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COVID-19 Treatment Protocol Using Natural Methods

Disclaimer: No portion of this protocol has been reviewed or approved by the FDA. Consult your health care provider for guidance in treating COVID-19 or any other condition.

This general protocol is not a substitute for individual medical advice. I invite the reader to ask for a consultation, primarily by way of the email address provided above. The methods described herein are effective, but each individual is different. There are elevated risks for patients who have diabetes, high blood pressure, high cholesterol, etc. The reader assumes all risk for using this or any published protocol.

Orientation: COVID-19 is a corona virus that produces a pneumonia. COVID-19 is Pneumonia primarily and a circulatory disease secondarily. It is treatable by natural means, but it is vital that treatment begin early rather than late in the course of illness. This document is written to direct the response to increasingly stringent disease conditions.

The reader is expected to successfully complete treatment of the flu in most cases without escalating to full treatment of a cytokine storm described at the end of the document, but I recommend that you read the full protocol before infection, so that you can obtain and organize the remedies for each stage of illness. Some of the herbs can be difficult to find and purchase in the short time that a fast-moving disease will allow.

Preplanning is essential to your avoiding a hospital visit!

Prerequisites to treatment: *No medicine, orthodox (allopathic) or naturopathic (natural medicine) can overcome a disease producing lifestyle.* With that in mind,

prepare yourself for COVID or any other disease by observing Eight Laws of Health:

- Good nutrition
- Adequate exercise
- Pure water (no sodas or sugary drinks)
- Morning or evening sunshine
- Faith in God (this includes trust in God, faith healing, and walking in divine health)
- Proper breathing of pure air
- Rest (body, mind, and spirit)
- Self-Control (follow through with what you already know to do.)

Most people who die from COVID (or any flu for that matter) are already suffering from pre-existing conditions which would not have been present if the lifestyle of the patient had been temperate. The most dangerous pre-existing conditions relate to the cardiovascular system. The blood must be pure and the heart strong to throw off this disease. *Do not wait for onset of the flu to change your lifestyle.*

At the first sign of a cold or flu: Even the most virulent Pneumonia starts out as a cold, so do not ignore the warning signs of infection. Even a mild cold must run its course once it becomes established, so treat it early to prevent it from becoming too strong. Many people have died from the flu long before anyone knew what COVID is. A cough, sore throat, soreness in the muscles (which is not associated with exercise), sneezing, head congestion, etc. are indicators that something is wrong. The problem could be allergies or constipation, but in any case, be alert and pay attention to the signals that your body is sending you.

- Stop eating all forms of sugar (honey in small amounts is acceptable, particularly when it is mixed with freshly expressed lemon juice).
- Refined flour products, the central portion of potatoes, white rice, tapioca, etc. quickly turn into excessive glucose in the blood. Avoid them during viral infection! A virus thrives on glucose, which can be easily fermented.
- Bottled, canned, and even frozen fruit juices also spike sugar, feeding the virus.
- Trans-fats and fried foods make the cell membranes less fluid causing inhibited cellular respiration, insulin sensitivity, and decreased secretion capacity. The integrity of the membrane is harmed by all these conditions, making infection more likely to occur and more difficult to treat.
- Your body has a limited capacity to express vital energy: The body cannot work, feel good, digest food, repair tissue damage, fight disease, and think at the same time. One or more of these activities must be suspended.

so that the most urgent needs can be met by the available energy. Feeling bad is the first indication that something is wrong; use it as an indicator to pay attention to your body. Work deadlines are important, but countless people have died meeting their deadlines, while failing to allow their bodies to heal properly. Rest that is sufficient to allow recovery will disrupt your work and/or social life, so prepare for it. This means that you must rest in all areas of life (Spirit, soul, and body)! Do not allow yourself to worry. It is fruitless and robs you of energy. Trust God (the God of the Bible) with your present, future, and the present wellbeing of your family. He is God, He is good, and He is faithful.

- Make sure that you have access to fresh air in your room. Stale air will not heal you. Pure, fresh air will aid the body greatly in throwing off disease. Going outside in the sun to breathe fresh air is very healing.
- Go on a limited fast. No red meat, chicken, or fish; no deserts; no bread (except whole grain). Eat vegetables and fresh fruits, but not at the same meal. Fruits and vegetables require different environments in the stomach to digest. The healthy body can accommodate the food combination, but the pancreas is stressed in the process more than necessary.
- Obtain an accurate thermometer, blood pressure meter, and an O₂ perfusion meter.

Treatment of COVID or Flu: There are many home remedies available. I do not recommend pharmaceutical over the counter remedies. Use what works for you, but here are my recommendations:

- Definitions:
 - *Infusion* – Steep a leaf, soft stem, or flower of an herb in water that was boiled, that has begun to cool (like tea) in distilled water.
 - The standard dose is 1 teaspoon of herb into 1 cup of distilled water.
 - Infusion times range from 10 minutes to 30 minutes usually. Sometimes they can go longer, depending on the herb or the treatment requirements.
 - An infusion can and usually should be covered while steeping.
 - Strain the infusion into a cup, discarding the herb.
 - *Decoction* – Simmer a root, hard stem, or seed at a slow boil in distilled water.
 - The standard dose is 1 teaspoon per pint of herb. More than one herb can be prepared in the same pint of water.

- Decoction times range from 15 minutes to several days, but the most common is about 30 minutes. Expect about ½ to one cup of volume to be lost to steam during a 30-minute decoction. Make up the volume with distilled water.
- Important Nutrients:
 - Vitamin C: Though the Orthodox literature downplays the use of megadoses of vitamins in general, Vitamin C is a powerful ally in the battle against colds and Flu. I recommend Vitamin C to bowel tolerance, which is usually in the range of 3-5 grams per day. This is the limit of the gut capacity to absorb the vitamin.
 - Vitamin C is sometimes called the universal antidote, since it is so effective in detoxifying free radicals, chemicals, and metabolic toxins in the blood.
 - IV administration of high doses are effective, but an alternative, simple, effective way to get high doses of C in the blood is by using Liposomal C.
 - Liposomal C can be purchased, but it is not difficult to make at home. I recommend any of the minibooks on the subject published by Amazon Kindle. I prefer to use the powdered Lecithin made from sunflower. It is easy to work with, making it possible to mix up a batch in an hour or less. A blender is necessary, and a sonic cleaner is helpful.
 - B vitamins work as a team, so a good multivitamin should be selected
 - Vitamin B6 has antihistamine activity, so supplementation of 50 mg per day is helpful.
 - Vitamin D is essential but be careful in dosing it since excess D will raise blood pressure if it is taken in excess. Monitor your blood pressure. I recommend 10,000 IU per day during the course of treatment.
 - Vitamin A 10,000-50,000 IU per day during the acute phase.
 - Zinc 50 mg/day
 - Selenium: 200 µg/day
 - Chlorophyll is a blood builder. It is sold in gel cap form and as a liquid. Take as directed.
 - Spirulina 250-1000 mg/day
- Treatment of a mild cold or flu:

- Take a blood thinner, such as Alfalfa (1,000mg) or Chamomile infusion (1 teaspoon infused for 15 minutes). [**Caution: If you are already on a pharmaceutical blood thinner, do not take Alfalfa or Chamomile with them. Hemorrhage can, and often does result.**]
 - The use of a blood thinner prevents the distributed clotting associated with the cytokine storm in the lungs. This practice will prevent one path for the destruction of the lungs, and it will prevent ischemic strokes, heart attack, kidney failure, etc.
 - The need for blood thinners was discovered in Italy by autopsy, and it was confirmed in Mexico.
- Infuse (see definitions above) 1 teaspoon of Mullein leaf and 1 teaspoon of Eucalyptus leaf into 1 cup of distilled water for 20-30 minutes. Strain and drink. This can be repeated during acute infection up to one infusion every two hours during the day.
- If more than three doses are required to clear the head and stop the cough, add 1 teaspoon of Oregano leaf (preferably wild Oregano). Drink or sip it hot. Oregano leaf can be used alone if you prefer, but it works well with the other herbs. Wild Oregano leaf works best.
 - When sipped warm, Oregano causes the body to sweat out a virus.
 - Wipe the sweat off with a towel. Do not shower while this process is going, since showering cools the body, stopping the cleansing reaction.
 - The Oregano treatments should not exceed 4 treatments per day. They are more effective as part of the Mullein/Eucalyptus respiratory infusion base.
- **A more severe flu:** Consultation with a health care provider is recommended. Temperature, blood pressure, and O₂ perfusion should be checked often. A sudden drop in O₂ perfusion below 80 is an indication of severe to catastrophic lung damage.
 - As before, noted, use daily doses of Alfalfa or Chamomile if pharmaceutical blood thinners are not being taken. This will stabilize the blood, preventing the deadly distributed micro clots.
 - As the flu advances (and it can advance quickly) decoct 1 teaspoon of wild cherry bark and drink it with the infusion outlined above. One, two, or all of these botanicals can be combined if needed.

- Pleurisy root can also be decocted with the wild cherry bark increasing the effectiveness. (This is optional).
 - Ginger root: The *fresh* root should be decocted at the rate of 1 teaspoon per pint of distilled water. Dried ginger is not medically effective.
 - Deep lung congestion can be relieved by the combination of wild cherry bark (2 parts) and elecampane root (1 part). Some people find Elecampane to be too bitter to use, but it is a very good expectorant. Elecampane also draws water into the bowel causing loose stools in some patients.
 - Bacterial infection of the lungs can be prevented or treated with decocted Oregon grape root. This is an antibacterial agent which can be added to the decoctions described above in this section.
 - Eucalyptus chest rub salve will clear the lungs, particularly overnight. Other essential oils can be added to the slave, increasing its potency, but these should be used under supervision of a Naturopathic physician.
- **A more advanced, serious flu:** Consultation with a Physician is recommended.
 - Alfalfa or Chamomile are still recommended as described and qualified earlier.
 - If cough and pneumonia persist or worsen, the following herbs can be taken in addition to the protocol above either in capsule form, powder, etc. These agents block specific points of the cytokine inflammation chain acting as anti-inflammatory agents.
 - Licorice root (Over time, Licorice root raises blood pressure due to sodium retention, so if you use it for more than one week, monitor your blood pressure, and reduce your salt intake.) Drink distilled water to further reduce salt and help the kidneys.
 - Japanese knot weed This is an anti-inflammatory agent and is a mild blood thinner.
 - Codonopsis pindsula (Dang Shen in Chinese medicine). Anti-inflammatory mild blood thinner
 - Chinese Skullcap root (Baikal Skullcap) Anti-inflammatory agent. It also acts as a mild blood thinner. It should not be taken over a long term.

There are additional remedies, but overtreatment also creates problems. Use the minimum effective dose. The objective is to condition the body to throw off the flu via lifestyle, then aid the body with herbal remedies. Remember that no herb can cancel out the effects of a bad lifestyle. Live reverently; live by faith; keep your joy; NEVER GIVE UP!

I can be reached via. Email at Dr.Bob@hungrykidsinternational.org. I keep an office at Hungry Kids International headquarters, but the practice is separate from the ministry.

Respectfully submitted,

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