

# Natural Daily Therapy for Wellness & Prevention (Non-Pregnant)

## Natural Therapy for Virus If Illness Occurs Add All Supplements Below

DO NOT ADD TO THIS PROTOCOL ANY SUPPLEMENTS OR HOMEOPATHICS THAT ARE NOT RECOMMENDED BY YOUR DOCTOR

**Key:** **Blue** tabs for prevention. **Yellow** tabs for when ill.

All below dosage recommendations are based on a 150 lbs. person. If you weigh more then you need more, if you weigh less, take less. EX)75 lbs.= 1/2 dose and 300 lbs.= double the dose.

	SUBSTANCE	DOSE	BRK	LUN	SUP	BED	NOTES
X	Vitamin C	2,000 - 3,000 mg	A	A	A		Take until bowel tolerance. If you have not had G6PD lab test and you have pink or red urine, skip vitamin C for 24 hours, then take 1,000 mg. 1st line antioxidant.
X	Vitamin D	20,000 IU	B				Take for 4 days, then take 5,000 IUs daily thereafter. Immune system support.
X	Elderberry	1 tbsp	B	B	B	B	Take 3-4 times a day. Suppresses viral entry into cells and prevents viral transmission to other cells.
X	Zinc (citrate)	50 mg	B				Take twice a day. Consume this at a time separate from grains, beans, nuts, and seeds that bind zinc. Inhibits viral replication. Increase dose to 2x a day if acutely ill.
X	Copper - 1 x per day	2 mg	B				Supports uptake of zinc and helps prevent cardiovascular disease.
X	Quercetin	500 mg	B	B	B	B	Take 3-4 times a day. Antioxidant and anti-inflammatory effect.
X	Melatonin	10-20 mg				B	Take at bedtime each night. Anti-inflammatory. Helps block one mechanism of viral entry into cells.
X	Selenium	200 mcg	B				Antioxidant active immuno-modulator.
X	Bromelain/Nattokinase	2 caps	30 min B		30 min B		Take 2 caps of Bromelain as a prevention. <u>If sick, then switch to 3 caps of Nattokinase.</u> Take 30 minutes before each meal on Monday/Wednesday/Friday. Works as a blood thinner.


Products available at Health Resource Center

To order call: (972) 410-8020  
or email: [dr.sconyers@healthresourcecenter.net](mailto:dr.sconyers@healthresourcecenter.net) [hrcoftexas.com](http://hrcoftexas.com)

X	Serrapeptase/Lumbrokinase	2 caps	30 min B		30 min B		Take 2 caps of Serrapeptase as a prevention. <u>If sick, then switch to 3 caps of Lumbrokinase.</u> Take 30 minutes before each meal Tuesday/ Thursday/Saturday/Sunday. Works as a blood thinner.
X	IV Therapy	IV					Vitamin C IV: at least 2x a month. Glutathione IV : once a month. Meyer's Cocktail IV: at least 2x a month.
	Burbur Pinella	16 drops	B	B	B	B	Take in a small glass of water every 10-15 minutes to alleviate flu-like symptoms. May add 16 drops per 2 oz of water to drink throughout the day for detox.
	Liposomal vitamin C	2 tbsp	A		A		If you have flu-like symptoms, take 2 tbsp every 2 hours. If you have not had a G6PD lab test and you have pink or red urine, skip vitamin C for 24 hours, then start with 1 tsp.
	Liposomal Glutathione	1/2 tsp	B	B	B	B	Rub on lower body. It is most powerful antioxidant
	Vitamin A	100,000 IU	B				Take for 4 days, then take 20,000 IU daily thereafter. Immune response.
	Lugol's Iodine 2% solution	2 drops	B				Rub on skin daily for 2 days, then 3 drops orally in small amount of water daily by itself upon awakening. Blocks viral attachment to cell receptors, viral release and spread for infected cell.
	Takuna	30 drops	B	B	B	B	If flu-like symptoms, take 30 drops every hour until symptoms resolve then every 2 hours for a day then every 4 hours the following day. Anti-viral agent.
	NAC	500 mg	B	B	B		Precursor for glutathione.
	Co Enzymated B1 (thiamine)	1 tablet	B				Processes carbohydrates and helps with brain and memory function.

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	Blackoxygen Fulvic Minerals	2.5 g in 500 ml of water	B			Use as your first glass of water in the morning and sip on it until finished. Fulvic mineral assists with enzyme production, hormone structures and is necessary for the absorption and utilization of vitamins. Order <a href="http://Blackoxygenorganics.com">Blackoxygenorganics.com</a> and use <b>sponsor ID: 174084301</b> .
	Hydroxychloroquine - Call Physician for RX	200 mg	B			Research shows that HCQ is generally accepted for prevention. Take every week.
	Ivermectin - Call Physician for RX					Anti-parasitic, anti-viral, and anti-inflammatory.
	Methylene blue	1-3 drop	B			Take 1 drop of methylene blue under tongue. Wait about 15 sec then swallow. (We recommend only 1 drop the first time you use M.B.) Less is more. <b>Do not use more than 3 drops.</b>
	Methylene blue nebulize	5 ml saline / 3 drops of M.B.	B		B	 <p>Saline Solution 5ml Unit Dose, 100 per Box.  <b>0.16 Fl Oz (Pack of 100)</b>  ★★★★☆ ~ 815  <b>\$21<sup>97</sup></b> (\$0.22/Count)  <a href="http://Amazon.com">Amazon.com</a></p>
	TheraLumen Device	30 minutes				Put device on wrist with the red light on the inside of your wrist over the radial artery (just below your palm). It will last 30 minutes. You will wear the device again sometime in the next 8 hours for another 30 minutes as M.B. has a 10 hour half life and you want to activate it again. If you tolerate the M.B. then the next time you use the M.B. place up to 3 drops (NOT DROPPERFULS) but no more than 3 drops at one time in one day.
	Maintain Optimal Hydration					Drink 1/2 body weight in oz per day of spring water. If using distilled or RO water, sprinkle sea salt in the water, should have slightly salty taste. Drink 2-3 oz every 15 minutes while awake all day.
	Drink warm liquids					Warm liquids such as herbal teas, broths, lemon water, drink several times a day to help reduce mucus production.
	Diet					Diet should be free of sugars or artificial sweeteners (okay to use pure Stevia or pure monk fruit), dairy, fried and processed food.

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	EMF		Reduce as much EMF pollution as you can: Wi-Fi turned off at night (but preferably all the time and use ethernet direct connection instead), cell phones on airplane mode, disconnect cordless phones in your home. No 60 gigahertz EMR
	Fever		If you run a fever, it is best NOT to take Tylenol, Aspirin, or Ibuprofen. Please remove clothes and wipe down with cool water so that evaporation will reduce fever. You may do this as often as necessary.
	Bedtime		The best time to go to bed is 9pm if one wants to recover their immune function and their hormone glands (which detox and heal from 9pm-11-pm only if we are asleep in a pitch-dark bedroom with no significant amount of EMF coming into the bedroom.
	Grounding		Get outside for 20 minutes each day to get sunlight and lay bare feet in grass (if possible).

Legend: B=Immediately Before; D=During; A=Immediately After

\*30 minutes before means not to take anything else for 30 minutes