

PROTECT YOURSELF FROM A VIRUS ATTACK and SPIKE

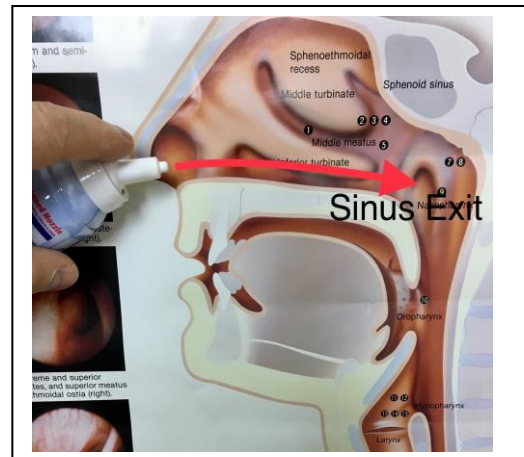
DR SIMONE PROTOCOL (Report provides complete information)

We do not diagnose disease or recommend a treatment protocol or dietary supplement for the treatment of disease. Share this information with your physician who can determine what nutrition and disease treatment regimen is best for you.

IF YOU ARE SHORT OF BREATH, HAVE CHEST PAIN OR HAVE ARRHYTHMIA, CALL YOUR PHYSICIAN and/or 911 IMMEDIATELY

1) ORALPHARYNX / SINUS HYGIENE – #1 PRIORITY for active infection

- NASAL SALINE FLUSHES every 30 to 45 minutes.
- 6-8 NASAL Drops of 1% POVIDONE IODINE every 4 hr
- Gargle with Hydrogen Peroxide
- Steam (10 min every 4 hours)
- Hydrate
- Oxymetazoline nasal spray and prescription steroid nasal spray
- Decrease mucus production and membrane swelling by avoiding: dairy products, citrus, dust mites, air flight, low pressure barometric pressure (rain, snow, overcast weather). Pre-menses swells membranes.



All are useful if you feel congested, have sore throat, feel achy, have been in a crowd, crowded space

2) NUTRIENTS and MEDICINES:

- N-ACETYL CYSTEINE – 600 mg twice a day with food
- VITAMIN D3 – 125 mcg (5,000 IU) per day with food
- QUERCETIN – 500 mg twice per day with food
- CURCUMIN (from Turmeric) – 1000 mg/d with food
- EGCG – 300 mg/d with food
- ALKALINE pH – Simone Super Energy 1 scoop a day

If needed: HYDROXYCHLOROQUINE 200 mg twice a day for 5-10 days. OR IVERMECTIN 0.4-0.6 mg/kg per day times 5 days or until symptoms resolve, then 1-2 times/week

**Bind/Block/
Disrupt Spike**

VITAMIN C – 2000 to 4000 mg per day with food

CoQ10 – 200 mg twice a day with food

ZINC – 50 mg tablet per day with food and multiple ZINC **oxide** lozenges/day

ANTIOXIDANTS: Consider Protector ONCCOR – for proper doses, chemical form, ratios

FAMOTIDINE (over-the-counter Pepcid) – 20 mg per day

3) ANTI-INFLAMMATORIES Do not use ibuprofen

PREDNISONE – Days 1-5: 20 mg twice a day with food

Days 5-10: 20 mg in morning with food; Days 11-15: 10 mg in morning

Use the high dose when breathing is getting more difficult or there is lung dysfunction or there is need for oxygen – steroids are lifesaving!

ASPIRIN – if you are able, then 325 mg uncoated aspirin at about 6PM with food.

OMEGA 3s – 4 softgels/day each containing about EPA 500 mg + DHA 400 mg

BUDESONIDE ampules having 0.2 mg/2 ml or 0.4 mg/2 ml inhaled with nebulizer if needed

NUTRIENTS

that can also Bind/Block/Disrupt Spike:

N-ACETYL CYSTEINE – 600 mg 2/day
BROMELAIN – 500 mg once a day
VITAMIN D3 – 125 mcg (5,000 IU)/day
QUERCETIN – 500 mg twice a day
CURCUMIN (from Turmeric) – 1000 mg/d
EGCG – 300 mg/d with food
ALKALINE pH – Simone Super
Energy 1 scoop a day

Bind/
Block/
Disrupt
Spike

VITAMIN C – 2000 to 4000 mg a day
CoQ10 – 200 mg twice a day
ZINC – 50 mg tablet per day and
multiple ZINC **oxide** lozenges/day
FAMOTIDINE (over-the-counter Pepcid) – 20 mg/day
HYDROXYCHLOROQUINE (HCQ) or
IVERMECTIN if needed –bind/block/disrupt spike

Take all with food