



## Anti-Viral Protocol

### 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  
*Every 2-4 hours\**  
*For prevention, 1-2 times daily*

<https://www.nhlbi.nih.gov/coronavirus/lungs>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3768712/>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6152729/>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7532351/>

### 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*

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.htm>

### 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*

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8187985/>  
<https://www.medrxiv.org/content/10.1101/2020.09.07.20180448v1>  
<https://www.nhlbi.nih.gov/coronavirus/lungs>  
<https://www.medrxiv.org/content/10.1101/2020.12.22.20245993v1.full-text>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8001868/>



### **Turmeric Anti-Inflammatory Drink**

2 tsp turmeric powder

¼ C non-dairy milk

½ tsp honey

*Mix it and drink daily with breakfast*

<https://www.medrxiv.org/content/10.1101/2021.09.01.21262953v1.full-text>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7693600/>

[https://www.researchgate.net/profile/Trong-Dao-2/publication/257164368\\_Curcuminoids\\_from\\_Curcuma\\_longa\\_and\\_their\\_inhibitory\\_activities\\_on\\_influenza\\_A\\_neuraminidases/links/5a1815c14585155c26a7c475/Curcuminoids-from-Curcuma-longa-and-their-inhibitory-activities-on-influenza-A-neuraminidases.pdf](https://www.researchgate.net/profile/Trong-Dao-2/publication/257164368_Curcuminoids_from_Curcuma_longa_and_their_inhibitory_activities_on_influenza_A_neuraminidases/links/5a1815c14585155c26a7c475/Curcuminoids-from-Curcuma-longa-and-their-inhibitory-activities-on-influenza-A-neuraminidases.pdf)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5056903/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6770259/>

### **Organic Lemon or Orange Peel Anti-Inflammatory Drink**

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.

<https://pubmed.ncbi.nlm.nih.gov/20625233/>

<https://pubmed.ncbi.nlm.nih.gov/25870747/>

### **Super Immune Builder Drink**

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

1 Tbsp of lemon juice

4 oz warm water

Blend well

*For infection, drink with each meal*

*For prevention, drink once daily with a meal*

<https://www.medrxiv.org/content/10.1101/2021.09.01.21262953v1.full-text>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8001868/>

<https://aspenjournals.onlinelibrary.wiley.com/doi/abs/10.1177/0884533609357568>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6627858/>

<https://pubmed.ncbi.nlm.nih.gov/33443802/>

<https://pubmed.ncbi.nlm.nih.gov/32823497/>

<https://pubmed.ncbi.nlm.nih.gov/33208167/>



### **Activated Charcoal**

1 Tbsp activated charcoal  
8 oz of water  
Drink at bedtime

[https://www.thelancet.com/journals/langas/article/PIIS2468-1253\(20\)30132-1/fulltext](https://www.thelancet.com/journals/langas/article/PIIS2468-1253(20)30132-1/fulltext)  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7117430/>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7416710/>

### **Onion Poultice**

1 large onion, chopped  
1-2 Tbsp water (approximately)  
Briefly sauté onion in water to heat the onion until water evaporates  
Place onion onto a thin kitchen towel  
Place the towel on the chest  
*Wrap chest with plastic or Glad Press 'N Seal*  
*Let sit for minimum of 1 hour, or overnight*  
*Helpful to use immediately when chest is congested*

### **Nasal Mister (spray)**

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.*

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html>  
<https://www.medrxiv.org/content/10.1101/2020.09.07.20180448v1>

### **Oral Mister (spray)**

Add 1-2 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.*

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html>  
<https://www.medrxiv.org/content/10.1101/2020.09.07.20180448v1>



## **Sunlight & Fresh Air**

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

Avoid sunburn by rotating your body position every 5 minutes or less.

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.*

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7680047/>

<https://bmcmmedgenet.biomedcentral.com/articles/10.1186/1471-2350-14-122>

<https://respiratory-research.biomedcentral.com/articles/10.1186/s12931-019-1072-4#Sec14>

<https://www.sciencedaily.com/releases/2021/04/210408212954.htm>

## **Breathing/Coughing Protocol for Lung Hygiene**

Perform 7-10 cycles at a time

- Inhale a deep breath for a duration of 4 seconds

- Hold for 2 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 - 1 hour 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 as this will decrease saturation speedily.

<https://pubmed.ncbi.nlm.nih.gov/20625233/>

<https://pubmed.ncbi.nlm.nih.gov/25870747/>

## **Homemade 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*

<https://pubmed.ncbi.nlm.nih.gov/21951023/>



## 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 head. Wipe face with cold towel consistently

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, while the water is being drained, sit person up and apply cold towels to their chest and back. Sit the patient on the edge of the bathtub to continue cooling the rest of the person's body by either using cold towels, or pouring cold water. You may repeat 3x until the body is no longer hot.

Dry patient thoroughly

Rest for 30 minutes and dress warm after treatment

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

<https://pubmed.ncbi.nlm.nih.gov/21951023/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8789204/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6479732/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4786079/>

## Plant-based Diet

A plant-based diet will help 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.

<https://nutrition.bmj.com/content/4/1/257>

## Vitamin C Drink

½ - 1 C fresh grapefruit juice

Daily

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/grapefruit-benefits#:~:text=Grapefruits%2C%20like%20oranges%20and%20other,bacteria%20that%20can%20cause%20disease>



### **Nutritional High in Vitamin C Smoothie**

1 kiwi (vit C)  
1 orange peeled (vit C)  
½ C berries (vit C)  
2 Tbsp sunflower seed soaked, if available (NAC)  
2 Tbsp pumpkin seed soaked, if available (zinc)  
¼ C water  
Blend  
Daily

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

### **Anti-Inflammatory Green Juice**

1 C carrot juice  
2 C green juice  
½ C cucumber  
½ C celery  
½ C lettuce  
½ C cruciferous (kale, chard, cabbage, etc.)  
Mix all the above, strain it well and divide it into 3 C (8oz cup), seal it.  
Drink it 3 x day on empty stomach

<https://pubmed.ncbi.nlm.nih.gov/30463216/>

### **Black Seed (oil or powder)**

1 Tbsp raw organic black seed, 1 tsp raw organic honey, ¾ 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.

<https://www.medrxiv.org/content/10.1101/2020.10.07.20208645v1>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7313527/>

### **Licorice Tea**

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

<https://www.nccih.nih.gov/health/licorice-root>



### **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.

[https://www.healthline.com/nutrition/lobelia#:~:text=Lobelia%20is%20sometimes%20used%20alongside,lungs%20\(1%2C%205\)](https://www.healthline.com/nutrition/lobelia#:~:text=Lobelia%20is%20sometimes%20used%20alongside,lungs%20(1%2C%205))



## 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    |
| 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-vegetarias.php>





## Sources of Vitamin C

| Food Item      | Serving Size | (mg) |
|----------------|--------------|------|
| Acerola        | 1 cup (98g)  | 1644 |
| Guavas         | 1 cup        | 377  |
| Bell Peppers   | 1 cup        | 190  |
| Kiwi Fruit     | 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) 90 mg for men and 75 mg for women*  
<https://www.myfooddata.com/articles/vitamin-c-foods.php>