



IMMUNITY PROTOCOL

The following is a recommended supplement list for combating illness related to the spike protein. This information does not constitute medical advice. Always do your own research and consult your healthcare provider before taking any medication.

NAC: 600mg twice a day

Vitamin C: 1g daily. Optionally increase to bowel tolerance. Recommend using ascorbic acid in powdered form, put in a shot glass and fill with water. Rinse your mouth after to avoid damaging your teeth.

Quercetin: 500mg twice a day.

Glutathione: 100-200mg 4x a day between meals.

Aspirin: 325mg daily as a blood thinner. Do not take if you have been advised not to by a healthcare professional and/or if you are already on blood thinning medication.

Vitamin D: 5,000 IUs daily.

Zinc: 50mg daily.

Melatonin: 5-10mg. Slow release form minimizes risk of bad dreams and allows you to tolerate higher doses.

Additional therapies: Gargling with salt water or antiviral mouthwash; sunlight; hydrotherapy; belly time.

SOURCES FOR PROTOCOLS

Peter McCollough, truthforhealth.org

Dr Zelenko, vladimirzelenkomd.com

AFLDS, americasfrontlinedoctors.org

FLCCC, covid19criticalcare.com



GET TO KNOW YOUR HERBS

God provided lots of herbs and foods to keep us healthy. Get out there and forage, bring the kids, breathe.

Elderberry: A natural [immunity booster](#). Contains [quercetin](#), which helps your body [absorb zinc](#). I love Rishi Elderberry Healer tea, but it's also available in tinctures, extracts and pills at any grocery store.

Oregano: Antiviral, antifungal, antibiotic. The essential oil is effective, potent, and can be noxious. I'd recommend just a couple drops in a pot of boiling water, to inhale under a towel. Do not apply to skin.

Thyme: Expectorant, anti-inflammatory, antiviral, antibacterial, antiseptic ([report](#)).

Dandelion: [Shown to combat COVID-19](#). Download the [\\$3.50 eBook](#) of our last Well Washington journal to learn **how to make a dandelion infusion**.

MOUTHWASH

A [study](#) at a hospital recently showed that gargling with antiviral essential oils combats COVID-19. It's one of those simple ideas the CDC doesn't want to mention: If you kill the bugs in your mouth, they won't travel.

The study championed Listerine, amongst [various options](#). But I don't like Listerine - it may have originally been a simple combination of [essential oils](#), but these days, it's purple and owned by Johnson & Johnson.

I'm personally fond of [Heritage Store's HPM](#) (Hydrogen Peroxide Mouthwash). This contains the "good stuff" mentioned in the study: Hydrogen peroxide, alcohol, thyme, eucalyptus and wintergreen.

It's cheap and easily ordered at iHerb.com or (if you must) Amazon. Note that as I write this in late November 2021, it has gone out of stock, but hopefully that is not significant.

[Doterra](#) also makes a mouthwash with similar properties, although it is more expensive.

LINKS FOR ONLINE ORDERING

[HeritageStore.com](#)

[iHerb.com](#)

[shop.DavidWolfe.com](#)

[MountainRoseHerbs.com](#)

[Rishi-Tea.com](#)

[DrAxe.com](#)

CREDIT

The work that I do is the result of my obsession with the truth, but also many others. Members of Informed Choice Washington have answered so many of my questions. Support and utilize at [informedchoicewa.org](#).

I also recommend Seattle Truth Network / [March for Freedom WA](#) if you are in King County.

I am what I am because of Jesus Christ. If you would like to learn more, or if you have ideas, suggestions or questions, please feel free to email me at info@palmerd.com.

Palmer Davis, December 2021