This summary combines recommendations from the this Youtube and an earlier closed talk he gave to Sophia patients. Here are the most important things. Please note that Biopure is also available on Sophia Nutrition and comparable products are on Ki Science.

\*If you can only afford to do 1 thing, take 2 grams Vitamin C a day. Two things: add Andrographis

1. Vitamin C: 2 grams a day, which is close to the IV Vit C dose. You can use your own that you like or use these recommended by Dr K:

Biopure Rose Hip powder: 1 tsp/day. [https://biopureus.com/product/biopure-rose-hip-powder/](https://biopureus.com/product/biopure-rose-hip-powder/?fbclid=IwAR1WZ8_ua935VHPxoXG1tM4Pa8akDkjArqibq5UFVS4ULsUQl7vHJ96IZVI)

Add:

Vital Nutrients Aller C (ascorbic acid and bioflavonoids): 2 grams in divided doses daily. Many vendors, but some are sold out. [https://www.thenatural.com/vital-nutrients-aller-c-200-caps…](https://www.thenatural.com/vital-nutrients-aller-c-200-capsules.html?utm_source=google&utm_medium=cpc&utm_campaign=paid_search_google_pla&scid=scplp2009&sc_intid=2009&gclid=Cj0KCQiAqY3zBRDQARIsAJeCVxPBsLEM11RPA8ZXNnS3qgTR7qKrwRgblVN7Zz1DjNNORfcLlKpTRL4aAmItEALw_wcB&fbclid=IwAR1f5FwvPJ24_1ZQrk8S98QyhqNBr2kRWyOJpSIxbGoXeSY8UlzMWHgadqU)

Add:

Biopure Liposorb (1/2 - 1 tsp) to make it liposomal. You don’t have to run this in ultrasonic machine. Or save money and make your own Liposomal Vit C. Many how to posts in the group. [https://biopureus.com/product/biopure-liposorb/…](https://biopureus.com/product/biopure-liposorb/?utm_source=google_ads&utm_medium=shopping_ads&utm_campaign=liposorb&utm_term=%7Bproduct_id%7D&gclid=Cj0KCQjw0pfzBRCOARIsANi0g0uO6lZlgmrqm_us56p1Z_niuVtPqYABXjTE1Tv58HfJiaP1D1yFXIUaAojJEALw_wcB&fbclid=IwAR0acUjzJ8bMpUznBcp7mQKToRmtIJokNf_oVWm75_Z5yv_QO1yOGZ4Eb5M)

Or KI science Vitamin C and Microphos.

2. Herbal Tincture. Sensitive patients go slow! Take one tincture ar a time and start with 5 drops 2x a day. Most of us will herx. One member developed rigors — uncontrollable shaking and high temperature—at full dose. Combine the following in equal proportion in a dropper bottle. Take 2-3 pipettes (dropper-fulls), 3x/day. Also sold on Sophia Nutrition.

Biopure Andrographis tincture. Most important herbal. Furin inhibitor. If you only can afford one thing get this. Many vendors. [https://biopureus.com/product/biopure-andrographis/](https://l.facebook.com/l.php?u=https%3A%2F%2Fbiopureus.com%2Fproduct%2Fbiopure-andrographis%2F%3Ffbclid%3DIwAR3202dJ6h8eGRdOAjAmhj1969uTbgFG61QO_JJw6V_R1LPjjHsUXDvzU8c&h=AT0zArgvRPuMpVwX_GEA4tXHueiwWWEwLpudn_2UdieNHLRpIakuNSlcYXuF0ctcloWuuposA8uJWQqOoyy7SboCJwddLrVihW4LuxTFhqeMqRSTac5Wwdbosrr9oj5fordSkklJE2yysalWDGIC6N1WOiwm9BUUc3U7M4M)

Biopure Calendula tincture — potent antimicrobial especially for flu. [https://biopureus.com/prod…/biopure-liposomal-calendula-2oz/](https://l.facebook.com/l.php?u=https%3A%2F%2Fbiopureus.com%2Fproduct%2Fbiopure-liposomal-calendula-2oz%2F%3Ffbclid%3DIwAR0Cys7oI_LxRb3xs_w2OakeJU6Nxc6HbFSOq1TQdk-Ju4zQvYkkTQhaV0U&h=AT12iAoc-TKIGpQnrvxBSPXdf1F9RjdRvRCfwB1GMJ8Gp_oTr_QVUCM8nM2dFpS58IGfH5hzO_ZpObpqpnZo29x5Z7lVXZ-QkjZXLVwkA6cKQgDknDa94qo7saFLHLkd6K2MYkEcENq2cUgeZdZexWbKWFYrYcU661QIH7w)

Biopure Rosemary tincture [https://biopureus.com/pro…/biopure-rosemary-herbal-tincture/](https://l.facebook.com/l.php?u=https%3A%2F%2Fbiopureus.com%2Fproduct%2Fbiopure-rosemary-herbal-tincture%2F%3Ffbclid%3DIwAR09lUqq2cW7dSr_lS5uXhDQiNZs4pCSnBroxsUKadie5vxkdVXlir8VGTk&h=AT3uNtGTgzcvIR-746tGr8HHOKppVRP9gaXOvA4YdbHFisCXKx9_ub9jFlCYewQoPk3lzGUsZwXfqo3BtCf2BRdyUWba5SDLOaXQXLb9yET17J3PJBgjvtm5QQI__HN6dgnUI6FYWtP9MahRB8dNW-VRwNI1WqRGjYgAAkg)

Biopure Retro V tincture (could also take the Ki Science powder) [https://biopureus.com/product/biopure-en-v/](https://l.facebook.com/l.php?u=https%3A%2F%2Fbiopureus.com%2Fproduct%2Fbiopure-en-v%2F%3Ffbclid%3DIwAR22aTlJLipPmNz44zgZnz16Jw2KMp39nhlwJHo44Nor_1atJDl-VPFjbCw&h=AT3nWtKMnBaMG2RVSk5LgQpEj2KKMy88pLuv6DmBWIlglvRspWgYZqfQyD7jHDS1oNSiMJRS6mMKWmoMMtg3mZmegSZGTtN_KB-ZAvy9Q74L1S1fyiqnExVgYd-_ORHoIe4fnio6JHHhLYvOY28IoaKodgJsyL3zzgt-dOU)

Dandelion — not sure what form Dr K recommends. Here’s one version that contains it.  [https://biopureus.com/product/liver-tincture-4oz/](https://biopureus.com/product/liver-tincture-4oz/?fbclid=IwAR0lnYHQbxoXdk3GkrbT03M_uUnw83_RjPshaCbnrQJUaVrc0KbhCVYuUf4)

Wise Woman Herbals or Ki Science Licorice tincture. Very effective also for EBV. Skip if have high blood pressure. [https://wisewomanherbals.com/products/licorice-solid-extract](https://wisewomanherbals.com/products/licorice-solid-extract?fbclid=IwAR0O-QdxP-2KguQIMPq5x3zqmX8I3Z6Cui93FQORhNL5heS3IMxnniEgZf8)

Sculletaria — no dosage given

3. Nebulize HOCL 10 minutes daily. He recommends Biotech or SOS, made by the same company in Seattle. SOS contains saline and is easier on the gums. Use 3 parts HOCL to 1 part distilled or RO water.

Briotech or SOS. Also available on Amazon and Sophia Nutrition. The company has all sizes.  [https://www.briotechusa.com/shop](https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.briotechusa.com%2Fshop%3Ffbclid%3DIwAR0FHeIB_44wCra6xZw0udvQFOjSuVPOstJhVE3KmR20zhg9Gqh6GXfOIMg&h=AT0Mg-o_ZdnvhwT9gqo7diQGoXR9HA76YK5ajxcTUupCdypEuUpieoLJM1BGB0L_HYDclhA022Vy_ZiT-n8aiYnD83HbXmcUENVLX20tyh8DsWtgHstrmyByIElQE7UtQB4xSgtLMaQ740wVMHcMweB6Y4vKcRT8qxF5X6E)

Omron is recommended nebulizer. Here’s one vendor I have used: [https://justnebulizers.com/pro…/omron-mesh-nebulizer-ne-u100](https://l.facebook.com/l.php?u=https%3A%2F%2Fjustnebulizers.com%2Fproducts%2Fomron-mesh-nebulizer-ne-u100%3Ffbclid%3DIwAR3mK-3VgBZ6j3br3GgFMNXrVxFqsKrgmlb2CfflH-wbaRZYqCpMvpxaLJU&h=AT2jgwqri0fzN9Xkc1xqO4K6qHJZb0BhTArJv87SezCLoGG3QuVLzMIVvb9rhqMmCyY7qAOoyMNODJg-mmnqQlTST7x6yhNlbHy-oXYuCp--dYl7cMKNS2uxd35SZ2bDhkVcOp6NggInzewQC-JGWpPrzKN9qX3HvmGD3do)

EcoOne or Force of Nature are two of the HOCL machines our members have been using to make their own HOCL. [https://www.forceofnatureclean.com/natural-cleaner-and-dis…/](https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.forceofnatureclean.com%2Fnatural-cleaner-and-disinfectant%2F%3Ffbclid%3DIwAR0FRHkah4yz7wgEdiYyA2-oL4sVHKSSSP3YP5UA7iXTqLwnFICsGkuxjMg&h=AT2CNLyRGB8s8H8bzphZjciifz8CNGcrmKhBxttUlsLCJjJw6dtmRgoay3rnAov9TQnn9hch3Z0rY6i0fseytxWxiZgdSmab4IsX7rTPT2fOiM3SHuoAeyD-HZVeO3z-SWab8BhZ3GDCiYm3HgYw7c3gyOGduaoXsp967bY)[https://www.ecoloxtech.com/system-ecoloxone](https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.ecoloxtech.com%2Fsystem-ecoloxone%3Ffbclid%3DIwAR3Hx6ckVTMNX8z-6j5aefF2cog1wJ1QyBV3V1UXm3m_Ga9M6S-5H2fTxxs&h=AT0L2ocmWCigOq47ZiQJPAvtphppJypIo-pPmp8kEUng6tXWzV4r3P-Lz5qaf3_HX29rc_hTOPl2tx86z6OxispH9NkUNKukqlyl2_UUKRjqyzy-wNxcNqBaNg3F6BBa1LUKcde2Co-Lr0GuPI__Rh2GQWoc4jm9I4znnjY)

Both work well but the instructions have to followed precisely. For idiot proof operation and fastest shipping, order Force of Nature. I use home-made HOCL for sanitizing my home and for fogging. For spraying face, eyes, nebulizing, gargling, I use Briotech.

4. Arsenicum album 30c: 5 drops or 5 pellets 1x/day for 3 days once a month. Dr K recommends Ainsworth in UK as he feels that most homeopathics are DOA in the USA. He also likes this homeopathic to avoid jet lag. The Indian Ministry of Health recommends it as a prophylactic for their entire population. I’ve found Washington Homeopathics and Natural Health Supply to be good in the USA. [https://www.ainsworths.com](https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.ainsworths.com%2F%3Ffbclid%3DIwAR1J9_q4LMJyl3eMgkVEU-NT699VE6cIdFXpfDL-Vi02hNDIb-9YH-o5F48&h=AT2wdGlEckND5_Y8Ya3cZKd6WvX_lDO7FlBqiTaB1fRZID5TD-sG9EAppYn9vqicoEbkETw1ZkjtSahYEtCvg5JrCH0OeM-NNcF0bfCmIyZjuAK320b3zzFJyLOSbw7swVGI1ZeFgrJaMuMZEypzthjKTlF_njBgpVyzqdE)

Update: Out of stock at Ainsworth so I recommend Helios, another high quality UK homeopathic provider. Ships globally. Note that they will wrap in foil for small surcharge. Dr K didn't specify pellet size. No. 6 are larger pellets and No. 3 are smaller. I think either is fine. [https://www.helios.co.uk/shop/arsenicum-album](https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.helios.co.uk%2Fshop%2Farsenicum-album%3Ffbclid%3DIwAR3iPGiz6IWCQlJHY2RbHeDBBBYzYR_CpqpLMc-O_ns78N8ZWY91mACbQWE&h=AT3svsaoHRyaN9V1S0pXJCS7Twasb3GWKSRaCSwSbFN7RgZ3rsf8429uGRFd1ZufpGf3QaLPw4Pg3e9mLEWMWZqk_o8zVi0aisn0O1d0oVHPVJBxRWrY1xVFREhtjrDhvlRM2JwzIsTVy-NSM1cJKXplDj8G3KGKcVKzwqY)

[https://m.youtube.com/watch?v=yIL2FVlaZu4](https://l.facebook.com/l.php?u=https%3A%2F%2Fm.youtube.com%2Fwatch%3Fv%3DyIL2FVlaZu4%26fbclid%3DIwAR3ZQs4rBVsUG3ctJe-dVAagQN0xKSTd1Do3R_fSnb-qVOKpWU_bAzlVxjM&h=AT0wGiz6UPHc9sFwjefIqtmxR5JJEQ5Lma0UV4w6BrAlfY0oxNgDXfGP5htIOiH2lPANP37bzyqiVll0t780pEbnKmBRW2uQGkwEMVEHTwP3JD2KlBLlBf25nFV7f80SGgJGV7kSLooxoQ6K89Bl3A85U24PaP8dS05VWLw)

5. Vitamin D 6-10K preventative.

6. TREATMENT of active infection:

IV Vitamin C: 4 - 15 grams in a slow IV (1-2 hours) 3 days in a row. Dr K didn’t specify what size IV bag but 250-500cc is usually used to infuse the Vitamin C. Safe to use 7.5 grams of you carry G6PD mutation. In an earlier talk he recommended 25 grams but he said that latest reports indicate success with lower dose.

Alinia Rx: 1000mg 2x/day for 10-20 days. It's a potent anti-viral as well as anti-parasitic. May order without an Rx from All Day Chemist. They will ask for Rx but your order will go through without it. De-worm at least twice a year with Alinia and other anti-parasitics and optimal health

Hydroxychloroquine (Generic Plaquenil prescribed for malaria and Babesia) 500mg 2x/day for 10 days. May be hard to find as most sources are being diverted to China.

Chloroquine side effects from Hope Bogner: Just be sure one is ART tested for it before using it if going that route...or some type valid testing. In my earliest treatments yrs back it nearly took my vision and there were no risk factors with liver or kidney weakness, retinal issues. I simply couldn't metabolize the drug. Quite by chance, I came across several individuals in my town who were having surgery due to damage from taking it a short time or it would have been missed as the culprit.

“If you feel like your central vision is getting blurred, if you lose the ability to see a digital clock, if you lose color vision—if reds look kind of washed out—or if you have trouble seeing at night: Those are early signs that you might be developing Plaquenil retinopathy,” says Katz.

Please read these wise words from Todd Stein📷

"One thing to bear in mind -- these are just guidelines and obviously one size does not fit all. For example, I cannot tolerate licorice. We want to be in the very best health we can be, and some of these might not agree with us or cause significant herxing, such as HOCL initially; so be sure to titrate up if needed and take them according to your own body and in working with your doctor. It's not like it's an all-or-nothing thing. If you can do all, great. But according to Dr K, each one individually has shown benefit in fighting COVID-19. Dr K said if you're really poor you can go outside and eat dandelions three times a day and it will help protect you. Also bear in mind licorice can raise BP and Calendula should not be taken if pregnant or breast feeding. Like all protocols, find the one that supports you the best across the board."