

This list has been created to help navigate through the medical tyranny climate and claim sovereignty over our health. These are suggestions only and have been vetted by a naturopathic doctor/RN. The links provided are included for convenience and encompass what my team has found safe and effective.

Suggested supplies for:

Bioweapon illness acute symptoms - Have these ON HAND unless by prescription only:

****Nebulizer (see links below for protocols)**

1. https://www.roxytube.com/watch/how-to-nebulize-hydrogen-peroxide-dr-joseph-mercola_op47Yxw9ZYxPo5a.html
2. <https://healthopsy.com/how-to-nebulize-glutathione/>

****Food Grade Hydrogen Peroxide**

1. <https://www.intothegardenofeden.com/35-food-grade-hydrogen-peroxide>

****N-Acetylcysteine**

1. <https://acetylcysteine.com/>
2. <https://nanoceuticalsolutions.com/products/nano-glutathione>

****Budesonide (prescription only) www.budesonideworks.com**

****Albuterol (prescription only)**

****Expectorant <https://www.drugs.com/drug-class/expectorants.html>**

Natural expectorants:

Hot peppers

Usnea <https://www.gaiaherbs.com/blogs/herbs/usnea>

Yerba Santa <https://mountainroseherbs.com/yerba-santa-extract>

****Pulse-ox**

1. <https://quikreviews.net/best-pulse-oximeters-us/>

****Boost Oxygen**

1. <https://www.big5sportinggoods.com/store/brand/Boost-Oxygen/ /N-1z13xsp>

****Ivermectin (prescription only)**

Claritin (works with Ivermectin)

Pepcid AC (works with Ivermectin)

Black Seed Oil (works in place of Ivermectin) <https://andraseedoils.com/products/black-cumin-seed-oil>

****Chlorine Dioxide**

1. <https://kvlab.com/chlorine-dioxide-products/cds-aqueous-chlorine-dioxide-3000-ppm.html>

2. <http://www.chlorinedioxide-ph.com/cds-protocols-for-covid-19.html>

****Natto Kinase and Serrapeptase OR Neprinol AFD**

1. <http://www.enzymesuperstore.com/neprinol>

****Neti pot**

1. <https://bestreviews.com/best-neti-pots>

If you are admitted to a hospital READ ALL FORMS CAREFULLY. Locate any area where it says they can give you a "Covid vaccine" without your consent.

Documents to have on hand if you are admitted FOR ANY REASON:

1. General Medical Directive (have on you at all times and give to medical facility upon intake)
2. Power of Attorney
3. Covid Medical Directive - provided (have on you at all times and give to medical facility upon intake)
4. Covid Medical Power of Attorney - provided (have on you at all times and give to medical facility upon intake and copy to your general physician)

General health-daily use or as needed

**Nano Soma - <https://www.magicdichol.com/store/mdusa/>

**Chlorine Dioxide (MMS) - <https://kvlab.com/chlorine-dioxide-products/>

**DMSO - <https://kvlab.com/dms0-products/dms0-99-95-4-fl-oz>

**Silver

1. www.rnareset.com

2. High Potency 20000 ppm Coated Silver - <https://shop.davidwolfe.com/products/coated-silver>

**Magnesium www.rnareset.com

**Nascent Iodine - <https://globalhealing.com/collections/collections/products/detoxadine>

**Vit D3/K2

<https://rnareset.com/collections/all-formulas/products/d3k2-reset>

**Vit C

1. www.rnareset.com

2. [https://www.allstarhealth.com/f/dr_mercola-liposomal_vitamin_c_\(1000mg\).htm](https://www.allstarhealth.com/f/dr_mercola-liposomal_vitamin_c_(1000mg).htm)

**Zinc

1. www.rnareset.com

2. https://www.amazon.com/gp/product/B07L3FX74W/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&psc=1
https://www.allstarhealth.com/f/eidon_ionic_minerals-zinc.htm

**Activated Charcoal - https://www.allstarhealth.com/f/yerba_prima-activated_coconut_charcoal.htm

**Bentonite clay - https://www.amazon.com/Yerba-Prima-Bentonite-Herbal-Detox/dp/B0773WRY1L?ref=ast_sto_dp

**Diatomaceous earth - <https://www.diatomaceousearth.com/blogs/learning-center/food-grade-diatomaceous-earth-human-benefits>

****Zeolite** - https://www.allstarhealth.com/f/pure_planet-fulvic_zeolite.htm

****Ashwaganda** -

1. https://www.allstarhealth.com/f/gaia_herbs-ashwagandha_root.htm
2. [https://www.allstarhealth.com/f/body_first-ashwagandha_\(450mg\).htm](https://www.allstarhealth.com/f/body_first-ashwagandha_(450mg).htm)

****Astragalus** - https://www.allstarhealth.com/f/gaia_herbs-astragalus_supreme.htm

****Cordyceps** -

1. https://www.allstarhealth.com/f/mushroom_wisdom-super_cordyceps.htm
2. https://www.allstarhealth.com/f/planetary_formulas-cordyceps_450mg_std.htm

****NAC** - [https://www.allstarhealth.com/f/body_first-nac_\(600mg\).htm](https://www.allstarhealth.com/f/body_first-nac_(600mg).htm)

****Oregano oil** - https://www.allstarhealth.com/f/gaia_herbs-single_herbs_oil_of_oregano.htm

****Olive Leaf** - https://www.allstarhealth.com/f/gaia_herbs-olive_leaf.htm

****Ion Biome** - <https://intelligenceofnature.com/>

****Black Cumin Seed oil** - <https://andreasseedoils.com/products/black-cumin-seed-oil>

****MSM with Vitamin C (work synergistically)**

https://www.lifeextension.com/vitamins-supplements/item00451/msm?utm_source=bing&utm_medium=cpc&utm_campaign=LEF-SHOP-SPAG-EN-SMART-JointSupport&utm_term=4582695773948135&utm_content=Ad+group

****Homeopathics**

1. Arnica - 200CH for mental and emotional balance
30CH - 6-12 pellets every 15 min 3x's for acute injuries
2. Acenytum Cappellum - 200CH for shock/trauma
3. Hypericum
4. Nux Vomica
5. Ferrum Phosphoricum <https://www.homeopathicremediesblog.com/remedies/ferrum-phosphoricum/>

**Urine therapy - for allergic reactions topically and oral ingestion. 4 Types of reactions and 2 are delayed. Regardless, the antidote will be in urine within 1 minute.

**Learn CPR and Choking protocols.