

Covid-19 Treatment Manual

For people who want to look at all the options
I am not a doctor

This is updated all the time and it is a good
starting point for your own research.
Ver. September 2021

After 12 months of following the virus I have come to these conclusions. Doctors have always been limited and restricted in their healing abilities due to a lack of interest and education in supplements, nutrition, vitamins, herbs and investing their 'valuable time' on people. Like hospitals they have their own economic agendas that restrict their treatments by at least 80%. Before Covid-19 doctors were extremely expensive, and you still die and now during the Covid-19 flu outbreak they are happily dispensing unproved drugs (\$3,000 a shot) for the pharmaceutical companies and sharing the profits. Like the pharmaceutical companies at the moment, they have no liabilities. With their unproven vaccines doctors can kill you and get away with it. So doctors and hospitals cannot be trusted with your health (most). They will happily inject you with genetic material but when you come back to see them week later with an inflamed brain they will say, "Pfizer says it is perfectly safe, and I am not responsible for what has happened to you."

I recommend a wholistic approach for Covid-19. That includes losing weight, eating organic superfoods, exercise, get some sun exposure, Vitamin D, Zinc and Vitamin A supplements and collecting certain things (Budesonide, Ivermectin, Lugols iodine, Food Grade Hydrogen Peroxide, Zinc, Vitamin D, vitamin C, a nebulizer, hydroxychloroquine and Andrographis) in case you become infected. The information I provide is what I have collected for myself over the last 18 months and now share with you. I am a writer not a doctor, with some history in herbs and natural medicine. Most of the information I provide comes from doctors, scientists and solid research. The doses below come from doctors and are usually higher than those recommended by some health authorities. Once you are committed to following these protocols you can do further research to back up their accuracy.

My suggestion, in the table below, for when to take the supplements is very 'intuitive'. I suggest you consult where possible and do your own research to fine tune it.

No Symptoms	Light symptoms	Heavy Symptoms	Serious symptoms	After having the vaccine

Vitamin D	Vitamin D	Vitamin D	Vitamin D	Cayenne Pepper
Vitamin A	Vitamin A	Vitamin A	Vitamin A	Ginger
Zinc	Zinc	Zinc	Zinc	Turmeric
Vitamin C	Vitamin C	Vitamin C	Vitamin C	
Herb Mix	Dr Bartlett's Protocol	Dr Bartlett's Protocol		
Lose Weight	Andrographis	Andrographis	Andrographis	
Organic Superfoods	Shikimic Acid Tea	Shikimic Acid Tea	Shikimic Acid Tea	
Lose Weight	5 Drops of Lugols iodine in water	5 Drops of Lugols iodine in water	5 Drops of Lugols iodine in water	
	hydroxychloroquine	Ivermectin	Nebulize Hydrogen Peroxide and Iodine	

Doses

You can check these websites for more dose information all doctors and qualified health professionals.

<https://aapsonline.org>

<http://orthomolecular.org/>

<https://www.drbrownstein.com>

Some starting point doses -
Consult Professionals as above and do your own research.

Dr Richard Bartlett, Texas.

Dr Bartlett's proven protocol for Budesonide

Dr. Bartlett's Suggested Full Treatment Protocol for COVID 19

As EARLY INTERVENTION!

As soon as you have any flu symptoms

Budesonide 0.5-1mg/2ml respules

Sig:(directions)

1 respule q (every) 2 hours PRN (as needed)

severe symptoms Dispense 2 boxes

Nebulize this premix for 5 minutes

Normal Brand Pulmicort

Clarithromycin 500mg - Antibiotic

Sig: (instructions)

1 Tab PO BID (by mouth twice a day) with food

Dispense 14.

Refills X 1

Zinc 50mg

Sig:1 PO QD (mouth every day)
Dispense 30
Refills X 1

For Adults **Coated Aspirin 81mg**

Sig:1 PO QD Dispense 90
Refills X 3

If you follow Dr Richard Bartlett's protocol you can ignore the Zinc and Antibiotic (Doxycycline) doses below.

The basic procedure as I see it.

Before onset have a very healthy diet, take Vitamin D, Zinc, Vitamin C and superfoods for immune boosting. Lose weight, exercise and quit alcohol, junk food and smoking.

With onset follow Dr Bartlett's protocol and see how you are going after 1 day. If you are feeling better continue his protocol and the supplements above. If you feel like you are getting sicker then take Ivermectin in the recommended doses below. And Andrographis capsules.

If you have had the vaccine you need to eat ginger, chili and turmeric in your food or as a powder mix with water every other day for 12 months to prevent inflammation and blood clotting to essential organs.

Zinc 50 mg Daily

Zinc sulphate, gluconate and citrate 220 mg which includes 50 mg of elemental zinc

Vitamin C 3000 mg Daily

Up to 4 Grams a day[1 gram 4x]

Vitamin D3 2000 IU Daily

Start with 5,000 IU Daily for 2 weeks then reduce to 2,000. Plus some Sun

Quercetin - Improves zinc uptake [not as potent as HCQ]
500 g 2x Daily

Hydroxychloroquine

200 mg 2x Weekly Prophylactic (before contacting the virus)

And this from the National Library of Medicine

<https://pubmed.ncbi.nlm.nih.gov/32344449/#article-details>

Before Exposure

Hydroxychloroquine is an antimalarial drug being tested as a potential treatment for the novel coronavirus disease 2019 (COVID-19) pandemic caused by the severe acute respiratory syndrome coronavirus 2. Although the efficacy of hydroxychloroquine for COVID-19 remains uncertain, it may serve as a potential prophylactic agent especially in those at high risk, such as healthcare workers, household contacts of infected patients, and the immunocompromised. Our aim was to identify possible hydroxychloroquine dosing regimens through simulation in those at high risk of infections by optimizing exposures above the in vitro generated half maximal effective concentration (EC50) and to help guide researchers in dose-selection for COVID-19 prophylactic studies. To maintain weekly troughs above EC50 in > 50% of subjects at steady-state in a pre-exposure prophylaxis setting,

Dose

an 800 mg loading dose followed by 400 mg twice or 3 times weekly is required.

After Exposure

In an exposure driven, post-exposure prophylaxis setting,

Dose

800 mg loading dose followed in 6 hours by 600 mg, then 600 mg daily for 4 more days achieved daily troughs above EC50 in > 50% subjects. These doses are higher than recommended for malaria chemoprophylaxis, and clinical trials are needed to establish safety and efficacy.

Ivermectin

18 mg, 3 doses take every other day then finished first sign of symptoms. If cannot find human Ivermectin try veterinarian horse ivermectin. First day 18 mg, second day NO, third day 18 mg, fourth day no, fifth day 18 mg and stop, your Ivermectin treatment is complete.

Clarithromycin 500mg - Antibiotic

Electrolyte Drinks

Prednisone - Budesonide is the better option

Prednisone is a corticosteroid. It prevents the release of substances in the body that cause inflammation. It also suppresses the immune system. Prednisone is used as an anti-inflammatory or an immunosuppressant medication.

Budesonide - See Dr Richard Bartlett
1800 mcgs inhaled 2x a day 5 days

<https://www.webmd.com/drugs/2/drug-22008-5333/budesonide-oral/budesonide-capsules-oral/details>

Colchicine 30 days

<https://pubmed.ncbi.nlm.nih.gov/32837853/>
<https://www.icm-mhi.org/en/pressroom/news/colchicine-reduces-risk-covid-19-related-complications>

MONTREAL, January 22, 2021 – The Montreal Heart Institute (MHI) announced today that the COLCORONA clinical trial has provided clinically persuasive results of colchicine's efficacy to treat COVID-19. The study results have shown that colchicine has reduced by 21% the risk of death or hospitalizations in patients with COVID-19 compared to placebo. This result obtained for the global study population of 4488 patients approached statistical significance. The analysis of the 4159 patients in whom the diagnosis of COVID-19 was proven by a naso-pharyngeal PCR test has shown that the use of colchicine was associated with statistically significant reductions in the risk of death or hospitalization compared to placebo. In these patients with a proven diagnosis of COVID-19, colchicine reduced hospitalizations by 25%, the need for mechanical ventilation by 50%, and deaths by 44%. This major scientific discovery makes colchicine the world's first oral drug that could be used to treat non-hospitalized patients with COVID-19.

"Our research shows the efficacy of colchicine treatment in preventing the 'cytokine storm' phenomenon and reducing the complications associated with COVID-19," said Dr. Jean-Claude Tardif, Director of the MHI Research Center, Professor of Medicine at the Université de Montréal and Principal Investigator of the COLCORONA trial. "We are pleased to offer the first oral medication in the world whose use could have a significant impact on public health and potentially prevent COVID-19 complications for millions of patients."

This is what I do for Covid-19 and would do once I procure the herbs etc.

The things you must have ASAP are: **Budesonide Respules, Andrographis, Ivermectin, Food Grade Hydrogen Peroxide and Lugols Iodine. And a Nebulizer like an Omron.**

Your health is being polarized. Most governments in the world want you to only take a vaccine, because they are influenced by Pharmaceutical Companies and worse: the 4th Industrial revolution, robots, AI, no property ownership, universal income and slavery promoted by the richest families on the planet like the Rothchild's who control the Federal Reserve in America and much more.

Doctors on the frontline are trying different things like Ivermectin, Budesonide,

Hydroxychloroquine, anti-inflammatories and blood thinners with great success. Normal people are trying the herb Andrographis, nebulizing Hydrogen Peroxide and iodine, Zinc, Vitamin C, A and D3 with great success also. While this is going on more and more bona fide research is coming in from around the world that says we have a natural immunity to this kind of virus.

And, women in their first 3 months of pregnancy are losing their babies within days of being vaccinated: if you are less than 4 months pregnant read the links below.

Ivermectin works very well and the billions of spike proteins that mRNA vaccines instigate your body to create, to build your immunity are causing blood clots in the small capillaries that feed your organs like your lungs and heart.

And finally, people being vaccinated are causing the variants and spreading the virus. It appears that our natural immunity to Covid-19 is compromised after having a vaccine which neutralizes any benefit of the vaccine = the vaccine is meant to create a greater immunity to the virus, but, we have an immunity already?

What to do?

Add up the risks of having a vaccine and take action.

The action I have taken is: bought an Omron Nebulizer for \$50. Some Lugol's Iodine 6%, Some Food Grade Hydrogen Peroxide 6% (Food Grade is normally 35%) When calculating my formulas remember that. A few boxes of Vitamin C powder and Baking Soda. Some 100 gram bags of Andrographis, Ginger, Cayenne Pepper and Turmeric Powder. I am yet to buy Ivermectin because I can't procure it. Hopefully soon, it will have to be for a horse though. I have some zinc and Vitamin D too.

Herb Mix

I mix the herbs together in a jar and put 2 teaspoons of it in the bottom of a glass and 1/4 fill it with water, stir it with a spoon and down the hatch every morning.

Before that I take 1/4 a dropper of Lugol's Iodine in half a glass of water. I suggest you take 1 or 2 drops. Drsircus.com has more info on taking iodine. Before bed every other day I mix a teaspoon of Vitamin C powder with 1/2 a teaspoon of Baking soda in a glass then add water. It bubbles like ENOS and I drink it quickly.

When I have flu symptoms, covid or normal, I don't know, I add 5 ml of saline water (can make your own with pure water 1 pint with 1 teaspoon of pure salt) Into a small glass then add 1/2 to 1 ml of Food grade hydrogen peroxide 6% (if you have a higher or lower percentage then calculate it to be the same. I use a syringe for measuring. Then 1 drop of Lugol's 6% iodine into the mixture. Put it into your nebulizer cup and nebulize for a couple of minutes. Maybe one time is enough. If you have chest problems do it again the next day. See how you feel.

Usually I feel better in an hour

If I feel chest tightness after this, I boil some water with ginger in it and add a drop of peppermint or eucalyptus oil and breathe it in.

I also put a drop of peppermint oil on my moustache every hour or so. Other options are drinking Dandelion Leaf Tea, Pine Needle Tea and Artemisinin (wormwood) tea, eating Natto, Black Seed,

If you have already taken a vaccine then I recommend you make a tea or some food with a lot of turmeric, garlic, cayenne pepper and ginger. This will help thin your blood. And monitor yourself every day for symptoms of blood clotting like shortness of breath. If so, run to your doctor or take even more ginger and cayenne pepper.

Resources

Vaccines are dangerous.

<https://www.naturalnews.com/2021-07-27-covid-shots-are-obsolete-and-dangerous.html>

Stats about adverse reactions to vaccines

<https://www.naturalnews.com/2021-07-27-vaers-records-covid-19-adverse-events.html>

Blood changes after the vaccine

<https://www.naturalnews.com/2021-07-27-medical-bombshell-blood-doctor-releases-findings-showing-modernas-mrna-covid-vaccines-change-red-blood-cells.html>

Health workers loses limbs because of blood clots.

<https://www.dailymail.co.uk/health/article-9826739/Minnesota-woman-legs-AMPUTATED-contracting-COVID-19-days-receiving-vaccine.html>

Here are links to the current research and helpful resources.

Home Treatment Guide

Association of American Physicians and Surgeons

With Dr McCullough

<https://aapsonline.org>

Home treatment Guide from Doctors using pharmaceuticals from the Physicians and Surgeons Association website: <https://aapsonline.org>

The free treatment guide

<https://aapsonline.org/CovidPatientTreatmentGuide.pdf>

Spontaneous Abortions

Study warning about vaccines aborting babies

<https://www.naturalnews.com/2021-07-01-depopulation-alert-shocking-new->

[study-reveals-covid-vaccine-terminates-4-out-of-5-pregnancies-via-spontaneous-abortions.html](https://www.nature.com/articles/s41598-021-00201-7)

<https://pubmed.ncbi.nlm.nih.gov/33882218/>

Natural Antibodies

Natural Antibodies

"Proof that puts an end to the Sars-CoV-2 Narrative" - Professor Sucharit Bhakdi about our natural antibodies. Because we have a natural immune response to Covid-19, boosting our health will increase this natural immunity. And, because vaccines weaken (destroy) our natural immunity, thus requiring never ending booster shots, then it is important to weigh up carefully what you do to combat Covid-19. Because of the effectiveness of Budesonide, Ivermectin, Andrographis, Zinc, Hydroxychloroquine and Vitamin D I prefer to get these supplements and medicines, and follow the natural way. Remember there are plenty of vaccinated people dying around the world. Vaccinated people still catch the virus, get sick and give the virus to others.

<https://www.brighteon.com/3054c651-c43a-4a02-8aa3-3333a08a7689>

Herbs, Foods and supplements

Anti-inflammatories, Anti Virals and Blood Thinners

<https://thelostherbs.com>

All these herbs can help kill viruses, build your immune system, thin your blood and be anti-inflammatory -- I suggest you take whatever of these you can get your hands on.

Some science on spike proteins and Andrographis

<https://jgeb.springeropen.com/articles/10.1186/s43141-021-00201-7>

Study about Dandelion Leaf Tea - *Taraxacum officinale*

<https://www.naturalnews.com/2021-06-28-dandelion-leaf-extract-blocks-spike-proteins-binding-to-ace2-receptor.html>

<https://www.naturalnews.com/2021-07-02-covid-cures-literally-grow-like-weeds.html>

Licorice root - Glycyrrhizin and 10 Herbs to Kill Viruses

<https://thelostherbs.com/10-herbs-that-kill-viruses-and-clear-lungs/>

Chicory extract - *Cichorium intybus*

<https://thelostherbs.com/everything-you-need-to-know-about-chicory/>

Nobiletin is a flavonoid isolated from citrus peels.

<https://pubmed.ncbi.nlm.nih.gov/20963626/>

Neohesperidin, a derivative of hesperetin, is a flavanone glycoside also found in citrus fruits.

<https://www.sciencedirect.com/topics/pharmacology-toxicology-and-pharmaceutical-science/neohesperidin>

Star anise, Fennel Seeds and Pine Needles = Shikimic Acid

<https://deerootsathome.com/3-foods-that-contain-shikimic-acid-to-halt-transmission/>

Natto

<https://www.naturalnews.com/2021-07-27-fermented-japanese-dish-inhibits-covid-infection.html>

Black Seed

<https://www.naturalnews.com/2021-07-27-nigella-sativa-black-seed-prevents-covid-damage.html>

Hops

hops actually have sedative and anti-inflammatory properties. The herb has been studied and shown to be a safe alternative to ibuprofen for reducing inflammation in autoimmune flares.

Recipe: The best way to use hops is to turn them into an extract. This may be done by soaking two oz. of fresh hops in two cups of vodka for six weeks. You can also purchase hops extract. While making tea from hops is another option, it doesn't allow for the full effect, but is a good alternative if you're avoiding alcohol. To make tea, add one or two hops to a cup of boiling water and steep for five minutes. You can take this tea daily or two mg. of the extract.

Sarsapiralla

This unique herb naturally **contains steroids**, so it's ideal for reducing immune system attacks. It has been used in combination with other herbs to treat Lyme disease, but is most powerful when used for autoimmune diseases that attack the skin.

Recipe: The root of this plant is where the majority of the benefits lie. You can dry the roots and then grind them into powder to make tinctures or tea. Add a tablespoon of ground root to a cup of boiling water and steep for up to five minutes. Drink one to two cups daily to see the best results.

Aloe Vera

Aloe may be applied to a painful joint or skin flare, but you can also take it by mouth. To prepare aloe juice, cut the clear gel part of the aloe into one-inch cubes. Add 8-10 of these to 6 cups of water and blend until smooth. Add flavoring of your choice, as the juice can be somewhat bitter. You can drink up to 8 oz. a day or one normal sized glass of juice. It can have a laxative effect if too much is taken.

Sweet Wormwood

This version of wormwood, also known as Sweet Annie, is an Asian herb that now grows throughout North America. It was originally used to treat malaria, but has since been shown to have beneficial properties for those suffering from autoimmune diseases, too.

Turmeric

You likely know turmeric from curries, but the root is also a powerful medicinal ingredient. It is extremely useful in fighting inflammation, which is one of the main effects of autoimmune disease. Unfortunately, it can be difficult for the body to absorb curcumin, the active ingredient in turmeric, so many people take supplements instead of using the root directly.

Recipe: However, if you are using the fresh root, tea is the best way to make use of it and increase the bioavailability of the curcumin in it. You can steep a gram of freshly grated turmeric root in a cup of hot water for 5-10 minutes and drink that three times a day to help with autoimmune flares. Use a pinch of black pepper with your powder or tea.

Coffee

<https://www.theladders.com/career-advice/coffee-can-now-help-reduce-the-risk-of-covid-19-infection>

Garlic

Did you know that this delicious addition to your food is actually medicinal? It can help ease arthritis pain and help your immune system regulate itself. It's also very easy to incorporate into your diet. It's virtually impossible to overdose on garlic, so feel free to add it to everything you eat.

Recipe: You should aim for 3-5 cloves a day for the best benefits and be sure to use fresh garlic, not dried. If you're not a fan of the stuff, you can chop it finely and put into capsules, or try roasting it to mellow the flavor.

Yucca

Normally used as a decorative plant, yucca is actually very useful when combatting an immune system gone rogue. The root is the part you'll be using for medicinal purposes, but you should be careful, as many plants are labeled yucca. You specifically want *Yucca schidigera*.

Recipe: The root may be dried and powdered to make tinctures or tea. If making tea, use one teaspoon in a cup of boiling water and steep for 6-8 minutes. You may blend with another herb for better flavor. Drink the tea two or three times a day, as needed.

Androgrpahis

This is my number one herb for Covid-19. The Thailand Government has directed all hospitals to supply this to Covid patients. Around 1/2 a teaspoon 3 times a day.

Ginger

You can use the root to make a tincture that you can add 2-3 drops of to your tea each day, or you can eat it as is.

Two grams of raw ginger has been shown to reduce pain and inflammation when taken daily. You can also use it in tea, dropping two or three slices into hot water and adding lemon and honey, which can also help with the immune system. This can be taken daily.

Spondias Pinnata leaves and Papaya Leaves are used around the world for Malaria. Hydroxychloroquine is too. I suggest you drink some tea from these

leaves every day.

Green Tea

Now proven by science to reduce the viral load

Pomegranate Juice

Now proven by science to reduce the viral load

Pine Needles Extract

Source of Shikimic Acid (Tamiflu)

Do your research on shikimic Acid and choose your tree species wisely.

Ivermectin

Information on Ivermectin

<https://articles.mercola.com/sites/articles/archive/2021/07/10/the-deadly-censorship-of-ivermectin.aspx>

<https://www.monash.edu/discovery-institute/news-and-events/news/2020-articles/Lab-experiments-show-anti-parasitic-drug,-Ivermectin,-eliminates-SARS-CoV-2-in-cells-in-48-hours>

<https://www.naturalnews.com/2021-06-09-breakthrough-ivermectin-inhibits-sars-cov2-spike-protein-binding-ace2.html>

Budesonide

Dr Richard Bartlett has pioneered, successfully the use of this anti-inflammatory asthma drug that is cheap and works brilliantly with early intervention.

[Dr Richard Bartlett ACWT Interview 7 2 20](#)

His protocol is below in doses.

Nebulizing

I use 5 mls of saline water, 1 ml 6% Hydrogen peroxide and 1 drop of Lugols iodine - Put into the Nebulizer cup and Nebulize for 2 -3 minutes.

Nebulizing Hydrogen Peroxide

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

Spike Proteins

See Shikimic Acid, Dandelion Leaf Tea and Blood thinning herbs

Spike proteins causing blood clots Dr Charles Hoffe

<https://youtu.be/5sIWb9GTbbE>

New Options

- Regeneron - RGN-COV2
 - 2 monoclonal antibodies
- Convalescent plasma or CP
 - Is serum donated from the blood who have had an infectious disease, recovered and developed anti bodies.

Roditch.com September, 2021