

# Got Covid?

## I'm symptomatic or received a positive test, what do I do?

I cannot dispense medical advice, but I can tell you what worked for me and what has worked for many people. I have supported a frontline doctor and have helped thousands of people survive Covid, healing from home. You do not want to end up in the hospital as a lot of hospitals are refusing to treat with safe, proven treatments. They are eager to put you on a ventilator where you most likely will not survive.

Treat EARLY at home and LIVE.

Treat late and most likely DIE on a ventilator. (70% don't survive.)

Covid is a tricky illness. Be prepared. **Start treatment as soon as you have symptoms**, even if you think it's just a cold because it can advance rapidly.

*\*\*As always, run everything by your healthcare provider to ensure that it does not interfere with anything else going on with you.\*\**

## The Basics

1. **Start taking the following supplements ASAP:**
  - [N-Acetyl-L-Cysteine \(NAC\)](#) – 600-750 mg 2-3x a day on empty stomach. This supports healthy lung function and immune health. This is a game changer!! Get at a health food store, Amazon or [Life Extension](#).
  - [Vitamin C](#) (Ascorbic Acid) – 800-1,000 mg a day
  - [Vitamin D3](#) – 5,000-10,000 IUs a day
  - Zinc Sulfate or [Zinc Picolinate](#)– 30 mg a day with food
  - [Quercetin](#) – 500 mg a day
2. **Get a pulse oximeter** ASAP to measure blood oxygen levels. Get at drugstore or [Amazon](#). It is very important to measure your blood oxygen levels.
3. **Get nasal budesonide** (Rhinocort) at drugstore, Target, Walmart or [Amazon](#). Two sprays in each nostril once a day. You can do this prophylactically.
4. **Get any mouthwash** that either says "[kills 99.9% germs](#)" or a [whitening mouthwash with hydrogen peroxide](#). Listerine works. Gargle twice daily. This slows viral replication in mouth.
5. **Take low dose aspirin** (81 mg) every night to prevent blood clots. You can get this at any drugstore or [Amazon](#). This is a good daily practice if you can take aspirin. If you are already on blood thinners, do NOT take this.
6. **Take Loratadine (Claritin)** (10 mg) once a day. This specific antihistamine [helps with Covid](#). It helps dry up secretions, which helps to reduce congestion and cough, and works especially well with Ivermectin.

7. **Take Pepcid daily** to help dry up secretions. You can get this at any drugstore or [Amazon](#). Only take this if you are symptomatic.
8. **Get a nebulizer ASAP**. They are now prescription only at drugstores. If you cannot get a prescription from your doctor, get one on [Amazon](#) or [Nebology](#) or any other medical supply store. I recommend the desktop kind that plugs in. Also ensure it has both the mouthpiece and the mask. Use the nebulizer with inhaled budesonide or other breathing treatments such as Dr. Mercola's hydrogen peroxide protocol (see below). You share a nebulizer in a household. Just order the extra tubing and another set of masks + mouthpiece for each person. Usually comes with one set for adult & one child.
9. **Find a provider** to prescribe the necessary safe treatments for Covid (Ivermectin, Budesonide, antibiotic, additional steroids if necessary, etc.).

### **Additional natural protocols that helped me and many others recover:**

1. **Do Dr. Mercola's nebulized hydrogen peroxide protocol**. Many people have completely recovered by doing Dr. Mercola's [nebulized hydrogen peroxide protocol](#). Click that link for detailed information on his protocol in case that may help you. Scroll down to Nebulized Peroxide Basics for the formulas, depending what strength of hydrogen peroxide you use. Make sure you get [Food Grade Hydrogen Peroxide](#) to use. You can get that at most health food stores or on Amazon. And you want to buy simple saline solution or make your own with ONLY distilled water and sea salt. According to Dr. Mercola, this protocol has helped many people recover from ANY respiratory virus, infection or ailment. Do NOT do this prophylactically. Only do this if you have respiratory symptoms. For more information, check out his [video here](#) on it.
2. **Gargle with warm salt water** twice a day to loosen secretions. Only use high quality salt like [Himalyan pink salt](#) or [Celtic sea salt](#).
3. **Drink a HydrosHOT** on an empty stomach every morning. This hydrogen-infused drink really helps with energy and improves blood oxygen levels as well as any digestive issues.
4. **Take essential oils** in a [gelatin capsule](#) (2 drops each of **lemon, peppermint, lavender,** and **black pepper** oils) daily. Add 2 drops of **Melaleuca** (Tea Tree oil) or 2 drops of **Oregano** oil for extra protection if you are sick or think you are getting sick. Only add Oregano oil if you are NOT on antibiotics as Oregano oil is a very powerful antibiotic and will cancel out any other antibiotic. And only add Oregano oil for 10 consecutive days (or less), like you would an antibiotic. I prefer [DoTerra oils](#) but whatever you can find at a health food or natural grocery store should work. Make sure you are getting real, high-quality essentials oils. If you cannot find all the oils, do as many as you can find. Open the [empty gelatin capsule](#), drop the oils into capsule, close capsule and swallow it with a glass of water. Ensure you are not allergic to any of these oils. This combination will really open up your sinuses better than anything! You will be astonished. You can do this twice a day if necessary. If you are doing Oregano oil, do not add to your second capsule (only do Oregano once a day). *Stay tuned for a video explaining this.*
5. **Inhale essential oils**. If you have a diffuser, diffuse **peppermint, eucalyptus,** and **black pepper essential** oils. If you do not (or in addition to diffusing), you can heat a pot of

water on the stove with these essential oils: 3 drops of peppermint, 3 drops of eucalyptus or rosemary and 5 drops of black pepper oil. Let simmer covered for a few minutes. Then move pot off burner and carefully open pot and then inhale the fumes for a few minutes with towel overhead. This really helps to open up your sinuses and your lungs and helps loosens secretions and improve cough.

6. **Take Stinging Nettle** daily. This really helps support sinus and respiratory health and is especially good if you cannot or do not want to take over-the-counter antihistamines.
7. **Take Black Seed oil daily.** Take one teaspoon of Black Seed oil twice daily. This really helps support immunity and respiratory health. You can get this at any health food store or natural grocer or on [Amazon](#).
8. **Take ImmunX daily.** This product has helped me tremendously with long covid effects. It has many helpful [ingredients](#) such as a different form of zinc, turmeric, star anise, etc. I felt so much better after taking this after ONE day. Just FYI, Seacret is an MLM. I am not pushing MLMs, but this product is very powerful. I have tried MANY supplements and this is now my top one.
9. **Make sure you are moving** – walking around a few times a day or moving your arms if you are too weak to move. Exercise your lungs by singing if you can.
10. **Ingest lots of warm, nourishing foods** like homemade soups, bone broth, etc.