

PROTECT YOURSELF FROM CORONAVIRUS

Immune Building Support



Botanicals

VITAMIN C

CAMU CAMU POWDER

2 tablespoons to 2-4 cups juice or water, drink daily
Or 1 tablespoon daily

CAMU CAMU CAPSULES – 500 MG

10 capsules three times daily
Or

LEMON

12 whole small lemons in water daily as lemonade
– *use a straw when drinking*

VITAMIN D3 SUPPLEMENT – 10,000 iu daily then 5,000 iu daily except for the months of June, July, August, September if you are not deficient

SUNLIGHT

Daily sunlight exposure between 10:00 am and 2:00 pm for 1 – 1 ½ hours if dark skin or 30 minutes to 45 minutes if light skin

GOLDENSEAL

POWDER – 1/8 teaspoon – drink before bedtime
or CAPSULES – 1 capsule at night

and Alternate with or use instead oregano

OREGANO WILD-CRAFTED ESSENTIAL OIL

6 drops to 1 glass water – drink before bedtime
Caution: very hot so drink quickly and avoid liquid touching and burning your lips

PROBIOTIC

1 capsule per day for week one
1 capsule per meal for week two
2 capsules per meal for week three and beyond

FOUR BANDITS ANTI-GERM OIL

Mix oil drops with water and use as hand sanitizer

GINGER

4 slices, grated and boiled for 15 minutes in 2 cups water

GARLIC

4 cloves daily (caution if on blood thinners)

MULTIVITAMIN

VM 100 COMPLETE

2 tablespoons daily (includes B vitamins, Magnesium, Selenium, Zinc)

ACF ADVANCED EXTRA STRENGTH IMMUNE RESPONSE

2 tablespoons daily

CHILDREN'S ACF ADVANCED IMMUNE RESPONSE

2 tablespoons daily

N-ACETYLCYSTEINE (NAC) – Take 2 - 600 mg NAC capsules or tablets per day

ZINC LOZENGES – 1-15 mg lozenge take every two hours but do not exceed 100 mg daily

IODINE FORTE – use as directed – good to spray on mask for protection

LICORICE – At night take 2 capsules or 1 teaspoon powder to 10 oz water, boil for 15 minutes and draw for 40 minutes

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IF YOU CONTRACT THE VIRUS ADD

START WITH A PURGE

Super Colon Cleanse – 6 capsules only
Or Cascara Sagrada – 4 capsules only
Or Warm Garlic Enema

VITAMIN C

3000 mg vitamin C six times daily

CINCHONA BARK ESSENTIAL - *inhibits virus cell replication*

(USE ONLY IF YOU HAVE BEEN DIAGNOSED WITH COVID-19 OR EXPOSED TO A POSITIVE COVID-19 PATIENT)

Directions: Bring to boil 4 cups of water then add 1 teaspoon of Cinchona Bark and let it boil for 15 minutes. Next, draw or steep for 40 minutes. Strain and drink 2 oz three times daily for five days. You need to drink only 6oz per day. Repeat and drink for next one to five days only.

Caution: do not exceed the 6 oz for daily serving for more than 10 days or increase this recommended dosage of cinchona bark– it contains Quinine which is toxic to humans

PAPAYA SEEDS - Take 12 seeds, crack outer shell, quickly swallow all of them. They are hot. Take 12 seeds every second day thereafter.

MULLEIN

2 tablespoons of mullein steeped in 4 cups hot water for 40 minutes to 3 hours. Strain and Drink daily.

Mullein clears mucus in your lungs and protects it from damage

GOLDEN SEAL / OREGANO – same as above