

NZDSOS

At Home Early Treatment of Viral Diseases Including C-19

About This Guide

Just like any other viral disease, anyone can catch Covid-19. The good news is that for most people, this is a mild disease, especially if treated early. This guide is for those who have mild to moderate flu-like symptoms who would not usually need to see a doctor and does not include prescription drugs.

Doctor prescribed at home kits that contain pharmaceuticals, such as Ivermectin and Doxycycline, as well as practitioner-only supplements, can be obtained if appropriate at a consultation with one of our doctors in the [NZDSOS Online Clinic](#).

This guide is based on [clinical trials](#), the clinical experience of our doctors, as well as the overseas experience of doctors such as those in the [FLCCC Alliance](#) and the [World Council for Health](#).

How To Use This Guide

This guide explains the supplements and lifestyle interventions for prevention and treatment.

The suggestions are divided into four sections, correlating with the main aspects of the disease. You do not need to take everything in this guide, but it is suggested to you take one intervention from each section.

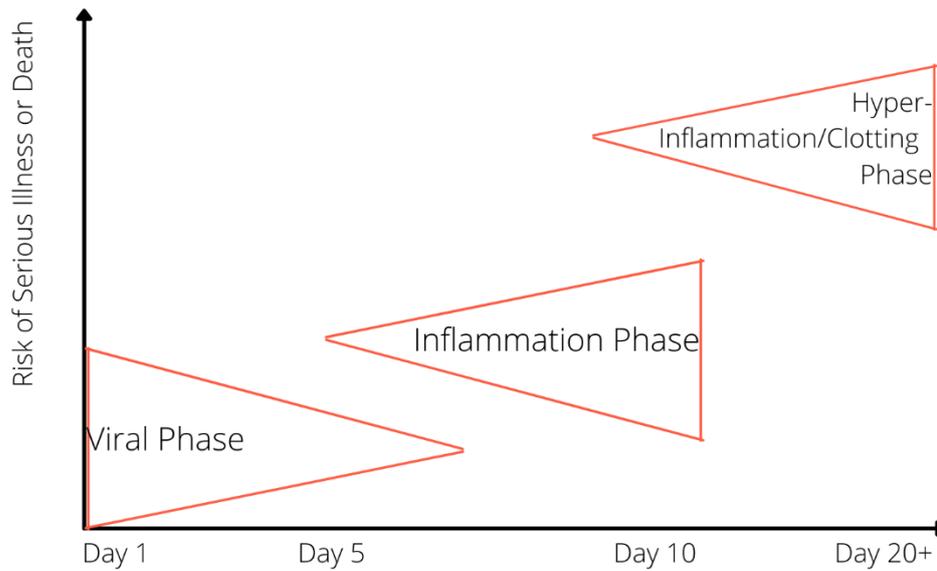
If you remain unwell after 10 days, it is best to seek medical advice.

You may want to consider having the following equipment on hand:

- Thermometer.
- A pulse oximeter. This measures the saturation of oxygen in your blood. In most healthy people a reading below 94% indicates that further medical help should be sought. A pulse oximeter can be obtained online or from a pharmacy.



Phases of Covid-19



Viral phase symptoms

Fever, sore throat, lethargy, muscle aches, loss of taste / smell, nausea, diarrhea, chills, loss of appetite, weakness.

Inflammation phase symptoms

Cough, shortness of breath.

Hyper-inflammation phase symptoms

Chest heaviness / pain, difficulty breathing.

If you are experiencing difficulty breathing, you must go to hospital.

Prevention

Lifestyle

- Love, laughter, hugging
- Fresh air, exercise
- Good food; avoid alcohol, sugar, seed oil
- Sufficient sleep
- Breath through your nose and hum

Supplements

Supplements for prevention are taken at lower doses as indicated in the right-hand column.

Early Treatment with Supplements

Supplements are used at higher doses for treatment. Only uses the treatment doses for 5 days or until better, whichever is the longest. It is not recommended to take high doses of supplements for long periods. You do not need to take everything on this list but try and take one intervention from each group.

	Treatment	Prevention
IMMUNE SUPPORT		
Multivitamin	As directed on bottle	As directed on bottle
Vitamin C	500mg every hour to bowel tolerance	500mg – 1000mg twice daily
Vitamin D	5000iu (250mcg) daily	2000iu (50mcg) daily
Vitamin K2	90-180 mcg daily	90-180 mcg daily
Zinc	60 – 100mg daily	15mg daily
Selenium	150mcg daily (check the amount in your multi)	150mcg daily (check the amount in your multi)
Quercetin	500mg daily	250mg daily
ANTI-VIRAL		
Elderberry	As directed on bottle	-
Nigella (black cumin) seeds ground in a pepper grinder	0.08grams / kg / day – mix with honey	-
Other herbs such as Echinacea, Goldenseal, Mushroom extracts	As directed on bottle	-
ANTI-INFLAMMATORY		
Curcumin extract	As directed on bottle	-
N-Acetylcysteine	600mg four times / day	600mg twice daily
ANTI-COAGULANT		
Fish oil	2500mg daily	1000mg daily

Other Treatments

Gargle:

Betadine gargle (do not swallow) three times daily

Nasal Irrigation:

The treatment involves rinsing the back of the nose with saline to remove both wet and dry mucus. This improves air flow and helps the lining of the nose become healthier.

To make normal saline solution, dissolve in 500 - 600 mL warm water:

- 1 teaspoon of salt
- ½ teaspoon of baking soda

This saline solution should be applied 3 times daily via either a:

- suitable plastic squeeze bottle with nozzle
- clean, empty prescription nasal spray bottle (use 15 to 20 sprays into each nostril)
- syringe – 20 mL size is best
- sniffing action from a cupped hand

Aim to get the saline right to the back of the nose so that it runs down into the throat, and then spit it out.

Commercial products are available at pharmacies. The pack generally comes with sachets of salt solution mix and a squeezable plastic bottle or nose pipe with specially designed nozzle.

Nano-silver Spray

As directed on bottle

Nebulized Hydrogen Peroxide (H₂O₂)

- Purchase 3% Hydrogen Peroxide from your local pharmacy
- Dilute this by ten by adding 10 times the amount of water or saline to the original amount
- Dilute this further by three by adding 3 times the amount of water or saline to the first dilution
- Add to the nebulizer as per the instructions that came with the nebulizer (maximum 5 mls).

Selected References

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