



The Tip of the Iceberg: COVID-19 Pandemic

What is actually killing people?

This isn't the Titanic sinking all over again....

We are told that it's the COVID-19 and it's going to harm us all. We've survived decades of events that we were told was going to kill us as shown below:

2000 - Y2K is going to kill us all.
2001 - Anthrax is going to kill us all.
2002 - West Nile Virus is going to kill us all.
2003 - SARS is going to kill us all.
2005 - BIRD Flu is going to kill us all.
2006 - ECOLI is going to kill us all.
2008 - The bad economy is going to kill us all.
2009 - SWINE Flu is going to kill us all.
2010 - BP Oil is going to kill us all.
2012 - The Mayan Calendar is going to kill us all.
2013 - North Korea is going to kill us all.
2014 - Ebola Virus is going to kill us all.
2015 - Disney Measles and ISIS are going to kill us all.
2016 - Zika Virus is going to kill us all.
2020 - Corona Virus is going to kill us all, but really Fear Is Killing You... Turn off the tv 📺

In actuality, what's under the surface determines whether one will be affected or not. A hint: the truth given in bites is easier to take than all at once as humanity is going through this globally.

Our health and strength are largely determined by our immune defenses and our mindset i.e. our belief system.

Our body, although resilient, can only do so much. Have you taken care of your body, emotions and reactions over the years? Do you have good coping skills or live with someone who does? Are you solution-oriented and responsible for your own balance or do you point the finger at someone else when things seem out of control?

Those with existing issues (pre-existing conditions) can have worsening symptoms from their condition(s) especially when fear sets in as it suppresses the immune system. Some may even die from their disease(s) which is **TOTALLY UNRELATED TO** the COVID-19. However, they are added to the death rate caused by COVID-19. This falsely elevates the death toll.

EVERYONE: STRENGTHEN YOUR IMMUNE SYSTEM

Don't wait for symptoms/something to show up...take responsibility for getting to know your body. "Know thyself!"

TAKE ZINC

Zinc deficiency often mimics COVID-19 symptoms. Refer to the chart below. Zinc lozenges are readily available. NOTE: avoid artificial food coloring, GMO, soy and high fructose syrup as ingredients. Sugar suppresses the immune system.

Symptoms of COVID-19 Reported by Emergency Room Physician	Symptoms of Zinc Deficiency
Dry cough	Chronic cough
Nausea w/o vomiting	Nausea
Fever	Fever
Back pain (kidney?)	Chronic pain (low back, neck)
Abdominal discomfort	Abdominal cramping
Diarrhea	Loose stool
Loss of smell	Altered/loss of taste and smell
Loss of appetite	Anorexia (loss of appetite), weight loss
Fatigue	Apathy
Atrial fibrillation (new)	Atrial fibrillation
Low lymphocytes (white blood cells)	Decreased immunity
Lower platelets (blood clotting factor)	Low platelets
Neutrophil <u>count</u> lymphocytes	Lymphocytes decline (white blood cells)
Interleukin-6 (inflammation)	Increased interleukin-6
Pneumonia (fluid filled lung)	Pneumonia
Inflammatory (cytokine) storm	Inflammation
Elevated iron storage (ferritin)	Increased storage, transport of iron
Elevated C-Reactive Protein	Increased C-Reactive Protein

TAKE VITAMIN C

Vitamin C deficiency is common because the body does not produce Vitamin C.

Dose: at first sign of symptoms, take Vitamin C 1,000 mg per hour by mouth to bowel tolerance.

When bowel tolerance is reached, go to 2 hours. Continue to taper frequency to bowel tolerance

Continue dosing until symptoms are gone. Absorption issues? Consider Liposomal Vitamin C.

Reference: Andrew Saul PhD is part of the international task force/organization involved in supporting patient's recovery of COVID-19 since its development in Wuhan, China.

Dr. Richard Z. Cheng and Dr. Yanagisawa both recommend oral vitamin C for prevention of COVID-19 infection. <https://www.youtube.com/watch?v=g6HCrzGY2kM&feature=youtu.be>

Additional info below for hospitalization protocol.

TAKE VITAMIN D = sunshine Vitamin

Vitamin D absorption takes place on the exposed skin from the sun rays.

Most people lack Vitamin D because of cloud covered skies and even when going for a walk, their body is covered with clothing or when the skin is exposed is lathered with sunscreen that prevents the rays from accessing the skin for it to convert the rays into Vitamin D.

PRE-BIOTICS and PRO-BIOTICS to support digestion and assimilation of foods – research.

DETOXIFY

There are many methods you can research yourself. Some examples are:

Intermittent fasting: no eating for 10-12 hours after your last meal of the day. Seek support if you have a medical condition and are on pharmaceutical drugs.

Far Infrared devices, herbal remedies, essential oils and flower essences are easier on the body as are homeopathic medicines you can use at home to support the organs in detoxification.

Vitamin Bs are not stored and quickly depleted in times of stress. Vitamin B6, B12 and Folic acid protect mitochondrial DNA from the negative effects of pollution.

HYDRATION:

Water is the body's universal solvent. We need it for proper cell function and to flush out toxins. Drink filtered water.

Avoid plastic bottles as the plastic they're made of leaches into the water hence more toxins in your body. Refrigerating & freezing the plastic water bottle makes the leeching more significant.

How do you know whether you're well hydrated?

The urine color should be light yellow. Color may change with supplements, pharmaceutical drugs and certain foods.

Stools are soft and easy to pass 1-3 times per day.

MINERALIZE:

Himalayan salt at a minimum or medical-grade, highly mineralized salt (contact me).

ALKALINE FOODS:

Add lemon, lime to water and drink throughout the day to stay well hydrated and detoxi at the same time.

Green vegetables

Supplements like Spirulina and Chlorella

Decrease red meat intake which causes inflammation

DE-STRESS

Chronic stress causes the body to produce too much cortisol. Chronically high levels of cortisol, in turn, cause damage such as inflammation and pain as well as inability to bring the body into relaxation & restoration during sleep. Hence waking-up tired.

Medical professionals assign a disease according to symptoms and prescribe accordingly.

Pharmaceutical drugs suppress those symptoms. The body sees these chemicals as foreign, the reason side effects develop.

Our innate ability to self-correct is prevented by these drugs.

Pharmaceutical drugs gradually take a toll on the organs. Nothing gets resolved at the core. Pharmaceutical drugs including vaccines are prescribed as 'one size fits all'.

Own and hopefully face your fears. For some it's the fear of separation, isolation, old wounds projected onto others often surface in times of uncertainty.

For some, it's possibility of death. **Live your 'bucket list' today!**

STRESS MANAGEMENT

We are social creatures – stay connected! During social isolation, symptoms of depression can worsen. Suicide rates are higher. Check out the work of Dr. Kelly Brogan Board Certified Psychiatrist, author of “*A Mind of Your Own*” handling issues, life without drugs

www.KellyBroganMD.com

Breathing techniques

Be in Nature, take a quiet walk

Check out abundant online classes such as dancing, yoga and meditation.

Learn a new skill.

Get to that project or paint a room.

Communicate with loved ones regularly.

Read a book. Take a nap.

Housecleaning: use non-toxic cleaners. Avoid over-cleaning.

MINIMIZE EXPOSURE TO HARMFUL EMF (Electro-magnetic frequencies) such as microwaves, cell phone (use head-set & limit amount of time), laptops/tablets.

PURCHASE EMF BLOCKERS

Companies such as www.EarthCalm.com and www.GreenSmoothieGirl.com/products/xzubi-disc.

SMART METERS - demand they be replaced with prior meter.

SMART PHONES – replace with plug-in phones if you can.

5G TOWER INSTALLATION is a HUGE issue for humans and animals.

Former VODAFONES boss states that 6 month exposure to 5G causes the body to forcibly push out the excrements of harmful viruses already present in our body. A fever develops to assist the body in purging itself from the toxic viral debris.

https://m.facebook.com/armankhanOfficial/videos/567023217499062/?refsrc=https%3A%2F%2Fm.facebook.com%2Fwatch%2F&_rdr

FACE MASKS & GLOVES – do they really protect you?

Wearing a bandana or a mask made with regular fabric WON'T protect you whatever 'home fabric' you use.

NYTimes.com published an article titled “A Sewing Army, Making Masks for America” It sounds very patriotic and helpful until you scroll down to the following imbedded comment for the truth: **“Homemade masks are no substitute for the high-grade N95 masks that are the most effective devices to filter out the coronavirus.”**

Source: https://www.nytimes.com/2020/03/25/business/coronavirus-masks-sewers.html?utm_source=pocket-newtab

If you wear a mask, know that after a few minutes, your own oral microbiome made-up of normally present bacteria and viruses will have accumulated in the mask and you are breathing a higher concentration into your lungs. If you speak with the mask on, a high concentration of your oral microbiome will also be shared with that person.

What about protecting your eyes? The CDC fails to mention that....

CLEAR, PROTECTIVE EYE COVER – not mentioned by CDC for the public

The protective gear for COVID-19 includes gloves, MEDICAL GRADE masks, a gown and **covering for the eyes** according to Centers for Disease Control and Prevention guidelines. Also very important: how to dispose of them.

That's how I was trained while working in the hospital setting for deliveries with or without concern for infections. **“Standard” protocol: Preparations for Coronavirus**
<https://www.northjersey.com/videos/news/bergen/teaneck/2020/02/25/preparations-coronavirus/4864289002/>

BASIC YET CRUCIAL: WASH YOUR HANDS

The skin is the largest organ of protection. **Keep the skin intact.**

Any opening such as mouth, nose and eyes can allow bacteria, viruses and fungi.

Wash your hands with **WARM WATER and A BAR OF SOAP for 30 seconds** (hum a song to pass the time and release your fears). Avoid antiseptics and over-washing as it could cause overgrowth and irritation and open your skin to bacteria and viruses.

Use **HAND SANITIZERS** sparingly as most contain alcohol which will dry your hands and increase the incidence of tiny cuts. Check the ingredients to minimize your exposure to additional toxins.

SMILE and BE THANKFUL for whatever & whomever is supporting your sanity right now.

ADDICTIONS: our society is addicted to drama which leads to chaos and the news we are now hearing from main stream media worldwide. How long will we hold onto our addictions based on the erroneous belief that we are weak and need someone to take care of us? Let's take responsibility for our health, understanding how our body functions not as parts but as a whole.

Looking at our bottled up emotions looking for some way of expression in a healthy way can free us for happiness and joy, a frequency that will strengthen our immune system.

When COVID-19 is suspected

- 1) **The Initial PCR test** took @ 3 days to come back delaying treatment. It has been found to be highly unreliable giving a false positive in 50-80% of cases. This means the person does NOT have COVID-19.
NEW: On March 27, 2020 the FDA approved a fast coronavirus test that can provide a positive result in 5 minutes and a negative one in 13 minutes designed by Abbott Laboratories. Availability and distribution may not be available to every hospital.
- 2) If you develop a fever, **AVOID** taking over-the-counter medication to lower your temperature. A fever, our natural defense, is prevented from doing its job which is attacking the invaders. There is controversy as to whether Ibuprofen worsens the symptoms of COVID-19.
- 3) Take care of yourself, stay home & follow advice above.
- 4) **If symptoms worsen**, shortness of breath or extreme fatigue develops, seek medical care.

GETTING WORSE or HOSPITALIZED?

Request the doctor to prescribe the following ASAP:

- 1) Hydroxychloroquine 200mg twice a day for 5 days
- 2) Azithromycin 500mg once a day for 5 days
- 3) Zinc sulfate 220mg once a day for 5 days

SHARE THE DATA BELOW WITH YOUR HEALTH CARE PROVIDER putting them at ease by showing there is on-going findings proving its efficacy.

Dr. Stephen Smith, infectious disease expert, interviewed by Laura Ingraham states the Protocol is being used and very successful in preventing respiratory failure. It is described as “A Life Changer ... the beginning and end of this pandemic”. April 1st, 2020 Fox news report.

Link: <https://www.youtube.com/watch?v=d2kUUGVJclg>

The COVID-19 Protocol [Steps 1-3] was established by Dr. Vladimir Zelenko, Board Certified MD in Monroe, New York with over 699 patients. This protocol was also used/confirmed by MDs in France with 80 patients. All responded well except an elderly with pre-existing disease.

***A video on [COLLIVE.com](https://www.collive.com) Moshe Frank interviews Dr. Vladamir Zelenko early on after the protocol was established and successful: <https://www.youtube.com/watch?v=Yy-wObyQOck>

Dr. Zelenko explains: “The rationale for my treatment plan is as follows. I combined the data available from China and South Korea with the recent study published from France (sites available on request). We know that hydroxychloroquine helps Zinc enter the cell. We know that Zinc slows viral replication within the cell. Regarding the use of azithromycin, I postulate it prevents secondary bacterial infections. These three drugs are well known and usually well-

tolerated, hence the risk to the patient is low... Based on my direct experience, it prevents acute respiratory distress syndrome (ARDS), prevents the need for hospitalization and saves lives.”

DEMAND Vitamin C IV drip (used in Wuhan China – refer to dosage below).

Government of Shanghai China used the following protocol:

Official recommendation:

COVID-19 should be treated with high amounts of intravenous vitamin C.

Dosage recommendations vary with severity of illness, from 50 to 200 milligrams per kilogram body weight per day to as much as 200 mg/kg/day. [The more severe the symptoms, the higher the dosage].

Intravenous vitamin C is a safe, effective, and broad-spectrum antiviral. These dosages are approximately 4,000 to 16,000 mg for an adult, **administered by IV**. Vitamin C's effect is at least ten times more powerful by IV than if taken orally.

Article link: https://www.greenmedinfo.com/blog/shanghai-government-officially-recommends-vitamin-c-covid-19.2?utm_campaign=Daily%20Newsletter%3A%20Shanghai%20Government%20Officially%20Recommends%20Vitamin%20C%20for%20COVID-19%20%28MujEER%29&utm_medium=email&utm_source=Daily%20Newsletter&ke=eyJrbF9lbWFpbCI6ICJhY3RpdmF0ZWVub2wY29tIiwgImtsX2NvbXBhbnlfaWQiOiAiSzJWEF5In0%3D

WHAT ELSE IS GOING ON?

Much is going on below the surface...what we're not being told yet many feel excitement deep down inside. Life as we know it is changing. Change is a challenge for many. There is good in the world and that is what we are seeking to anchor as deceptions, lies and atrocities against humanity are uncovered. Remember to breathe, stay connected and use coping skills.

STAY TUNED

It's an exciting time! We are given the tools we need to overcome whatever problem we are presented with.

P.S. Some information is being censored and could lead to some links not working Let me know.

Peace and clarity to all those involved in the “game” of life.

Let's play nicely together.

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Disclaimer: This article is not intended to provide medical advice, diagnosis or treatment. Seek advice from your health practitioner.