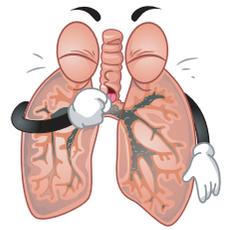


Sickness support protocol



- **Vitamin D3 5000 iU in the am and pm.**
- **Vitamin C 500 mg in the am, midday, afternoon and evening.**
- **Zinc 25 mg with Vit C in the am, midday and pm.**
- **NAC or N Acetyl Cystine 500-600 mg in the am and pm.**
- **Apple Cider Vinegar 1 Tbsp in the am and pm.**
- **Magnesium (or mineral water) across the day.**
- **Colloidal silver 6 sprays (nasal or throat) in the am, midday and pm.**
- **Collagen 2 scoops 3-4 times a day.**
- **Teas to be sipped on; Rosemary, Star Anise, Pine needle (white), Echinacea, Dandelion, Fennel, Bergamot, and Turmeric.**
- **Essential oils to be used; Pine needle, Eucalyptus, Tea tree, Frankinsense, Myrrh, Oregano, Thyme, Clove, Fennel, Bergamot.**
- **For severe inflammation I would also use Pure Krill oil, Berberine and Molecular Hydrogen.**
- **Methylene Blue 5mg per day.**