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Prevention Protocol Coronavirus CoVid 19 & pandemics (safe for long-term use; the cheapest items in boxes)

1. Practice prevention if you feel sick or even if you are well, most importantly, **STAY HOME IF YOU CAN**–
***avoid going to “wet markets” where animals are slaughtered in front of you for purchase of food – no more!**
*have a chosen “sick room” to cough/sneeze into elbow and wash your hands after each time doing so
*use an N-95 mask, or at least a surgical facemask or bandana around the face when outside and do not touch your face
*stay 6 feet from everyone, even those in your house, wear gloves outside and do not sleep in the same bed as anyone sick
*leave windows open for cross ventilation and bleach the bathroom and door handles each time you use them
***if you have a high fever, feel dizzy or short of breath, then call for emergency services or go to nearest hospital**
2. Sleep 8 hours a night; avoid caffeine, tobacco, sweets, tobacco and alcohol. Drink lots of fluids so urine looks clear.
3. Breathing: Stand in front of boiling water to breathe humidity to strengthen the diaphragm (note: this does not kill a virus). You may add a few drops of eucalyptus oil into water. Breath in through nose as much as possible and then swallow and hold breath for 5 second, then breathe out from just below belly button as much as possible. Repeat sets of 5 for 5 minutes 3 times a day. You can do this while sitting too. For more info, see “**Wim Hoff tutorials**” on YouTube.
4. Keep a humidifier going (or boil pots of water) all day. You can add a cup of white vinegar to it morning and night.

5. **EARLY MORNING:** You need healthy fats for this. 30 minutes before breakfast, a spoonful of olive oil swallowed **OR** swallow a spoonful of Coconut Oil (cold-pressed is best type) **OR** eat the white ‘meat’ part of inside of a coconut. Lastly, take olive leaf extract 1 capsule daily (either of 500mg 40% oleuropein content **OR** 750mg of 20% oleuropein) **OR** dried olive leaves 8 grams (small handful) mixed in cup of water & drink. Avoid olive leaf if pregnant / breastfeeding

6. **MORNING SUPPLEMENTS & HERBS:** With your breakfast, take these below (or eat food substitutes listed next to them)
- *Vitamin D3 5000 Units **OR** eat more Fish, cod liver oil, soy or milk-fortified products, 30 minutes of sunlight
 - *Vitamin C 500-1000mg **OR** eat citrus fruits, green peppers, tomatoes, broccoli, cantaloupe, strawberries, potatoes
 - *Zinc acetate or Zinc citrate 30-50mg **OR** eat shellfish, herring, whole grains, legumes, nuts
 - *Lysine 500mg **OR** eat pork, chicken, eggs or tofu *Astragalus Root 1000mg – avoid if autoimmune disease
 - *N-Acetylcysteine 600mg (mixed in water or as capsule) *Quercetin 1000mg
 - *Colloidal Silver 10 PPM (parts per million) 1 teaspoon swallowed

7. **MORNING DRINK:** Water with 1 organic squeezed lemon. Peel and grate white of the lemon peel raw into your drink. Then chop up the raw lemon peel into slivers and consume it however you can (some eat it raw, others mix into a blender or sprinkle in yogurt). It’s high in diosmetin & prevents inflammation & ARDS (could use bergamot orange as substitute)

8. **AFTERNOON SUPPLEMENTS & HERBS:** With lunch, take these below (or eat food substitutes listed next to them)
- *Lysine 500mg **OR** eat pork, chicken, eggs or tofu
 - *Vitamin C 500-1000mg **OR** eat citrus fruits, green peppers, tomatoes, broccoli, cantaloupe, strawberries, potatoes
 - *Colloidal Silver 10 PPM (parts per million) 1 teaspoon swallowed

9. **Daytime Teas:** Drink 2 cups of green tea and 2 cups of peppermint tea. **If not pregnant or breastfeeding,** also drink rosemary, sage, galium verum (lady’s bedstraw), flos chrysanthemi, thyme, hyssop, oregano, spearmint or basil tea (or combinations of these teas together, they all contain diosmetin, a very important nutrient to control lung inflammation)

10. **DINNER:** We recommend at least one “antiviral” meal with two raw tomatoes diced with ½ an onion and raw ginger (a piece the size of your thumb) and some radishes. Add some turmeric and raw garlic too. This is best mixed into mung beans, but any beans and rice dish will do and of course could be any time of day. If you have access to dried mushrooms, especially cordyceps, reishi, shitake and/or maitake, these are excellent to add as dried mushrooms direct to food chopped up (not boiled). Red dried reishi mushroom is particularly important to take daily or drink as tea each day.

11. **NIGHT SUPPLEMENTS & HERBS:** With your dinner, take these below (or eat food substitutes listed next to them)
- *N-Acetylcysteine 600mg (mixed in water or as capsule) *Quercetin 1000mg
 - *Lysine 500mg **OR** eat pork, chicken, eggs or tofu *Astragalus Root 1000mg -- avoid if autoimmune disease
 - *Vitamin C 500-1000mg **OR** eat citrus fruits, green peppers, tomatoes, broccoli, cantaloupe, strawberries, potatoes
 - *Colloidal Silver 10 PPM (parts per million) 1 teaspoon *Drink Fructus Ligustri Lucidi powder 8 grams mixed into water

Treatment Protocol Coronavirus Covid 19 & viruses (safe for 2-3 weeks use, we outlined the cheapest items in boxes)

- *if you are on prescription drugs, there are many herb-drug interactions – only take both under a doctor’s supervision
- *this is obviously a lot – about 12 herbs, but herbs comes in “packages” in traditional medicines and we also must realize in a big world there are different regions that have different access to different herbs, so just do as many as you are able
- *taken for 14 day minimum and should continue until up to 7 days past the first day of feeling better to prevent rebound
- *this is NOT to be substituted for medical advice, this is merely for informational purposes and is intended for adult dosages
- *for children age 11-16 years take 1/2 dose and 5-10 years take 1/4 dose, and kids under 5 years take 1/8 dose
- *if a pregnant or breastfeeding, pay attention to what is labeled safe or not

1. Practice prevention if you feel sick or even if you are well, most importantly, STAY HOME IF YOU CAN–
 - *avoid going to “wet markets” where animals are slaughtered in front of you for purchase of food – no more!
 - *have a chosen “sick room” to cough/sneeze into elbow and wash your hands after each time doing so
 - *use an N-95 mask, or at least a surgical facemask or bandana around the face when outside and do not touch your face
 - *stay 6 feet from everyone, even those in your house, wear gloves outside and do not sleep in the same bed as anyone sick
 - *leave windows open for cross ventilation and bleach the bathroom and door handles each time you use them
 - *if you have a high fever, feel dizzy or short of breath, then call for emergency services or go to nearest hospital
2. Sleep 8 hours a night; avoid caffeine, tobacco, sweets, tobacco and alcohol. Drink lots of fluids so urine looks clear.
3. Breathing: Stand in front of boiling water to breathe humidity to strengthen the diaphragm (note: this does not kill a virus). You may add a few drops of eucalyptus oil into water. Breath in through nose as much as possible and then swallow and hold breath for 5 second, then breathe out from just below belly button as much as possible. Repeat sets of 5 for 5 minutes 3 times a day. You can do this while sitting too. For more info, see “Wim Hoff tutorials” on YouTube.
4. Keep a humidifier going (or boil pots of water) all day. You can add a cup of white vinegar to it morning and night.

5. VERY EARLY MORNING: One hour before breakfast with nothing else, take Iodine liquid drops or pill version, anywhere from 1000-1200 micrograms daily (NOT milligrams!). If you have thyroid problems tell your doctor you are taking this. If no Iodine supplement available, then take eat a serving of seaweed OR a teaspoon of iodized table salt mixed in water.

6. EARLY MORNING: You need healthy fats for this. 30 minutes before breakfast, a spoonful of olive oil swallowed **OR** swallow a spoonful of Coconut Oil (cold-pressed is best type) **OR** eat the white ‘meat’ part of inside of a coconut. Then take butylated hydroxytoluene (BHT) 300mg capsule also, which is a food supplement if you are able to find it. Lastly, take olive leaf extract 1 capsule daily (either of 500mg 40% oleuropein content OR 750mg of 20% oleuropein) **OR** dried olive leaves 8 grams (small handful) mixed in cup of water & drink. Avoid olive leaf if pregnant / breastfeeding

7. MORNING SUPPLEMENTS WITH BREAKFAST: Get as many as you can find – talk to an herbalist about taking them all!

- *Vitamin D3 5000 Units OR eat more Fish, cod liver oil, soy or milk-fortified products, 30 minutes of sunlight
- *Vitamin C 500-1000mg OR eat citrus fruits, green peppers, tomatoes, broccoli, cantaloupe, strawberries, potatoes
- *Zinc acetate or Zinc citrate 30-50mg OR eat shellfish, herring, whole grains, legumes, nuts
- *Lysine 1000 mg OR eat pork, chicken, eggs or tofu
- *Astragalus Root 1000mg - avoid if autoimmune disease
- *N-Acetylcysteine 1200mg (mixed in water or as capsule)
- *Humic Acid supplements – take as directed on label
- *Colloidal Silver 10 PPM (parts per million), 1 teaspoon by mouth
- *Quercetin 1000mg
- *Phyllanthus Niruri (also called Chanca Piedra) 800 mg – avoid if pregnant or breastfeeding
- *Dried leaf Artemisinin Annu 1000mg – avoid if pregnant or breastfeeding
- *Isatis Root Powder (Chinese call it Ban Lan Gen) 10 grams – avoid if pregnant or breastfeeding or sulfa or aspirin allergy
- *Cryptolepis root, sida, or alchornea tincture (cryptolepis sanguinolenta is best): 1 teaspoon – avoid if pregnant or breastfeeding
- *Any berberine plant tincture: 1 tablespoon (or 500mg) from European barberry, goldenseal, goldthread, Oregon grape, or phellodendron) but avoid if using Macrolide antibiotics like s (i.e. erythromycin or azithromycin) or pregnant or breastfeeding
- *Chinese herb Fructus Ligustri Lucidi powder or tea 8 grams mixed into water (this is safe for pregnancy)
- *Bupleurum root 4 grams boiled, drank as tea (**should take with Chinese Skullcap**)– avoid if pregnant or breastfeeding
- *Chinese Skullcap 6 grams boiled, drank as tea (**should take with Bupleurum**)– avoid if pregnant or breastfeeding
- *Licorice root (glycyrrhizae radix) 5 grams boiled as tea or take 5 ml of the liquid extract – avoid if pregnant or breastfeeding
- *Houttuynia Cordata 15 grams mixed in 1 cup of boiling water as a tea, strain and drink – avoid if pregnant or breastfeeding

Treatment Protocol Coronavirus Covid 19 (continued)

8. MORNING DRINK: Water with 1 organic squeezed lemon. Peel and grate white of the lemon peel raw into your drink. Then chop up the actual lemon peel into slivers and consume it however you can (some eat it raw, others mix into a blender or sprinkle in yogurt). It's high in diosmetin & prevents inflammation. (could use bergamot orange as substitute)

9. AFTERNOON SUPPLEMENTS WITH LUNCH: Get as many below as you can – talk to an herbalist about taking them all!

- *Lysine 1000 mg OR eat pork, chicken, eggs or tofu
- *Colloidal Silver 10 PPM (parts per million), 1 teaspoon by mouth
- *Vitamin C 500-1000mg OR eat citrus fruits, green peppers, tomatoes, broccoli, cantaloupe, strawberries, potatoes
- *Phyllanthus Niruri (also called Chanca Piedra) 800 mg – avoid if pregnant or breastfeeding
- *Isatis Root (Chinese call it Ban Lan Gen) 10 grams – avoid if pregnant or breastfeeding or sulfa or aspirin allergy
- *Cryptolepis root, sida, or alchornea tincture (cryptolepis sanguinolenta is best): 1 teaspoon – avoid if pregnant or breastfeeding
- *Any berberine plant tincture: 1 tablespoon (or 500mg) from European barberry, goldenseal, goldthread, Oregon grape, or phellodendron but avoid if using Macrolide antibiotics like s (i.e. erythromycin or azithromycin) or pregnant or breastfeeding
- *Licorice root (glycyrrhizae radix) 5 grams or take 5 ml of the liquid extract – avoid if pregnant or breastfeeding

10. Daytime Teas: Drink 2 cups of green tea and 2 cups of peppermint tea. **If not pregnant or breastfeeding**, you can add these other smart teas to protect the lungs and fight viral infections like drink rosemary, sage, galium verum (lady's bedstraw), flos chrysanthemi, thyme, hyssop, oregano, spearmint or basil tea (or combinations of these teas together, they all contain diosmetin, a very important nutrient to control lung inflammation)

11. NIGHTTIME DRINK: Water with 1 squeezed lemon. Peel and grate the white of the lemon peel raw into your drink. Then chop up the raw lemon peel into slivers and consume it by adding to your dinner in the next section. The lemon peel is high in diosmetin & prevents inflammation. (you could use bergamot orange as substitute if no lemons are available)

12. DINNER: We recommend at least one “antiviral” meal with two raw tomatoes diced with ½ an onion and raw ginger (a piece the size of your thumb) and some radishes. You can add some turmeric and raw garlic too. This is best mixed into mung beans, but any beans and rice dish will do and of course could be any time of day. If you have access to dried mushrooms, especially cordyceps, reishi, shitake and/or maitake, these are excellent to add as dried mushrooms direct to food chopped up (not boiled). Red dried reishi mushroom is particularly important to take daily or drink as tea each day. Into your dinner, be sure to add that raw chopped up lemon peel from your nighttime drink!

*Get some “long green onion” also called spring onion, Welsh onion, Japanese bunching onion, “fistular onion stalk” or Allium fistulosum (note: do not confuse this with chives or leeks, it is a totally different but similar plant!). The part we care about is the root stalk little bulb bases at the end, which we will break off halfway on each piece and keep these 5 individual roots of long green onion pieces into boiling water for 10 minutes. Keep the water as a soup and then cut it up very well and add some salt, eat is as soup. Remember, we are using food as medicine, so this portion of dinner is good for just one patient!

13. NIGHT SUPPLEMENTS WITH DINNER: Get as many below as you can find – talk to an herbalist about taking them all!

- *Lysine 1000mg OR eat pork, chicken, eggs or tofu
- *N-Acetylcysteine 1200mg (mixed in water or as capsule)
- *Colloidal Silver 10 PPM (parts per million), 1 teaspoon by mouth
- *Vitamin C 500-1000mg OR eat citrus fruits, green peppers, tomatoes, broccoli, cantaloupe, strawberries, potatoes
- *Phyllanthus Niruri (also called Chanca Piedra) 800 mg – avoid if pregnant or breastfeeding
- *Dried leaf Artemisinin Annu 1000mg – avoid if pregnant or breastfeeding
- *Isatis Root (Chinese call it Ban Lan Gen) 10 grams – avoid if pregnant or breastfeeding or sulfa or aspirin allergy
- *Cryptolepis root, sida, or alchornea tincture (cryptolepis sanguinolenta is best): 1 teaspoon – avoid if pregnant or breastfeeding
- *Any berberine plant tincture: 1 tablespoon (or 500mg) from European barberry, goldenseal, goldthread, Oregon grape, or phellodendron but avoid if using Macrolide antibiotics (i.e. erythromycin or azithromycin) or pregnant or breastfeeding
- *Fructus Ligustri Lucidi powder or tea 8 grams mixed into water (this is safe for pregnancy)
- *Bupleurum root 4 grams boiled as tea (**should take with Chinese Skullcap**)– avoid if pregnant or breastfeeding
- *Chinese Skullcap 6 grams boiled as tea (**should take with Bupleurum**)– avoid if pregnant or breastfeeding
- *Licorice root (glycyrrhizae radix) 5 grams boiled as tea or take 5 ml of the liquid extract – avoid if pregnant or breastfeeding
- *Houttuynia Cordata 15 grams mixed in 1 cup of boiling water as a tea, strain and drink – avoid if pregnant or breastfeeding
- *Astragalus Root 1000mg - avoid if autoimmune disease
- *Milk Thistle 500mg
- *Quercetin 1000mg

For severely ill respiratory patients that need hospitalization or in areas of the world they cannot get to clinic or hospital but have trouble breathing at home (and be sure to share this page with your medical doctor in hospital please)

Note: for children or those pregnant who become critically ill with a non-bacterial infection and antibiotics will not serve as primary treatment to possibly save them, then we do recommend all herbs listed in our “treatment” section... the main reason we recommend against many herbs in children and pregnancy is simply because it has been unstudied despite in widespread usage and safety in adults. If the alternative is possible death – use the treatment protocol listed.

***Note: once a patient becomes intubated on a ventilator, many countries around the world in the COVID19 coronavirus pandemic (and in patients with severe respiratory diseases in general) have deadly outcomes – be bold in trying the treatment protocol given because if the alternative is a good chance of death, you have nothing to lose)**

1. Obviously, patients should be transported to a clinic or hospital immediately if worsening. If a patient cannot hold their breath at least 10 seconds, that is a red flag and bad sign they need medical care.

2. Decide if immediate intubation is needed (and available where you are). If in hospital, the decision to intubate aggressively is best for patients over 70, or newly confused, or have poorly controlled problems like COPD, asthma, heart failure, etc.

--But if no intubation is available:

Try “high-flow nasal cannula” first if available, which is special equipment where you hook up “high flow nasal cannula” oxygen that uses a machine to 100% humidify the oxygen and give it at a rate of 50-60 liters per minute. Patients must wear an N-95 mask and should be placed on their stomach (prone position) every 12 hours, rotating to back every 12 hours.

Closely observe patient and check arterial blood gases checked every 2 hours if possible for any high carbon dioxide levels.

--If “high flow nasal cannula” is not available: At least give a non-rebreather oxygen mask at 15 liters per minute and if even that is not available, keep the patient on continuous oxygen through a nasal cannula to begin with, 6 liters/minute. Patients may be placed on their stomach (prone position) every 12 hours, rotating to back every 12 hours. If using a nasal cannula only, they should wear an N-95 mask. For all patients, monitor arterial blood gases checked every 2 hours if possible.

3. If no immediate intubation is currently needed, and oxygen saturation 95% or more, keep patient on continuous nasal cannula oxygen to begin with, 6 liters/minute. If the patient feels well and improves over 15-20 minutes, just continue this.

But if the patient is struggled to breathe **OR** cannot maintain oxygen saturation >95% after 15-20 minutes of trying the continuous nasal cannula oxygen at 6 liter/minute:

-- If the patient is over 70 years old **OR** is newly confused **OR** does have major medical problems like COPD, asthma or heart failure, then we recommend simply going to direct intubation if possible. For these patients, early intubation is best.

--If the patient is under 70 years old and NOT confused, and has no major medical problems like COPD, asthma or heart failure, then you may try “high-flow nasal cannula” of 100% humidified oxygen at 50-60 liters per minute if available, but if no improvement on this after 30-60 minutes, or high carbon dioxide levels (hypercapnia) is seen, then just intubate the patient.

If this is not available, then the patient could receive high-flow oxygen through a non-rebreather mask at 15 liters/minute, but if no improvement after 30-60 minutes or high carbon dioxide levels is seen (hypercapnia), then just intubate the patient.

If the non-rebreather oxygen mask is not available, or high carbon dioxide levels is seen, then just intubate the patient.

If family member is intubated, speak with medical staff ensuring proper ventilator settings your country if on ventilator:

*positive end-expiratory pressure (“PEEP” setting on the ventilator) starting at 14 which is higher than normal, but do not do this if there is untreated pneumothorax, hypotension, elevated intracranial pressures, and pulmonary hypertension.

*use “volume mode” of ventilator, have “tidal volume” set to 4-6 ml/kg **ideal body weight** (keep low tidal volume please!)

To calculate **ideal body weight**: Males = $50 + 2.3 [\text{height (inches)} - 60]$ Females = $45.5 + 2.3 [\text{height (inches)} - 60]$

*Set the “respiratory rate” to roughly equal the patient’s own current “minute volume” (usually 16 breaths per minute is good)

*Keep peak plateau pressure at or less 30cm H₂O; above this there are more likely to be complications!

*continue adjusting PEEP to hit an oxygen goal of 90-95% percent oxygen saturation and keep using a fixed “tidal volume”

*goal: PaO₂ 55-80 mmHg and/or SpO₂ 90-95% and if high titrating up high PEEP fails to keep oxygen saturation at 95%, then use prone positioning every 12 hours; patients may need up to 10 days of repeated prone positioning of 12-16 prone hours a day

Contraindications to using prone therapy: Shock (mean arterial pressure <65 mmHg); hemorrhagic bleeding; pregnancy; dangerous bone fractures; raised intracranial pressure >30 mmHg or cerebral perfusion pressure <60 mmHg or trachea or chest surgery within last two weeks). For prone therapy, monitor closely for any vomiting or dislodging of the intubation tube

*do NOT use corticosteroids, nitric oxide or IV fluids (other than IV fluid only 10-30ml per hour to keep the IV line open)

For severely ill respiratory patients that need hospitalization (continued)

4. Continue the following treatment all oral supplements and herbs listed in “Treatment protocol” if the patient is able to safely swallow and not intubated. **If they cannot swallow safely or are intubated, then give all the herbs listed in the treatment section as rectal suppositories** (for any cultural taboo or skepticism of giving daily suppositories or enemas to intubated patients, a humble reminder this is how critical care patients around the world receive some meds each day and suppositories to NOT carry the healthcare worker exposure risk that nebulized aerosolized medicines do, so be thankful for that!)

How to do suppositories: If a patient is intubated, have a medical professional give the suppositories. If self-treatment at home, and the patient cannot tolerate orally swallowing medicines, they should be in a hospital or clinic anyways. If possible, lay a patient on their left side with right leg bent with their right knee up to their chest. You should have gloved hands when doing a suppository and may use petroleum or any food oil in a few drops on finger to help lubricate suppository of capsules.

For developing countries or rural areas where capsule supplement versions of these meds are not available, and for some of the self-made ingredients listed below (like lemon peel grated up) you will need a way to insert it into anus of intubated patients. The easiest way is to take a boiled leaf (like spinach or lettuce leaf) and once boiled, let it cool and dry then use it to “wrap up” the actual pinches of dried plant herbs, or lemon peel, or whatever medicine, and then coat your finger in olive oil (or any safe food oil) and insert and “push” it through the rectum. In rural areas with no hot water available, you could use any raw safe edible leaf to wrap it up and insert it in, however it may not absorb as well.

When you actually insert any suppository, be sure to push deep enough to go past the point of anal sphincter muscle. If the patient defecates and moves their bowel within 15 minutes, you will need to redo the suppository medicine again. Ideally, a patient should be on their left side for at least 30-60 minutes for best absorption.

****We do NOT recommend giving ANYTHING as repeated daily enemas** (solutions of water or normal saline into rectum) because this will dangerously deplete electrolytes in intubated patients – do NOT do it! Do the suppositories instead!

Herbs & Scientific points to note for critically ill coronavirus patients (or any respiratory pandemic critically ill patient):

For respiratory pandemics (viral, bacterial, parasitic) there are 3 broad types of meds you want to all give a patient in high doses when infected with a new disease, and at least 1 herb as a preventative from each category on a daily basis until pandemic ends:

1. Herbs or meds effective against multiples different RNA polymerases and/or proteases and/or penetration of the virus
2. Herbs that have antiviral, antiparasitic & antibacterial properties – we will see more evolved respiratory viral, bacterial and parasitic pathogens that have cross-genomic similarity in the future, so use herbs or meds that have cross-function against all 3
3. Herbs that prevent the respiratory ARDS-cascade complex from taking place, especially activation of NLRP3 inflammasome

*For the colloidal silver, you can give Colloidal Silver 10 PPM (parts per million), 1 teaspoon by mouth 7X a day now (every 3 hours), or for each dose mixing the 1 teaspoon into a syringe with 5ml of normal saline or clean water with a rectal bulb syringe

*Be sure to include organic lemon peel daily, half the lemon peel in the morning, half at night, as suppository if need be. It helps prevent the ARDS-cascade & **and effectively blocks activation of NLRP3 inflammasome which triggers cytokines**

*Be sure to include “long green onion” aka fistular onion stalk” or *Allium fistulosum* (note: do not confuse this with chives or leeks). Take 5 of the root stalk little bulb bases at the end, which can be a suppository after grated on a plate, then boil a single lettuce or spinach leaf and use that to “wrap it around” in & insert in anus. **It decreases IL-1b, a major cytokine in ARDS**

Fructus Ligustri Lucidi* **blocks RNA polymerase of hepatitis C which is also a single-stranded positive sense RNA virus

Houttuynia Cordata* is very important to include if you can find it as it **blocks viral RNA-dependent RNA polymerase activity (RdRp) of SARS coronavirus (an earlier epidemic coronavirus discovered 2002 in China)

*Quercetin is a flavonoid, **inhibits SARS-3CLpro activity & cellular entry of SARS; is antibacterial, antifungal, antiviral**

Bupleurum* root contains saikosaponin B2 and **inhibits HCoV-22E9 infection, including viral attachment and penetration

Licorice* root (*glycyrrhizae radix*) **inhibits different coronaviruses absorption and penetrations

Cryptolepis* root, *sida*, or *alchornea* tincture and *Artemisia Annu*a **cross-function as effective antimalarials / anti-parasitics

*Also may add: *Andrographis Paniculata* Extract (aka King of bitters or Kalmegh) 1000 mg once daily oral or as suppository
Rhubarb Extract 4 grams morning and night orally or suppository (Note: never give Rhubarb extract to children)

*Can add *Rehmannia* Root from *Rehmannia Glutinosa* (also called Chinese Foxglove) 10 grams orally or suppository 3X a day because **Rehmannia Root is very helpful as it decreases TNF-a (tumor necrosis factor-alpha) of the ARDS cascade**

Valuable reading: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7098036/> and <https://www.hindawi.com/journals/bmri/2018/2476824/>

COMMUNICATION PLATFORM'S TOP 10 TO CREATE A BETTER YOU AND A BETTER COMMUNITY

1. Be the onion, not the apple.

The world needs people to be more like onions and less like apples. People around the world default to either their government, political party, religion or economic status as ways to “groupthink”. You need to start having “layers” to yourself and feel healthy in disagreement with others if you feel otherwise about a single issue or problem. You may be someone that supports paying high taxes in your country for some type of universal healthcare but you are against abortion except in specialized circumstances. These may be opposing political sides in many countries, but that’s okay – you are not a “side”, you are an individual. Become an individual and embrace the brain God gave you. In medicine, it’s okay to use and appreciate new antibiotics and pharmaceutical meds AND traditional herbal medicine. You don’t need to be “East vs. West”. Religiously, you may disagree with some ideas within your religion or have other spiritual beliefs, and that’s okay too. Do not suffer from “groupthink” or “cognitive dissonance” – always have individual ideas and beliefs and recognize you can still be part of a family, team and community while not losing your own ideas. Break apart from culture you may have grown up with if you know it is wrong or harmful and do not rely on government or major organizations alone to decide what is “best”. So you need many layers to yourself, thus, be the onion, not the apple.

2. Make sacrifices for the greater good.

In relation to “being the onion, not the apple”, we need individuals with creativity and who will embrace personal responsibility, but also understand when it is time to sacrifice for family, community or country. Sacrificing for your family should be second-nature hopefully to most. This especially includes making sacrifices for the environment and the planet nowadays. Parents naturally sacrifice much of their own time to do recreational things they once enjoyed in order to now take care of their children. Politically, people already do this all the time when they say, “no candidate is perfect, but this person represents who I agree with most of the time” so a vote for that person is better than no vote at all. Or in public policy, we may want to do something with our economy that requires some portion of the population to be out of work, but in a way that helps humanity overall. Or technology that improves lives but comes at a cost. Before electricity was invented, there were “lamplighters” whose job was entirely to go around communities lighting gas lights to light the streets. Then came electricity which made that job go extinct. That is part of evolution and growing humanity. The challenge is, knowing when and what to sacrifice for, without compromising major values you hold.

3. Don’t ever forget your lessons from past crisis.

The only thing worse than living through a pandemic, is living through one and forgetting your lessons. Our ancestors would be shaking their heads in disgust. We must learn better. Shaking hands, sharing food and drink in crowds, going to wet markets (groups of any type of animals or living creatures killed in front of you for food), not washing your hands after going the bathroom or in preparing food – these are things of the past. Learn your lessons, if not for yourself, for your future children and children’s children. If your area has suffered natural disasters or climate crises in the past, a top priority in your personal life and in your community should be how you are taking steps to prevent or improve it.

4. Embrace universal basic human rights.

Whether you are a mayor, a president, or a just a person down the street trying to raise your family, always embrace and honor basic human rights, regardless of your “culture”. “Culture” can never win over human rights. If I run a city, and I decide it is our “new culture” for every parent to kill their firstborn child, someone should immediately take me out of power, by whatever means necessary. Because culture cannot overcome or supersede basic human rights. Obviously, the modern world and humanity understands hurting babies or children is wrong, so we take a strong universal stance against that. **Basic human rights includes outlawing all of:** child soldiers, sex-trafficking, human slavery (yes it still exists), organ trafficking, rape, female genital mutilation, stonings, honor killings, incest, forced starvation, genocide, torture, discrimination based on race/religion/clan/tribe/ethnicity/sexual orientation, pedophilia, physical/sexual abuse of children, child pornography, murder, hate crimes and death penalty for obvious “non-violent” crimes like sodomy or robbery. Also, human rights include allowing legal abortions for all rape, incest and major medical risks to the mother.

5. Only judge a person by their character, actions and motives

Use the “CAM” analysis with anyone you meet in life, personally or professionally. “CAM” is their character, actions and motives, or the intent behind their actions (why they do the things they do). And judge them as a package of all three. The character is the moral and personality qualities. Their actions are what they actually do or try to do. Their motives are the intent behind why they do the actions they do. If you judge someone only by this, and nothing else (like religion, ethnicity, place, class, sexuality, skin color, race, etc.) then you will never go wrong. Teach your children the same.

6. Enjoy the process, or the feeling of being prepared, in preparing for the worst.

Living a “prepared” lifestyle to protect your family and community means not being lazy but trying to become informed, educated, and take action to protect and prepare for your family. It means working hard and always thinking ahead. Do not hope for luck or good fortune, because there are many wonderful, decent, noble people in the world that have horrible things happen to them. Just because you build an orphanage does not mean you will never get cancer – life does not work like that. Instead, be the man who builds an orphanage and plans for what you would do if you were to get cancer. Live a prepared life to the best of your ability, but find ways in enjoying it. Here are some easy examples:

--You learn martial arts not because you know the future of if you are attacked in the street for self-defense, but because you wanted to learn self-defense in the first place. Even if you spent your whole life practicing and training, if you are an old man and die never needing to fight, you had all the benefits that came with training.

--You practice safety drills for natural disasters, like what to do in any earthquake or hurricane or tornado. You make it a part of your weekly routine in a way you enjoy teaching it to your children, so it is not “work”. Even if that natural disaster never came in your life, you know you spent the time preparing for it in an enjoyable way with your children.

--You teach your family first aid (or learn it yourself) for medical emergencies... maybe you never needed to use it on someone, but you enjoy teaching it to others and feeling prepared you can help in an emergency.

--You imagine becoming very ill. You may not “enjoy” this process, but certainly you should enjoy the feeling of having been prepared for what you would do if you could no longer take care of your family, and who would take care of you. If the answer is “no one”, then that is something you try to work on every week with friends or family or people you know and trust. You want to have a social network in life and not be a “loner”.

7. Don't let the perfect ruin the good, but remember to plan for unintended consequences

Even the wisest of people fall victim to this problem. For example, we work with local leaders in developing countries bringing our specialists to their community leaders, for example, to do a water sanitation project. Often, we will look back at a past seminar or workshop we did, and realize there was even a better way to do an irrigation system, or purify water, but then we realize by brainstorming another year, it's a year longer those local village people were without water. Do not let the “perfect” ruin the good. However, when carrying out projects or ideas, always try to imagine deeply what unintended consequences could be. Maybe our team was working in a hostile area for that water irrigation project, and if there was fighting between two communities in the area, then we just created another resource they will start fighting over when we leave, unless there was a clear plan in place for how it would be fairly shared. By reading about similar past projects and ideas people carried out, and what the aftermath was, it helps us imagine future unintended consequences.

8. Take care of your own body, mind and soul like you would want for that of your child.

The physical, mental and spiritual. The three things making you up. Your body must be in physical good health with diet and exercise. Your mind is cleaned out so you know exactly what is your self-worth, your personality, your flaws, your biases and weaknesses and the things you need to learn. Your spirit and soul in what things you believe in greater than yourself and what lies after this life, in how you would want your life judged and reviewed by a higher power. And how you would want these three elements shaped and molded for your own child, so you must be working on all three of these elements as a strong example for them. So go for a run, learn new skills and identify personality flaws to work on, and remember to help others for the right reasons and imagine how your soul would be judged by your ancestors. Never stop building body, mind and soul.

9. When approaching the “how and why” of problems in your community, always follow the money, and if not money, then human ego, in discovering the truth

This works for dealing with terrorism, government corruption, unfair business practices, public health missed opportunities and the downfalls of globalization and how while it lifts many people out of extreme poverty, it creates many new challenges to poor developing countries from becoming independent on their own resources and having a reasonable quality of life. Always follow the money. This is true for managing public health, military, police, politics, dangers of globalization, dangerous leaders and abuse of religion or spirituality. Following the money will lead you to the “why” of a problem most of the time. If it does not, then it is likely the issue of someone’s ego, or a group of people’s ego. Ego is the second most dangerous thing we encounter in our work after issues of greed and corruption with money. Do not underestimate the lengths that even the most intelligent people go to in protecting their ego. And to be an amazing person yourself, you will need to never be consumed by money or ego. Egos will let racist people believe their racism is justified. Ego will stop a doctor or scientist from making a great discovery. Egos will prevent one world leader from trying to befriend another in starting a new era of peace. Learn to follow the money and follow people’s ego, and in doing so, promise yourself you will never be victim to corruption, greed or ego and teach your children how to overcome this also. That is the only hope in successfully combatting the future of the world’s problems.

10. Live a life full of meaning by taking action for yourself, your family, your community and the world

Happiness is not the most important thing, meaning is. Happiness is always secondary. Happiness may or may not come to you, but when you feel full of meaning, even if it means struggling towards something, it is so much better than “happiness”. Happy feelings come and go like a pleasant surprise when things work out well for you, or good things come to you. But good situations come and go. Instead, focus on meaning. Meaning means having conviction for the things you believe in, the things worth fighting for, even if it’s hard, and in the most serious of times, even if it comes at great risk to you. Imagine the fearful situation of a young child wandering into a busy road of traffic, with cars speeding by. If you are there and no one else can help, why should you instinctively run into the road, putting yourself at risk for someone else’s child? It is not because it leads to happiness. It is because you live a life full of meaning. Your life has meaning by what you do and why you do it, especially in the most difficult of circumstances. Your life also gains meaning when you control the factors in your circle of influence, and not spending all your time worrying about outside concerns you cannot control. You cannot control the weather, wars the economy but you can control your skillsets, your habits, your mindset, what you read and learn about, who you try to help and leadership roles you take on for your family and community.

While the example given was extreme, easier daily examples include what you do to better yourself and your family. It involves work that is not pleasant or fun, but it has meaning, so you do it. And if you are able to successfully help yourself and your family, you may look to your community, like things you can do to help your neighbors. You may look to how to help your local area, your country or even the world. Because your life has meaning, and even if it never had “happiness”, your life full of meaning and conviction was still the most beautiful thing you could have ever had.