

Covid Treatment Protocol

Coronaviruses are a family of viruses that can cause illnesses such as the common cold, severe acute respiratory syndrome (SARS) and Middle East respiratory syndrome (MERS). In 2019, a new coronavirus was identified as the cause of a disease outbreak that originated in China. SARS COVID

Symptoms

Signs and symptoms of coronavirus disease 2019 (COVID-19) may appear two to 14 days after exposure. This time after exposure and before having symptoms is called the incubation period. You can still spread COVID-19 before you have symptoms, called presymptomatic. Common signs and symptoms can include: fever, tiredness, cough.

Early symptoms of COVID-19 may include a loss of taste or smell. Other symptoms can include:

- Shortness of breath or difficulty breathing
- Muscle aches
- Chills
- Sore throat
- Runny nose
- Headache
- Chest pain
- Pink eye (conjunctivitis)
- Nausea
- Vomiting
- Diarrhea
- Rash

This list is not all inclusive. Children have similar symptoms to adults and generally have mild illness. The severity of COVID-19 symptoms can range from very mild to severe. Some people will have only a few symptoms, and most people will have no symptoms at all, also called asymptomatic. Few people will experience worsened symptoms, such as worsened shortness of breath and pneumonia, about a week after symptoms start. People who are older have a higher risk of serious illness from COVID-19, and the risk increases with age, due to weakened natural immunity. People who have existing medical conditions also may have a higher risk of serious illness.

Both vaccinated and unvaccinated persons can have covid, carry covid, and suffer from mild to severe symptoms. If you have been tested positively for covid, or you or a loved one has symptoms, then the following protocol can definitely benefit you.

FASTING:

- For the first two days of being infected with covid, begin juice fasting to build oxygen levels, and build antioxidants to protect the lung tissue. Juice all the following, divide into 3 portions, drink at your usual eating times. And during the days of fasting, drink no less than five **added** 8oz glasses of fluid, inclusive of the covid tea.
- 1 whole pineapple
- 2 packs of carrots or 2 Tbs carrot max
- 1 whole celery stalk or 2 Tbs barley max
- 1 pk of spinach
- 2 cucumbers
- 1 beet or 1 tsp beet powder
- Juice of 4 lemons
- Juice of a 2 inch piece of ginger-you may put more

Follow this nutritional sheet from day to day after fasting, while maintaining the laws of health, consuming the tea, supplements and doing treatments. Also note well keep juicing, half as much, and use half an hour before eating.

NUTRITION:

- Total Vegetarian / Plant Based diet. Two-meal plan (*induces weight loss and rests digestive system*).
- Eat fruits and vegetables at 50% raw and 50% cooked foods (*alkalinizes body, high in nutrients and fiber*).
- Avoid refined sugars, use stevia to sweeten teas-sugar weakens your defense system .
- Do not overeat; do not take “seconds”; no snacking (*limits caloric intake, aids digestion*).
- Regularity in meals: have breakfast and lunch always at the same hour. Allow 5-6 hours between meals.
- Chew your food slowly and very well, (*supports brain health, prevents constipation*).
- Do not mix fruits and vegetables (*impairs digestion*).
- Do not drink liquids with your meals (*impairs digestion*).
- Do not lie down or sleep after eating; wait 3 hours before sleeping (*to prevent acid reflux*).
- Do not eat fried foods, white bread, sugar, chocolate, animal fats, strong spices (*increases blood sugar and blood pressure, promotes weight gain, increases hydrochloric acid production, irritates stomach*).
- Eat foods with drier consistency (limit liquid foods to 4 oz. - ½ cup) (*dilutes stomach acid, impairs digestion*). *But if your appetite has gone, use soups and broths.*
- Do not drink tea, caffeine products, or soft drinks (*caffeine relaxes cardiac sphincter causing esophageal reflux*).
- Do not use dairy products (*calcium from dairy products stimulates acid production*).
- Do not eat cheese, coffee, chocolate, MSG products (e.g. gelatin, natural flavorings) (*cause migraines*).

Specials:

- **Aloe juice:** ½ c. 30 minutes before breakfast and lunch (*anti-covid, anti-reflux, pro gut biome*).
- **Flaxseed:** 1 Tbsp. freshly ground with breakfast and lunch (*anti-inflammatory, high in fiber and omega 3*).
- **Steamed Garlic:** 5-6 cloves with breakfast and lunch (*anti-inflammatory, strengthens immune system*). *or use garlic capsules or kyolic or allimed*
- **Charcoal** 1 tablespoon charcoal in glass of water 3 x day (will cause the “stool” to look black)-absorbs viral load

- **Turmeric** - 1 tablespoon daily
- Cayenne pepper (90000 heat units) 1/8 tsp 2 x daily
- **L-arginine** – 1 teaspoon 2 x daily
- **Magnesium citrate**- ½ teaspoon 2 x daily
- **Pumpkin seeds** – 1 tablespoon daily
- **Brazil nuts** – 2 daily
- **Kelp**- 1 teaspoon daily
- **Lugols Iodine-anti covid**-use according to bottle
- **Zinc lozenges-anti covid**-

Supplements

- **Garden of Eden multi-vitamin with probiotics-use as directed**
- **N-acetyl cysteine-600 mg reduces pneumonia risk**
- **Magnesium citrate-increases Oxygen-1 tsp 2 times daily**
- **Elderberry syrup-reduces duration and severity of covid-1 Tbs twice daily**

EXERCISE:

- **Exercise daily** (progressive walking as vigorous as tolerable) (*relieves stress, lowers blood sugar and blood pressure, aids digestion, strengthens muscles, improves bone health and posture, promotes weight loss, elevates the mood, improves immunity*).
 - Begin with 5-10 minutes 3 times a day and gradually advance to 1 hour of walking daily.
 - Digestive walks in the sunshine after each meal.

WATER/ FLUIDS:

- Drink 2 cups warm water every morning upon rising; add lemon as needed (*cleanses bowels, prevents blood clots, rehydrates after a nights sleep*).
- Drink 12 to 14 Cups of water (including tea) each day.
 - Do not drink any liquids at least 30 minutes before eating and at least 60 minutes after eating.
 - If migraine headache occurs, drink 1 cup of water every 10 minutes for 1 hour.

Covid Tea:

- **Red clover blossom-cleanser-1 tsp**
- **Ginko-increase Oxygen-1 tsp**
- **Gotu kola-increases Oxygen-1 tsp**
- **Ginseng-increases Oxygen-1tsp**
- **Artemisia-kills covid-1 tsp**
- **Nigella sativa-kills covid-1 tsp**
- **Mullein-reduces lung inflammation-1 tsp**
- **Pine needles-increases Oxygen-1 tsp**
- **Burdock root-cleanser-1tsp**

Add 3 Tbsp herbs to 1 quart of boiling water, turn stove off and let steep for 30 minutes. Drink throughout the day. This herbal blend will be effective at preventing covid, aiding the ambulatory or onset stage, prevention of

the development of pneumonia, as well as being excellent to increase oxygen to the lungs if your oxygen saturation is below normal.

SUNSHINE:

- **Sunbathe** daily 45-60 minutes, not to the point of burning (*lowers blood glucose, increases vitamin D levels, decreases blood pressure, lowers cholesterol levels, elevates mood, kills viruses, boosts immunity*).
- **Test your vitamin D levels, if it's lower than 100, supplement with a good D3**
 - Do not use soaps, lotions or ointments prior to sun exposure.
 - Focus on exposing your back while sitting or lying still (*expose 40% of body for vitamin D production*).
 - Make sure to keep body warm after sunbath for several hours (*necessary for vitamin D production*).
 - Use aloe vera on skin after sunbath, if skin is tender.

TEMPERANCE:

- Use **moderation** (*creates balance, develops healthy lifestyle*).
 - Avoid all substances and activities that are harmful. Use good judgment in participating in activities and using substances that are good.
- By God's power, follow your diet plan and do not overeat.
- No snacking between meals, not even a morsel.
- Keep extremities, (limbs) warm at all times. Perfect health depends upon perfect circulation.
- Develop **regularity** in all areas of your life (*promotes optimal health*):
 - Bible study and prayer; sleeping and rising; eating; exercising; sunbathing; working.

AIR:

- Deep **abdominal breathing** daily (*improves oxygenation to all tissues, promotes relaxation, relieves stress*).
 - Practice abdominal breathing until it becomes natural.
 - Breathe through your nose! (*warms, moistens, and purifies air for lungs.*)
 - **4-7-9 Technique:** Breathe in for 4 seconds, hold for 7 seconds, and breathe out for 9 seconds.
Repeat 7-10 times, three times a day and at bedtime.
- Outdoor activities for fresh air and sunshine.

REST:

- **Sleep** 7-8 hours per night (*provides rest and recovery for all body systems including the mind*).
- Have a specific bedtime and rising time and keep to it (*optimizes circadian rhythm, improves quality of sleep*).
- Going to bed no later than 9:00 pm is best and will have a significant effect on the body's healing process. (*"Two hours good sleep before twelve o'clock is worth more than four hours after twelve o'clock..."* 7MR 224.3).

TRUST IN GOD:

- Pray daily

Psalms 103:1-3

Bless the Lord, O my soul: and all that is within me, bless his holy name.

Bless the Lord, O my soul, and forget not all his benefits:

Who forgiveth all thine iniquities; who healeth all thy diseases.

- **Sing and make a joyful noise** unto the Lord (*take your medicine*)!

- **Proverbs 17:22**

A merry heart doeth *good like a medicine*: but a broken spirit drieth the bones.

- **Praise** God for all He has done for you (*dwell on that which is good, uplifting, praise worthy*).

- **Psalms 146:2**

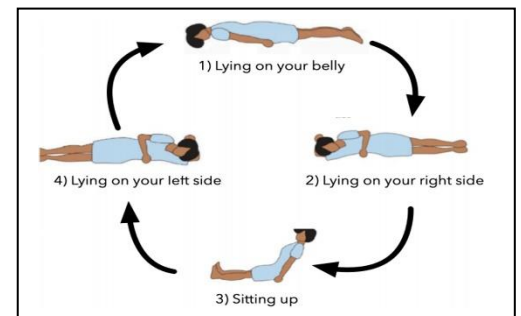
While I live I will praise the Lord: I will sing praises unto my God while I have any being.

- **Give thanks** for all God is doing and is going to do for you (*develop an attitude of gratitude no matter what happens*).
- **Remember stress, fear, and anxiety will significantly reduce your ability to fight disease.**

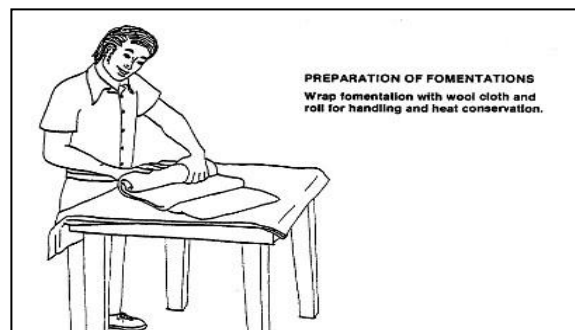
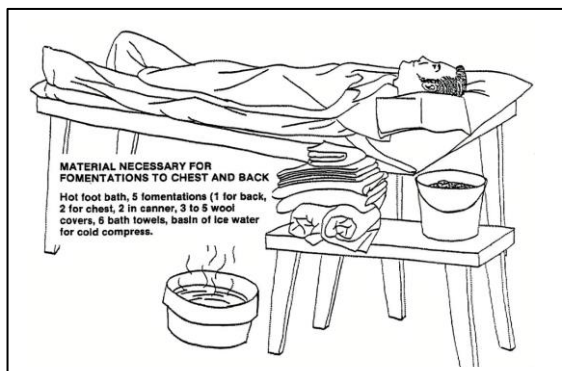
TREATMENT(S):

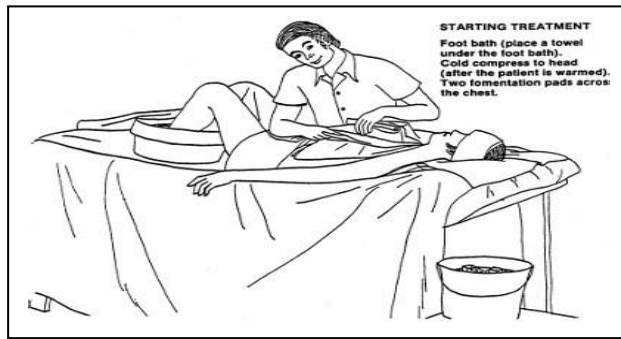
1. Sauna Treatments 2 x weekly-to prevent and treat covid-**if you have trouble breathing do not do this.**
2. Do proning and postural drainage-do not lie down on your back to sleep, lie on your belly:

Most of your lung tissue sits closer to your back than to your front. Lying on your back (supine) can put pressure on your lung tissue. This can make the small air sacs in your lungs need to work harder to inflate. If you have to breathe harder to get enough air in your lungs, this can make lung problems worse. It can also cause lung injury. But lying on your stomach (prone) can help your lungs work better with less stress. It can help prevent problems such as collapsed lung. This is when the air sacs in the lung can't inflate, or they may fill with fluid. It can happen to part or all of one or both lungs. Lying on your side can also help your lungs work better. Part of your time in bed will be spent on your side as well.



3. Hot and cold fomentation to the front and back of the chest.





Steam inhalation-use a humidifier or a hot pot of water, being heated by a portable single heater. To the pot or humidifier, add:

- 1 Tbs of pine needles, or 4 drops of the essential oil
 - Mullein-1tsp or 4 drops
 - Eucalyptus-1 tsp or 4 drops
 - Peppermint -1 tsp or 4 drops
- Sleep while breathing in these fumes, or while sitting.

4. Soak in a hot water bath, in which 1 lb of Epsom salts has been dissolved, when the bath is over, finish with a cold pour or cold shower for 30 seconds.
5. If you have congestion in your sinus, do fascial contrast baths. Do 7 to 12 times
6. If you have a sore throat, gargle with colloidal silver or povidone iodine mouth wash, and do a neck compress.
7. Peel Grapefruit, orange and lemon so only the skin is off, but leaving as much of the white part as possible. Blend all until smooth. Eat a few spoonfuls every hour until the Russian Penicillin is gone, or until your throat feels better.

- 1 Grapefruit
- 1 Orange
- 1 Lemon
- 3 Cloves of Garlic
- 1 medium Onion
- ¼ tsp. cayenne pepper
- 3 drops of peppermint oil
- 1 Tbsp. Honey

8. Pulmonary Booster, which some are calling **Homemade Hydroxychloroquine**

- 2 large grapefruit
- 1 large lemon
- 2 heads of garlic (not 2 cloves)
- 2 whole of onion
- 1 inch piece of ginger

Peel the outer layer of the grapefruit and lemon thinly, leave on white skin of grapefruit, chop everything up into large chunks after removing outer skins. Place into two quarts of water depending on the size of your ingredients. Boil for 20 minutes. Strain and drink throughout the day.