

PREVENTATIVE: DAILY

Vitamin D3 (Liquid) 5,000 to 10,000 IU

Zinc 25-50 mg

Vitamin C 2,000 –4,000 mg

Probiotic Min 20 billion cells

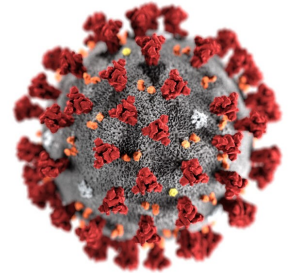
Pink Himalayan Salt 1/3 tsp (through out the day or on meals)

Water/ Green tea 1/2 your body weight per day in ounces

Nebulizer rinse 2-3 min 2 x's a day (50/50 saline and 3% Hydrogen peroxide)

Tonic Water—Quinine

Bone broth



PROTOCOL WITH SYMPTOMS: 7 DAYS ONLY

Zinc 100-150 mg per day with meal

Vit D3 20,000 IU **day one**, 10,000 IU for 6 days (**day 2 to 7**)

Vit C dose to bowel tolerance (diarrhea is better than a bad case of COVID-19)

Probiotic min 20 billion per day for 7 days

Nebulizer 3-5 min every hour until symptom are gone—

(50/50 saline and 3% Hydrogen peroxide)

Tonic Water—Quinine

Bone broth

Pink Himalayan Salt 1/3 tsp (through out the day or on meals)

Water/ Green tea 1/2 your body weight per day in oz

Avoid: Alcohol, Sugar, Pastas, Juices, Grains, Breads