



To support the elimination of any respiratory infection or any challenge to your immune system I recommend the following:

I have a friend who suffered from a Covid respiratory infection, that reduced her oxygen levels down to 88%. She was very compromised. Based upon the guidance offer by Dr. David Brownstein, she added a few drops of iodine and food grade hydrogen peroxide to a steam inhaler. After inhaling this steam, she had immediate relief and a return of normal oxygen levels.

Therefore, for immediate respiratory support, I have used the following: Using the [Mabis Steam Inhaler or other steam inhaler](#), fill the water chambers up with distilled water. Add 7-10 drops of [Perfect Iodine](#) and 3-5 drops of [35% Food Grade Hydrogen Peroxide](#) to the chamber that you'll be generating steam from. Once the steam has begun to flow, I personally take 10 to 20 inhalations. Do this steam inhalation once to twice a day. Relief may be noticed immediately.

For strengthening your immune system, so that you are more likely to be bullet proof from any lung or other infections, take the below supplements 5 days on and 2 days off per week, in an ongoing manner. If dealing with an active infection, respiratory or otherwise, then take these products 7 days per week, until recovery is achieved, then reduce intake to 5 days on and 2 days off per week.

[Vitamin D/K2 Drops](#): 7-10 drops 1x per day with breakfast or lunch. As the vitamin D receptor is expressed on immune cells (B cells, T cells and antigen presenting cells) and these immunologic cells are all are capable of synthesizing the active vitamin D metabolite, vitamin D has the capability of acting in an autocrine manner in a local immunologic milieu. Vitamin D can modulate the innate and adaptive immune responses. Deficiency in vitamin D is associated with increased autoimmunity as well as an increased susceptibility to infection.

[Zinc Arginate w/Aspartate](#): 2 tablets in a.m., then 3 tablets in p.m. Zinc is crucial for normal development and function of cells mediating nonspecific immunity such as neutrophils and natural killer cells. Zinc deficiency also affects development of acquired immunity by preventing both the outgrowth and certain functions of T lymphocytes such as activation, Th1 cytokine production, and B lymphocyte help. Likewise, B lymphocyte development and antibody production, particularly immunoglobulin G, is compromised. The macrophage, a pivotal cell in many immunologic functions, is adversely affected by zinc deficiency, which can dysregulate intracellular killing, cytokine production, and phagocytosis.

[AllerDHO](#): 2 capsules 2x per day. Incorporates bioflavonoids, micronutrients, proteolytic enzymes, and herbs into a comprehensive formula that provides multifaceted support for

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individuals with immune imbalances. Dihydroquercetin, a key component in AllerDHO, inhibits oxidation, is bioactive, and is highly absorbable. Quercetin helps zinc get inside the cells. Quercetin has a theoretical, but significant, capability to interfere with SARS-CoV-2 replication, with the results showing this to be the fifth best compound out of 18 candidates. On the basis of the clinical COVID-19 manifestations, the multifaceted aspect of quercetin as both anti-inflammatory and thrombin-inhibitory actions, should be taken into consideration. <https://pubmed.ncbi.nlm.nih.gov/33034398/>

[Baobab Fruit Powder](#): 1Tbsp. 2x per day, with first and last meal of the day, mixed into a small amount of liquid. This is a vitamin C, bioflavonoid, and antioxidant rich South African fruit. Vitamin C feeds white blood cells, which they need to stay active and mobile like the pac man video game. Vitamin C can kill tumor cells and pathogens. It also neutralizes free radicals and supports adrenal function. Vitamin C with bioflavonoids keep capillaries strong, which supports the prevention of bruising. Vitamin C with bioflavonoids also supports connective tissue repair.

[Continual-G](#): For those with the funds to add another higher ticket but powerful product for Glutathione production to your health program or for those rare people who do not tolerate Green Meadow Whey. Taking Continual-G is a proven means of rapidly increasing intracellular glutathione production for several hours at a time. This is a highly effective product that makes me feel better in all aspects of my health. Take 1 packet dissolved in 4-8 oz of pure water 1-2x per day on empty stomach.

[LugoTab 12.5 mg to 25 mg](#): 1 tablet in the morning. Dosage dependent upon body size and health needs. Supplies iodine/iodide in proper adult dosage. Iodine is needed by all cells, organs, and tissues for proper functioning. Iodide is needed by the thyroid to produce T4 and finally T3 hormones in optimal amounts. Which supports virtually all aspects of your health. Immunity, detoxification, energy, heat production, mood, memory and focus and reproductive health. Symptoms of excess iodine/iodide, result in either a headache, skin rash or a racing heart. If such symptoms occur, the stop taking LugoTab for 24 hours and then resume at only ½ the tablet which is ½ the previous dosage and you should be fine from that point on.

[T-150](#): 1 capsule in the morning on empty stomach with your Lime Water & Colloidal Mineral and diluted H₂O₂ drink. Supplies selenium needed for conversion of Thyroxine (T₄) to Triiodothyronine (T₃) (thyroid hormones). Supports both production of T₄ and conversion to T₃. Selenium is needed as a catalyst for glutathione peroxidase production, and selenium availability regulates glutathione peroxidase enzyme activity. Glutathione is what is needed to detoxify most all toxins including graphene oxide.

[Lime Water](#): 1-2 tbsp. taken in 8 oz of water on empty stomach in the morning. To learn more about pH order "[The Importance of an Alkaline Body pH](#)" report. Supports proper cellular pH, as reflected in your first morning saliva reading of 7 to 7.5. A neutral tissue pH of 7 prevents or discourages the growth natural and potentially man-made pathogens.

[Colloidal Minerals](#): 1 tbsp. mixed into morning Lime Water drink and before dinner.

Supplies 74 trace minerals, 64 of which are theorized to activate the 64 codons of the DNA,

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which causes the cells to express proper and optimal protein synthesis. Also supports metabolic enzyme production. May also support the elimination of hidden hunger that results in cravings for junk foods.

[35% Food Grade Hydrogen Peroxide](#): 8 drops diluted into 8–10 oz of water with your morning Lime Water and Colloidal Mineral drink and again, before dinner in your Colloidal Mineral drink. H₂O₂ is one of the chemicals produced by white blood cells to kill pathogens. By increasing your H₂O₂ levels you can successfully kill any pathogen. H₂O₂ breaks down into water and oxygen. The increased level of oxygen results in improved energy and well-being and more antipathogen fighting power.

[Green Meadow Whey](#): 1 scoop 1x per day. Supplies Lactoferrin that binds to viruses so they cannot enter the cells, also at a rate of 300 mg per day, lactoferrin was shown to reduce abdominal body fat 5x more than those that did not consume it. There is 300 to 600 mg of lactoferrin per scoop of GMW. GMW strongly supports muscle repair, strength and acquisition of new muscle if working out. Supports glutathione production via the cystine molecule which supplies 2 molecules of cysteine, which is the primary amino acid needed to activate glutathione production within the cell. Most relatively healthy people notice an improvement in energy and mood for up to 5 hours after consuming GMW. This due to the life-giving frequency encoding in the whey.

For those who have already received one or more of the Messenger RNA inoculations, your cells are now programmed to manufacture the spike protein, which is foreign to the body. This spike protein will trigger the immune system to attack it and all tissues and cell surfaces that contain the spike protein. The spike protein triggers blood clots. Graphene oxide is another ingredient in these shots and is also foreign to the body. I've seen a video where under the influence of an electromagnetic field, these graphene oxide nano metals string together into long strands, which can only interfere with your biology. The inventor of graphene oxide created it as a bioweapon and states that once this is injected into the body, that if there are no interventions to eliminate it, then a person will have only 10 years or less to live.

Fortunately, evidence has arisen that by raising your levels of glutathione, you can detoxify the graphene oxide from the body and therefore eliminate this health risk. This would be supported by taking the above supplements, with emphasis upon Green Meadow Whey or Continual-G, or ideally both if funds permit, along with the T-150 and LugoTab 12.5 mg.

For those of you who have received one or more of the Messenger RNA inoculations, falsely advertised to protect you from covid 19, then in addition to the above list of supplements to take, you want to compensate for the tendency of your blood to clot from the spike proteins, by supporting a proper thinness to your blood. This support would come from optimal hydration and by taking two more supplements listed below:

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Optimal Hydration is strongly supported by treating your water with the [MRET](#) activator. The [MRET](#) is a water structuring device, that treats approximately 3/4ths of a gallon of water in 30 minutes. Transforming the water into long single file strands of water molecules also called liner water. This permits billions of water molecules to effortlessly enter all cells of the body, resulting in optimal hydration and detoxification of all cells. There is now a study on the potential protections offered to the body from Covid, from drinking MRET structured water. You are welcome to ask for this study and it will be sent to you by email.

Two Supplements That Support Healthy Thinning of the Blood:

[Nepriinol](#)., 2 capsules 30 minutes before first and last meal of day, on empty stomach. Supplies 2 enzymes nattokinase and serrapeptase which digest the blood clotting protein fibrin. Therefore, is a natural way to thin the blood, without the toxic side effects of a drug method of thinning the blood. Also, supplies other synergistic nutrients.

[Rosita Cod Liver Oil](#): ½ tsp. 1-2x per day. Makes blood cells less sticky, more free flowing blood. Supports brain repair and function. Protects mood, memory, and focus. Supplies vitamin A & D in small amounts that supports immunity, cell division and vision.

Excessive Inflammation: Another risk to your health and survival is when either you have a weakened immune system that has allowed Covid 19 to create a cytokine storm in your body, or after getting the Messenger RNA inoculations, you have created a cytokine storm in your body. A cytokine storm is an excessive level of inflammation that can be lethal. If this is occurring in you or a loved one's body, then the strongest natural/non-toxic means of supporting the elimination of this excessive inflammation, would be to take a combination of [Perfect Press Black Cumin Seed Oil](#) and [Carbon 60 Plus](#) bonded to olive oil (as produced by the company 360 Health), along with an equal amount of unheated honey.

I use the Perfect Press brand of Black Cumin Seed Oil, because it is pressed with a more advanced German engineered pressing method, whereby the oil coming out of the press is only 93 degrees Fahrenheit. Which is the lowest temperature of any other pressing method yet developed. Testing of each new batch of oil shows that the majority of the time the level of oxidation is no more that .01%. This is virtually zero oxidation oil, which means that all the phytochemicals and oils are in their most potent and medicinal state. Based on how other companies press their seed oils at 135 degrees or higher and allow for 5% oxidation or more and based upon personal and client results, I consider, this brand to be the most medicinal Black Cumin Seed Oil on the market. Also, the Carbon 60 I use and recommend from 360 Health is a 98% pure product and is bonded to olive oil, which increases its absorption by 25%. Again, based upon my research on this topic and personal results this brand is the most effective form of Carbon 60 on the market that I am aware of.

The natural non-toxic recipe for dealing with excessive inflammation is as follows:

1Tbsp. of Black Cumin Seed Oil with 4 tsp. of Carbon 60 Plus and 1Tbsp. of unheated

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honey, all mixed into 8 oz of water. Stir this thoroughly so the oils are emulsified and drink down on or near an empty stomach. In studies done on rats, it was shown that when they gave one group of rat's chemo while consuming Black Cumin Seeds in their diets, that they had an 80% level of protection from free radical formation. While with another group of rats, also given chemo; and being fed a combination of Black Cumin Seeds and honey, these rats had a 100% protection from free radical formation. This is in essence saying that 100% of all excessive inflammation was stopped.

Dosage variations: For every 25 lbs. of body weight above 135 lbs. it is suggested to increase the amounts of Black Cumin Seed Oil, Carbon 60 Plus and unheated honey, by 1 tsp.

80-year-old Brian recovers from covid testimony:

My name is Brian and I'm 80 years of age. Recently I was dealing with symptoms of a COVID infection. Initially, I had a fever with chills and a sore throat. Within a short time, the fever subsided, and the sore throat improved but still lingered. I used several different supplements without success. I then tried Green Meadow Whey and immediately my sore throat went away. I feel that Green Meadow Whey helped me defeat this COVID infection and it gives me a noticeable lift in my energy.

Your Partner in Health, Stephen Heuer, Nutripath

For a more comprehensive approach to restoring your health, I recommend a full [Consultation](#) with myself. I offer several other tests if needed, along with a comprehensive look at your symptomology and health history. The results of this more thorough investigation of your health results in a more specific and defined approach to your health recovery. It can eliminate the guesswork and save you tens of thousands of dollars and years of searching.

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