

Covid-19 Prevention and Treatment Protocols

Prevention supplements but if under 15 y.o. cut the doses in half.

1. Vitamin D3 3000-5000 IU daily.
2. Vitamin C 1000 mg. daily.
3. Zinc 50 mg. daily.
4. Quercetin 500 mg. daily.
5. N-acetyl cysteine 600 mg. or L-glutathione 500 mg. daily.
6. Melatonin 3-6 mg. at night.

Treatment options for patients with symptomatic illness.

1. Rest, good hydration with oral fluids, acetaminophen as needed.
2. Vitamin D3 3000 - 5000 IU twice daily until symptom free.
3. Vitamin C 2000-5000 mg. twice daily until symptom free.
4. Zinc 50 mg. twice daily until symptom free.
5. Quercetin 500 mg. twice daily until symptom free.
6. N-acetyl cysteine 600 mg. or L-glutathione 500 mg. twice daily until symptom free.
7. Aspirin 325 mg. daily for at least 21 days.

Additional prescription options for higher risk patients age > 60, any co-morbidities or serious symptoms.

1. Ivermectin 3 mg. 12-24 mg a day in divided dose 3-5 times over 4-7 days of treatment.
2. Hydroxychloroquine (HCQ) 200 mg. 2-3 times a day for 7-10 days.
3. Fluoxamine 50-100 mg. twice a day for 10 days.
4. Dexamethasone 8-16 mg. twice daily for 7-10 days.
5. Methylprednisolone 1 mg/kg daily in divided dose for 7 days.
6. Prednisone 40-60 mgs. daily for 7 days.
7. Azithromycin 250 mg. twice daily for 5 days or doxycycline 100 mg. twice daily for 10 days.

Additional prescription options custom tailored for more severe symptoms or lung conditions.

1. Albuterol inhaler at 2 puffs every 4-6 hours as needed.
2. Pulmicort inhaler (budesonide) at 2 puffs every 8 hours.
3. Albuterol 2.5 mg/ 3 cc solution via nebulizer every 4 hours as needed.
4. Budesonide 1 mg/2 cc solution via nebulizer 2-4 times a day for 10-14 days.
5. Blood thinners (Eliquis or Xarelto).
6. Home oxygen.
7. Outpatient IV fluids or infusions with vitamins and steroids daily.

After exposure in close quarters, and then prophylactic treatment.

1. Ivermectin 6 mg. once daily on days 1 and 3 and then one dose every 2 weeks.
2. Hydroxychloroquine 200 mg. daily for 5 days and then one dose every week.

Detox Protocol for the COVID-19 Long Haulers and “Vaccine Injured”

Supplements:

1. Vitamin D 5000-10,000 IU daily
2. Vitamin C 4000 - 10,000 mg. daily
3. Zinc chelated 50-100 mg. daily
4. Selenium 200 mcg. daily
5. Magnesium 500-1000 mg. daily based on weight and tolerability
6. Apple pectin 500-600 mg. twice daily
7. L-glutathione 500 mg. daily
8. Aspirin 325 mg. daily
9. Melatonin 10 mg. daily in the evening
10. L-tryptophan 500 mg. twice daily
11. Omega 3 fatty acids (preferentially EPA) 2000-4000 mg daily
12. Nattokinase 100 mg. twice daily

Prescription medications:

1. Fluvoxamine 50-100 mg. daily-best in the evening
2. Fluoxetine 20-40 mg. daily

List of Lab Tests to Check if One got COVID or the Vaccine to Assess for Underlying Damage (Done through Quest Diagnostics)

For inflammation:

Cardio IQ myeloperoxidase
Lp-PLA2 activity
Micro-albumin/creatinine ratio

For immune function:

CBC with a differential
CD4 level
CD8 level

For bleeding issue: Look at platelet count in CBC

For blood clots in small vessels:

Troponin T, high sensitivity
D-dimer level

For heart function:

Galectin-3 level
NT-proBNP

For general organ function: Comprehensive metabolic panel

General health: Vitamin D level

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