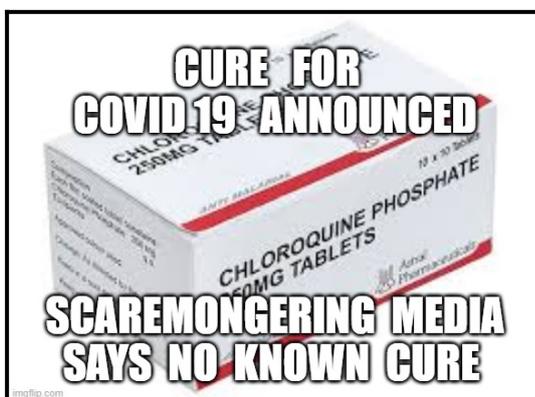


# Treatments And Preventative Measures For COVID-19, Season Flu Viruses & The Common Cold

*Please note: I had to update several links on this page because they pointed to YouTube videos and YouTube either banned those videos OR the users were forced to make those videos private so that YouTube would not ban them. So the new links are either pointing to videos on YouTube that are not banned, or the links now point to videos elsewhere, such as [bitchute.com](https://www.bitchute.com) or [rumble.com](https://www.rumble.com), etc.*



This article is not recommending any particular medical advice. It is simply meant to share information that others have posted online regarding medical and holistic treatments for the COVID-19/Corona virus as well as treating other seasonal flu viruses. Use at your own risk. Medicines can be very dangerous if used improperly (as in people who have certain medical conditions) or in too high a dose.

## There are doctors ONLINE who can advise you:

Here is one such online doctor website: Frontline MDs - <https://frontlinemedicaldoctors.com>

Alternate 1 online doctor website: Docs On Call - <https://docsoncall.com>

Alternate 2 online doctor website: America's Frontline Doctors - <https://americasfrontlinedoctors.org>

Here is a directory of online doctors: Directory of Doctors Prescribing Outpatient COVID-19 Therapy - <https://www.exstnc.com>

## CONTENTS:

1. START HERE: Doctor Vladimir Zelenko's COVID \*\*\*Virus\*\*\* Treatment Protocol
2. AND HERE: COVID \*\*\*Vaccine\*\*\* Side-Effects And Suggested Treatments
3. About Vitamins, Minerals & Supplements To Treat COVID-19
4. About Safe Drugs To Treat & Potentially Cure COVID-19 —

Hydroxychloroquine

5. About Safe Drugs To Treat & Potentially Cure COVID-19 — Ivermectin

6. Remdesivir: STAY AWAY FROM IT!

7. Other COVID Treatments & Therapies

## **START HERE: Doctor Zelenko's COVID Protocol**

Doctor Zelenko and his team in upstate New York, have SUCCESSFULLY treated over 7,000 COVID patients including Donald Trump and Rudi Juliani. His treatment protocol varies depending on the patient's overall health as noted in this PDF document: Zelenko COVID-19 Treatment Protocol (<https://vladimirzelenkomd.com/treatment-protocol/>). Here is the gist of that protocol:

### **Zelenko Protocol for low risk COVID/flu/cold patients:**

Supportive care with fluids, fever control, and rest

Elemental Zinc 50mg 1 time a day for 7 days

Vitamin C 1000mg 1 time a day for 7 days

Vitamin D3 5000iu 1 time a day for 7 days

Optional over the counter options:

A. Quercetin 500mg 2 times a day for 7 days

OR

B. Epigallocatechin-gallate (EGCG) 400mg 1 time a day for 7 days

### **Zelenko Protocol for moderate & high risk COVID/flu/cold patients:**

Elemental Zinc 50-100mg once a day for 7 days

Vitamin C 1000mg 1 time a day for 7 days

Vitamin D3 10000iu once a day for 7 days or 50000iu once a day for 1-2 days

Azithromycin 500mg 1 time a day for 5 days or

Doxycycline 100mg 2 times a day for 7 days

Hydroxychloroquine (HCQ) 200mg 2 times a day for 5-7 days

AND/OR

Ivermectin (IVM) 0.4-0.5mg/kg/day for 5-7 days

Either or both HCQ and IVM can be used, and if one only, the second agent may be added after about 2 days of treatment if obvious recovery has not yet been observed etc.

**Here is where you can buy the Zelenko vitamin protocol supplements all in one capsule:**

Z-Stack: Dr. Zelenko's Vitamin Cocktail - All In One Immune Boosting Super Formula (<https://zstacklife.com/products/z-stack>)

## **About Vitamins, Minerals & Supplements To Treat COVID-19**

The following are recommended over-the-counter immune system supplements for treating and preventing all sorts of infectious diseases including viruses like Covid-19.

Vitamin C (powdered form is best if a high dose is desired. Buffered form is best if you have stomach acid issues.)

Vitamin D3 (I would stick with gel-caps that do NOT contain GMO oils such as soy or but rather non-GMO oils)

Magnesium Chloride (other forms are good, but the chloride form is optimal for antiviral use)

Quercetin (can help with Zinc absorption)

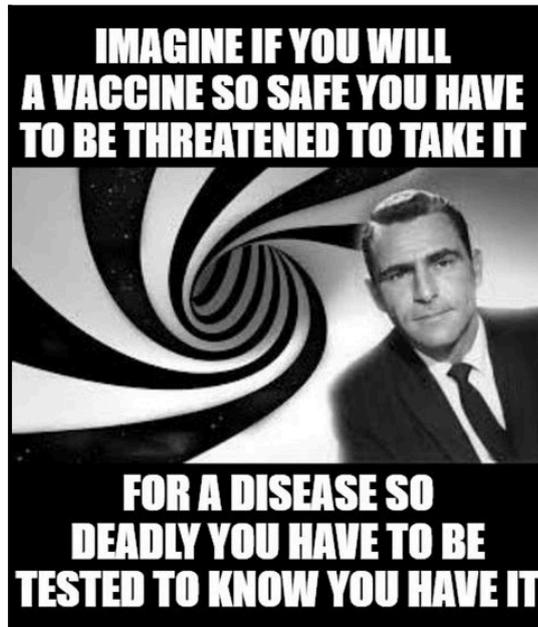
Vitamin K2

Zinc Picolinate (a high absorption form of zinc)

An iodine supplement can be helpful, such as Lugol's solution or iodoral

Source of supplement list:

<http://orthomolecular.org/resources/omns/v17n15.shtml>



## **About Safe Drugs To Treat & Potentially Cure COVID-19 — Hydroxychloroquine**

Doctors Pen Open Letter To Fauci Regarding The Use Of Hydroxychloroquine for Treating COVID-19

The Key to Defeating COVID-19 Already Exists. Hydroxychloroquine. We Need to Start Using It

Yale professor says hydroxychloroquine could save 100,000 lives — but it's being stifled by a 'propaganda war'

Cover Up: Fauci Approved Chloroquine, Hydroxychloroquine 15 Years Ago to Cure Coronaviruses; "Nobody Needed to Die"

DEADLY COVER UP: Fauci Approved Hydroxychloroquine 15 Years Ago to Cure Coronaviruses

Yale epidemiologist: Dr. Fauci running 'misinformation campaign' against hydroxychloroquine

'THIS VIRUS HAS A CURE': Doctor Says Hydroxychloroquine Not Only Cures But Also Prevents COVID-19

LA doctor seeing success with hydroxychloroquine to treat COVID-19 - VIDEO

Lancet Formally Retracts Fake Hydroxychloroquine Study Used By Media To Attack Trump

President Trump VINDICATED on Hydroxychloroquine As Swamp Pushes Scandemic

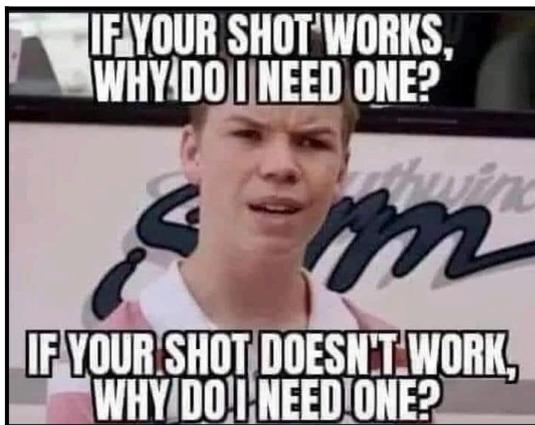
39 elderly Texans successfully complete hydroxychloroquine treatment for COVID-19, doctor says - VIDEO

A Potential Cure for Coronavirus? FDA approves clinical trial of hydroxychloroquine for COVID-19! - VIDEO

Viral Doctor Says 'In 30 Days Hydroxychloroquine Will Stop COVID In Its Tracks' If Allowed

**Quote from the linked researchsquare.com article:** *"Addition of Ivermectin to standard care is very effective drug for treatment of COVID-19 patients with significant reduction in mortality compared to Hydroxychloroquine plus standard treatment only. Early use of Ivermectin is very useful for controlling COVID 19 infections"*

<https://www.researchsquare.com/article/rs-100956/v2>



## **About Safe Drugs To Treat & Potentially Cure COVID-19 — Ivermectin**

### **START HERE: Ivermectin Treatment Protocols - Including Black Cumin Seeds As A Substitute**

Here's why they stripped ivermectin from the shelves

STUDY: Ivermectin linked to "large reductions" in covid deaths

Latest peer-reviewed research: Immediate global ivermectin use will end COVID-19 pandemic

'For \$1/Day'... Double-Blind Ivermectin Study Reveals COVID Patients

Recover More Quickly, Are Less Infectious

Shocking Conclusions from Africa Study Expose Why Big Pharma's Puppets are Suppressing Ivermectin Data

Ivermectin Could Have Saved 'Millions' of Lives — But Doctors Were Told Not to Use It

One dose of Ivermectin was all it took to get 81-year-old John Swanson off the ventilator (WEB PAGE)

Ivermectin remains a suitable alternative to the vaccine for COVID-19 (WEB PAGE)

Studies on Ivermectin show positive results as Covid-19 treatment (WEB PAGE)

Indian State Will Offer Ivermectin To Entire Adult Population — Even As WHO Warns Against Its Use As Covid-19 Treatment (WEB PAGE)

Antiparasitic drug Ivermectin kills coronavirus in 48 hours (WEB PAGE)

Covid-19: 'I believe my recovery was thanks to Ivermectin' (WEB PAGE)

How a nurse saved herself from her battle with COVID-19 - with Ivermectin (VIDEO)

Horowitz: Court orders NY hospital to administer ivermectin to COVID patient who began breathing on his own after one dose (WEB PAGE)

**How to Get Ivermectin (WEB PAGE)**

**Ivermectin in COVID-19 - trustworthy medical website (WEB PAGE)**

A Doctor Needed a Life Flight to a Texas Hospital to Get a Pill (Ivermectin) that Would Save His Life (VIDEO)

Dr. Paul Marik Discusses Ivermectin and Vitamin D (VIDEO)

Ivermectin Dose For COVID - For Prophylaxis (prevention), For Acute Disease, For Long Haulers (VIDEO)

HORSE PASTE... IVERMECTIN (VIDEO)

HOW TO MEASURE IVERMECTIN HORSE PASTE FOR HUMANS - LINK TO GET HUMAN IVERMECTIN PRESCRIBED BELOW (VIDEO)

How Get Prescription For Ivermectin And Buy Ivermectin For Less (VIDEO)

How I got Ivermectin prescription for \$58 (VIDEO)

Ivermectin And COVID-19 Prevention: 83% Decrease In Infections With Ivermectin "Prophylaxis" - i.e. as a prevention measure (VIDEO)

Front Line COVID-19 Critical Care Alliance — Prevention & Treatment Protocols for COVID-19 (WEB SITE)

Ivermectin Liquid (Tractor Supply Injectable Liquid. Dose info for livestock is listed on this page.)

Dr. Paul Marik Files Epic Lawsuit to Allow Physicians to Prescribe Life-Saving Ivermectin Protocols in Fight Against Covid

**NOTE: I have read that if you decide to take a horse paste version of Ivermectin, to AVOID the white pastes that contain titanium oxide which may be bad for your spleen. Durvet Ivermectin, without any other anti-parasitics, is a clear gel that some people seem to be using to treat COVID. Do your own homework about this and consult with a doctor who you TRUST.**

## **Remdesivir: STAY AWAY FROM IT!**

This lone FDA approved COVID treatment drug is very dangerous to anyone who takes it. It can cause kidney failure which then causes fluid buildup which then causes fatal lung congestion which is then blamed on the COVID virus.

Dr. Bryan Ardis - Hospital Protocols Are Murdering Americans by Prescribing Remdesivir Which Causes Renal Failure

The Fraudulent Dr Fauci - Part II: The Remdesivir Scam

Did Fauci knowingly fast-track approval of drug with deadly COVID-like side effects?

Doctor Reveals Remdesivir Is Real Cause Of COVID-19 Maladies

Thousands dying from Remdesivir poisoning (video)

Anthony Fauci: Chief Globalist Snake Oil Pitchman And Germ Warfare

## Other COVID Treatments & Therapies

### **Quercetin:**

The Truth About Quercetin & What the Mainstream Media Doesn't Talk About

### **Hydrogen peroxide (HP) nebulization:**

"Correctly applied, this treatment eliminates acute COVID pathogen presence and any other chronic pathogen colonizations persisting in the aerodigestive tract" as noted in: Resolving "Long-Haul COVID" and Vaccine Toxicity: Neutralizing the Spike Protein.

Nebulized Hydrogen Peroxide — A Simple Remedy for COVID-19

### **Related COVID-19 vaccination articles:**

COVID-19 Pandemic - Plandemic - Scamdemic News Articles

COVID-19 Pandemic Virus Articles & Videos

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## LORD, I DON'T KNOW HOW...

Lord, I don't know how To love You like I should,  
After everything You've done for me.

Lord, I don't know who else Would have gone that far for me,  
What You Yourself endured upon that tree.

Lord, the unthinkable agonies,  
As You were hanging from that cross,  
What a price You had to pay to set me free!

How do I show my appreciation,  
And demonstrate my thankfulness,  
For what You did for someone like me?

As I look back upon my life,  
I don't understand what it was You saw,  
Some good reason for You to die for me.

Lord, I can never repay You,  
But I am forever in Your debt,  
The great lengths You went to, just to ransom me.

In my own mind I am worthless,  
A wretched specimen of a human being,  
What on earth could've motivated You to love me?

So, Lord, won't You teach me,  
To love You as I ought to,  
Blood-bought as I am by You for all eternity.

# The Real Church

(as compared to fake or counterfeit churches)



## The Real Church...

Hungers and thirsts for holiness, real fellowship, discipleship, evangelism, commitment and a deeper understanding of their God.

Needs no choirs... for they are all "the choir".

Needs no ushers... They meet in each other's homes.

Needs no thimbles of juice or tiny cubes of bread... for they eat hearty meals together.

Needs no building programs... Their homes are good enough meeting places for them to worship their God in.

Needs no paid professional religious leaders or staff... Their churches are patterned after families, not corporations.

Needs no special programs or program leaders... God has graciously gifted each true saint as it pleased Him.

Needs no gimmicks or sales techniques to attract people... All true believers have a Spirit in them that craves fellowship with other children of God.

Needs no formalized "worship services"... By the leading of the Holy Spirit, they are quite capable of interacting amongst themselves without needing some one-man showman or rock band or professional choir entertaining them for an hour or two.

**"God is a Spirit: and they that worship him must worship him in spirit and in truth."**

**[John 4:24]**

**SEE ALSO:** articles on Doing Church

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## Why?

# A Poem For Discouraged Christians

Why is the road so narrow?  
Why is the way so rough?  
Why is this new life so lonely?  
Why is it often so tough?  
Why am I so outnumbered?

Why must I be on my guard?  
Being a faithful good witness  
is something I find very hard.

Why are the "saints" so worldly?  
Why are the godly so few?  
Why is the world so wicked?  
And so many Christians seem lost too.

Why aren't more Christians thirsty  
for God's unwavering truth?  
Why do they seem to fall back into  
the besetting sins of their youth?

Why do they think it so strange, so peculiar  
that I care so much for the lost?  
Why don't they act like their Master  
who pursued sheep no matter the cost?

The "lost" glory in everything evil.  
They continually boast of their sin.  
Aren't I an unthankful ungrateful wretch  
if I keep silent or just try to blend in?

I MUST boast of my loving Savior  
for He bled and died for MY sin.  
I MUST fight the good fight always,  
I surely owe nothing less to Him.

I MUST not look at the others,  
who waver and slumber and roam.  
I MUST travel the hard and steep pathway.  
for the blood on that road leads me home.

-RMK

**"And let us not be weary in well doing: for in due season we shall reap,  
if we faint not." (Galatians 6:9)**

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## **Overheard In An Orchard**

"Said the Robin to the Sparrow:  
"I should really like to know  
Why these anxious human beings  
Rush about and worry so."

Said the Sparrow to the Robin:

“Friend, I think that it must be  
That they have no heavenly Father  
Such as cares for you and me.”

- Elizabeth Cheney