

# All Treatment (not preventative) Options if you have COVID-19 or Vaccine Injured



## SELF-HELP without a Doctor

- **Zinc** 50 mg daily (can take half twice daily if upset stomach)
- **Quercetin** 500 mg twice a day three times a day if sick (switch to HCQ/IVM if available)
- **Vitamin D3** 40,000-50,000 for five days
- **Melatonin** 5 mg - 20 mg nightly for 14 days stomach)
- **Pepcid** 40-80 daily 14 days – women or Cimetidine 400 daily -men
- **Full Aspirin** (325 mg) daily one month
- **N acetyl cysteine (NAC)** Up to 2000-2400 mg 1-2 days, then 1000-1200 mg for a week



## Treatment: Latest Prescriptions

- **Monoclonal Antibodies:** outpatient, FDA approved, early treatment, within 10 days Only
- **HCQ** 200 mg twice a day 7 days or **IVM** (weight based 0.4/kg) 20-36 mg daily 2-5 days
- **Fenofibrate (Tricor – anti-lipid)** 145 mg daily (inflammatory/cytokine phase. Antioxidant)
- **Cyproheptadine (Periactin – antihistamine)** 4 mg BID for 14 days (cytokine phase)
- **Decadron** 6-10 once or twice a day one week or prednisone 80 mg. daily two days then taper or Colchicine 0.6 mg twice a day
- **Fluvoxamine** 50 mg QHS, then 100 mg BID two days then 100 mg. TID for 12 days. Optional continue for one more week
- **Budesonide – if coughing 7 days**  
+/- Singulair 10 daily 14 days  
+/- Z pack  
+/- Lovenox



## Diet matters!! Must keep glucose (sugar) low-normal when you have COVID.

This is very important for every COVID patient but especially if you are taking prescription steroid (Decadron or prednisone)

- **No/very low carbs**
- **Bone broth and water**
- **No sugary drinks, cereals**

## Vaccine Injured: Latest Prescriptions to Consider (trial 1-2 months)

- **IVM** (weight based 0.2-0.4/kg) 10-36 mg daily eight weeks
- **Prednisone** 60 mg daily four days then taper by ten mg. every ~four days or so
- **Cyproheptadine** (Periactin – antihistamine) 4 mg twice daily one month especially with neuro symptoms (bad headache)
- **Fluvoxamine** 25 mg. twice a day (perhaps stops cytokine cyproheptadine seems better)
- **Vitamin D**
- **Vitamin C**
- **Melatonin**
- **Atorvastatin**
- **Maraviroc** (HIV med, expensive)

### MOA of Fenofibrate:

Blocks nrlp3 inflammasomes. Nrf2 modulating antioxidant defense increases Beta hydroxybutyrate. Significantly affected cell cycle progression and pathways involved in cancer, including the mTOR signaling pathway and insulin signaling pathway. Destabilizes the viral receptor binding domain clears lung alveolar fatty debris induced by the viral inflammatory process.

