

Resource Guide

This document is for educational purposes only. None of the information nor the use of this information are intended or recommended as a means of diagnosing or treating any illness, condition or disease.

Please consult with your health care practitioner on all matters regarding your health. There is no medical advice offered here nor any prescription or remedy or any assumption of responsibility for anyone who chooses to treat themselves.

HEALTH AND WELLNESS

THE BASICS

First, the best thing you can do for yourself regarding your health is to live & manage a healthy lifestyle. God gave us everything we need.

- Diet— Buy your food from local farmers markets and butchers. Stick to, as best as you can, to one ingredient foods (e.g. A potatoe is a potatoe. A steak is a steak etc) or foods with minimal ingredients. Stick to ingredients you can actually read.

- Exercise as much as you can. I recommend cardio exercise, or anything that gets your heart rate up.

- Sunshine & Fresh Air. Our body creates vitamin D from direct sunlight on our skin when outdoors. Most people should be able to get all the vitamin D they need from sunlight. Get grounded. Get your feet in the grass to start the exchange of electrons w/ the earth.

Health and Wellness

www.bodyelectrician.com - Wil Spencer, D.PSc, VMScP

Some of the services we offer are; Personal Protocols, Wellness Enhancement Programs, Cyber Analysis, Emotional Energy Balancing, Rife Technology, Personal Health Assessment, Group & Personal Empowerment Activities & Presentations

Chlorine Dioxide (Advanced Oxygen Therapy/Miracle Mineral Solution MMS)

<https://www.heartmindhealing.org/mms-jim-humbles-protocol-for-safe-use-of-chlorine-dioxide-to-aid-health-recovery/>

<https://jimhumble.org/mms-protocols>

<https://www.healingcancernaturally.com/mms-chlorine-dioxide-treatment.html>

Wil Spencer - wil@bodyelectrician.com

Ivermectin, Hydroxychloroquine (HCQ)

Your Meds Store – www.healthpharmacyhome.com If it is listed on the website then it is available.

Wil Spencer – drwil@protonmail.com (also has MMS)

America's Frontline Doctors

<https://americasfrontlinedoctors.org/>

<https://americasfrontlinedoctors.org/2/treatments/hydroxychloroquine/treatment-protocols>

Wil Spencer – wil@bodyelectrician.com

Truth For Health Foundation

<https://www.truthforhealth.org>

White Pine Needle Tea

Remember this is a Respiratory virus, warm fluids (i.e. tea, bouillon, chicken soup), vitamin C, essential oils, steam tents - flush the virus out.

- White Pine Needle Tea is one of the most potent anti-oxidants there is and it's known to treat cancer, inflammation, stress and depression, pain and respiratory infections. Pine needle tea also kills parasites. Boiling fresh pine needles in order to make a tea is an extraction method that's commonly used in food science. Pine needle tea contains Suramin, which Dr. Mikovits says is an Antidote. It offers protection against covid "vaccine shedding" which appears to be where vaccinated people are spreading harmful particles.

Recipe for Quinine (active ingredient in Hydroxychloroquine)

Rind of 3 lemons

Rind of 3 grapefruits

1. Using only peel, cover it with water about 3 inches above the peels.
2. Put a lid on pot - preferably a glass lid.
3. Bring to boil and let simmer for about 2 hours.
4. Do not remove lid until the mixture is completely cooled.
5. You may sweeten with honey.
6. Take 1 Tablespoon every couple of hours to bring up phlegm from lungs. Discontinue when you are better.

TIP: Freeze in ice cube tray measured at 1T. This will eliminate waste and will already be measured in doses. You only have to thaw out the next dose.

Supplements for Immunity

Vitamin C 1,000mg
Zinc Caps 50mg
Vitamin D3 1,000 iu in summer, 5,000 iu in winter
Selenium 200 mcg
Vitamin E 20 mg
N-Acetyl-Cysteine 500 mg
Vitamin K1 and K2, 2,000 mcg
Quercetin 30 mg

Wild Crafted Herbs

Linden Botanicals
Starwest Botanicals

Tea for Spike Proteins

WHITE Pine Needles (enough to fill the circle made with forefinger and thumb)
Star Anise (4-8 per gallon of tea)
Cistus
Phylantus
Red Clover

Herbs to clean and relax mucosal lining

Mullen
Red Clover Blossoms
Marshmallow Root

How to decline the “Jab”

If you are being forced to Vax in order to keep your job, here's a great way to handle it.

The secret is NOT to refuse it...

Sample Letter:

'I write with regard to the matter of potential Covid vaccine and my desire to be fully informed and apprised of ALL facts before going ahead.

I'd be most grateful if you could please provide the following information, in accordance with statutory legal requirements:

1. Can you please advise me of the approved legal status of any vaccine and if it is experimental?
2. Can you please provide details and assurances that the vaccine has been fully, independently and rigorously tested against control groups and the subsequent outcomes of those tests?
3. Can you please advise of the full list of contents of the vaccine I am to receive and if any are toxic to the body?
4. Can you please fully advise of all the adverse reactions associated with this vaccine since its introduction?
5. Can you please confirm that the vaccine you are advocating is NOT 'experimental mRNA gene altering therapy'?
6. Can you please confirm that I will not be under any duress from yourselves as my employers, in compliance with the Nuremberg Code?
7. Can you please advise me of the likely risk of fatality, should I be unfortunate to contract Covid 19 and the likelihood of recovery?

Once I have received the above information in full and I am satisfied that there is NO threat to my health, I will be happy to accept your offer to receive the treatment, but with certain conditions - namely that:

1. You confirm that I will suffer no harm.
2. Following acceptance of this, the offer must be signed by a fully qualified doctor who will take full legal and financial responsibility for any injuries occurring to myself, and/or from any interactions by authorized personnel regarding these procedures.
3. In the event that I should have to decline the offer of vaccination, please confirm that it will not compromise my position and that I will not suffer prejudice and discrimination as a result?

I would also advise that my inalienable rights are reserved.' (The point being though, is that they CANNOT provide that information but you've NOT refused...)

IF YOUR BOSS THREATENS YOU WITH FIRING IF NOT VACCINATED DON'T REFUSE: The secret is NOT to refuse the jab and do not sign anything!

19 PRE-HOSPITAL PROTOCOL

Low-risk

- Less than 45 years old
- No comorbidities
- No shortness of breath



- Rest, oral hydration, fever control
- Elemental Zinc 50 mg one per day for one week
- Vitamin C 1000 mg once a day for one week
- Vitamin D 5000 iu once a day for one week

- Quercetin 500 mg twice a day for one week
OR
- EGCG 400 mg twice a day for one week

Moderate/High-risk

- More than 45 years old
- Less than 45 years old with comorbidities
- Any age if short of breath



- Elemental Zinc 50 mg one per day for one week
- Vitamin C 1000 mg once a day for one week
- Vitamin D 10,000 iu once a day for one week
- Azithromycin 500 mg per day for 5 days or
Doxycycline 100 mg twice a day for one week
- HCQ 200 mg two times a day for 5-7 days
and/or
- Ivermectin 0.4-0.5mg/kg/day for 5-7 days

Other treatment options

- Dexamethasone 6-12 mg/day x 1 wk or
- Prednisone 40 mg/day x 1 wk, taper as needed
- Budesonide 1mg/2cc via neb twice/day x 1 wk
- Blood thinners (Lovenox, Eliquis, Xarelto, Pradaxa, Aspirin)
- Colchicine 0.6 mg 2-3 times a day for 5-7 days
- Monoclonal antibodies
- Home IV fluids and oxygen

REVIEW AND UPDATE YOUR POWER OF ATTORNEY!

Approved form for Ohio:

<https://my.clevelandclinic.org/ccf/media/files/Patients/health-care-power-of-attorney-form.pdf>

Approved form for West Virginia

<https://wvbar.org/wp-content/uploads/2020/03/App-A-MedicalPower.pdf>

<https://www.lawdepot.com/us/estate/living-will-medical-power-of-attorney>

NOTE: *In comment/special instructions section, you may want to add that in the event that you contract COVID-19, you wish to not be intubated or be administered Remdesivir or other non-desired drugs.*

Covid-19 Resources: Medical, Legal, Forms, Jobs & Other Critical Information

To better guide your search for information on all things related to Covid-19, a list of resources has been compiled below for each of the following categories: Medical, Legal, Forms & Letters, Jobs, and Critical Information on the Bigger Agenda.

<https://www.coreysdigs.com/health-science/covid-19-resources-medical-legal-forms-jobs-other-critical-information/>

Mask and Vaccine Exemptions

www.HealthFreedomOhio.org

Education – Home Schooling Resources

Ohio Virtual Academy
1690 Woodlands Drive, Suite 200
Maumee, OH 43537

Enrollment/Program Inquiries (toll-free):
866.339.9071
Local School Office (local):
419.482.0948

<https://ohva.k12.com>

The Home School Mom

<https://www.thehomeschoolmom.com>

Learning Styles on Line

<https://learning-styles-online.com>