Sports drinks, fruit juices are full of sugars and bacteria live on sugar!
3. Consume bland **easy to digest foods**, like bone broth, bananas, gluten free oatmeal.
4. Consume **probiotics**, which help support your immune system and help heal your gut, where 70% of your immune system is located! More probiotic building options include drinking Kombucha, consuming miso soup, kefir, sauerkraut or kimchi, and yogurt.
5. Take a **lukewarm / tepid bath** or sponge bath. Cold baths and icy baths and alcohol rubs are no longer recommended. Adding Epsom salt can help soothe muscles and an aching body. Dr. Brownstein recommends a bath with 2 cups of Epsom salts and 2 cups of over-the-counter hydrogen peroxide in the water.
6. Even when experiencing chills, **do not overdress** and bundle up with blankets.
7. Try some of the **"wellness elixirs"** listed on page 23.

Always consult your health practitioner.

IMPORTANT NOTES ON SUPPLEMENTS

You know the old adage, *“You get what you pay for?”*

Well, that couldn't be more true than in the world of supplements.

Supplements seem to be available at most grocery stores, walmart, target and local pharmacies, most at rock bottom prices. The quality of many of these products are less than optimal, some not even absorbing much in the body and filled with additives that harm the body. Many of these manufacturers produce subpar supplements from China and most haven't gone through adequate testing. Quality matters a lot.

So, it's critical to consume only high grade supplements to ensure your body is getting what you need.

I know it can be intimidating and time consuming to do research on which brands and manufacturers are the best, and most people don't have that time. The higher grade products are not available in big-box stores, which is frustrating and less than convenient I know.

I've spent years vetting and sourcing the best options so you don't have to. I've partnered with one of the top corporations that **only sell quality products**, typically direct to Medical Professionals, and now you have that same access to the best of the best.

Visit: <https://YourHealthDefender.com> - Shop.

Right now there's a 15% discount to help you and your family!

SOURCES FOR IVERMECTIN, HYDROXYCHLOROQUINE, AND MORE

Ivermectin: Is it safe for humans? Please turn off mainstream media if that's your “trusted” source of information. The use of Ivermectin has been used for decades on humans. There has been much conflicting information about this

WELLNESS & HEALING PROTOCOLS

drug, so let's take a minute to look at some important facts about ivermectin.

What is ivermectin? Ivermectin was isolated from soil bacteria in Japan 40 years ago by Dr. Satoshi Omura. It has been prescribed nearly 4 billion times to humans since 1987. It has saved millions of lives from parasitic and viral infections. In fact, **Dr. Omura won a Nobel Prize** for it in 2015. Studies have shown that ivermectin inhibits replication of SARS-CoV-2 and seasonal influenza viruses, and it inhibits inflammation through several pathways, and it lowers viral load, and it protects against organ damage, and it prevents transmission of SARS-CoV-2 when taken before or after exposure, and it speeds recovery and lowers risk of hospitalization and death in COVID-19 patients. That's a long list of benefits, I'm sure you agree.

Yes, there is a version of ivermectin for horses and other animals, primarily for deworming them. Those versions may have other chemicals added to them and they are NOT recommended for human use. In the US, a prescription is necessary to get ivermectin. In many other countries it is easy to get and without a prescription. It is said to be safer than aspirin.

Please check this out for yourself - Breakthrough Drug: Ivermectin Shows 'Astounding' Results Against Coronavirus -

<https://www.newsmax.com/us/ivermectin-drug-virus/2020/05/22/id/968688/>

And this: Front Line Covid-19 Critical Care Alliance (FLCCC.net)

<https://odysee.com/@FrontlineCovid19CriticalCareAlliance:c/IVERMECTIN-FOR-PREVENTION:d?>

You may be asking, why is there such controversy about this if it is indeed so effective and safe? Could it be that **if** there is an acknowledged medicine that helps people with covid, then there can be no emergency use authorization or approval of a vaccine? As my friends say, just follow the money. There are many people in medicine and outside of medicine who are very angry about this. You can go to rumble.com or bitchute.com and search "ivermectin" and you will find MANY videos about this.

Ivermectin may be getting scarce so if you want it, please do not delay.

When you have an option to choose your pharmacy, you may have better luck choosing local pharmacies, rather than chains, like CVS. Some of the mainstream pharmacies will not fill ivermectin prescriptions unless it's for

WELLNESS & HEALING PROTOCOLS

lupus. (Since when did pharmacies even ask why a prescription was given to them to process?)

TELE-MED SOURCES

America's Frontline Doctors.

<https://aflds.cadencehealth.us/signup>

I used this one but they may be out of ivermectin.

You'll have the option to get a **prophylaxis** kit - which would be meds you take now to **prevent** getting sick. Otherwise if you want the meds to have on hand **in case you get sick**, answer **no** to that. You'll have the option to get the meds with or without an MD consult. It may be quicker to get your meds without a consult. Once your order goes through, a pharmacy will call you for your address to ship to and for your credit card for payment for the meds.

www.PushHealth.com is a source my daughter successfully used.

Here are More Telemedicine Resources for COVID treatment, however I have not vetted any of these. You may have to try several of these to find one that will work for you. Every day more limitations seem to be put on getting these medications. Remember, if any medication is proven to work for covid, that negates the need for a vaccine, and that is not in the good interest of pharma.

www.SpeakWithAnMd.com

www.FrontlineMDs.com

www.DrStellaMD.com

www.MyFreeDoctor.com

www.TruthForHealth.org

<https://text2md.com/i-mask-protocol/>

<https://mexipharmacy.mx/>

<https://www.canadianpharmacyking.com/Drug/Stromectol>

<http://parasitesotc.org/>

<https://stromectolfst.com/>

Physician Resource List by U.S. State

<http://aapsonline.org/covidearlytreatment>

NEBULIZING

Dr. Brownstein, Dr. Mercola and other MD's have endorsed nebulizing food grade hydrogen peroxide diluted to 1% to treat viral respiratory illnesses. In fact, Dr. Brownstein and his partners have successfully used nebulized peroxide for treating lung diseases for over 20 years. He states that this is one of the safest and most effective regimens for lung problems that they have seen.

Contents for Dr. Brownstein's nebulizing treatment:

- Sterile, normal saline solution
- Food grade hydrogen peroxide
- Lugol's 5% iodine solution

Use this chart to make your solution. Note that hydrogen peroxide is available in several concentrations.

Starting Peroxide Concentration	Hydrogen Peroxide	+	Saline	=	Ending Peroxide Concentration
3%	1/4 tsp	+	7 1/4 tsp	=	.1%
12%	1/4 tsp	+	5 ounces	=	.1%
36%	1/4 tsp	+	15 ounces	=	.1%

Once you have your solution made, Dr. Brownstein instructs his patients to put one drop of the 5% Lugol's solution into the cup. Then the combined hydrogen peroxide / iodine mixture should be nebulized until the mist is gone.

USEFUL EQUIPMENT

THERMOMETER

PULSE OXIMETER - clips on a finger to measure the oxygen saturation of the blood

NEBULIZER - used to deliver medication in the form of a mist into the lungs. Choose one with a face mask that covers your mouth and nose. Avoid handheld battery operated nebulizers, as they do not have enough power to supply a therapeutic dose of a treatment to the lungs. The pneumatic jet nebulizers are recommended (and they are usually the least expensive.)

WELLNESS ELIXIRS

Try the one(s) that appeal to you most.

- 8 ounces warm water, 1 T. apple cider vinegar, 1 T. fresh lemon juice, ¼ tsp ground ginger, ¼ tsp cinnamon, dash cayenne pepper, ½ tsp raw local honey (optional). Stir & sip.
- Add together: 1 inch fresh ginger juiced, 1 freshly squeezed orange, 1 freshly squeezed grapefruit.
- Honey ginger tea: Boil 1 tsp grated ginger in a cup of water for 2-5 minutes & strain. Add tsp honey.
- Garlic drink. Add 2-3 crushed pods of fresh garlic to ¼ cup warm water or add to any of the other wellness elixirs.
- Simple lemon water has benefits. Squeeze a fresh lemon in your glass of water or add it to a cup of warm water.
- Coconut oil is known for both antibacterial and antiviral properties, so including it in any of the elixirs may be beneficial. Or drink coconut water.
- “Fire Cider” is a vinegar infusion of spicy herbs and veggies that is beneficial to the circulatory and immune systems. Great tonic to prevent and improve illness. It can be purchased or homemade.

MATH + HOSPITAL TREATMENT PROTOCOL FOR COVID-19

If you did get sick with Covid-19 symptoms, hopefully the suggestions above have helped you get well quickly. If not, and if you need to be hospitalized, please review the MATH+ Hospital Treatment Protocol with your doctor or health professional. In fact, if you have not already discussed this treatment with your health professional, it's a good idea to do so *prior to you getting sick enough to be hospitalized*. Consult with your doctor, share the information on the following website and discuss with her/him:

<https://covid19criticalcare.com/covid-19-protocols/math-plus-protocol/>

The 'Front Line COVID-19 Critical Care Alliance' (FLCCC) is a 501(c)(3) non-profit organization dedicated to developing highly effective treatment protocols to prevent the transmission of COVID-19 and to improve the outcomes for patients ill with the disease. The MATH+ Hospital Treatment Protocol, developed by the FLCCC, was used to save critically ill patients and to prevent them from having to rely on ventilators to breathe.

Check out the protocol [HERE](#).

Please do not consider these protocols as personal medical advice, but as a recommendation for use by professional providers.

Some hospitals will allow nothing but the mainstream established protocol with Remdesivir and then a ventilator. The results of this treatment have been far less than desirable.

Please learn more about the current hospital treatment by Dr. Ardis [HERE](#):

<https://rumble.com/vmp6yl-dr-bryan-ardis-remdesivir-genocide.html>

RESOURCES

David Brownstein, M.D., [A Holistic Approach to Viruses](#) (Orchard Lake, Michigan: Medical Alternatives Press, 2021)

WELLNESS & HEALING PROTOCOLS

Dr. Joseph Mercola, [The Truth About Covid-19](#). (White River Junction, Vermont: Chelsea Green Publishing: London, 2021)

Joel Fuhrman, M.D., [Fast Food Genocide - How Fast Food Is Killing Us and What We Can Do About It](#) (New York, NY: Harper One, 2017)

Nattokinase. Potent Fibrinolytic Enzyme Extract of Traditional Japanese Food. Landmark Development for Cardiovascular Health.
https://www.springboard4health.com/notebook/health_nattokinase.html

Nattokinase. WebMD.
<https://www.webmd.com/vitamins/ai/ingredientmono-1084/nattokinase>

Magnesium & Vitamin D.

Jose L. Hernandez et.al., "Vitamin D Status in Hospitalized Patients with SARS-CoV-2 Infection" JCEM Journal of Clinical Endocrinology & Metabolism, Volume 106, Issue 3, (March 2021)

Vitamin D deficiency in covid patients
<https://academic.oup.com/jcem/article/106/3/e1343/5934827> (accessed September 20, 2021).

Why K2 with Vitamin D3

Ron Hunninghake, MD "Vitamins D3 and K2 - The Dynamic Duo" Riordan Clinic (2013) <https://riordanclinic.org/2013/10/vitamins-d3-and-k2-the-dynamic-duo/> (accessed September 20, 2021)

XLear - <https://xlear.com/science/> and
<https://www.cureus.com/articles/43909-potential-role-of-xylitol-plus-grapefruit-seed-extract-nasal-spray-solution-in-covid-19-case-series>

Argentyn 23 Silver

<http://docs.anovahealth.com/argentyn23/immunehealthwithsilverhydrosol.pdf>
And <http://docs.anovahealth.com/argentyn23/ar23brochure.pdf>

NAC / N-acetylcysteine

Shi Z, Puyo CA. N-Acetylcysteine to Combat COVID-19: An Evidence Review. Ther Clin Risk Manag. 2020 Nov 2;16:1047-1055. doi: 10.2147/TCRM.S273700. PMID: 33177829; PMCID: PMC7649937.

WELLNESS & HEALING PROTOCOLS

ENDNOTES

1. Daily Expose. September 8, 2021. "EXCLUSIVE - 80% of Covid-19 deaths in August were people who had been vaccinated according to Public Health Data"
<https://theexpose.uk/2021/09/08/exclusive-80-percent-of-covid-19-deaths-in-august-were-people-who-had-been-vaccinated/>
2. CDC - 07/21/2021: Lab Alert: Changes to CDC RT-PCR for SARS-CoV-2 Testing
3. The Association of American Physicians and Surgeons (AAPSONline.org)
<https://faculty.utrgv.edu/eleftherios.gkioulekas/zelenko/aaps-Guide-to-Home-Based-Covid-Treatment.pdf>
4. Ocean Robbins, *31-Day Food Revolution*, (new York: Grand Central Publishing, 2019): xii
5. Michael Greger, M.D., "How much pus is there in milk?" NutritionFacts.org,
<https://nutritionfacts.org/2011/09/08/how-much-pus-is-there-in-milk/>

The information in this document is solely for educational purposes regarding potentially beneficial therapies for COVID-19. Never disregard professional medical advice because of something you have read here or on our website. It is not intended to be a substitute for professional medical advice, diagnosis, or treatment in regards to any patient. Treatment for an individual patient should rely on the judgement of your physician or other qualified health provider. Always seek their advice with any questions you may have regarding your health or medical condition. Please note our full disclaimer at: <https://yourhealthdefender.com/medical-disclaimer/>.