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 offered by Dr. David Brownstein MD, 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 3-4 drops of 10% concentration of Lugol's Liquid Iodine, here is the link to order (https://af.uppromote.com/lugols-originals/login) and 20 drops of 35% Food Grade Hydrogen Peroxide (https://synergisticnutrition.com/35-hydrogen-peroxide-1-quart.html) to the chamber that you'll be generating steam from. Once the steam has begun to flow, inhale and exhale this steam for as few as 20 breaths to as long as is needed to feel improvement from the increased oxygen levels in your blood and body. Do this steam inhalation morning and night. 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:

Foreign Protein Cleanse supports your body's removal of spike proteins.
Lactoferrin: Binds to viruses so they cannot enter cells. Binds to cell receptor sites so they cannot enter the cell. Raises interferon to kill viruses.
Microsomal Calcium EDTA, (because this in nano state, it may be just as effective as iv) thins blood and binds to aluminum, graphene and metal ions, supporting detoxification. https://anamihalceamdphd.substack.com/p/edta-detoxification-for-metals-graphenehttps://pubmed.ncbi.nlm.nih.gov/26404567/ https://www.sciencedirect.com/science/article/abs/pii/S0010854521000436
Ozonated Activated Charcoal: as toxins are removed for your tissues and filtered out via your liver, they are concentrated in your bile. When bile enters your digestive tract, the body will recycle 95% of it; meaning there is a high probability that toxins will be reabsorbed as they transit through the intestinal tract. This means that to ensure toxins are bound into your stool and exit your body, you'll want to be on a binder, such as activated charcoal.
Boron: supports bone health and testosterone levels; also supports removal of nanotechnology from your body. Since chemtrails have been a source of nanotechnology inhalation, then we all have this nano technology in our bodies. https://www.bitchute.com/video/Juv05Oqp2Kbn/. Again, this is microsomal for best absorption.
Methylene Blue combined with vitamin C and N-acetyl cysteine was very effective in treating advanced COVID. Furthermore, patients who were severely ill with COVID but showing a

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steady clinical recovery still greatly benefit from Methylene Blue. Very many "recovered" COVID patients have significant neurocognitive problems that are lessened or even blocked with adequate dosing of Methylene Blue. With the known antioxidant properties of Methylene Blue along with its predilection for targeting increased oxidative stress in the nervous system, it should be part of any COVID treatment, regardless of how well the infection is responding to other therapies.

Rosita Cod Liver Oil: ½ tsp or 3 capsules taken 1x per day with breakfast or lunch. Rosita Cod Liver Oil is the only **raw** or **unheated** cod liver oil on the market. Making it the least oxidized fish oil on the market. The vitamins A & D combine to support a healthy immune response. The fatty acids EPA and DHA support non-sticky red blood cells and free flowing non-sticky blood. EPA and DHA are also required fats for the brain. A large percentage of one's brain structure is supposed to be composed of unoxidized EPA and DHA. The vitamin D receptor is expressed on immune cells (B cells, T cells and antigen presenting cells) and these immunologic cells are all 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 with zinc deficiency, 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.

AllerDHQ: 2 capsules 2x per day. Incorporates bioflavonoids, micronutrients, proteolytic enzymes, and herbs into a comprehensive formula that provides multifaceted support for individuals with immune imbalances. Dihydroquercetin, a key component in AllerDHQ, 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.[1]

LugoTab 12.5 mg to 25 mg: 1 tablet in the morning. Dosage dependent upon body size and degree of deficiency. Supplies iodine/iodide in proper adult dosage. Iodine is needed by all cells, organs, and tissues for proper functioning. Iodine is also needed by the thyroid to produce T4 and finally T3 hormones in optimal amounts. Which supports virtually all

[1] https://pubmed.ncbi.nlm.nih.gov/33034398/

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 or an increased heart rate. If such symptoms occur, then 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.
Selenium 200 mcg: 1 capsule with one meal of the day. Supplies 200 mcg of selenium needed to make the enzyme 5-Deiodinase, which converts inactive Thyroxine (T4) to active Triiodothyronine (T3) (thyroid hormones). Selenium is also 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.
Atomic Calcium: 1 scoop reacted in 32 oz of distilled water for 3 minutes. Consume 8 oz of this 2-4x per day, each time on or near and empty stomach. Each 8 oz serving supplies 23.5 mg of ionic calcium (Ca2+). Ionic calcium is an essential component for the body to make energy, stem cells, divide cells and cause bone formation to name a few. Royal Rife discovered that no pathogen can grow in neutral pH of 7. Learn about his discoveries here. Checking your morning saliva pH with pH paper before you eat, drink, or brush your teeth, for 3 days in a row, will reveal where your body pH is at. To learn more about pH order "The Importance of an Alkaline Body pH" report. Atomic Calcium supports proper cellular pH, as reflected in your first morning saliva reading of 7 to 7.5. Watch the following videos to learn more on this topic: https://www.rifevideos.com/ - https://www.rifevideos.com/Video/mp4/Royal_rife_in_his_own_words.mp4 - https://www.bitchute.com/video/v4C8wosTgLdD/.
Colloidal Minerals: 1tbsp., mixed into water; drink in the morning and at night. Supplies full spectrum of plant derived trace minerals. 64 trace element are theorized to activate the 64 codons of the DNA, 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 the elimination of cravings for junk foods and excesses of sweets.
Ozonated Hemp Oil Capsules: 1-3 capsules taken immediately upon arising at least 45 minutes before breakfast on an empty stomach with your Atomic Calcium drink.
Continual-G: It is critically important to your health that every cell in your body has the capacity to make its own adequate supply of glutathione. Glutathione plays a key role in neutralizing the free radicals that we continuously produce through normal breathing and daily activities. If these free radicals are not adequately neutralized, your cells may enter a state of oxidative stress, which can lead to cell damage and challenge the maintenance of good health.

Why is Glutathione Important?
Our continuing good health can be challenged if;

1. our cells become depleted of glutathione through excess exercise and exposure to high levels of toxins

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2. we permanently lose the capability to make enough glutathione to deal with normal levels of free radicals in some of our cells, tissues and organs
3. the amount of free radicals produced by our cells becomes consistently higher than normal and overwhelms our glutathione production capacity*.

Rapidly Boost Cellular Glutathione
Glutathione is the most important molecule you need to maintain your health. Continual-G with Glyteine® kick starts your body's glutathione production. It's the most effective way to boost cellular glutathione, the body's master antioxidant.
Nothing else delivers glutathione into your cells faster!
Facts about Continual-G and Glyteine®

Continual-G with Glyteine signals your body to make more glutathione. It's the only supplement that has been clinically proven to raise cellular glutathione levels above homeostasis with a single dose.

Glyteine® is a branded form of Gamma-Glutamylcysteine (GGC), a precursor to glutathione.

Glutathione is the body's master antioxidant. It is your first line of defense against free radicals and provides critical oxidative stress support.

As we age, our glutathione-making process becomes less efficient.

- Glutathione helps your cells fight back when exposed to everyday toxins.
- Glutathione helps the body recover after intense physical activity.
- Glutathione helps recycle key antioxidants such as vitamin C & E.
- Glutathione increases the effectiveness of Vitamin D.

Continual-G is the ONLY supplement commercially available with the power of Glyteine®.

Beta-xym: 1 cap 2x per day. Beta-xym™ offers pure linear 1,3-D-glucan consisting of 7 Beta-(1,3)-D-glucose and 2 Alpha-(1,3)-D-glucose monomers. Sourced from microorganisms in marine tidal flats, Beta-xym is unique in its 100% pure 1-3 backbone and optimal water solubility.

- 100% Pure 1-3 Glucan (78% Beta and 22% Alpha) from Argobacterium ZX09
- Water soluble, All-natural ocean-source from micro-organisms in marine tidal flats.

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- Supports heart health, colon health and bowel regularity as well as increases energy
- Supports both humoral and cellular immune functions.

NitroVasc Boost: 1 scoop into 8 oz of water, drink at one setting. Supports nitric oxide production, which dilates blood vessels and optimizes circulation as well as supports other healing processes.
Active Defense Nano Silver 32 PPM: 1 tbsp. gargled and swallowed 1-2x per day.
Baobab Fruit Powder: 1-2 tsp. 2x per day. This food form of vitamin C has produced the most benefits to my body, over other forms of vitamin C.
TruFlora: 2 capsule 1x per day. Supports elimination of candida and other pathogens in the gut. Supports optimal microbiome and intestinal lining health. 70% of your immune system derives from your intestinal tract.

What If I've Already Taken The C19 Shots?

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 the formation of 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. (Graphene Oxide Self-Assembling)[2] 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 once a month liver gallbladder flush and by taking the above supplements, with emphasis upon, Continual-G along with the Selenium 200 mcg and LugoTab 12.5 to 50 mg. Here is the video found n Bitchute entitled: SPANISH RESERACHERS FIND A WAY TO REMOVE MAGNETIC GRAPHENE FROM THE BODY AFTER A COVID-JAB.[3]

In addition to optimizing glutathione levels, taking carbon 60 in bioavailable from will itself bind to the graphene oxide and pull it out. The best carbon 60 on the market is Supercharged C60. This type of C60 is superior to others because the carbon 60 is in spherical layers, like an onion. One client has said it makes him feel very good.

Again, for those of you who have received one or more of the graphene oxide laced, Messenger RNA inoculations, falsely advertised to protect you from covid 19, then in addition to the above list of supplements to take, you'll want to compensate for the tendency of your blood and body to develop clots from the effects of the mRNA shots and support the detoxification or removal of the graphene oxide from your body. This support

[2] https://www.bitchute.com/video/Z5gS8rLBE561/
[3] https://www.bitchute.com/video/coABvwDVWwYg/

would come from optimal hydration and by taking the recommended supplements listed above and below.

At the 53 minute mark of this video: https://rumble.com/v2zcors-hope-and-tivon-technology-behind-mind-control-iob-hacking-humans-exposed.html, you will learn that the technology in the mRNA shots is part biology and part synthetic, that causes the creation of both blood clots and a white fibrous material in your body.

First Line Therapies In Order of Importance

Optimal Hydration is strongly supported by stirring your water with the Stirwand. The Stirwand is a BPA free Tritan polymer with a proprietary combination of minerals that emanate a healthy magnetic field that structures water. By stirring your water for 30 seconds with it, or by leaving the wand in your 32 our drinking water bottle for at least 60 seconds, then your water is transforming into a structure that now hydrates your cells.

Two Supplements That Support Healthy Thinning of the Blood:
Nattoxym: 1 capsules 3x per day on empty stomach. Supplies the enzyme nattokinase, which digests 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 astragalus and ginseng extracts, that increase the enzyme power by 30%. Also supplies trace minerals that enable the enzymes to work.
Rosita Cod Liver Oil: ½ tsp. or 3 capsules 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 and their isomers that supports immunity, cell division and vision.

Excessive Inflammation & Detoxification of Graphene Oxide: Another problem 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. Taking the combination of products recommended in this report, such as AllerDHQ, Zinc Arginate with Aspartate, Continual-G, Rosita Cod Liver Oil and consuming a diet that your body is not reacting to. Also to eliminate excessive inflammation from your body, you'll need to decongest your liver, with a combination of 15 minute Retention Coffee Enemas and doing The Advanced Liver Gallbladder Flush, every 30 days until well.

Additional Product That My Be Of Value

1. **Melatonin;** 3 mg *slow release/extended release* prior to bedtime. Melatonin has anti-inflammatory and antioxidant properties and is a powerful regulator of mitochondrial function. Patients who are slow metabolizers may have very unpleasant and vivid

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dreams with higher doses. The product I use and recommended is Melatonin IR/XR, 2-4 capsules at bedtime.

2. **Vitamin C;** 1000 mg orally 2 times a day. Vitamin C has important anti-inflammatory, antioxidant, and immune-enhancing properties, including increased synthesis of type I interferons. Avoid in patients with a history of kidney stones. Oral Vitamin C helps promote growth of protective bacterial populations in the microbiome. Recommended product to take is Buffered C Powder Fruit Punch, this tapioca derived buffered C is much better tolerated on sensitive guts. Pour 1 sachet into 32 oz of water and drink 8oz of this water 1-2x per day.
3. **Dihydro-Quercetin;** 250-500 mg/day. Flavonoids such as Quercetin have broad spectrum anti-inflammatory properties, inhibit mast cells (cells that release histamine), and have been demonstrated to reduce neurological inflammation. Due to the possible drug interaction between quercetin and ivermectin these drugs should not be taken at the same time (instead one should be taken in the morning and the other at night). To ensure that quercetin does not suppress your thyroid function, you'll want to be taking a whole-body sufficiency dosage of iodine and iodide as found in LugoTab and 200 mcg per day of Selenium. Dihydroquercetin is superior to any other form of quercetin because the body does not develop an insensitivity to it, like it does to the other forms. Clients of mine have reported alleviation of allergy symptoms from taking AllerDHQ. Take 2 caps 2x per day with first and last meal.
4. **Probiotics/prebiotics**; People with post-vaccine syndrome classically have a severe dysbiosis (sick microbiome and sick gut) with loss of Bifidobacterium. Progurt is a human strain board spectrum/high dosage probiotic. Adding 1 sachet to water and consuming on an empty stomach in the morning will supply up to 1000 human strains of probiotics, that are able to colonize your digestive tract. An even more therapeutic effect can be obtained by adding the foil sachet of Progurt probiotic to 1 quart to ½ gallon of ideally raw milk, but pasteurized milk will also work. Then culture this in your oven with your oven light on. In 12 to 16 hours this converts it into a yogurt. Consume ½ to 1 cup of this yogurt in the morning on an empty stomach. In addition to Progurt, I recommend you take Megasporebiotic (1cap 2x per day for 3 months). Megasporebiotic gives you 5 spore forming bacteria, that detect pathogens and produce chemicals to kill them, thus creating conditions for your beneficial organisms to flourish.

   To support the growth and proliferation of your beneficial bacteria, you'll want to take the predigested fiber in MegaPre. MegaPre has been proven in studies to feed the growth of only the beneficial organisms in your digestive tract, it also supports excellent stool formation and elimination. Take 1 scoop at the end of 2 meals of the day.
5. **Time Released Magnesium**; 500 mg/day. Magnesium can exit the body quickly, making time released magnesium a superior option. MagSRT supplies 500 mg of Dimagnesium Malate per 4 tablets. It also supplies several co-factor nutrients. Supports healthy muscle tone, overall energy, heart health & more.

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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 body may require a more sophisticated approach based upon your symptoms. To address your unique needs, I recommend a Complete Consultation with myself. Once I have your complete health history and scan your body remotely or in person. I can make recommendations unique to your needs. I have been in private Nutritional practice since 1990. I have personally overcome a very long list of health challenges and have helped many people recover their health. To read some client testimonies go to this link: https://synergisticuniverse.com/audio-testimonials.

Your Partner in Health, Stephen Heuer, Nutripath

All recommended products can be found on my website: Synergisticnutrition.com or call 864-895-6250

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