



## Nebulizing Formula

### A. Nebulize with the following solutions:

1. High concentration Nano Silver Particles (AgNPs) (or Colloidal Silver), 2X per day or as often as needed

2. Iodine/Saline/Food-Grade Hydrogen Peroxide (H<sub>2</sub>O<sub>2</sub>) Solution, 2X per day max

- Instructions for making Iodine/Saline/H<sub>2</sub>O<sub>2</sub> nebulizer solution

- Mix the following in a small 1- or 2-ounce glass container:

- 3 mL (60 drops) of 3% Food-Grade Hydrogen Peroxide. Only in an emergency use regular H<sub>2</sub>O<sub>2</sub>. Regular H<sub>2</sub>O<sub>2</sub> contains stabilizers for extended shelf life.
- 3 mL (60 drops) of Saline Solution
- 1 drop (2.5 mL) of Lugol's Solution 2% (or 2 mL (40 drops) of Potassium Iodide)

- Instructions for making a Saline Solution:

Stir 1 teaspoon of Celtic (preferred) or Himalayan Sea Salt (or other sea salt or table salt) into 1 cup of filtered water. Let the minerals settle to the bottom, then skim 3 mL from the top.

- Breathing technique: Remember 6 – 4 – 8 (inhale for 6 sec, hold breath 4 sec, exhale for 8 sec).



## **B. Essential Do's and Don'ts:**

1. Do NOT work! Stay home if sick or have COVID-19 (vaccinated or not).
2. Turn off the news and tune out negative social media outlets to focus on healing. Stress, worry, and anxiety cause the adrenals to secrete cortisol which can elevate blood glucose levels and suppress immune system response.
3. Do NOT take the following OTC medicines: Motrin, Ibuprofen, Advil (or Albuterol Rx). Studies show OTC medicines exacerbate COVID, especially Ibuprofen, by increasing the number of ACE2 Receptors for infection by SARS-CoV-2 (Reference: The Lancet).
4. Avoid Tylenol as a fever reducer. Place cool towels on head if fever exceeds 103°F.
5. Do NOT lie on back or recline in chair while infected. Remain upright while awake. Pronate to stomach or side while sleeping.
6. Overheating Therapy: Take 1-2 very hot baths for 30-45 minutes each day to weaken virus.
7. Elevate House Temperature. Adjust thermostat to 80-84°F to encourage sweating and toxin flow.
8. Do NOT sit under an A/C duct or have a fan blowing directly on body.
9. Remove Bacteria from Mouth. Brush teeth and tongue 2X per day. Brush full length and back of tongue for 30 seconds (to the point of gagging) to strip off simple sugars and complex carbohydrates that feed bacteria.
10. Flush Nasal Pharynx. Spray or drop two dropperfuls (~2 mL) of AgNPs into each nostril, 2X per day. Let solution run into back of throat. Tilt head



horizontally on each side and hold for 10 seconds, to allow solution to migrate over Eustachian Tubes. Expectorate as necessary.

11. Protect Ears. Saturate Q-Tip with AgNPs and release onto eardrum. Alternatively, drop several drops in ear.

12. Do NOT consume sugar, dairy, sodas, alcohol, caffeine, tobacco, and nicotine. These products decrease immune response and can cause sinuses to fill with fluid.

13. Eat a Plant Based Diet.

14. Rest. Obtain 10+ hours each day to heal. Also take naps.

15. Soak-up Sunshine. Get 1 hour of overhead sun on exposed skin.

16. Get Fresh Air and Exercise.

17. Remain as active as possible. Walk, jog, or run in short bursts outside (preferably in the sun) for 2 hours each day.

18. Trust in Divine Power. You can safely put your trust and confidence in God. He understands your situation and hears your prayers. Recite His Word. Meditate upon His promises.

### **C. HIIT — High Intensity Interval Training**

What is it? A unique way of exercising that yields enormous benefits and requires very little time.

Person alternates between high intensity and low intensity intervals, for a set number of cycles (high/low) of a particular exercise. Can walk, run, jog, bike, swim, treadmill, recumbent bike, etc.



The goal during the high intensity interval is to elevate Heart Rate (HR) to (220 - Male age) for 30 seconds & (210 - Female age) for 30 seconds. Example: Male age 75. Peak HR =  $220 - 75 = 155$  bpm.

A Typical Peak 8 Workout (20.5 minutes total)

i. Warm-up (**Jog**) for 3.5 minutes  
Sprint (**Run**) for 30 seconds, then warm down  
(**Jog**) for 90 seconds

Repeat high/low cycle 7X

Warm down (**Jog**) for 2.5 minutes on last/8th interval

Information provided by Kirt Chapman

Contact Kirt via the info below if you would like to order Nano Silver or Liposomal MSM:

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Nano Silver >250 ppm, \$50/16 oz; Liposomal MSM \$60/26 oz.