









Protocol for Long Covid and Covid Vax Injury (doctors recommending increased dosing for vax injured)


All these items, with the exception of Ivermectin (outside TN) and Rapamycin can be found in most local supplement stores and online (e.g., Amazon).

Images show common brands, but please research and find a brand you think is best for your needs.

Item	Dose	Image
<p>Serrapeptase</p>	<p>120,000 SPUs daily (2 capsules)</p>	
<p>Nattokinase (excellence article on benefits: https://petermcculloughmd.substack.com/p/nattokinase-in-the-prevention-and)</p>	<p>2,000 FUs twice daily (2 capsules)</p>	
<p>Nuprinol</p>	<p>2 capsules daily</p>	

<p>Bromelain</p>	<p>100mg daily</p>	
<p>Nano or Liposomal Curcumin</p>	<p>500mg twice daily</p>	
<p>Liposomal Glutathione</p>	<p>1 daily</p>	
<p>Aspirin (unless contraindicated)</p>	<p>1 daily</p>	

<p>Vitamin D3 + K</p>	<p>10 drops, twice a week</p>	
<p>Methylene Blue</p>	<p>20 drops daily</p>	
<p>Silidyn (optional)</p>	<p>10 drops daily</p>	
<p>Biocidin LSF (optional)</p>	<p>3 squirts under tongue daily</p>	
<p>Zinc</p>	<p>100 mg daily</p>	
<p>Vitamin C</p>	<p>2000 mg daily</p>	
<p>Ivermectin</p>	<p>Dose according to body weight, 2-3 times weekly</p>	

<p>Armra</p> <p>(mix with hot or cold liquid; mixes well with mini hand frother)</p>	<p>1 packet daily</p>	
<p>Melatonin</p>	<p>1-6 mg daily at night</p>	
<p>Nicotine gum or patch</p> <p>(optional)</p>	<p>As directed on package</p>	
Doctor-prescribed medication (recommended):		
<p>Rapamycin</p> <p>(good for long Covid and anti-aging)</p> <p>Acute treatment is 6 mg; loading does is 2 mg daily for days 2-10 and 6 mg daily thereafter</p>	<p>4-6 mg weekly</p>	
<p>Intermittent fasting</p> <p>This is a powerful method for combatting long covid systems and vax injury</p>	<p>16-18 hours fast</p>	