

EMERGENCY RESPIRATORY AND IMMUNE RESCUE KIT

Symptoms of COVID-19 might include horrible fatigue, shortness of breath, severe nausea, coughing, fever or new unusual extreme problems that you haven't experience before. For anyone who is clearly developing lung problems or those severe symptoms from COVID-19 start implementing the following few measures as soon as you can.

EMERGENCY RESPIRATORY AND IMMUNE SUPPORT KIT

1. Nebulize Argentyn-23* 2 ml every 2 - 4 hours, breathing in as deep as you can (don't hyperventilate - very slow deep breaths)
2. Take 1,000 mg vitamin C every 30 minutes while awake (lower dose if severe diarrhea develops, and take it every 15 minutes if you are worse and close to needing a ventilator)
3. Take 0.5 to 1 mg melatonin every 4 hours during the day and 10 mg at bedtime
4. Take 50 - 200 mg CBD daily (divide into 2 - 4 doses a day)
5. Take SBI (Serum Bovine Immunoglobulin) up to 2.5 grams twice a day

If Argentyn 23* (23 ppm) is not available, Sovereign Silver is 10 ppm of the same fine particle silver solution that I have used extensively in clinical practice with my patients. If these are not available, consider other brands based on reputation and testing or the experience of other providers who use them.

While I have only mentioned using Argentyn 23 nebulized, since we know that SARS-CoV-2 replicates in the throat, particularly during the first 5 days of symptoms(3) it may be helpful to

slow this infection by spraying Argentyn 23 on the back of the throat several times a day during the early phases when you just have a cold or scratchy throat. (Again, nothing in this book is intended to be a medical recommendation — just information and sharing of the science that we do have). SBI Protect is now marketed by OrthoMolecular (2.5 mg/dose). Enteragam (5mg/dose) is the equivalent and Megamucosa (1 mg/dose) has the same SBI ingredients along with a few others.

Imagine doing the things I am suggesting in this book and potentially reducing your risk of dying to close to zero? We won't know for sure until enough people try it. By trying the suggestions in this book you might get some diarrhea from the high-dose vitamin C, or a little tired from the melatonin, or perhaps slight bowel changes from the SBI – but those are risks I would take in a heartbeat given the mortality numbers coming out of Italy.

I would say to you who are skeptical I know how you feel as I felt the same way. What I have come to find out, however, is that the interventions I'm suggesting represent the best approaches available to us today. There is little downside other than potential diarrhea with the high-dose vitamin C, possible slight fatigue if you take melatonin in the morning or daytime and if it doesn't work you would be out the money spent.

I happen to believe with absolute confidence that there is nothing more powerful right now to empower and enable you to avoid serious infection – and to recover if you do get infected with COVID-19 – than the suggestions I'm making here.

If you are sick, especially if you have a cough, fatigue and fever you might have COVID-19. Some people who have the disease suffer from extreme nausea and/or diarrhea. There seems to be involvement in the chest and potentially a heart-related complication from this infection, so consider any new severe symptoms to be possible evidence of COVID-19 – at least until the world pandemic slows to a trickle.

Chances are you don't have COVID-19, so don't panic. But precaution is vital just in case you are exposed to the virus.

So, what do you do to protect yourself and your loved ones? The list below is not everything you could do to boost your immune system, but represents what I feel are key steps everyone should take if they can. The second half of this book will get to the hard science with references.



Avoid COVID-19 Exposure and Boost Your Immune System

1. Quarantine. Isolate yourself if you are high risk (older or with health issues).
2. Take Vitamin C 500 - 1,000 mg four times a day (lower dose if diarrhea).
3. Take melatonin 0.5 to 1 mg in am and 5 - 10 mg before bed.
4. Use colloidal silver* spray up each nostril and back of the throat twice a day. Start nebulizing 2 ml of these 4 times a day if you are coughing or having breathing issues.
5. Vitamin D + K2. Take 5,000 IU D₃ daily.
6. SBI take 1 to 2.5 grams once or twice a day NAC (N-Acetyl cysteine) daily 250 - 1,000 mg a day (MitoCore is my favorite with lots more than just NAC. It has carnitine to give your cells energy and so much more).
7. CBD, if you can get the ultra-pure made from oranges CBD. Take 10 - 50 mg twice a day REDUCE STRESS. (reduce your time on devices, interact with positive people, meditate, volunteer, relax).
8. SLEEP. It is restorative, so guard your sleep as it is precious and vital.
9. EXERCISE. Do a little more than you have been (unless you already overdo).
10. WATER. Drink up to a gallon a day.
11. Share hope with your loved ones, friends and neighbors. Help someone every day.

WHERE TO PURCHASE THESE PRODUCTS?

Given the extreme magnitude of this pandemic, you may have to search before you find some of these supplements in stock. Get a link and enjoy my 25% professional discount on most quality supplements on the market and be the first to get access to the bioidentical pure CBD here: click.drpaulapproved.com

WHAT TO DO WHEN YOU HAVE A COVID-19 INFECTION

A lot of this I have covered in the section "Boost Your Immune System".

If I had worsening respiratory symptoms with impending oxygen requirement (pulse ox dropping below 90% on room air) or if I didn't have a pulse ox and needed to breathe faster and deeper and had a sensation of air hunger, then this is what I would do:

Homeopathic Colloidal Silver:

Consider nebulized Argentyn 23 several times a day. If Argentyn 23 is unavailable, then use Sovereign Silver. Nebulize 1 to 2 ml 4 times a day for mild symptoms and every 1 to 2 hours if your oxygen levels are dropping and you may be needing to go to the hospital soon. Generally, they won't do much for you at the hospital until your oxygen levels are around 90% or less. Some busy hospitals where they are short on ventilators are sending patients home with oxygen to buy a few more days. I actually would choose that option if offered and you have transportation back to the hospital if you get worse.

Portable nebulizers and the colloidal silver can be purchased online without a prescription. I prefer Argentyn 23, with next best being Sovereign Silver, but if these become unavailable and you are in trouble I would consider other brands. I just don't have any experience with them. Worst case scenario (when we are out of nebulizers); one could perhaps use an infuser or mist machine for the Argentyn 23 or silver solution and breathe it in from that! You would likely need to put more solution into it to make it work. These homeopathic silver solutions have a concentration generally between 10 and 30 ppm (parts per million), which is basically water, so I'm not worried about how much you nebulize, whether it is 2 ml or 30 ml. Cost would become the prohibitive factor.



Vitamin C:

Take Vitamin C at least 1,000 mg every 15 to 30 minutes while awake if you are having respiratory symptoms and may have COVID-19. The only limit to how much you can take is how much you can tolerate before getting severe diarrhea. There are reports of using up to 50,000 mg of vitamin C for those struggling with COVID-19 lung infections. Nobel prize winner the late Linus Pauling was a strong advocate for high-dose vitamin C and is reported to have been taking about 10,000 mg daily for much of his adult life. That was just to maintain health, so the safety of high-dose vitamin C is not in question, as long as you don't get dehydration from diarrhea.

Melatonin:

Melatonin use for COVID-19 infections addresses inflammation, acts as an antioxidant, and regulates the immune response. Melatonin has a great safety profile. While the evidence of melatonin's potential benefits for COVID-19 infections is unclear, its use in experimental animal models and in studies on humans has shown efficacy and safety. One could predict that melatonin use by COVID-19 patients would be highly beneficial.⁽⁷⁾ If you are infected with COVID-19, take melatonin 0.5 mg a few times during the day, although it may make you tired. If diabetic, watch your blood sugar and insulin needs, and take 10 - 20 mg before bed.

CBD:

CBD (cannabidiol) balances the immune system, but more importantly is known to increase the number of natural killer (NK) cells.(8) These NK cells act like soldiers that go after and kill unwanted invaders in the body. I'll discuss this property of CBD more later in my book. While CBD was not specifically tested against COVID-19, it would be reasonable to think that CBD may help boost the natural abilities of the body to fight this infection. (NOT A MEDICAL CLAIM no pharmaceuticals or supplements have had long-term placebo-controlled testing against this new virus).

NAC, MitoCobre, SBI:

NAC boosts glutathione, perhaps the most important antioxidant molecule that also helps fight infections. MitoCORE is a product in powder or capsule that has a perfect combination of NAC with carnitine and other key nutrients to boost your immune system and enhance mitochondrial function and cellular energy. Your mitochondria are the powerhouses of your cells. The extreme fatigue described by those with the more severe COVID-19 infections is a signal that the cells are stressed and could use more energy. SBI, (Serum Bovine Immunoglobulin) binds endotoxins in the gut helping usher them out of the body and in so doing also protecting the gut immune system (GALT - Gut Associated Lymphoid Tissue).



Caution

Don't be confused or dissuaded by the talking heads on TV who are fast to warn you of frauds and "bogus" medical treatments. I've heard the examples of vitamin and colloidal silver used as examples of these "bogus" or "fraudulent" treatments being peddled for profit. You can bet that if it doesn't profit big pharma then the media that is bought and paid for by big pharma will try to discourage you from trying it. Don't feel any obligation to purchase anything from anywhere. I share my resources because I'm asked all the time "what do you use, Dr. Paul?" and "Where do you get it?"

You will undoubtedly hear that these natural remedies are unproven, untested, and even dangerous and to beware of those unscrupulous, unethical doctors and charlatans trying to profit from you. In the next breath they will tell you there is nothing you can do, but pharmaceutical companies are fast-tracking vaccines and medicines that will soon be available. In the meantime stay home and good luck. There is nothing you can do but wait.

Really?

Would you let your loved one die when a potentially helpful approach that is harmless is at the corner store vitamin shop or a click away online?

Remember: we are in this together. I don't want anyone to die on my watch, which could happen if you go to the hospital without doing all these things. Unfortunately, once in the hospital you aren't allowed to bring in anything from the outside AND they are severely limiting visitors, probably to zero if you are positive for COVID-19.

I am not in the least bit afraid because I have the tools I have mentioned here. And I don't want you to be afraid either.

I can't stress enough the importance of being prepared for this. Think of the airline coming in for a crash landing and airbags are deployed. You put your mask on first so you can help others.

Are you prepared? Do you have your Respiratory Rescue Kit with at least one to spare in case you need to save another family member or friend?

Respiratory Rescue Kit

Nebulizer (portable or any kind you can get)

Argentyn 23 (or Sovereign Silver – if these are available, any kind you can get)

Pulse oximeter (this is nice to have to monitor your progress or need for oxygen)

911 Coronavirus Infection Kit

- Vitamin C (get enough to take the typical dose I mentioned previously every 30 minutes while awake)
- Melatonin (A low dose 0.5 – 1 mg during the day and 5 – 10 mg for before bed)
- Helpful:
 - SBI (Serum Bovine Immunoglobulin), or Enteragum.
 - MitoCORE by Ortho Molecular Products or another source of NAC
 - A good multivitamin
 - CBD

Are you calling your family and friends? If they aren't prepared, will you be helping them when they need help? Did you get an extra Respiratory Kit and Coronavirus Infection Kit for them?

Call them and do it now and as often as you or they need or want. Staying connected is an important part of the healing journey.

Be Prepared.

If you are not afraid at all then you are either very prepared or you have a combination of recklessness and faith beyond measure or a wish to die. You also might know that you have a robust healthy immune system due to meticulous self care, proper nutrition and you have done everything along the way that promotes a healthy immune system. I don't want you to be afraid. You don't need to be, as long as you are prepared. As I was reaching out to help Bud (he was still in the hospital on oxygen and his wife sick at home, both in quarantine), I became aware that there won't be enough nebulizers and Argentyn 23, vitamin C and melatonin to go around if this indeed infects 50% of the population.

I don't want you to hoard, as we are all in this together, but do plan for your family and loved ones, and if you have the means, plan for a few others to whom you might be a rescuing angel.