

General Virus Prevention

Sanitation First! Wash hands 20 seconds with soap, 10+times a day! Spray Colloidal Silver in eyes, nose and ears after being around people. Disinfect frequently touched surfaces regularly with diluted bleach water <https://www.clorox.com/how-to/disinfecting-sanitizing/cold-flu-other-diseases/help-prevent-the-spread-of-the-human-novel-coronavirus-2019-ncov/> Or 70% isopropyl alcohol product <https://www.cdc.gov/coronavirus/2019-ncov/prepare/disinfecting-your-home.html>

Diet (to the BEST of your ability):

Fresh, organic fruit and vegetables-more nutrients-not sprayed or irradiated.

Grass-fed, organic beef/meat/chicken, Organic dairy – raw preferred, Organic pastured eggs (Costco or Happy Eggs – Walmart, Publix), Wild caught fish- (Costco flash frozen)

Organic Brazil nuts 2/day- for Selenium, Organic pumpkin seeds for Zinc. Both anti-viral.

Probiotics, OR Fermented Foods -1 Tbsp every meal-or a couple of sips of kefir, kombucha, sauerkraut

Good fats for cell walls that resist viruses - <https://www.olenawellness.com/bad-fats-good-fats>

Collagen for connective tissue resists viruses – made from organic meat/bones, or powdered brands such as Dr Axe, Vital Proteins. Chicken broth is excellent! Use onions, garlic, herbs.

No processed foods. **No sugar.** Use Salt Lamps. Turn off WiFi at night. No electronics or cell phones on body. Sea Salt, Bentonite or Epsom Salts Baths. Positive attitudes, gratitude and prayer.

STAY HYDRATED. Spring Water is best! Fiji, Crystal Geyser etc. Consider **Watt-Ahh** 2 oz per day, by Aqua-New, available on Amazon. Hot Herbal teas (ie peppermint, rose hips) with local honey are particularly good, and FRESH (not dried) Ginger tea is specific for lungs, stomach and viruses.

Healthy Gatorade substitute: Fresh squeezed lemon juice , 2c pure water, 1/8 tsp sea salt, 2T raw honey

Specific Novel Corona Virus Prevention/Mild to Moderate Infection Protocol

1 - Scutellaria Supreme (Chinese Skullcap Baicalensis)-**\$25/90 tablets**

6/day for elderly, immune compromised, exposure situations, 3/day for adult prevention.

1-2/day for children over 60 lbs. Made into tea for babies, young children, use honey.

Can double or triple dose if needed for serious infection.

THIS SPECIES IS SPECIFIC FOR BLOCKING VIRAL REPLICATION AT SEVERAL STEPS IN THE PROCESS, BLOCKS CYTOKINE STORM.

2 - Cataplex F Tablets -**\$46/360 tablets** to protect mucus membranes, provides B6, iodine.

3/day minimum, 6/day if at risk, 12/day if symptomatic. **Can double this dose if needed!**

DEFENDS CELL WALLS AND INNER STRUCTURE AGAINST INITIAL VIRAL ATTACK, DAMPENS INFLAMMATION, FACILITATES IMMUNE ACTION OF CALCIUM AND VITAMIN D.

3 - Cataplex D – \$21/180 tablets

2/day for adults, 1/day for children.

CRUCIAL FOR CELLULAR IMMUNITY BUT MUST BE TAKEN WITH CATAPLEX F TO BE FUNCTIONAL. ALSO CONTAINS VITAMIN A. LARGER DOSES ARE NOT BETTER. DO NOT INCREASE DOSE.

Alternate: **Cod Liver Oil \$44.50/180 perles** 3/day. Other D supplements do not fully substitute.

4. Baryta Carb 6c or 30 c. \$10/bottle, enough for entire family. 1 drop daily, more if needed.

THIS IS DR GAIE'S FAVORITE FOR SHIFTING A STUBBORN ILLNESS.

The supplements above are crucial and recommended for everyone. The supplements below should be considered depending on the individual situation.

Illicium Supreme – \$26/90 capsules; 2, 3x/day adults, half dose for children. Antiviral herb which targets the gut; good for nausea, vomiting, diarrhea, inflammation, nervous system, brain.

Andrographis – tested very effective for killing SARS, \$31/40 tablets; 4-8/day adults, half for children

Whole food source of Vitamin C, 2x normal daily dose. Must be whole food source for connective tissue to block viral invasion. High dose vitamin C (sodium ascorbate or ascorbic acid) does NOT substitute for whole food, although it may be very helpful if illness becomes severe. Those who don't regularly eat fresh, raw fruits and vegetables, or who tend to have sore gums should get one of these:

Camu Supreme-\$28/30 scoops 1-4 scoops a day-adults. 1-2 scoops a day for children. \$28

Cataplex C - \$51/360 \$15.50/90 6-9 a day. Also supports adrenal glands.

Premier Vitamin C (contains Amla). \$24/60 capsules 3-6 a day

Minerals must include Selenium and zinc (see Diet above) Calcium should be taken if dairy is not consumed regularly, balanced with magnesium.

Selenium-\$15 1 drop a day. (if very small children, take every other day.)

Zinc Citrate 25 mg (ARG) \$8/60 capsules- 2 a day/adults. 1 a day children

Zinc Liver Chelate-\$24.50/180 tablets 6/day adults. 2/day for children

Calcium Lactate (balanced with magnesium) \$25.50/330 tablets. 6/day adults, 4/day children

Colloidal Silver -nasal spray bottle \$28/59ml. Dropper bottle-\$26/100ml. **Superfine nano particles, very safe.** Spray eyes, ears, nose, mouth daily or after possible exposure. Take ½ tsp orally daily, children and adults; safe to take more as needed.

Homeopathics: \$10 each

Prevention: **Arsenicum Album 30c**; Dose 3 days in a row. Repeat in 1 week. Repeat monthly for 3 more months.

Baryta Carb - take daily if any symptoms, this is Dr Gaie's favorite remedy for shifting a stubborn illness.

Nux Vomica for digestive upset, nausea, gut symptoms.

Instructions for homeopathics-No food or water 10 minutes before or after taking the remedy. No mint, coffee or strong odors on you or near you. Repeat as often as needed for symptoms or 1-4x/day.

Succuss (bang the bottle) 6x on hand before each dose; 1-2 drops in mouth, hold 30 seconds, swallow.

Essential Oils ie Thieves, Stress-Away, Respiratory or digestive oils diffused or on feet. Remember, use 1 hour away from homeopathics. Ask what is available.

As more information becomes available, we will post it.