



Anti-Viral Protocol

Methods

Oregano Inhalation

8 cups water – boil in pot

Once boiled, put 2 drops oregano oil (organic and pure, no added oils) on a spoon, then lower spoon into pot

6 drops eucalyptus oil (organic and pure—this oil is optional, used in addition to oregano oil)

5-10 minutes inhalation

For infection, every 2 hours

For prevention, 1-2 times daily

Note: If oregano oil unavailable, may use a full hand of oregano leaves, boil for about 5 minutes prior to inhaling.

Oregano Gargles

1 glass jar

12-oz water

1 drop oregano oil (organic and pure)

For infection gargle every hour while awake

For prevention gargle 3-5 times daily

Immune Builder Broth

3 cups water

1 onion cut in half

5 cloves of garlic (crushed, let sit for 10 minutes)

½ tsp salt, or to taste

Boil 20 minutes

For infection – 1 cup, 2x daily on empty stomach

For prevention – drink once daily on an empty stomach



Turmeric Anti-Inflammatory Drink

2 tsp turmeric powder

¼ C non-dairy milk

½ tsp honey

Mix it and drink daily with breakfast

Super Immune Builder Drink

2 small cloves of garlic (crushed, let sit for 10 minutes)

Juice of ½ lemon

4 oz warm water

Blend well

For infection, drink with each meal

For prevention, drink once daily with a meal

Onion Poultice

1 large onion, chopped

1-2 tbsp water (approximately)

Briefly sauté onion in water to heat the onion (then strain liquid)

Place onion onto a thin kitchen towel

Place the towel on the chest

Wrap chest with Glad Press 'N Seal

Let sit for minimum of 1 hour, or overnight

Helpful to use immediately when chest is congested

Nasal Mister (spray)

Nasal mister

Add 2 drops of peppermint oil (organic and pure)

Mix with 2 oz water

1 spray in each nostril

3x day for infection and prevention

Especially good to carry on hand when traveling.

Use before and after being in public.



Home Made Sauna

Boil 16 cups water in large pot

Drop essential oils on a spoon then lower spoon into pot

- 4 drops oregano (organic and pure)
- 6 drops eucalyptus oil (organic and pure)

Place pot next to stool

Sit on the stool and cover body with 1 sheet, then plastic, then a blanket

Stay in sauna for 20 minutes

For infection, once daily

For prevention, 1-3x weekly

Effective for severe sickness

Oral Mister (spray)

Oral mister

Add 10 drops of peppermint oil (organic and pure)

Mix with 2 oz water

3 sprays to coat mouth and throat

3x day for prevention

Especially good to carry on-hand when traveling.

Use before and after being in public.

Activated Charcoal (when available)

1 Tbsp activated charcoal

8 oz of water

Drink at bedtime

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



Sunlight & Fresh

Expose a large part of your body, especially the back, to sunshine for about 30 minutes daily.

Avoid sunburn by turning back and forth every 5 minutes.

Avoid use of lotions and creams for more effective vitamin D production on skin.

Vitamin D is crucial to fighting sickness and the fresh outdoor air will give a boost of oxygen.

Breathing Protocol for Lung Hygiene

Perform 7-10 cycles at a time

- Take a deep breath
- Hold for 3 seconds, if able
- Cough 4-5x, coughing softly in the beginning, forceful cough on the last cycle

Perform every 15 minutes for the first 4 hours then every 30 minutes during waking hours.

Tap lungs from bottom to top before each breathing exercise. Sleep on your side, see which side creates a higher oxygen level. Do not sleep on your back.

Plant Based Diet

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

Organic Lemon or Orange Peel

Minimum 1 x 1-inch organic lemon or orange peel

Add to your morning smoothie or blend with water and drink it

Powerful anti-inflammatory (healthful for advance stage).

Great source of vitamin C.



Black Seed oil or powder

1 Tbsp raw organic black seed, 1 tsp raw organic honey, 3/4 C warm water. Grind 1 tsp of black seed using a coffee grinder. Blend with other ingredients. Drink on an empty stomach 30 minutes before meals 3x a day

Hot Bath

Check patient's temperature and heart rate prior to immersion

Check water temperature, target range 102-105F, maintain throughout treatment

Have patient immerse in the tub, covering entire body except above the neck

Apply and replace cold towels to forehead and wipe face with cold towel

Keep finger above water to check heart rate and saturation

Target: heart rate <120, saturation >92%, temperature <102F Stop treatment if heart rate is >120

Patient to stay in water for 20 minutes, or shorter as patient tolerates

After hot bath, cool patient chest then legs, with cold towels, and pour cold water 3x

Dry patient thoroughly

Rest for 30 minutes and dress warm after treatment

Perform 2x a day until temperature is normal, and chest congestion resolves

Licorice Tea

Licorice root slices 1 Tbsp, boil in 1 C water, boil for 10 minutes, cool off, drink daily.

Lobelia tea

1 Tbsp of dried lobelia with 1 cup of warm water, let steep for 10 minutes, cool off. Drink 1-2x a day.



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>

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>