

Immune Support Protocol/Ingrid Edstrom FNP MEd as of Dec 29, 2021

all of the supplements and more are available for 20% off on my website

www.ProtectYourBreasts.com

Some therapeutic agents have shown promise for both the prevention and treatment including Ivermectin, Vitamin D3, Quercetin, and Zinc. It is likely that no single drug or supplement will be effective in treating this complex disease and that multiple products with different mechanisms of actions and used in specific phases of the disease will be required. If you have complex issues or other co morbidities, then you may wish to seek further care from your physician or the Front Line Critical Care physicians at the FLCCC. **The suggestions here are primarily educational/ self care ideas for IMMUNE SUPPORT in an OUTPATIENT/COMMUNITY/ HOME SITUATION. The hope is if you do early prevention protocols or early treatment, you may not end up in the hospital. This is the main purpose of these educational suggestions.**

The dosages noted here have been created for ADULTS. If you have children who have a 99.73 % survival rate and usually very mild symptoms, you need to discuss the child's situation with their pediatrician if you become worried.

Prophylaxis (Preventive)

While there is no conclusive evidence that this combination will prevent COVID, it is believed there is significant evidence supporting the efficacy of the agents included in the prophylactic protocol. This protocol must be part of an overall strategy which includes common sense actions such as not being around people with symptoms of COVID. It is also important to emphasize that all the medications in the following regimen are inexpensive, safe, and widely available, at least currently. With the increased use of Ivermectin for COVID there may be delays in getting this pharmaceutical as people increase the request for it.

1. **Mouthwash:** twice a day – gargle but do not swallow. The following are antiseptic mouthwashes with cetylpyridinium chloride: Scope, Crest, and Colgate. Avoid mint mouthwashes, if possible, when taking homeopathics. It is best to take the homeopathics at a different time, at least 30 minutes, from the time the mouthwash is used. Or take a mouthful of water and add 1 teaspoon **Hydrogen Peroxide** and gargle, then spit. Consider diluted hydrogen peroxide is a nasal mist bottle or nebulizer. On Dr Brownstein protocol.
2. **Vitamin D3** 4,000-10,000 IU/day. Take with good fat. Vitamin D insufficiency has been associated with an increased risk of acquiring COVID. Get lab checked to see if you are deficient. You need to be over 55 on the test, but optimal should be in the 70s or low 80s on the testing range. If not on any D start taking at least 5,000 – 8,000IU daily. Sitting in the sun in Oregon will NOT do it, we are too high on the globe. For kids, go to

the Vitamin D Council in California <https://icwb.com/vitamin-d-dosage>, there you will find Vit D doses based on age/ weight of the kids

3. **Vitamin C** 1,000-5,000 mg daily. It is likely that Vitamin C has synergistic prophylactic benefits. Try divided doses. If you get diarrhea, back off a bit for daily dose.
4. **Quercetin** 500 -800 mg daily may also have synergistic prophylactic benefits. It has been reported that Quercetin helps to drive zinc into the cells which is necessary to treat COVID. Take Zinc at the same time. If taking Ivermectin in AM, take Quercetin & Zinc at night.
5. **Melatonin** (slow release) work up to 10 mg at night (optimal dose is unknown). Take if needed for sleep. You can start at 2 mg.
6. **Zinc picnolate** 30-50 mg/day **or elemental zinc** for prevention. I would also recommend taking a zinc lozenge so that your mucus membranes are exposed to zinc since zinc is anti-viral and the lozenges about 5 mg each. Zinc caps works better when taken along with Quercetin since Quercetin drives the zinc into the cells. If you are taking Zinc 25 mg then add Copper 1-2 mg. If taking over 50mg Zinc if ill, then add 3-4 mg Copper. There needs to be a healthy ration between Zinc and Copper. Need to check kid's dose, these amounts will be too much.
7. **B-complex** 1 cap/ day. Especially B 1 or Thiamine (the **Benfotiamine version at 150 mg**)
8. **Ivermectin** for post exposure prevention. Dosage is dependent on your weight. Average dose is about 12 mg which comes in 3 mg tabs. See 3rd page of FLCCC protocol for exact weights and dosages Take all the tabs recommended, twice a week, for as long as there is an elevated disease risk in your community. People are also taking Hydroxychloroquine with Zinc monthly as prevention or Quercetin and Zinc.
9. (also see page 10 for **substituting Proteolytic Enzymes for Ivermectin**)
Ivermectin can have some drug interactions. Please check for this at Ivermectin Drug Interactions – Drugs.com. The most important interactions occur with cyclosporin, tacrolimus, and anti-retroviral drugs, and certain anti-fungal drugs or people who are on HIV drugs or chemotherapy, otherwise it is quite safe and has been used for decades.
Caution: There may be the possibilities of interactions between quercetin and Ivermectin causing the increase in Ivermectin levels. They should not be taken at the same time, but instead stagger them morning and night. Ivermectin works best if taken with a meal and extra water.
10. **NAC** (N-acetyl cysteine) 600 mg twice a day **or Liposomal Glutathione** by US Enzymes 2 sprays once a day (on Protect Your Breasts dispensary site and see page 8)
11. **Homeopathics** for the Immune system: (**Also visit the Protocol for Dr Andreas Marx**)
A. Immune System Stim 2 oz. Take 10-15 drops, hold under tongue three times a day.

Immune Enhancement Liquescence 4 oz. Take 10-15 drops, hold under tongue 1-2 times a day. The suggestion is to alternate these two homeopathic remedies to support your immune system.

12. **L-Lysine** (anti viral used for herpes for years) 500-1,000 mg a day for prevention.

13. Rest and keep hydrated.

Symptomatic patients at home for the duration of acute symptoms:

It is important that you receive treatment within the first five days of symptom onset, hopefully start as soon as you are ill. When you treat early, your risk of developing long-term side effects, commonly referred to as “long haulers” is virtually eliminated and you may avoid hospitalization.

1. **Mouthwash:** twice a day – gargle but do not swallow. The following are antiseptic mouthwashes with cetylpyridinium chloride: Scope, Crest, and Colgate. Avoid mint mouthwashes, if possible, when taking homeopathics. It is best to take the homeopathics at a different time, at least 30 minutes, from the time the mouthwashes are used. Or take a mouthful of water and add 1 teaspoon **Hydrogen Peroxide** and gargle, then spit.
2. **Vitamin C** 1000-3000 mg daily.
- 3 **Quercetin** 500-800 mg twice a day.
4. **Zinc** 75-100 mg/day which includes zinc lozenges. (see notes about adding Copper but you may only be on this higher dose for a few days when ill) Do not exceed Zinc 200mg a day if ill.
5. **Melatonin** (slow release) work up to 10 mg at night (optimal dose is unknown). Take if needed for sleep. Can try 2-5 mg to start
6. **Vitamin D3** 4,000-10,000 IU/day. Take with good fat. Vitamin D insufficiency has been associated with an increased in COVID symptoms. Get lab checked to see if you are deficient get it over 55 and optimal in the 70s If you are ill take 10,000 IU a day through your illness, then decrease.
7. **Ivermectin** Average dose is about 12 mg which comes in 3 mg tabs. **Check the FLCCC MASK Protocol site for exact dosage by weight.** Take all the tabs recommended each day for 5 days then twice a week for at least another month. Since Ivermectin is weight dependent, your weight is needed to figure out the correct dosage. This dosage may vary depending on your symptoms. (Or Ivermectin can be replaced with Proteolytic Enzymes see page 10) Ivermectin can have some drug interactions. Please check for this

at Ivermectin Drug Interactions – Drugs.com. The most important interactions occur with cyclosporin, tacrolimus, and anti-retroviral drugs, and certain anti-fungal drugs.

Caution: There may be the possibilities of interactions between quercetin and Ivermectin causing an increase in Ivermectin levels. They should not be taken at the same time, but instead stagger them morning and night. Ivermectin works best if taken with a meal and extra water.

8. **ASA (buffered aspirin)** 81-325 mg/day unless contraindicated. ASA has anti-inflammatory, Antithrombotic (prevents blood clots), and antiviral effects. Platelet activation may play a major role in propagating the prothrombotic state association with COVID. Take with **Pepsid AC** to combat any stomach distress from the aspirin, If increased bruising or bleeding when brushing teeth, then decrease adult aspirin at 325 mg to two baby aspirin 81 mg. Many are taking 2 baby aspirin twice a week post infection for another month or two since Covid is a clotting disease.
9. **B-complex vitamins.** 1 cap daily. Especially B 1 or Thiamine (the **Benfotiamine version at 150 mg**)
10. **Immestim Complex** – take 1 cap up to 6 times a day.
11. **Herbal Biotic** – 2 caps three-four times a day, depending on symptoms.
12. **NAC** (N-acetyl cysteine) 600 mg twice a day or **Liposomal Glutathione** by US Enzymes 2 sprays twice or three times a day for adults (on Protect Your Breasts dispensary site)
13. **Nigella Sativa Black Seed** potent anti inflammatory, used for asthma/cough/ high blood pressure and it appears to help break down spike protein. Available as Nigella sativa seeds or oil. Do not get black cumin / sesame, those are a different product.
14. **Homeopathics** for the Immune system:
Immune System Stim 2 oz. Take 10-15 drops, hold under tongue three times a day.
Immune Enhancement Liquesence 4 oz. Take 10-15 drops, hold under tongue 1-2 times a day.
The suggestion is to alternate these two homeopathic remedies to support your immune system.
15. **L-Lysine** (anti viral used for herpes for years) **if ill 2000 milligrams of lysine capsules along with restricted dietary consumption of arginine-rich foods such as nuts, chocolate, orange juice, pumpkin, sesame seeds, wheat germ. (also avoid Coffee)** ([Recommended Daily dietary intake of lysine](#) is 2660 milligrams for a 154-lb (70 kilogram) adult; 3640 milligrams during pregnancy.(See below for more dosage notes)
16. Rest and keep hydrated.

Jabbers Remorse Protocol: I would consider the other supplements listed here below and also consider adding Zeolite Pure by Zeo Health daily for Heavy Metal Detox to decrease the grapheme Oxide from the Jab as well as any other heavy metals that they put in the shots....since the ingredient list for the Covid shot vials have been left “Blank”, no one knows what actually was in the syringe. There is another product called Zeolite AV with Humic Acid 40 mg. This is another natural detox product and AV means anti viral. These are also available through my website. Also view the Dr Thomas Levy protocol for the Jabbed and the Spike Protein Detox Protocol.

Explanation of Ingredients for the Protocol and why and how these supplements may be helpful and mechanism of action.

Hydrogen Peroxide diluted to be used in a nebulizer or a nasal spray mist bottle. See Dr David Brownstein protocol for diluting amounts. Can also put over the counter HP 3 tablespoon in one-two cups water and heat on the stove. Put in a bowl, put a towel over your head and the bowl and breath in the vapor. Some put 1 drop of Lugols 2% iodine in the water. Essential oils of rosemary, thyme, oregano or oregano oil (anti viral and 2-3 drops in soup is great) or Eucalyptus in a diffuser also relieves airways.

Vitamin A. Beta carotene does not provide the immune system the immune boosting benefit that Vitamin A does. For that reason you need the fat-soluble form. Best to take the emulsified Vitamin A if you want to take it separately. Vitamin A is in the Herbal Biotic and Immustim Complex supplements.

1. **Vitamin D3.** Low Vitamin D3 levels have increasingly been associated with an increased risk of acquiring COVID and dying from this virus. Supplementation reduced ICU admissions by 82% and deaths by 64%. It appears to be an effective and cheap intervention to lessen the impact of this disease, particularly in vulnerable populations especially in the elderly, those of color, obese, and those living at/above 45degrees latitude. It is known to strengthen the immune system in a few weeks and speeds viral clearance and improves lung function. 86% of Black folks are Vit D deficient, 84% of the Hispanics and 82% of the Native Americans. Covid is a Vit D deficiency pandemic and it is easily fixed. **For kids,** go to the Vitamin D Council in California <https://icwb.com/vitamin-d-dosage>, there you will find Vit D doses based on age/weight of the kids

It is strongly recommended to take magnesium and K2 at the same times you take oral Vitamin D3. You would need to take a lot more Vitamin D3 if you are not taking magnesium and K2. Vit K2 also pushes the calcium into your bones to prevent osteoporosis. Since Vitamin D is fat soluble it is important to take it with healthy fat in your diet.

To assess your individualized dosage level, it is important to lab test 25(OH)D every 3-6 months until you maintain a level of at least 55 ng/ml, but the optimal level is 75-80 ng/ml on a 30-100 scale. Your blood level is the important factor here, not the supplement dose, as the dose you need is dependent on several factors including your baseline blood level. I can order this lab test for you. Vitamin D in drops is better absorbed under your tongue than capsules. (available on www.ProtectYourBreasts.com)

Vitamin C. It is likely that Vitamin C and Quercetin have synergistic benefit. Vitamin C has antioxidant, anti-inflammatory and immune effects. Most people have low levels of Vitamin C, and it is common for hospitalized patients to have Vitamin C deficiency, especially older patients and those hospitalized for respiratory infections. There is evidence that Vitamin C and Quercetin, when given together, exert a synergistic antiviral action due to overlapping antiviral and immune properties and the capacity to increase the efficacy of Quercetin.

Quercetin. It has been noted that some studies have demonstrated that Quercetin and other flavonoids can interfere with thyroid hormone synthesis. It may be associated to individuals with pre-existent thyroid disease or those with sub-clinical thyroidism. The effect may be dose dependent so use the lowest dose possible. If you have a hypothyroid condition then it is important to also monitor thyroid: TSH, T4, T3 and any other thyroid tests needed. Do not take cyclosporin and tacrolimus. Levels must be closely monitored if taking Quercetin.

Some new research has found that Quercetin stimulates new brain cells especially in the area responsible for learning and memory function. Quercetin and exercise help support the immune system and lower your risk of viral illnesses even with the common cold, flu, and with COVID.

The primary reason to use Quercetin is to increase the effectiveness of the zinc as an antiviral because it drives the zinc into the tissues so the virus cannot replicate/ multiply.

If Quercetin is unavailable, then use **Epigallocatechin-gallate (EGCG) 400mg** 1 time a day with Zinc. This is a **Green Tea Extract**

CuraPro (375 mg) or Curaphen (902 mg) by EuroMedica these **Curcumin products** are powerful Antioxidants and anti inflammatory and up to 500 times stronger than Turmeric.

L-Lysine (an anti viral Amino Acid) The dose range administered was 1000 mg to 4000 mg, with the latter rarely given, and an average dose of 2000 mg. We do not recommend exceeding 3000 mg due to possible bradykinin buildup causing a cough or increasing coughing in some subjects.

The dosage schedule recommended based on our study for acute cases (less than 1 month with symptoms) is a base dose of 1000 mg twice on day 1, increasing, if needed, by 500 mg to 1000 mg for a total not exceeding 3000 mg on day 2. From day 3 forward, some patients may require as high as 3500 mg. The recommended treatment times are one hour before breakfast, and 3 pm on day 1 with the times advanced earlier in the afternoon on day 2 if needed, opening a 9 pm time slot for a third dose. All doses should be taken a minimum of 1 hour before a meal, and with two cups of water. Two cups of water aids in absorption, hydration, anticoagulation, and dampens appetite

which results in a decrease in the quantity of unintended arginine ingestion. A first day emergency dose of 2000 mg together (try not to exceed 4 grams in total on day 1) or a few hours apart yields outstanding results. There are many charts available of the lysine/arginine ratios in various foods, and a dietary ratio of 2.0 to 3.0 lysine to 1.0 arginine for the first few days is recommended. The ratio can be lowered to 1.5 to 3.0 lysine to 1.0 arginine once near full symptom control is achieved. Restriction of coffee (and other high caffeine drinks), the importance of which cannot be stressed enough, and observing the arginine restricted diet is critical to the speed of recovery and success of treatment. Additional cautionary notes are listed at the bottom of the letter, and these cautions should be observed in follow-up clinical studies. Lysine is a treatment, not a cure, and is dependent on the immune system response gathering momentum to further control the illness. All should remain on at least a maintenance dose of 1 gm for a minimum of a 1 week (preferably 2 weeks or more) after all symptoms have abated including following dietary restrictions for 3 weeks to prevent relapse. Evidence of asymptomatic clotting for those who stopped the regimen too early was observed. Coffee (associated arginine increase) can overwhelm lysine rendering it ineffective until the caffeine effect subsides. The caffeine effect displaces lysine from the metabolic pathways. Coffee/high caffeine consumption was the most common behavior of long term symptomatic subjects, followed by a vegetarian/lysine deficient diet and exercising. Coffee/high caffeine drinks should be avoided during treatment and for 3 weeks after recovery at a minimum.

Nigella Sativa- Black Seed potent anti inflammatory/anti viral and used for asthma/cough/ high blood pressure **and it appears to help break down spike protein and may be a source of suramin which is also in pine needle tea and star anise.** Available as Nigella sativa seeds or oil ¼ tsp with honey. Do not confuse with Sesame or Cumin/ caraway black seeds, that is a different product. Also get organic seeds. Best source is Egyptian. Try Mountain Rose Herbs in Eugene OR.

Melatonin Boosts immune function in a variety of ways and helps quell inflammation. It may also prevent COVID by recharging glutathione and enhancing Vitamin D synthesis.

B-Complex vitamins can also influence several COVID specific disease processes including viral replication and invasion, inflammation, immunity, and hyper-coagulability. Thiamin or Vit B1 at 150 mg(**Benfotiamine version**) is the most important. A Vit B1 Thiamine deficiency also gives a “Broken glass “ look on chest X-rays, so ICU nurses are giving B1 to patients.

Ivermectin dosage may vary with symptoms. This is a weight dependent medication needing a prescription. There are several ways to take it depending on if you are using this medication as a prophylaxis or once you begin to have COVID symptoms. Ivermectin can have some drug interactions so check it out at Drugs.com. the most important interactions occur with cyclosporin, tacrolimus, and anti-retroviral drugs and certain anti-fungal drugs.

The latest data finds that Ivermectin should be used as both a prophylactic and for the treatment of all phases of COVID. It may have the ability to prevent COVID, to keep those with early symptoms from progressing to the hyper-inflammatory phase of the disease, and even

help critically ill patients recover. Ivermectin appears to produce a faster viral clearance, faster time to hospital discharge, and faster time of recovery, and a significant reduction in mortality rate. Ivermectin is well-known as an anti-parasite drug that has been around for more than four decades and known to be safe. (See page 10, this **may be replaced with Proteolytic Enzymes** with no side effects and they break down protein and viruses are proteins)

Zinc picnolate 25-100mg/day plus add Zinc Lozenges or Elemental Zinc. It is known that physical contact on mucus membranes decreases the viral load so taking the zinc lozenge as well as taking a cap that goes through the digestive tract works best. Quercetin is necessary to drive the zinc into the cells.

Zinc plays a very important role in your immune system's ability to ward off viral infections. Like vitamin D, zinc helps regulate your immune function and a combination of zinc **with Quercetin** has been shown to inhibit COVID. It also blocked viral replication within minutes. Zinc deficiency has been shown to impair immune function.

If you are taking Zinc 25 mg then add Copper 1-2 mg. If taking 50mg Zinc or 100mg if ill, then add 3-4 mg Copper. There needs to be a healthy ration between Zinc and Copper.(Copper rich foods 3.5 oz servings: oysters, brazil nuts, walnuts, almonds, pecans, split peas)

Taking Zinc 100mg a day may also decrease estrogen dominance which causes problems with breast cancer, ovarian cancer and prostate cancer. Zinc at 50-100mg a day with Selenium may markedly improve your hypothyroidism.

Herbal Biotic and Immunstim Complex. Take these two products as soon as possible once symptoms manifest or if you know that you have been exposed to COVID, especially if they already have symptoms. These are two of the best products to prevent any viral attack including the common cold and the flu. Herbal Biotic contains ingredients such as: vitamin A, vitamin C, Zinc, Berberine, Garlic Bulb, Myrrh, Echinacea, Bioflavonoids, etc. Immunstim contains Vitamin A, Vitamin C, Vitamin E, Zinc, Echinacea, several New Zealand glanulars to move congestion out of the body, Bee pollen, etc. These are not products to take on a daily basis, only when you begin to have symptoms or think you have been exposed.

NAC (N-acetylcysteine) is a precursor to reduced glutathione which appear to play a crucial role in COVID. Glutathione deficiency may be associated with COVID severity, so may be useful both for its prevention and treatment. **Or use Liposomal Glutathione** which is better absorbed. **NAC and Glutathione are being used to remove the Graphene Oxide from the jabs and from masks. Per research done in Spain by La Quinta. This is a breakthrough to help Detox the "Jabbed"**

Some other facts:

Role of Glyphosate/ Roundup in COVID:

Stephanie Seneff, PhD, a senior research scientist at MIT just finished writing "Toxic Legacy: How the Weed killer Glyphosate is Destroying Our Health and the Environment."

Your body substitutes glyphosate for glycine, and in doing so, poisons your body, even at very low levels. It is also thought to be a key player in cases of severe COVID. Other reasons you should avoid glyphosate? It can damage the energy cells, mitochondria, and impair your immune cells so that the body cannot clear the virus. It is known to also damage gut microbes, and when they are damaged our health can suffer in any number of ways. It causes endocrine disruption which can lead to breast cancer, reproductive issues, obesity, and thyroid problems. Glyphosate sensitizes cells to be more receptive to cancer after exposure to other chemicals, being that it disrupts your defense system against toxic chemicals. This may just be the tip of the iceberg when it comes to the health problems that glyphosate causes.

Glyphosate is one of the main ingredients in the pesticide Round-up. It is not only found in GMO foods, but many grains that are not GMO since it is used as a drying agent. The only way to avoid glyphosate is to consume organic foods. The key take-home message is to clean up your diet to make sure you are not exposed to glyphosate. Another way to offset the toxic effects of glyphosate is to take a glycine supplement. The suggested dose is between 5 and 10 grams a day. It can be used as a sweetener since it has a light, sweet taste.

The use of Iodine during COVID:

It is important to note that many people are deficient in iodine so it may be important to test for this. If it is found to be deficient then adding it to this protocol may be beneficial. Some of the symptoms that it helps is thinning out of mucus and improvement in breathing. The average dose of iodine for most people is 150 mcg a day. 2% Lugol's solution has a combination of iodine and iodide. One drop of Lugol's 2% = 3 mg Iodine, It would be best to be under a doctor's supervision when taking this product. A liquid iodine source is on my website. If people have health issues with the breasts, prostates, thyroid, pancreas, ovaries, and uterus they might need a higher dosage. **¼ teaspoon of Atlantic kelp or Dulse equals 3 mg of iodine** (available through Mountain Rose Herbs)

Fats and foods in your diet:

The type of fat you eat affects your COVID risk. **Limit** vegetable oils and other sources of **omega-6 linoleic acid**. **Increase your Omega 3 fats** like fish oil, chia and walnuts. I am avoiding flax or hemp for women because it increases the vascularity in their breasts because it is a Plant Estrogen. Focus on organic whole foods. Eating "clean" and addressing any nutritional deficiencies you may have can go a long way toward preventing severe infections.

Post-COVID syndrome (long haul syndrome)

It is characterized by prolonged malaise, headaches, generalized fatigue, painful joints, dyspnea (difficulty breathing), chest pain, and cognitive dysfunction. Up to 50% of patients experience prolonged illness after the acute infection and almost half report reduced quality of life. The neurological symptoms may be related to vascular thrombotic disease that appears to be common in severe COVID disease. Ivermectin has been reported to have a role in the treatment

of post-COVID syndrome. The anti-inflammation properties of Ivermectin may mediate this benefit. Other anti-inflammation products or pharmaceuticals may be needed.

Availability of Drugs and Supplements:

It has become difficult to obtain Hydroxychloroquine 200 mg. Most pharmacies that I have contacted will only fill a prescription if you have an autoimmune disease such as lupus, have rheumatoid arthritis, or malaria. There are more open MDs and pharmacists that will fill this prescription.

Some MDs have said that **Hydroxychloroquine** can be **replaced with Quercetin and Zinc** which it over the counter. Or take the rind of 3 organic grapefruits plus rind of 3 organic lemons. Add 3 inches of water over the rinds and simmer for 3 hours. Crock pots also work. Then take 2 tablespoons 2 times daily which **makes the precursor of Quinine. If you are ILL, better to go with BigPharma...this home version will take too long to get the levels you would need but it is fine for a preventive purpose.**

Sources of Ivermectin and Hydroxychloroquine on line:

the **STORX.com** site (Do NOT put an extra "E" in the name" or try MyFreeDoctor.com and also try Push Scripts : <https://www.pushhealth.com/drugs/ivermectin>

<https://canadapharmacy-usa.com> (generic name: stromectol)

<https://sevencells.com/>

or America's Front Line Doctors

<https://americasfrontlinedoctors.org/treatments/how-do-i-get-covid-19-medication/>

or https://www.antiaging-systems.com/products/?_search=ivermectin They do not require an MD consult and provide 3 mg tabs #100 sourced from India for \$39 plus \$15 shipping.

Some Compounding Pharmacies may create Ivermectin or Hydroxychloroquine in capsules and depending on your weight a course of medication might be about \$25-\$60 plus a \$10 shipping fee but a prescription is required.

If you are a patient of mine or a family member, I may be able to assist. Please call the office or email me.

Dr Daniel Nuzum DO, PhD has been using **Proteolytic Enzymes instead of Ivermectin for over 25 years** – Bromelain 1 gram a day in divided doses, or Theraxym DR 93 by US Enzymes (if ill, Proteolytic enzymes combo take 3 tabs twice a day with

large glass of water between meals (or anti aging maintenance dose is 1-2 tabs a day) per Carol Peterson RPh and these supplements are on Ingrid's website Favorites)

Quercetin can be an alternative to Hydroxychloroquine or Ivermectin . If Quercetin is unavailable, then use Epigallocatechin-gallate (EGCG) 400mg 1 time a day with Zinc which is a Green Tea Extract.

And add NAC (N-Acetyl Cysteine which is a precursor to help your body make Glutathione) or take Liposomal Glutathione (both on Protect Your Breasts website favorites). Buy extra. The FDA will be shutting off supply of this supplement Jan 2022 (probably because it works so well).

Other Herbal suggestions from China:

Chinese hospitals [used various antiviral herbs to treat covid-19 patients](#). These hospitals studied the [effects of the herbs](#) for impeding virus-cell receptor binding, for stimulation of the host's immunity, for blocking virus entry into host cells through action on the host's enzymes, and for prevention of SARS-CoV-2 RNA synthesis and replication.

The research found numerous phytochemicals to be effective, including: quercetin, ursolic acid, kaempferol, isorhamnetin, luteolin, glycerrhizin, and apigenin.

The top three most effective plants for treating covid-19 included **licorice root**, (Glycyrrhiza glabra) , **chicory root**, (Cichorium intybus) and **hibiscus flowers** (Hibiscus sabdariffa).

A number of antiviral plants contain compounds that target all three antiviral targets, including **olive leaf** (Olea europaea), **white horehound** (Marrubium vulgare), **black seed (Nigella sativa)**, **garden cress** (Lepidium sativum), **Judean wormwood** (Artemisia Judaica), **guava** (Psidium guajava), **chrysanthemum** (Glebionis coronaria), and **Maryam's flower** (Anastatica).

Lab testing can also be provided to check your Vit. D levels. If you are taking less than 5,000 IU Vit D, it is probably too little and for treatment it needs to be a lot more. Get the labs done locally or get a Vit D test kit through ZRT Labs.

If after 8-10 days of illness and you are not bouncing back well, consider getting these following tests done: D-dimer (which will test to see if you have small micro clots in your body somewhere) . Ferritin (looks at iron storage), CRP- C Reactive Protein, Comprehensive Metabolic Panel (CMP and needs a 12 hour fasting), CBC- Complete Blood Count, ESR. If these blood clotting and iron storage and inflammatory markers are up, please seek further medical care or call the FLCCC MD hotline.

Additional Information:

See the websites Oregonians for Medical Freedom and America's Front-Line Doctors or Front Line COVID-19 Critical Care (FLCCC) Alliance I-MASK Covid protocols. Or Dr Richard

Flemming MD site. Also get the Dr Vladimir Zelenko Protocol or Dr Peter McCulloch for his protocol. For Homeopathy protocols - check Dr Andreas Marx

Other helpful newsletters are the *Defender* at www.childrenshealthdefense.org, as well as Dr. Mercola's at mercola.com or Green Med Info

The protocol is a compilation of over 10 physician protocols and edited by Ingrid Edstrom FNP M.Ed Go to the Website virtual Dispensary www.ProtectYourBreasts.com in the Virtual Dispensary area for 20% off anything on Wellevate

The suggestions here are primarily educational/ self care ideas for IMMUNE SUPPORT in an OUTPATIENT/COMMUNITY/ HOME SITUATION. All the supplements are available without prescription. The hope is if you do early prevention protocols or early treatment, you may not end up in the hospital. This is the main purpose of these educational suggestions. It is advised that you work with your licensed health professional to protect your health particularly if you have co morbidities or other chronic health challenges, seek trusted medical advice.

Suggestions are from what is known as of December 29, 2021 and as research comes in, it will be updated.