



## Anti-Viral Protocol

### Methods

#### Diligence

Follow all steps to the best of your ability

Do your best, even if you don't have all ingredients available

Be positive, increase your devotional and prayer time and focus on the source of love and life!

#### Connect

Keep in touch with your friends and family. Don't be in isolation with no contact – get on zoom, facetime, on the phone, and stay connected

#### Oregano Inhalation

8 cups water- boil in pot.

Once boiled, put 2 drops oregano organic and pure oil in spoon then in pot. (if oregano oil unavailable, may use a full hand of oregano leaves, boil for about 5 minutes prior to inhaling)

6 drops eucalyptus oil (optional)

5-10 minutes inhalation,

For infection every 2 hours

For prevention 1-2 times day.

#### Oregano Gargles

1 glass jar 12-oz water

1 drop pure organic oregano oil

For infection gargle every hour while awake

For prevention gargle 3-5 X day

#### Immune Builder Broth

3c water

1 onion cut in half

5 cloves of garlic

salt to taste

boil 20 min



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For infection- 1 cup 2 X day  
For prevention 1 time a day

### Super Immune Builder

2 small cloves of garlic  
Juice of ½ lemon  
4oz warm water  
Blended well  
For infection, drink it each meal  
For prevention, 1 X day

### Home Made Sauna

Boil 16 c water in large pot  
4 drops oregano  
6 drops eucalyptus oil  
Put drops in a spoon then to pot  
Place pot next to stool  
Cover body with 1 sheet, then plastic, then another sheet.  
Stay for 20 minutes  
For infection 2Xday  
For prevention 3Xweek  
***Effective for severe sickness***

### Hot and Cold Chest Compress & Charcoal Poultice Combo

Hot Moist Towel over chest – cover with plastic and blanket to trap heat: 3minutes  
\*If using or Thermophore Electric Compress no need to cover w/ plastic  
Cold Towel or Ice Rub over Chest: 30seconds  
Repeat this 7x (end with cold always)  
Follow immediately with Charcoal Poultice over same area: sleep overnight  
Keep the head cool.  
*This method has helped open the lungs and bring Oxygen Saturation back to normal.*

### Nasal Mister (spray)

Nasal mister



## Anti-Viral Protocol

Add 2 drops of organic peppermint oil

Mix to 2 oz water

1 spray on each nostril 3 X day for infection and prevention. Also before and after being in public

### Activated Charcoal (when available)

1 Tbsp activated charcoal

8oz of water

Drink at bed time

*Will decrease the virus gastric load. Charcoal also is anti-inflammatory will decrease the load of cytokines in the GI track. Also reduces gastric symptoms.*

### Plant Based Diet

To prevent bacterial- virus growth. Plant based would build beneficial microbiota (bacteria) while animal-based products will build pathogenic microbiota. We need to build beneficial microbiota to overcome the infection.

#### Sources of Zinc:

Food item	Serving size	(mg)
Pumpkin and Squash	1 oz.	2
Cashews	1 oz.	2
Sunflower seeds	1 oz.	2
Flaxseeds	1 oz.	1
Baked Beans	1 cup	3.5
Lentils, cooked	1 cup	3
Chickpeas	1 cup	2.5
Oatmeal, cooked	1 cup	2.3
Wild rice	1 cup	2
Quinoa	1 cup	1 cup
Avocado	1 whole	1
Almonds (dry roasted)	¼ Cup	1.1
Sesame seeds	1 Tbsp	0.7

*Zinc is an essential nutrient required by the body for creating over 300 enzymes, The Recommended Daily Intake (RDI) 10 (mg/d)*

<https://www.myfooddata.com/articles/zinc-foods-for-vegans-vegetarians.php>



## Anti-Viral Protocol

### Sources of Vitamin C:

Food item	Serving size	(mg)
Acerola Cherry	1 cup (98 g)	1644
Guavas	1 cup	377
Bell Peppers	1 cup	190
Kiwifruit	1 cup	167
Strawberries	1 cup	98
Oranges	1 cup	96
Papaya	1 cup	88
Broccoli	1 cup	81
Tomato, cooked	1 cup	55
Kale, cooked	1 cup	53
Cauliflower	1 cup	51
Snow Peas	1 cup	38

The Recommended Daily Intake (RDI) is 90 mg for men and 75 mg for women

<https://www.myfooddata.com/articles/vitamin-c-foods.php>

### Organic Lemon or orange peel

Minimum 1 X 1-inch organic lemon or orange peel

Added to your morning smoothie or blended with water and drink it

*Powerful anti-inflammatory (healthful for advance stage). Great source of vitamin C.*

### Sunlight & Fresh Air

Expose large part of your body, especially the back for about 30 minutes/ day

Avoid sunburn, turn back and forth often.

*Vitamin D is crucial to fighting sickness and the Fresh Outdoor Air will give a boost of oxygen*



## Anti-Viral Protocol

### Organized By Daily Schedule

Throughout the Day:

Diligence  
Connect  
Oregano Inhalation  
Oregano Gargles

In between Meal Time:

Immune Builder Broth: 1hr minimum after food  
Home Made Sauna

Meal Time:

Super Immune Builder Drink: with every meal

As Needed:

Nasal Mister Spray

Bed Time:

Activated Charcoal Drink



## **Anti-Viral Protocol**

Hot and Cold Chest Compress + Charcoal Chest Poultice

### Nutrition:

Plant-Based Diet

Organic Lemon or Orange Peel

Sunlight & Fresh Air