

Natural anti-inflammatory supplements to quell the cytokine storm (run away inflammation) that occurs with viruses.

- **Marshmallow Root:** Relaxes the bronchial tubes; helps remove mucous secretions from the lungs; excellent anti-inflammatory; anti-irritant; high in vitamin A (heals membranes); extremely rich in zinc; contains iodine and B-complex vitamins (GastroCalm -www.icnr.com).
- **Zymessence:** Best systemic enzyme product on this planet. Double enteric coated; anti-inflammatory, anti bacterial, mildly anti-viral, dissolves away fibrosis or scar tissue; cleanses the blood by dissolving foreign protein; dissolves the biofilm around cancer cells. Modulates the immune system. available: drwongsessentials.com/zymessence/
- **Glutathione:** antiviral - inhibition of influenza infection; protects cells from oxidative stress. Blocks production of active virus particles. Enables the liver to process toxins pulled out of the bloodstream.
- **Liposomal glutathione:** 100 times more efficient for intracellular delivery; prevents breakdown by digestive system.
- **Vitamin A:** There are 14 different isomers of vitamin A. Cataplex A (Standard Process Labs) is derived from beef kidney lipids and has additional vitamin A esters. It is also high in arachidonic acid, from which prostaglandins are produced. Prostaglandins (PE1 & PE 3) are hormone-like substances which are anti-inflammatory, control blood pressure, contract and relax smooth muscles, and dilate and constrict blood vessels. PE2 are pro inflammatory and cause pain.
- **Note:** Dr. Shiva recommends Vitamin A palmitate: synthetic

Vitamin A palmitate is fat soluble and remains stored in the body's fatty tissues. It can build up to too-high levels, causing toxicity and liver disease. This is more likely to occur from a supplement than from food sources. Retinols are found in foods that come from animals (meat, milk, eggs). The form of vitamin A found in plants is called beta-carotene (which is converted

to vitamin A in the body by thyroxin). Food processing may destroy some of the vitamins as well as freezing, microwaving, and cooking.

- **Vitamin C (AMLA-C):** derived from food will have all the synergistic factors:
 - a. **Tyrosinase** is an enzyme which is activated by copper to convert the amino acid tyrosine into thyroxine. Thyroxine directly affects the metabolism of every cell of your body.
 - b. **Ascorbic acid: is NOT vitamin C;** it is the antioxidant, which preserves and protects part of the vitamin C complex. It has a strong acidifying effect. The more acidic the patient the less oxygen present and a lowered resistance of the immune system. Dr. Shiva advocates large doses of ascorbic acid, which will acidify the patient lowering oxygen levels. When patients become too acidic they do not absorb vitamin C and become deficient.

The synthetic form of ascorbic acid, **works like an anti-histamine drug** when given in high doses (especially IV). Synthetic ascorbic acid is dextrorotary whereas nature provides natural substances in the levulorotary (left handed spin) form. *Only amino acids with the L-configuration are incorporated into the proteins of the human body.*

Medical Biochemistry (Elsevier Inc. 2017): Antonio Blanco and Gustavo Blanco - Chapter 3; supported by over forty years of teaching experience.

1. Megadoses of vitamin C can weaken red blood cells leading to their breakdown and release of hemoglobin and other contents into the surrounding fluid. (Annual of Internal Medicine, 82:810, 1975; Annual of Internal Medicine 84:490, 1976; Blood, 49:471, 1977).
2. Megadoses of vitamin C will irritate the gastrointestinal lining. (New England Journal of Medicine, 285:635, 1971).
3. Megadoses of vitamin C can lead to calcification in the kidney. (Lancet, 2:201, 1973).

4. Megadoses of vitamin C can cause rebound scurvy. (Canadian Medical Assoc. Journal, 93:893, 1965.

5. Megadoses of ascorbic acid interfere with the normal metabolism of minerals. (British Journal of Nutrition, 24:607, 1970. Journal of Laboratory Clinical Medicine, 51:37, 1958.

6. Megadoses of ascorbic acid may destroy vitamin B-12 in the blood. (Journal of the American Medical Association, 230:241, 1974; American Journal of Clinical Nutrition, 30:297, 1976.

Synthetic ascorbic acid is a hexose sugar (six carbon simple sugar) which will raise insulin levels, which will increase systemic inflammation. Dr. Linus Pauling recommended in his 1974 published book, *New Dynamics of Preventive Medicine*, to take pure crystalline ascorbic acid. This substance is made from glucose (corn syrup - most corn is genetically modified). Most if not all ascorbic acid today is made in China.

c. **Vitamin P** (bioflavonoids), which maintains vascular integrity; prevents blood vessels from leaking (bruising, or bleeding gums).

d. **Vitamin K**: promotes prothrombin formation and helps in coagulation.

e. **J factor**: increases the oxygen carrying capacity of the hemoglobin; helps carry off the CO₂ and oxidizing toxins.

These factors are missing in synthetic ascorbic acid.

Recommend: 3000 mg/day of food based to prevent or treat viruses.

- **Vitamin D₃**: Many formulas are made from irradiated lanolin. Premier Research's D₃ is derived from a mushroom source that is exposed to sunlight which convert D₂ to D₃.
- **Vitamin K₂**: Comes from animal protein. K1 occurs naturally in dark leafy green vegetables; protects cell membranes from damage. K-2 activates a protein that prevents calcium deposits from forming in the walls of blood vessels; vitamin K-2 promotes healthy bone mineral density by carboxylating osteocalcin, a protein that binds calcium to bones; has

antioxidant properties. 120 micrograms (mcg) of vitamin K for adult males and 90 mcg for adult females. Full spectrum K from Nutricology.

- **Dietary sources of vitamin K-2 include:**
 - natto, a traditional Japanese dish of fermented soybeans
 - sauerkraut, dairy products, especially hard cheeses
 - liver and other organ meats, beef, pork, egg yolks, chicken
 - fatty fish, such as salmon
- **Zinc Orotate:** Mother's milk provides minerals in the orotate form. Best scientific reference in the world. Better absorption through the cell membranes of mycoplasma and/or viruses. 60 mg/day. \$13 for 200 tabs. Available at www.icnr.com.
- **Zinc Plus:** All ingredients are vibrationally infused into a carrier of certified organic, cold pressed sunflower, pumpkin seed, and extra virgin coconut oils; contents: Zinc orotate, magnesium orotate, resveratrol, quercetin, glutathione, liver chi, immutol, indiumase, CBD, frequency of highly oxygenated water, vit. D₃, curcumin, ashwagandha, AMLA-C, adrenal complex, and adaptopath. \$24.95 for 2 ounce bottle.
- **Magnascent iodine:** most biologically active form of iodine and readily recognized by the body as the same iodine that is used by the thyroid and other hormone receptors. It is absorbed effortlessly.
- **Nucleo Immune (Premier Research Labs):** Nucleotides are tiny building blocks of RNA and DNA, which are the blueprints for every cell in your body. Each of your trillion plus cells contains 6 billion nucleotides. These building blocks are stored in a very limited quantity in the liver. Trauma, surgery, infection, and other stressors can rapidly deplete the body's stores of nucleotides. When depleted, rebuilding critical supplies of nucleotides to meet the body's demands can take several days, if not weeks.

For young, healthy people, getting enough nucleotides from a balanced diet may be possible, but as we grow older, this pathway becomes less efficient and our ability to absorb nucleotides decreases.

Nucleotides have also been shown to enhance intestinal immune response as well as liver function. Studies also have shown nucleotide supplementation in cases of deficiency can help restore T-cell-dependent humoral immune responses, further supporting the importance of supplementing with nucleotides.

- **PEO (Parent Essential Oils):** Clinician's Preference provides an 11:1 ratio of omega 6 to omega 3 oils. The key is that our cell membranes require omega 6 oils (safflower, sunflower, sesame, and walnut). The omega 6 oils act as a magnet pulling in oxygen into the cells. High percentage of people's membranes are plastic-like as a result of adulterated omega 6 oils. Organic, cold pressed omega 6 oils are anti-inflammatory. (Your Essential Supplements)
- **Ivermectin (for parasites):** cost \$27 for 50cc bottle; one needs only 1cc per 100 pounds; second dose is given two weeks after the first. You can treat the entire neighborhood for next to nothing.
- **Cordyceps Sinensis CS4:** better than Sunoco racing fuel; cost \$50 for 60 caps; kills cancer cells 65% by itself! It's an immune modulator; increase energy, stamina, oxygenation of tissues, stimulates stem cells, helps the heart and manage blood sugar in type II diabetes.
- **Vanish:** vibrationally infused formula that boosts the immune system activating the macrophages to engulf viruses; cost \$9.95 two ounce spray bottle. www.ghsdoc.com
- **Tesla Energy Card™:** enables the user to imprint healing frequencies into any bottled water, food or just wear the device. Available from teslaenergy-tec.com \$29.95

What's missing in most practitioner's armamentarium is the skills to define the "splinters" or initiators of the disease process. My recently published book, *Remove the "Splinters" and Watch the Body Heal,* describes in detail the many initiators and how to approach the body from a global perspective. Once these "splinters" are removed and the body returned to homeostasis, the body goes back to factory default. available at www.ghsdoc.com

Modalities to remediate COVID-19 virus:

1. **Rife Frequency Generator:** the frequencies produced by the Rife technology literally can explode the corona virus without destroying any surrounding cells, tissues, or organs.
2. **Theraphi System:** produces a plasma field of scalar energy with 18 healing frequencies piggybacked on the scalar wave to effect three changes:
 - a. Scalar waves have a double helical fractal wave configuration just like DNA; scalar waves helps to cleanse and repair the DNA.
 - b. Scalar waves can disassemble the frequencies of viruses, other pathogens, chemicals, heavy metals, toxins, etc. In essence scalar energy neutralizes harmful substances.
 - c. Scalar energy stimulates stem cells for repair.
3. **CyberScan System:** it captures a holographic energy pattern of your body from your palm chakra and compares your frequencies with a database of over 135,000 electromagnetic signatures of known substances. The software then produces a list of the top 2% to 3% of the stressors causing your ill health. It then provides the inverse frequencies to heal your body.
4. **Radionics Device:** Developed by Thomas Galen Hieronymus to analyze a patient's photo, hair, urine or blood sample and heal the person by inverting the disease frequencies.
5. **ONDAMED:** is based on the principle of electro-magnetic induction. A highly focused pulsed electro-magnetic field penetrates deep into a targeted region of the body, painlessly stimulating tissue, and eliciting a pulsed biofeedback signal that tells the practitioner how to treat.

6. **Indigo System:** Biofeedback system similar to the above mentioned modalities.

7. **PEMF:** Pulsed Electromagnetic Frequencies

Closing quote: “The closer one gets to the truth, the more simplistic the solution.” Less is More!