

DR SIMONE'S PROTOCOL: PROTECT YOURSELF FROM THE SPIKE

(for complete information, see full Report)

We do not diagnose disease or recommend a treatment protocol or dietary supplement for the treatment of disease. You should share this information with your physician who can determine what nutrition and disease treatment regimen is best for you. Ask your physician any questions you have concerning your medical condition.

IF YOU ARE SHORT OF BREATH, HAVE CHEST PAIN OR HAVE ARRHYTHMIA, CALL YOUR PHYSICIAN and/or 911 IMMEDIATELY

1) IVERMECTIN – prescription

0.2 – 0.4 mg/kg once a day with meals for 3 to 5 days [1 kg = 2.2 pounds].

Ivermectin comes in 3 mg tablets.

After 3 to 5 days, change to once or twice weekly

To obtain Ivermectin call your physician or one listed by Front Line COVID-19 Critical Care Alliance at <https://covid19criticalcare.com/ivermectin-in-covid-19/how-to-get-ivermectin/>

The following list of pharmacies will fill prescriptions for

ivermectin <https://covid19criticalcare.com/pharmacies/myfreedoctor.com>

2) ANTI-INFLAMMATORIES Do not use ibuprofen

PREDNISONE – prescription

Days 1-5: 20 mg twice a day with food

Days 5-10: 20 mg in morning with food

Days 11-15: 10 mg in morning with food

Use the high dose when breathing is getting more difficult or there is lung dysfunction or there is need for oxygen – steroids are lifesaving.

BUDESONIDE inhaled with nebulizer. Budesonide nasal spray also

ASPIRIN – 325 mg uncoated aspirin at about 6PM with food.

OMEGA 3 FATTY ACIDS – 4 grams daily

3) ANTIOXIDANTS: Consider Protector ONCCOR

4) ALKALINE pH –acid environment allows the spike protein/virus to attach to the ACE2 receptors. Alkaline pH minimizes this attachment. Consider **SIMONE SUPER ENERGY** that has an alkaline bicarbonate base pH

5) OTHER NUTRIENTS and medicines:

ZINC – 50 mg per day with food

N-ACETYL CYSTEINE – 600 mg twice a day.

VITAMIN C – 2000 to 4000 mg per day with food.

VITAMIN D3 – 5,000 IU per day with food.

QUERCETIN – 500 mg twice per day

FAMOTIDINE (over-the-counter Pepcid) – 20 mg per day

6) SINUS HYGIENE – Keep sinus exit ports open:

1) Saline nasal flushes every 30 to 45 minutes. Also, using a syringe bulb, flushes with over-the-counter **Iodine** (2 teaspoons in 6 oz of water), **or Hydrogen Peroxide**, **or even very dilute Bleach** (several drops in 6 oz of water) can be used just as nasal saline. All are useful if you have been in a crowd or in a high traffic and poorly ventilated public restroom.

2) Steam (10 min every 4 hours)

3) Oxymetazoline nasal spray and prescription steroid nasal spray

5) Hydrate