

Wellness Tips

It's that time again! Cold and flu season. Many have reached out for guidance since it's been a few months since the last go round of sickness. Some of you have treatments available on hand that may effectively treat viruses. We've heard folks say they are "waiting" to use those treatments if "IT" gets bad. STOP right there! Start treatment with the first sign of illness, scratchy throat, cough, Whatever is your clue that you may be getting ill. And please, take supplements daily for prevention, don't wait until you get sick. The following are remedies that have worked for others and may work for you. *As always, consult with your primary care provider before starting any new treatment.*

Prevention, Staying Healthy as Possible

You can use these daily supplements* for disease prevention, all available over the counter:

- Vitamin D3
- Quercetin
- Vitamin C
- Zinc
- Selenium
- Magnesium

You can take prophylactic medicines weekly such as:

- Ivermectin
- Hydroxychloroquine

For doses of supplements and medicines, go to <https://covid19criticalcare.com/wpcontent/uploads/2020/11/FLCCC-Alliance-I-MASKplusProtocol-ENGLISH.pdf>

**Always check www.Drugs.com for interactions and side effects especially if you are on a daily regimen of prescription drugs.*

I'm Sick, Early Home Treatment:

Using the following daily, for 5 -7 days, most have improved significantly within 48 hrs.:

1. Vitamin D3 10,000 iu with or after food.
2. Vitamin C 2000 mg w/food
3. Quercetin 500 mg w/food
4. Zinc 50 mg w/food
5. NAC 600 mg (am no food)
6. Melatonin 5 mg bedtime (for lungs, not just sleep)

Note: Once recovered, reduce to recommended daily allowance or whatever was taken prior to illness.

7. Ivermectin, 1/4 tsp per 100 lbs. body weight, twice a day.
8. For the horrible headache:
Two (2) extra strength Tylenol
One (1) Sudafed with a caffeinated beverage.

Sources for Treatment & Ingredients:

- Mother Earth Foods (Herbs & Supplements)
1638 19th St, Parkersburg, WV 2610
(304) 428-1024
- Dr. Wil Spencer (Naturopathic Treatment)
(610) 417-7248
Respiratory Rescue Kit products.
Pay with credit card and they'll ship to your home.
- Back to Basics Log Cabin (Herbs & Oils)
233 Hamrick Ln, Belpre, OH 45714
(740) 423-4235
- Freedom Family Healthcare (Infusions, Allopathic & Naturopathic Treatments)
800 Division St, Parkersburg, WV 26101
(304) 485-9027

Dr. Wil's Tea Blend Ingredients:

- 1/2 cup yerba mate leaves
- 4 – 8 star anise
- 2 heaping tablespoon of Cistus Incanus
- Quarter to a half cup of pine needles chopped
- 2 heaping tablespoons of Phyllanthus Niruri
- ¼ to ½ cup of Mullein Leaf

Directions:

- Bring 1 – 2 gallons of filtered water up to a boil
- and turn down to a simmer
- Add herbs to simmering water
- Simmer herbs for 30-60 minutes
- Strain off herbs
- Sweeten to desired taste with raw honey