

What about Functional Medicine? Prepare Treat Sustain

“For the sake of high-risk patients, for the sake of our parents and grandparents, for the sake of the unemployed, for our economy and for our polity, especially those disproportionately affected, we must start treating immediately.”

Harvey A. Risch, MD, PhD, professor of epidemiology at Yale School of Public Health.

<https://www.newsweek.com/key-defeating-covid-19-already-exists-we-need-start-using-it-opinion-1519535>

This is not medical advice, it is intended for informational purposes only. See source links below.

Prepare with Healthy Vitamin & Nutrient Levels

- Know your key vitamin levels
- D₃ level over 60 to 80 ng/mL
- C level .4-2.0 mg/dL
- B₁₂ level over 500 pg/mL
- EGCG (green tea) & Zinc

Early Treatment of COVID-19 for Immune Health

- Zinc sulfate, 15 mg, 3 times/day
- Vitamin C 3,000 mg a day
- Vitamin D₃, 5,000 IU
- Aspirin, 325 mg a day, see additional treatments on graphic page
- Quercetin, over the counter, if hydroxychloroquine is unavailable, 500 mg, 3X/day, during acute infection

America’s Frontline Doctors <https://speakwithanmd.com/americasfrontlinedoctors/>

- Hydroxychloroquine, 200 mg twice a day for 5-30 days
- Azithromycin, 250 mg twice a day, 5 days or Doxycycline, 100 mg 2 times/day, 5-7 days
- Ivermectin
- Prednisone, 60 mg five days (backup if pulmonary symptoms worsen)
- Apixaban 5 mg twice a day (backup if pulmonary symptoms worsen)

Serious Illness and Vitamin C

- See use of intravenous ascorbic acid in patients with sever sepsis
- People with sepsis tend to have surprisingly low levels of vitamin C in their blood

Sustain

- Long-term symptoms, peptide therapy, Thymosin alpha-1, 3-6 months
- NAD, IV ozone, vitamin C, glutathione

“How to Protect Your Health Post-Jab” scroll half way through article for info. and link to H₂O₂ treatment

- <https://articles.mercola.com/sites/articles/archive/2021/07/04/covid-vaccine-risks.aspx>

“I can’t think of a single viral infection where the best advice is to wait two weeks before we start treatment in the hospital. That’s the current NIH recommendation.”

Dr. Peter McCullough

PREPARE – TREAT – SUSTAIN

<https://drhyman.com/blog/2020/03/17/protect-yourself-from-covid-19/>

<https://drhyman.com/blog/2020/11/18/podcast-ep145/> 26:26, Glutathione, ozone, and other treatments

PREPARE

<https://www.healthtestingcenters.com/can-blood-test-detect-vitamin-deficiency/>

<https://draxe.com/nutrition/egcg/>

<https://www.mayocliniclabs.com/test-catalog/Clinical+and+Interpretive/42362>

Research Suggests a Link Between Vitamin D Deficiency and COVID-19 Deaths

A study in Indonesia has detected this association.

<https://www.psychologytoday.com/us/blog/social-instincts/202005/research-suggests-link-between-vitamin-d-deficiency-and-covid-19-deaths> A link to abstract in article not found, abstract found at:

https://ultrasuninternational.com/wp-content/uploads/raharusun-et-al-2020_patterns_of_covid-19_mortality_and_vitamin_d_an_indonesian_study.pdf

EARLY TREATMENT of Symptoms to Support Immune Health

Dr. McCullough, Vice Chief of Internal Medicine, Baylor University Medical Center, regarding hospital patient influx "out-patient treatment is the only solution"

<https://aapsonline.org/mccullough-protocol-3-page.pdf>

<https://aapsonline.org/early-treatment-saves-lives/>

<https://www.youtube.com/watch?v=cxmhvZ6eEI4>

[https://www.amjmed.com/article/S0002-9343\(20\)30673-2/fulltext](https://www.amjmed.com/article/S0002-9343(20)30673-2/fulltext)

<https://www.trialsitenews.com/this-doctor-has-covid-he-has-a-plan-for-all-of-us/>

<https://www.hsgac.senate.gov/hearings/early-outpatient-treatment-an-essential-part-of-a-covid-19-solution>

Dr. George Fareed, Harvard trained family medicine physician, Imperial Valley CA, with Dr. Brian Tyson, advises regimen should be given within the first 5-7 days

<https://www.cnsnews.com/article/national/susan-jones/medical-expert-failure-treat-covid-patients-early-home-creating>

https://www.thedesertreview.com/opinion/columnists/open-letter-to-dr-anthony-fauci-regarding-the-use-of-hydroxychloroquine-for-treating-covid-19/article_31d37842-dd8f-11ea-80b5-bf80983bc072.html

Family Medicine at Legacy, Omaha Nebraska <https://www.wowt.com/2020/07/25/omaha-doctors-office-issues-controversial-letter-about-children-and-covid-19/>

Dr. Brownstein's treatment to support immune system during influenza-like illnesses, used over 20 years.

Oral supplementation of:

Dr. Brownstein's site: <https://www.drbrownstein.com/dr-bs-blog/> His paper is available here:

<https://informedchoicewa.org/news/new-case-series-treating-covid-19-using-nutritional-and-oxidative-therapies/>

SERIOUS ILLNESS and Vitamin C

NIH COVID Treatment with vitamin C, NPR Article and Journal of Translational Medicine

- 2014 study, Dr. Fowler noted that a measure of organ failure, known as a mSOFA score, [improved far more in the patients](#) who had received vitamin C.

- 2017 report, Dr. Marik, mortality rate for sepsis in his ICU had plummeted after he switched to [Vitamin C and thiamine with a dose of steroids] treatment

- <https://www.npr.org/sections/health-shots/2019/10/01/766029397/mixed-results-for-a-test-of-vitamin-c-for-sepsis>

<https://translational-medicine.biomedcentral.com/articles/10.1186/1479-5876-12-32>

<https://www.covid19treatmentguidelines.nih.gov/adjunctive-therapy/vitamin-c/>

How to contact your representative in Washington, D.C.

<https://aapsonline.org/heroic-testimony-from-drs-mccullough-risch-and-fareed/>