

Supporting a Strong Immune System Updated 9 October 2021

From personal experience and research over the past many years, here is Information on what you can do to keep your Immune System strong, to prevent a Viral infection, what to do if you get exposed to a Virus, what to do if you have symptoms of the Virus and what to do if have a symptoms from a Vaccine.

This is for informational purposes only - and not meant to replace guidance and direction from your health care professionals. The more you learn on how to support your health - the healthier you will be!!!!

Information is recommended from many sources including FLCCC Alliance, Dr. Josh Axe (has lots of info on each of the supplements and their uses) and many other general health sources over the past 18 months of the current virus. Links are found at the end of the document.

FLCCC Alliance - great resource which gets updated regularly - <https://covid19criticalcare.com/covid-19-protocols/i-mask-plus-protocol/>

Avoid - Ibuprofen and Acetaminophen if you can.

Note - Supplements taken with food unless noted to be taken on an empty stomach.

To support a Strong Immune System and Viral Prevention

Some Suggested Supplements-

Essential Supplements-

Vitamin D3 - 4000 to 5000 IU per day - can be taken once per day in AM. (Note - can take more if need to bring up to a blood test level of at least 100-150 nmol/L or 40-60 ng/ml) (This is critical for the function of immune cells, anti-oxidant)(Get 25 (OH) D tests to check your level)

Vitamin K2 MK-7 - 100 mcg per day (cofactor to take with Vitamin D3 in AM)

Vitamin C - 1000 mg twice per day (AM and PM) = 2000 mg per day (many forms available from ascorbic acid, to mixed ascorbates to liposomal) (boosts immune health, anti-viral, reduces inflammation in the body)

Quercetin - 250mg twice per day (AM and PM) = 500 mg per day (I take liposomal Quercetin since it absorbs more easily) (anti-viral, reduces inflammation in the body)

Zinc - 25 to 50 mg elemental zinc per day in the AM (take with Quercetin (a zinc ionosphere) to get zinc into your cells)

Important Supplements-

Melatonin - 6 mg take 20 minutes before bedtime (causes drowsiness) (can act like an anti-inflammatory and strengthens the immune system).

NAC (N-acetyl-cysteine) - 600 mg per day in AM on empty stomach (accelerates detoxification and is considered a producer of the super detoxifier glutathione in the body)
OR instead of NAC, can take **Glutathione** (liposomal if can find it).

Vitamin A - 5,000 IU per day (supports healthy immune system, reduces inflammation in the body)

Magnesium - 200-400 mg per day split AM and PM (great before bedtime). (Co-factor that supports Vitamin D and Vitamin K2 processes)

Selenomethionine (Selenium) - 100 to 200 mcg per day in AM (boosts immune health, anti-viral, reduces inflammation in the body. Assists the liver in production of glutathione)

Additional options -

L-Lysine - 500 mg per day (excellent antiviral)

PQQ (Pyrroloquinoline Quinone) - 20 mg per day in AM (reduces inflammation, promotes energy in cells)

Probiotics - take a variety of Acidophilus, Bifidus, Saccromyces Boulardii, etc.

Another way to get pro-biotics is to consume a variety of fermented foods - fermented vegetables (e.g. sauerkraut), kombucha, kefir, miso, etc. Much of our immune system support is in the microbiome of our small and large intestines and bowel.

Iodine drops - 1 to 2 drops every 3 days (drop onto arm about 3 inches above wrist and let absorb through your skin - or put 1-2 drops in water and drink) (essential mineral for the body, anti-bacterial)

Organic food and clean water-

Key support to good health is fresh organic plants and protein, drink lots of good filtered water and avoid processed food products.

Exercise -

A mix of cardio, strength and resistance exercise on a regular basis throughout the week is another key component of a healthy body

Stress Management -

Use Meditation, Tai Chi, Qi Gong, Yoga, Breathing to have quiet introspective times in your day.

Protocol for Early treatment after exposure to a virus or have symptoms from a vaccine – (take the items below until your symptoms are gone and then return back to prevention doses) –

Pulse Oximeter - monitor oxygen saturation. Can purchase this in drug stores or online. *Level should be 94-99% saturation. Levels below this show a serious issue and you will require other medical attention.*

Digital Thermometer - track your temperatures to know if you are running a fever. Our bodies create a fever when you have an infection to kill the pathogen. Note- We can regularly use saunas to heat the body to reduce viral loads.

Anti-Virals –

Ivermectin - take as specified in FLCCC Alliance materials.

Issue is difficulty in getting it in Canada and many other western countries.

Other countries around the world have used Ivermectin to successfully deal with the virus.

Instead of using Ivermectin - there are many other supplements that have anti-viral

properties - you can use these anti-virals in higher doses like Vitamin C, Quercetin, Selenium, L-Lysine, Probiotics, Oil of oregano, Thieves essential oil and others.

Bromelain enzymes – There are reports of some practitioners using detox processes and Bromelain enzymes in higher doses to break down viral proteins instead of using Ivermectin.

Propolis (Manuka honey) mouth spray, thieves essential oil, oil of oregano - use if you think you have been exposed to virus. Spray 3 times per day for 2 to 3 days (to kill viruses in throat and nasal passages). For oils can use 2 to 3 drops in water and swish around your mouth 2-3 times per day.

Essential Supplements-

Vitamin D3 - 10,000 IU per day in AM - for approx. 7-10 days.

Vitamin K2 MK-7 - 100 to 200 mcg per day (co-factor taken with Vitamin D3)

Vitamin C - 6,000 mg to 12,000 mg taken throughout the day - to bowel tolerance. Liposomal Vitamin C is easier to absorb when taking Vitamin C in larger amounts. If feeling really ill - take 1,000 mg per hour to bowel tolerance. Bowel tolerance is when stool becomes loose - then back down a dose to check if OK, then another dose reduced until get to comfortable level again.

Quercetin - 500 mg twice per day (AM and PM) = 1000 mg per day. If feeling ill, double this. (degrades graphene oxide).

Zinc - 30 to 80 mg per day in the AM (take with Quercetin). (degrades graphene oxide).

Melatonin - 9 to 10 mg 20 minutes before bedtime

NAC (n-acetyl-cysteine) - 600 mg twice per day in AM and PM on empty stomach = 1,200 mg per day. If feeling ill, double this. (a precursor to glutathione which has the best research for neutralizing graphene oxide). OR instead of NAC, can take **Glutathione** (liposomal if can find it since it is absorbed better than standard Glutathione).

Vitamin A - 10,000 IU per day

Magnesium - 200-600 mg per day split AM and PM (great before bedtime). (Supports Vitamin D and Vitamin K2 processes)

Selenomethionine (Selenium) - 200 mcg per day in AM.

Probiotics - take more of your variety of Acidophilus, Bifidus, Saccromyces Boulardii, etc. Consume more fermented foods - fermented vegetables (e.g. sauerkraut), kombucha, kefir, miso, etc.

L-Lysine - 500 - 1500 mg per day (antiviral) (if want to add another anti-viral)

Important Supplements-

Curcumin (Turmeric) - 500 mg twice per day (AM and PM) (new addition on latest update on FLCCC protocol) (reduce risk of blood clots, one of the best natural anti-inflammatory, and helps liver detox the body)

Nigella Sativa (Black Seed Oil) – 80 mg per kg of weight daily for 14 days (from the black cumin plant – always buy 100% pure, therapeutic-grade, certified USDA organic black seed oil/black cumin oil to get the safest and most beneficial version of the oi). Can also find it in capsule form. (excellent for treating infections – including viruses and MRSA and also supports liver function, reduces inflammation and is an antioxidant)

PQQ (Pyrroloquinoline Quinone) - 40 mg per day in AM

Iodine drops - 1 to 2 drops every 2 days (drop onto arm about 3 inches above wrist and let absorb through your skin - or put 1-2 drops in water and drink)

Milk Thistle – protects the Liver and Stomach. (antioxidant).

Astaxanthin – 4-5 mg in the AM (protects body from radiation)

Activated Charcoal - 250 mg to 1000 mg per day on empty stomach with lots of water. (To detox your body from virus or vaccine effects)

Fulvic/Humic Acid – take as per directions to detox the body.

Homeopathic -

Thuja Occidentalis - 30CH or 200 CH - 5 pellets 2 to 3 times per day - dissolved under tongue 20 minutes away from food or drink (do not take any mint or eucalyptus products while taking homeopathic since will neutralize the homeopathic remedy) (Thuja to detox your body from vaccine)

Enzymes -

Nattokinase - 2000 to 4000 Fibrolytic Units per day = 2 to 4 capsules). Can be taken with or without food. (Used to prevent or dissolve blood clots)

Serrapeptase - 100 to 200 mg per day. Take on an empty stomach. (anti-inflammatory proteolytic enzyme in the trypsin family. Helps break down proteins (viruses) into smaller particles. Can promote healing by reducing fluid and debris accumulation that occur around injured or necrotic tissue)

Oxygen Therapies -

For these when you have more severe respiratory or other symptoms.

Ozone and oxygen therapies are effective at degrading some harmful ingredients in the vaccine. All forms recommended from consuming MMS to drinking ozonated water, ozone injections and hyperbaric oxygen chambers.

Nebulized peroxide therapy - see Dr. David Brownstein's protocol.

<https://www.spiritofchange.org/nebulized-peroxide-a-simple-remedy-for-covid-19/>

Restricted eating window or Fasting –

Fasting for 12 to 16 hours per day gives time away from digestion for your body to heal itself. Finish eating by 7pm and work backwards as to when you start – suggest work to 7 or 8 hour eating window – from 11am to noon to start eating. Or start at 9am and reduce hours. You can also do a 72 hour water fast with your key supplements – research suggests that this turns off the spike protein. Look into how to do this fast safely.

Teas – with Shikimic Acid or Shikimate to neutralize spike protein -

Pine Needle Tea
Fennel or Star Anise Tea
Schizandra Berry Tea

Reference Sources for more research -

FLCC Alliance - has recommendations of doctor prescribed anti-viral (including Ivermectin), dual anti-androgen therapy, fluvoxamine and monoclonal antibody therapy for serious symptoms of virus.

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

Dr. Zelenko – two links to his info – first one just a list, 2nd one has lots of details. The Zelenko Protocol includes prescription drugs for moderate to severe risk/symptoms.

<https://vladimirzelenkomd.com/treatment-protocol/>

<https://covid19.onedaymd.com/2021/03/quercetin-and-zinc-zelenko-treatment.html>

Dr. David Brownstein - protocol for Nebulized peroxide therapy

<https://www.spiritofchange.org/nebulized-peroxide-a-simple-remedy-for-covid-19/>

David “Avocado” Wolfe - has a Spike Protein protocol that is very comprehensive. He has a good newsletter where he sends out Covid19 and vaccine info – this is not on his website. Also has a Telegram channel providing this information.

<https://www.davidwolfe.com/>

Dr. Josh Axe – great resource for information on supplements, nutrition and health.

<https://draxe.com/>

Andrew Saul – Excellence reference for the Orthomolecular Medicine approach to using nutrients to build your health. He provides great information on using Vitamin C, Covid-19 and treatments from around the world and much more.

<http://www.doctoryourself.com/>

His website with his background information and to order his books is here -.

<https://andrewsaul.com/>

Note - Many of the great resources have been censored and taken off social media and search engines – so you need to search (avoid Google) for their info on Telegram, Rumble, etc. (e.g. Dr. Joseph Mercola and many others in the health and nutrition support)

Covid19 Track Vaccines around the World – Approved, in Trials and also by Country.

Great resource about vaccines and can see the trial info and what different types of vaccines have been created, tested and have Emergency Authorized Use (EAU).

<https://covid19.trackvaccines.org/>