

Dr. Mercola recommends diluting the Hydrogen Peroxide down to 0.1%. Dr. Brownstein recommends using an ultra-low dilution of 0.04% while Dr. Levy recommends 3% or less, depending on individual patient tolerance and how sick the patient already is.

If you don't have access to saline, you can make your own by mixing 1/2 teaspoon of unprocessed salt with one cup of distilled water. This will give you a 0.9% saline solution, which is the concentration found in body fluids. Using that saline, you will then dilute the hydrogen peroxide if needed.

Per Dr. Levy: Regular off-the-shelf 3% H2O2 can be utilized. Preparations of greater pharmacological purity can be obtained if desired. For most adults, the 3% concentration can be used in the nebulization chamber undiluted. This optimizes the degree and rapidity of anti-viral and anti-pathogen effect. For some the 3% concentration results in too much stinging in the nose. Such individuals can dilute with saline until they find their highest tolerable concentration. As it is a completely non-toxic therapy, nebulization can be administered as often as desired.

Use when any respiratory symptoms first appear for best results. Do not use a small portable nebulizer, a desk top nebulizer, similar to the one shown below is best.

After you have poured some of the solution into the nebulizer cup, add one drop of iodine. This makes the treatment much more efficacious.

If you don't have any chronic medical condition, Dr. Levy suggests nebulizing 2 - 3 times per week for 1 - 3 minutes. If you have a chronic health condition or acute symptoms, you'll want to do it more frequently. For acute symptoms, nebulize 10 - 15 minutes at a time.



Portable White System with Accessory Kit for Adult and Child Daily Use

Brand: zccmsb
 ★★★★★ 188 ratings

Price: \$45.98 ✓ Prime & FREE Returns

Get \$60 off instantly: Pay \$0.00 \$45.98 upon approval for the Amazon Prime Store Card. No annual fee.

- Simple design. Handle make the light-weight item easy to carry.
- It is suitable for kids and adults.
- If you have any questions, please fell free to contact us.
- Come with one set of accessories parts.
- If you have any questions, please fell free to contact us.

▶ See more product details

🔗 Report incorrect product information.

Some things you can do to stay healthy, pull out toxins & recover if have influenza

I am not giving medical advice. These are the things that I am doing or have done to keep healthy while this genetically engineered Spike Protein and Graphene Oxide are of concern! I am just sharing experiences with you.

Text in green is from La Quinta Columa research lab. ** = Especially important after the shots to help pull out spike protein & graphene oxide. + = Use as preventative ^ = when you have Flu symptoms

+^ **VITAMIN D3 - (at least 47ng/ml), 90 is even better, (bloodwork). 5,000 to 10,000 units.

+^ **LIPOSOMAL VITAMIN C** - (22mg/lb body weight) is ideal

+^ **ZINC - 50mg in the morning on an empty stomach, essential

+^ **NAC - VERY important. 750 mg in the morning on an empty stomach. N-acetylcysteine causes the body to secrete glutathione endogenously. It's the most effective antioxidant. Essential. One study showed significant increases in glutathione and significant decreases in oxidative stress after 12 weeks of supplementation with NAC.*

**** ASTAXANTHIN** - 5 mg. Many people who take it notice that it also improves their eyesight. Can be taken together with the other two antioxidants already mentioned. (Zinc and NAC)

**** QUERCETIN** In La Quinta Columna's programs, we saw studies that referred to cases of COVID-19 treated with quercetin, and with very good results. It raises the levels of glutathione and antioxidants in general that are going to deal with the recitative stress caused by the toxic graphene oxide. Thanks to scientific articles we have seen, we know that every antioxidant, **especially the master antioxidant glutathione, degrades graphene oxide**. Glutathione can reduce even to zero its toxicity. And we have demonstrated that.

^+ IVERMECTIN - .2 mg /kg body weight. If 'really' sick use .4 mg / kg body weight for 2 days, then .2mg/kg for 3 days.

I have pure liquid for veterinary use. It is 10mg / ml so I take 1.1 ml. Ivermectin is Ivermectin just gets packaged differently for vet use and human use. We are taking this orally, NOT injecting.

if have symptoms use for 3 - 5 days if using preventively - once a week

Can mix with Glycerine or a vegetable oil. Only mix per use. Fat may help your body access the Ivermectin.

Pure liquid may be better than tablets via script. I have recently read that it will also help take care of the spike proteins. Taste is strong, I mix with flavored MCT oil. Ivermectin is used for parasites. This is an 'off label' use. 20 - 30% of medications are prescribed for off label use.

****+ CHAGA TEA** Chaga mushrooms are one of the best sources of antioxidants and have many health benefits including antiviral, stimulates the immune system, reduces inflammation and increases physical endurance.

**** HUMIC/FULVIC ACID**

Pulls toxic chemicals and metals out of body and helps us absorb and use other nutrients better. Its structure is made up of aromatic, organic polymers with many carboxyl groups that release hydrogen ions, resulting in an electric charge that helps attract free radicals, heavy metals and other toxins within the body. This allows it to act like a detoxification agent. Once it becomes reactive with metals, fulvic acid helps them become more soluble in water.

In Canada <https://www.vitamart.ca/Innotech-Detox-101-with-Humic-and-Fulvic-Acid-530-ml>

In USA https://www.amazon.com/dp/B07PXY76M3?psc=1&ref=ppx_yo2_dt_b_product_details

****+ C-60** is a microscopic molecule with 60 carbon atoms, which looks similar to a buckyball. It acts like a free radical sponge. In 1997, shown to reverse ALS in rats. In 1998, shown to inhibit replication of HIV in rats. In 2007, shown to kill cancer cells. In 2012, rats given C-60 lived 90% longer. Recommended to neutralize spike protein, and detox SM-102 and graphene oxide. Reduces inflammation in the body. **Multiple** positive health benefits!

Available in USA & Canada through Fullerlife. <https://www.bioactivec60.com/trial/#janeansh>

Monthly subscription = \$30/month w/ a trial 50% discount for the first month! 6 month subscription = \$180 and no shipping. Can cancel at any time. I do receive a small commission if you order using my affiliate link.

^ ZINC LOZENGES

^ BLACK SEED OIL & HONEY w warm water. Clears infection and viral load 2x faster than control group.

^ MELATONIN - reduces inflammation in lungs.

^ NEBULIZER - Use as above

^ 3% H2O2 - Gargle, if too strong can mix with some water.

^ SILVER - Colloidal or Nano Put into a spray bottle and spray throat and nose.

**** IV GLUTATHIONE** - Glutathione is one of our top antioxidants and IV is recommended for adverse reactions after the shot. Find a Practitioner who does IV therapies

^ MMS-CHLORINE DIOXIDE - is not a drug or medicine. Chlorine Dioxide is a proven pathogen-killer, used extensively in the hygiene, food and water treatment industries. The human body is 60 - 70% water. Used on and in the body, CDS oxidizes foreign bacteria, viruses, etc; in much the same way that a healthy immune system does. It increases the response capacity of the immune system to the attack of viral agents. The therapeutic action of chlorine dioxide is given by its selectivity for pH. When it reacts, it becomes sodium chloride (common salt) and at the same time releases oxygen, which in turn oxidizes (burns) the pathogens of acidic pH, converting them into alkaline oxides ("ashes").

PDF's on how to use & to purchase <https://www.mmshealthy4life.com/usage-information.html>

An interesting article 'the Truth About MMS' <https://stillnessinthestorm.com/2020/03/the-truth-about-mms-chlorine-dioxide-that-they-dont-want-you-to-know-destroying-the-illusion/>