Arm yourself with Dr. Nancy’s “What if COVID-19 Strikes” Favorites

* **Keep your personal arsenal armed with these. If you or someone close to you is ill, *immediately* do the following:**
	+ Take a B complex vitamin
	+ Vitamin D 10,000 - 30,000 IU’s per day
	+ **Zinc** 50mg/day for prevention, 100mg/day if stricken (add copper-rich foods when increasing zinc supplements: Kale, Sunflower Seeds, Sesame Seeds, Dark Chocolate)
	+ **Quercetin** 250 mg/day to help activate zinc
	+ Vitamin C 1000 – 3000/day, add Melatonin at night
	+ **N-acetyl cysteine (NAC)** 600 – 1000 mg per day. Protects the lungs.
* Add these VIRUS KILLERS:
	+ ***Ameridan* Olive Leaf Extract** (2 capsules, three times a day. Must be with a meal.)
	+ Grapefruit Seed Extract (6 per day)
	+ Red Marine Algae (4 per day)
* OPEN LYMPH CHANNELS with the *Tuning Fork Face Lift and Sinus Relief* method. YouTube/ DrNancyTrimboli/ [Tuning Fork Face Lift and Sinus Relief](https://www.youtube.com/watch?v=vVab1eRjKUg)
* ADDRESS the MUCOUS and GUNK:
	+ Half of a fresh lemon squeezed into a cup of warm water, drink throughout the day
	+ *Sinus-Pulse Elite* to irrigate and remove gunk from sinuses before it can get into lungs
	+ *Sinus Wars Homeopathic (Persistent Sinus Remedy)* to open lymph channels
	+ **Integrative Therapeutics Muca -Clear** caplet every four hours to liquefy mucous
	+ *Doterra* Essential Oil blend *Breathe* to open airways
	+ If COVID-19 strikes, take 325 mg Aspirin for 2 weeks to reduce chance of blood clots
* **GERM BUSTER Essential Oil Blend** (oregano, thyme, clove, lavender, melaluca, rosemary, melissa, frankincense.)
* REGAIN SENSE OF SMELL by retraining your nose to smell essential oils periodically throughout the day. Use Serrapeptase enzyme twice a day on an empty stomach to restore sense of smell.
* COLD LASER, specifically the portable Terra Quant Solo to open lymph channels, reduce pain, strengthen lungs, oxygenate the blood, and support healing.
* USE BIO-RESONANCE FREQUENCY TECHNOLOGY, specifically *Wellness Pro*. This FDA approved device is for pain relief which includes COVID-19 discomforts. Restore normal frequencies to human cells and disrupt frequencies of invading germs. This speeds healing and may reduce after-effects.
* NORMALIZE DIGESTION disruptions that the virus may have caused by using supplements *Colon Clenz* and **Integrative Therapeutics Probiotic Pearls***.*
* CONSULT with a COVID-19 Medical Doctor at *https.//speakwithanmd.com* or https://americasfrontlinedoctors.org/ for additional support. Consultation cost $90. Ivermectin is a cheap, effective, and safe drug for use in Covid19 at any stage of illness.
* READ *Stealth Health: Take Back Your Power and Unravel the Mystery of You* by Dr. Nancy Trimboli for secret intel on which resources can be trusted.
* For general preventative measures: Take one dose of **Esberitox** weekly (great for kids too) and take one dose of **Ameriden** **Olive Leaf Extract** weekly. Use **Germ Buster spray** 2-3 times daily.