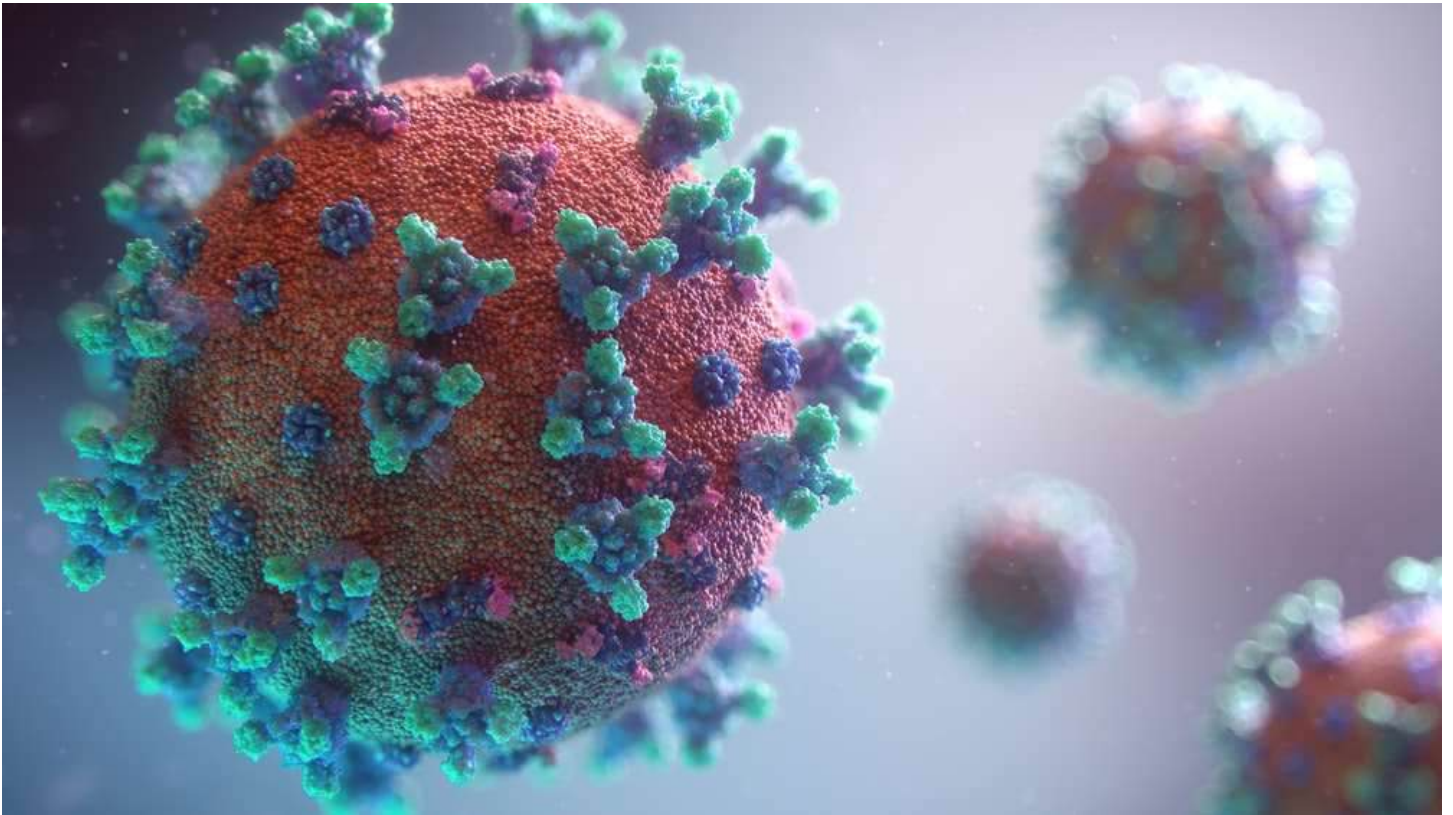


# COVID-19 PROTOCOL



**COVID-19 IS A MULTI-FACETED DISEASE, WHICH NEEDS TO BE TACKLED FROM MANY DIFFERENT ANGLES. EACH ANGLE IS EQUALLY IMPORTANT.**

**THE FOLLOWING DOCUMENT PROVIDES YOU WITH A PRACTICAL APPROACH TO DEALING WITH, AND GIVING YOURSELF THE BEST CHANCE OF BEATING COVID-19.**

# FIRST: IMPORTANT FACTS REGARDING THE FLU

1. Avoid all flu medication and sinus medication that you would normally take as “home treatment” - These meds are usually available as over the counter medications and do not normally need a prescription
2. Avoid all cough mixtures
3. Avoid all ointments/rubs that you can inhale or rub on your chest
4. Avoid all Herbal treatment for flu and sinus
5. Read points 1 – 4 a hundred times and memorize, before you continue reading

**I CANNOT STRESS ENOUGH, THE IMPORTANCE OF FOLLOWING THESE BASICS RULES – ESPECIALLY WHEN DIAGNOSED WITH COVID-19. BY IGNORING THESE BASIC GUIDELINES, YOU ARE SERIOUSLY COMPROMISING THE LIKELIHOOD OF SURVIVING COVID-19.**

## IMPORTANT PATIENT INFORMATION

Patients must be aware that medications, including ointments and herbal tinctures inhaled (also steamed) or rubbed-on should be avoided when they have flu. Patients may still end up drinking these medicines, thinking that it can do no harm. **Think again.** You are seriously compromising your chances of recovery should you be diagnosed with Covid-19. Many doctors prescribe an array of flu meds - again, should you take them, bear in mind that when infected with Covid-19, **these meds are seriously hampering your chances of recovery.**

In short, all these flu-type medications end up in your lungs, albeit via your bloodstream or by inhalation. These medications dry up the mug cells in your lungs. The mug cells in your lungs have a very important function – they ensure that the mucous in your lungs / sinuses stay liquid by adding fluid to the mucous. This then results in the mucous being easily expelled from your body via a runny nose or post-nasal drip – or even coughed out as mucous. The body is ridding itself of the toxins causing illness. This process is known as “expulsion”.

*... A beautifully designed machine for ridding the body of toxins.*

However, should you start taking flu medication or meds, which dry up your sinuses – you are inadvertently preventing the mug cells from doing their job – and the effect is thick, sticky mucous which is then trapped in your lungs and sinuses. Remember that a single dose/once off use of these types of medicines has a definite negative effect on your body and its ability to rid itself of the mucous.

The reality is that if infected with Covid-19 and you are taking meds, which dry up your sinuses, you are trapping a very virulent lung virus in your body and you will most **likely end up developing what is called a Covid Pneumonia.** Covid Pneumonia is **a killer.**

If you are using these flu meds when you are ill with a common flu (in other words – “not Covid”), you will most likely end up with Bronchitis, Broncho-Pneumonia, Pneumonia and a secondary lung infection – which often leads to hospital admission, especially in children during the winter months.

**IF YOU HAVE TAKEN ANY OF THE ABOVE, DO NOT WORRY, BUT REMEMBER TO DISCUSS IT WITH ME.**

**NOW, WE CAN DISCUSS THE REST OF YOUR TREATMENT.**

# IMPORTANT COVID-19 BACKGROUND FACTS

The first half of Covid (which is about 8 days) is called the ***Viral Replication Phase***. During this phase, the virus count multiplies.

The second phase is known as the ***Immune Phase***. This is where the war between the Covid virus and our immune system kicks in. The **fight against the virus is what eventually debilitates your body to the point of no return**. During this war, the body experiences vast inflammation, a resultant cytokine storm and blood clots. Should your body (immune system) go into this fight with a very high Covid-19 viral load, the war is immense, the storm even more intense and the problems are much bigger – and in converse, the chances on recovery, much slimmer.

**Going into this fight with a low Covid Viral count is the secret to recovery** – and this is where the vitamin protocol becomes immensely important. Vitamin C, Vitamin D, Zinc and Ivermectin are your best friends right now. This combination of supplements and medicines, ensure a very unfavourable environment for the Covid virus to replicate and multiply. Note that these meds do not kill the virus, but most certainly slow the replication and multiplication of the virus. **If you have followed points 1 – 5, you will now be in a better position to launch an attack (and destroy) the Covid-19 virus.**

## COVID-19 TREATMENT

Steps to be taken during the two Phases:

### First Phase (Day 1-8):

Following medication should be taken:

1. Vitamin C 1000mg twice per day
2. Vitamin D 2000IU once daily
3. Zinc 25mg per day
4. **Ivermectin** - This is an important part in your treatment. I will discuss dosage and administration during our telephonic consultation at a later stage and provide the necessary prescription
5. Half a Disprin daily (300mg halved)
6. Antibiotics: Either Zithromax, Doxycycline or Plasmaquin
7. H1 Receptor Antagonists/Blockers i.e Tagamet, Loratadine or Montelukast
8. Any pain killers and Anti-Inflammatories like Cataflam
9. ACC200 or similar

**Note:** Do not take cortisone in the first phase; this is all that you will need in the first phase

### Second Phase (Day 8-14):

1. CRP Blood Test (which measures your inflammation count)
2. D-Dimer Blood Test (which measures your clotting count)
3. Your oxygen saturation levels
4. Possibly chest x-rays
5. This is where I decide whether you need cortisone or extra anti-clotting medication and or more antibiotics
6. You should contact me now again

**Note:** After day 8, you will/might start feeling more weak, tired and short of breath due to a drop in your oxygen saturation level. It is now CRUCIAL for me as your doctor, to evaluate and monitor you more closely. At this stage we will have to arrange for the above-mentioned blood tests at an AMPATH laboratory.