

PROTECT YOURSELF FROM THE SPIKE - DR SIMONE PROTOCOL

(Report provides complete information <https://bit.ly/3kkrejY>)

We do not diagnose disease or recommend a treatment protocol or dietary supplement for the treatment of disease. Share this information with your physician who can determine what nutrition and disease treatment regimen is best for you.

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

NUTRIENTS and MEDICINES:

N-ACETYL CYSTEINE – 600 mg twice a day with food
BROMELAIN – 500 mg once a day with food
VITAMIN D3 – 125 mcg (5,000 IU) per day with food
QUERCETIN – 500 mg twice per day with food
CURCUMIN (from Turmeric) – 1000 mg/d with food
ALKALINE pH – Simone Super Energy 1 scoop a day

**Bind/Block/
Disrupt Spike**

VITAMIN C – 2000 to 4000 mg per day with food
CoQ10 – 200 mg twice a day with food
ZINC – 50 mg tablet per day with food and multiple ZINC **oxide** lozenges/day
FAMOTIDINE (over-the-counter Pepcid) – 20 mg per day
HYDROXYCHLOROQUINE (HCQ) or IVERMECTIN if needed – bind/block/disrupt spike

ANTI-INFLAMMATORIES - Do not use ibuprofen

PREDNISONE

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

OMEGA 3s – 4 softgels/day each containing about EPA 500 mg + DHA 400 mg

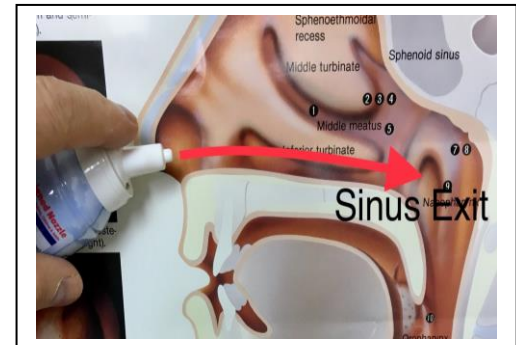
ANTIOXIDANTS: Consider Protector ONCCOR – for proper doses, form, ratios

FOR INFECTION – ALL THE ABOVE PLUS

1) ORALPHARYNX / SINUS HYGIENE – #1 PRIORITY

- NASAL SALINE FLUSHES every 30 to 45 minutes.
- 6-8 NASAL DROPS OF 1% POVIDONE IODINE every 4 hr
- Gargle with Hydrogen Peroxide
- Steam (10 min every 4 hours)
- Hydrate
- Oxymetazoline nasal spray and prescription steroid nasal spray

All are useful if you feel congested, have sore throat, feel achy, have been in a crowd, crowded space



2) HYDROXYCHLOROQUINE (HCQ) 200 mg 2 a day for 5 to 10 days OR IVERMECTIN – treatment schedule in Report

3) ANTI-INFLAMMATORIES Do not use ibuprofen

PREDNISONE – 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

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 ampules having 0.2 mg/2 ml or 0.4 mg/2 ml inhaled with nebulizer

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Take all with food