

APA Holistic Health Committee

This list has been created to help navigate through the medical tyranny climate and claim sovereignty over our health. These are suggestions only and have been vetted by a naturopathic doctor/RN. The links provided are included for convenience and encompass what we as a committee have found safe and effective.

Suggested supplies for:

“Covid” acute symptoms - Have these ON HAND unless by prescription only:

****Nebulizer (see links below for protocols)**

1. https://www.roxytube.com/watch/how-to-nebulize-hydrogen-peroxide-dr-jjoseph-mercola_op47Yxw9ZYxPo5a.html
2. <https://healthopsy.com/how-to-nebulize-glutathione/>

****Food Grade Hydrogen Peroxide**

1. <https://www.intothegardenofeden.com/35-food-grade-hydrogen-peroxide>

****N-Acetylcysteine**

1. <https://acetylcysteine.com/>
2. <https://nanoceuticalsolutions.com/products/nano-glutathione>

****Budesonide (prescription only) www.budesonideworks.com**

****Albuterol (prescription only)**

****Ivermectin (prescription only)**

Claritin (works with Ivermectin)

Pepcid AC (works with Ivermectin)

Black Cumin Oil (works in place of Ivermectin) <https://andreasseedoils.com/products/black-cumin-seed-oil>

****Expectorant** <https://www.drugs.com/drug-class/expectorants.html>

Natural expectorants:

Hot peppers

Usnea <https://www.gaiaherbs.com/blogs/herbs/usnea>

Yerba Santa <https://mountainroseherbs.com/yerba-santa-extract>

****Natto Kinase and Serrapeptase OR Neprinol AFD**

1. <http://www.enzymesuperstore.com/neprinol>

****Chlorine Dioxide**

1. <https://kvlab.com/chlorine-dioxide-products/cds-aqueous-chlorine-dioxide-3000-ppm.html>

2. <http://www.chlorinedioxide-ph.com/cds-protocols-for-covid-19.html>

****Pulse-ox**

1. <https://quikreviews.net/best-pulse-oximeters-us/>

****Boost Oxygen**

1. https://www.big5sportinggoods.com/store/brand/Boost-Oxygen/_/N-1z13xsp

****Neti pot**

1. <https://bestreviews.com/best-neti-pots>

If you are admitted to a hospital READ ALL FORMS CAREFULLY. Locate any area where it says they can give you a "Covid vaccine" without your consent.

Documents to have on hand if you are admitted FOR ANY REASON:

1. General Medical Directive (have on you at all times and give to medical facility upon intake)
2. Power of Attorney
3. Covid Medical Directive - provided (have on you at all times and give to medical facility upon intake)
4. Covid Medical Power of Attorney - provided (have on you at all times and give to medical facility upon intake and copy to your general physician)

General health-daily use or as needed

**Nano Soma - <https://www.magicdichol.com/store/mdusa/>

**Chlorine Dioxide (MMS) - <https://kvlab.com/chlorine-dioxide-products/>

**DMSO - <https://kvlab.com/dmsso-products/dmsso-99-95-4-fl-oz>

**Silver

1. www.rnareset.com

2. High Potency 20000 ppm Coated Silver - <https://shop.davidwolfe.com/products/coated-silver>

**Magnesium www.rnareset.com

**Nascent Iodine - <https://globalhealing.com/collections/collections/products/detoxadine>

**Vit D3/K2

<https://rnareset.com/collections/all-formulas/products/d3k2-reset>

**Vit C

1. www.rnareset.com

2. [https://www.allstarhealth.com/f/dr_mercola-liposomal_vitamin_c_\(1000mg\).htm](https://www.allstarhealth.com/f/dr_mercola-liposomal_vitamin_c_(1000mg).htm)

**Zinc

1. www.rnareset.com

2. https://www.amazon.com/gp/product/B07L3FX74W/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&psc=1
https://www.allstarhealth.com/f/eidon_ionic_minerals-zinc.htm

**Activated Charcoal - https://www.allstarhealth.com/f/yerba_prima-activated_coconut_charcoal.htm

**Bentonite clay - https://www.amazon.com/Yerba-Prima-Bentonite-Herbal-Detox/dp/B0773WRY1L?ref=ast_sto_dp

**Diatomaceous earth - <https://www.diatomaceousearth.com/blogs/learning-center/food-grade-diatomaceous-earth-human-benefits>

****Zeolite** - https://www.allstarhealth.com/f/pure_planet-fulvic_zeolite.htm

****Ashwaganda** -

1. https://www.allstarhealth.com/f/gaia_herbs-ashwagandha_root.htm
2. [https://www.allstarhealth.com/f/body_first-ashwagandha_\(450mg\).htm](https://www.allstarhealth.com/f/body_first-ashwagandha_(450mg).htm)

****Astragalus** - https://www.allstarhealth.com/f/gaia_herbs-astragalus_supreme.htm

****Cordyceps** -

1. https://www.allstarhealth.com/f/mushroom_wisdom-super_cordyceps.htm
2. https://www.allstarhealth.com/f/planetary_formulas-cordyceps_450mg_std.htm

****NAC** - [https://www.allstarhealth.com/f/body_first-nac_\(600mg\).htm](https://www.allstarhealth.com/f/body_first-nac_(600mg).htm)

****Oregano oil** - https://www.allstarhealth.com/f/gaia_herbs-single_herbs_oil_of_oregano.htm

****Olive Leaf** - https://www.allstarhealth.com/f/gaia_herbs-olive_leaf.htm

****Ion Biome** - <https://intelligenceofnature.com/>

****Black Cumin Seed oil** - <https://andreasseedoils.com/products/black-cumin-seed-oil>

****MSM with Vitamin C (work synergistically)**

https://www.lifeextension.com/vitamins-supplements/item00451/msm?utm_source=bing&utm_medium=cpc&utm_campaign=LEF-SHOP-SPAG-EN-SMART-JointSupport&utm_term=4582695773948135&utm_content=Ad+group

****Homeopathics**

1. Arnica - 200CH for mental and emotional balance
30CH - 6-12 pellets every 15 min 3x's for acute injuries
2. Acenytum Cappellum - 200CH for shock/trauma
3. Hypericum
4. Nux Vomica
5. Ferrum Phosphoricum <https://www.homeopathicremediesblog.com/remedies/ferrum-phosphoricum/>

**Urine therapy - for allergic reactions topically and oral ingestion. 4 Types of reactions and 2 are delayed. Regardless, the antidote will be in urine within 1 minute.

**Learn CPR and Choking protocols.