

These two websites and others are excellent resources about prevention of C19, supplements and self care before and when you feel sick, and medications to keep you and your loved ones prepared and healthy during this pandemic. Use a less censored search engine such as [DuckDuckGo](#) to search for information shared by the FrontLine Doctors, Dr. Stella, Dr. Thomas E. Levy, Josh Axe, Dr. Mercola, Dr. Tenpenney, and many others. These doctors have written and cite multiple scientific books, articles, websites, and research studies that **explain the information presented on this page in greater detail, and they recognize that these methods are affordable, simple, readily available to the public for self-care, and effective.** The pharmaceutical industry is many powerful lobby groups and for-profit businesses, as well as a scientific research and medical care industry. There are a number of documented websites where you can safely order supplements and prescriptions.

Ask questions and do your own research!

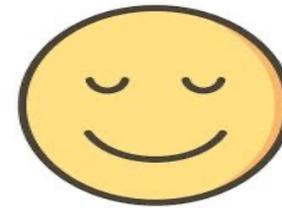
For example, Dr. Stella's website offers a telehealth visit for a fee, requires a summary of your health history and current health, and asks if you have COVID. She and her team can and will prescribe and mail Ivermectin or Hydroxychloroquine.

The information on this page is in addition to, and not a substitute for consulting your own physician, and can be used in conjunction to, and/or without any vaccines or boosters.

It is wise to have these supplements and medications on hand BEFORE you get sick, and available when needed.

“Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.” 3 John 1:2

Some information about health resources and self-care methods that work and will help us all to be more prepared during COVID for when it's our turn or our loved ones'.



www.FLCCC.net

www.drstellamd.com

This information is not given as medical advice or as a substitute for consulting your own physician or care provider.
Ask questions, think outside the box, do your own research, and pray for wisdom.

**Did you know that there are early prevention and early treatment methods for Covid-19?
There ARE things you can effectively do at home to help prevent C19 and to improve your recovery!**

**Here are two of MANY websites with COVID-19 protocols for prevention and early treatment – both of these sites created by physicians* on the frontlines of medical care:
www.FLCCC.net ~ *Front Line Covid-19 Critical Care Alliance***

www.drstellamd.com

**DO NOT wait until you or someone you know gets sick!
Ask questions, look up these websites and other sites, and choose the protocol that fits your situation:
<https://covid19criticalcare.com/covid-19-protocols/>**

It's important to understand that COVID-19 is a virus and our bodies respond to this virus with inflammation, which can be more severe in some people than others.

You can take over-the-counter supplements that play a KEY role in your immune function and help reduce inflammation, including:

- Vitamin D3 -High dose vitamin C
- Quercetin -Zinc
- Melatonin
- Ivermectin alternative: Nigella Sativa (black cumin seed)

It is important to note: these sites and protocols are designed by physicians with extensive experience in treating COVID from the beginning of the pandemic.

Another self-care technique that WORKS is nebulizing hydrogen peroxide for COVID-19 or other upper respiratory tract infections.

You'll need:

Saline solution

3% Food grade Hydrogen Peroxide (H2O2)

Nebulizer plus canister and tubing

Use a powerful, tabletop nebulizer that plugs into the wall, for example: <https://www.carewell.com/product/power-neb-ultra-nebulizer-kit/> ~ only \$23.00 and includes mask & tubing.

To create your own saline:

Add 1 tsp. sea salt to 1 pint of distilled water in a mason jar. Keep this solution covered in the fridge and use as needed. Or you can order premade saline powder in a container, or saline solution in individual vials.

To nebulize, add a teaspoon of saline solution plus a teaspoon of 3% food grade hydrogen peroxide to the nebulizer canister and breathe the vapor through your nose. This treatment can be repeated multiple times per day.

Nebulizing this solution is documented in medical literature, and is proven to be very helpful as a preventative method (prophylactic) for recent exposure to any respiratory illness, as well as an effective element in a self-care treatment for ongoing respiratory illnesses and sinus infections.*

*It is not recommended for daily use when you feel healthy.

**Research to support these protocols is documented in bibliographies and links.
Read them & ask questions!**

SCAN ME

