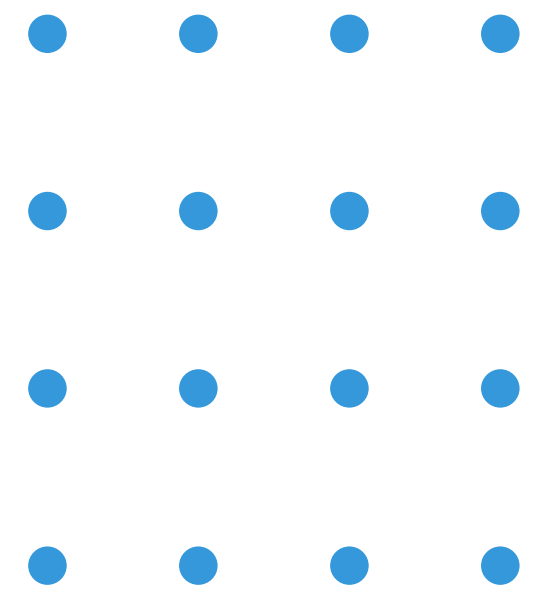


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COVID-19 RESEARCH & SUPPLEMENTAL PROTOCOLS

COMPILED BY

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DISCLAIMER

These protocols are for informational purposes only. The information presented herein is in no way intended as medical advice or to serve as a substitute for medical counseling. This information is intended only to supplement, not replace medical care or advice, as part of a healthy lifestyle. As such, the information should be used in conjunction with the guidance and care of your physician. If you choose not to obtain the consent of your physician and/or work with your physician, you are agreeing to accept full responsibility for your actions.

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COVID TONIC INGREDIENTS & INSTRUCTIONS

To make the Covid Tonic, combine all of the following ingredients in a blender or bullet:

1. **Turmeric** - 6 inches fresh or 3 tablespoons powder
2. **Ginger** - 6 inches fresh or 3 tablespoons powder
3. **Garlic** - 10 cloves
4. **Onions** - 2 medium size
5. **Lemon** - squeeze 6 or 12 tablespoons lemon juice
6. **Cayenne Pepper** - 1 teaspoon or 5 opened capsules
7. **Honey** - 5 tablespoons (omit if diabetic)
8. **Water** - 2 cups hot water; blend all ingredients together, then transfer to a pot and let it steep on the counter for 40 minutes. Keep refrigerated and allow to cool before drinking

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TONIC USE WHEN POSITIVE FOR COVID

If tested positive for Covid-19, drink 3-4 tablespoons of the Covid Tonic every 15 minutes while symptoms continue. Stop drinking the Covid Tonic 2 hours before lunch and 2 hours after lunch. Make sure to take a probiotic at lunchtime. Once symptoms disappear, drink 1 tablespoon two to three times daily for up to 2 weeks after symptoms cease.



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TONIC USE WHEN EXPOSED DAILY TO COVID

If exposed daily due to employment etc., continue with the use of the Covid Tonic. Use 1 -3 tablespoons, 2-3 times daily. For exposed family members living in the same home, follow the directions listed above for 1-2 weeks. Lemon is an antioxidant and is effective against diseases (Singh, 2021). Therefore, in the morning, upon rising, drink one cup of hot water with lemon juice.

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HYDRATION AND ELIMINATION PROTOCOL

Hydration holds potentiation to reduce Covid sickness and death (Stookey et al., 2020). Therefore, drink enough (half weight in ounces) water so that the urine is pale yellow or clear. Avoid all soda, alcohol, and juices. Eat as much fiber as possible and ensure that the bowels are moving freely 1- 3 per day.



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SUPPLEMENTS TO PREVENT & REVERSE COVID

In the morning and evening (BID) take:

NAC	- 1,200 mg
Quercetin	- 2,000 mg
Zinc	- 300 mg
Vitamin C	- 3,000 mg
Vitamin D3	- 15,000 IU
Oil/Oregano	- 10 drops in 1 glass of water OR 15 drops of goldenseal extract

Caution: Dosage for adults only. Avoid use if pregnant or breast feeding. Take the above supplements for 2 weeks. After Covid symptoms are gone, take half the dosage (mg/IU) once per day indefinitely for maintenance.

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COVID SUNLIGHT & SLEEP

Researchers have discovered that 80% of Covid patients were vitamin D deficient (Yal et al., 2020) and that a regular Vitamin D supplement will serve as a protectant against Covid (McCartney et al, 2021). We know that sunlight is the greatest source of Vitamin D. Therefore, get as much sunlight as possible between the hours of 10 am and 2 pm. Note that persons with darker skin require more sunlight. Also, sleep will enhance immunity against Covid (Gulia & Kumar, 2020). Therefore, get 8-10 hours of sleep beginning no later than 10 pm (earlier the better).

Caution: If blood pressure drops low as a result of using the Covid Tonic prepare a salt broth (mix 4 tablespoons pink Himalayan salt in 8 ounces of water), and sip until blood pressure improves. If one has gastritis or ulcers, omit the Cayenne pepper and add Slippery Elm or Marshmallow (4 capsules before meals).

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DIET TO PREVENT & REVERSE COVID

According to a recent study (Kim et al., 2021), individuals with a plant-based diet are 73% less likely to contract Covid. Additionally, the plant-based diet has been shown to decrease the risk of diabetes, hypertension, cancer, and mortality (Orlich & Fraser, 2014). A healthy whole-food, plant-based lifestyle can be accomplished by removing all fish, meat, eggs, milk, cheese (all animal-derived products), sugar, and processed foods from the diet. Eat an abundance of vegetables raw or cooked until tender. Eat fruits, nuts, and whole grains (quinoa, millet, brown rice, oats, spelt).



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5:1 RATIO

If you must consume processed foods, use the following guidelines: Eat processed foods with a Carb ratio (see chart below) of 5:1 or less (Total Carbs ÷ Total Fiber = Fiber Ratio; $37 \div 4 = 9.25$). This Carb Ratio is 5:4.25, meaning 2.4 points greater than 5, which suggests it is not whole food (added chemicals, sugar, and salt). Numbers 5 and under indicate that the food item is close to the way God intended you to consume it for the health and wellness of your body.

New Label / What's Different?

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Servings: larger, bolder type

Serving sizes updated

Calories: larger type

Daily Values Updated

New: added sugars

Change in some nutrients required

Actual amounts declared

New footnote

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REFERENCES, RESEARCH, AND RESOURCES

[How Eating a Whole-food, Plant-based Diet can Prevent Covid-19 \(March 8, 2021\)](#)

[Plant-based Eaters are 73% Less Likely to get Severe COVID](#)

[Vegetarian Diets in Adventist Health Study show the pattern of decreased health risks \(diabetes, hypertension, cancer, and mortality\) - Orlich & Fraser, 2014](#)

[Plant-based Diets, Pescatarian Diets and COVID-19 Severity: A Population-based Case-control Study in six countries](#)

[Dr. Roger Seheult's Covid Daily Regimen \(Vitamin D, C, Zinc, Quercetin, NAC\)](#)

[Quercetin: Antiviral Significance and Possible COVID-19 Integrative Considerations](#)

[The Accuracy of 6 Inexpensive Pulse Oximeters Not Cleared by the Food and Drug Administration: The Possible Global Public Health Implications \(Anesth Analg\)](#)

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SARS-CoV-2 Neutralizing Antibody LY-CoV555 in Outpatients with Covid-19 (NEJM)

An EUA for Bamlanivimab—A Monoclonal Antibody for COVID-19 (JAMA Network)

Short term, high-dose vitamin D... for COVID-19 disease: RCT [SHADE study]

Vitamin D and COVID 19: The Evidence for Prevention and Treatment of SARSCoV-2

Vitamin D Insufficiency and Deficiency and Mortality from Respiratory Diseases ... (Nutrients)

Vitamin D Supplementation to Prevent Acute Respiratory Tract Infections: Systematic Review...

Vitamin D and SARS-CoV-2 infection... (Irish J. of Med. Sci.)

The role of vitamin D in the prevention of coronavirus ... (Aging Clin. & Exper. Res.)

25-Hydroxyvitamin D Concentrations Are Lower in Patients with ... SARS-CoV-2 (Nutrients)

Vitamin D and survival in COVID-19 patients... (J. of Steroid Bio. Molec. Bio.)

Effect of Vitamin D3 ... vs Placebo on Hospital Length of Stay...: A Multicenter, Double-blind, RCT

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[Ventilation in Buildings \(CDC\)](#)

[The Coronavirus Pandemic: Airborne Transmission, Ventilation and School and Workplace Reopening \(Harvard Health\)](#)

[The Coronavirus Pandemic: Airborne Transmission, Ventilation and School and Workplace Reopening \(Harvard T.H. Chan School of Public Health\)](#)

[Other Important Covid-related Articles](#)

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