



The People's Health Alliance

for The People, by The People

“Promoting a holistic healthcare approach focusing on the mind, body, and soul to address underlying health issues, not just symptoms” – www.the-pha.org

Boost Your Immune System: Pre-COVID and COVID-19 Symptom Management Protocol

In light of the constant media coverage on COVID-19 variants and the resulting anxiety and



uncertainty, it's easy to feel overwhelmed. With conflicting information and evolving guidelines, knowing what steps to take can be challenging. We understand the stress this can cause, so we've created a straightforward guide to help you navigate these uncertain times. **Our goal is to empower you with practical tools and knowledge, ensuring you can take proactive steps to protect your health and well-being.**

It is essential to have a well-rounded approach to support our immune system and overall health. The following protocol outlines the recommended supplements and their benefits for managing COVID-19 or similar symptoms. Always consult with a

healthcare provider before starting any new supplement regimen.

Recommended Supplements

Vitamin D – 4000 IU daily

- **Benefit: Benefit:** Enhances immune function and reduces inflammation. Additionally, Vitamin D helps alleviate cytokine storms in the lungs, which are severe immune responses that can cause significant lung damage and respiratory distress. This is extremely beneficial for someone with COVID-19 or similar symptoms, as it can help reduce the severity of lung inflammation and improve respiratory function.

Vitamin K2 – 100 mcg daily

- **Benefit:** Works synergistically with Vitamin D to support cardiovascular and bone health.

Vitamin C – 1000 mg minimum (2000 mg preferred) daily

- **Benefit:** Boosts immune function and acts as a powerful antioxidant. Vitamin C helps to strengthen the body's natural defences. When taken in conjunction with other

supplements such as Vitamin D, Vitamin K2, and NAC, it can enhance overall immune response, reduce inflammation, and improve antioxidant levels. For treating COVID-19, Vitamin C is crucial in combating oxidative stress and supporting immune function, which can help reduce the severity of symptoms and speed up recovery.

Probiotic (*Bifidobacterium bifidum*)

- **Benefit:** Improves gut health, which can enhance immune response. Studies have shown that patients with severe COVID-19 often have lower levels of beneficial gut bacteria, including *Bifidobacterium bifidum*. **This probiotic can help restore a healthy balance of gut microbiota, which is crucial in the fight against COVID-19 and similar symptoms.**
- ***Bifidobacterium bifidum* can reduce symptoms, improve pulmonary function, and lower inflammatory markers in COVID-19 patients.** A healthy gut microbiome is essential for overall health and can play a significant role in the immune system's ability to combat infections.

Coconut Oil



- **Benefit:**
 - Contains medium-chain triglycerides (MCTs) that are quickly converted into ketones, providing an efficient energy source for the brain.
 - Possesses anti-inflammatory and antioxidant properties, reducing inflammation and oxidative stress.
 - Displaces harmful fats from the brain, improving the lipid profile and promoting membrane fluidity. This displacement of bad oils/fats leads to a healthier, better-functioning brain.
- Regular consumption can improve cognitive function and support overall brain function and health. – [Article on Coconut Oil and the brain](#).

N-Acetylcysteine (NAC) – Taken daily

- **Benefit:** Vital for making and replenishing glutathione, an essential antioxidant in the body. Helps neutralize harmful free radicals and supports the body's natural immune and detoxification processes. Also helps denature the spike protein.

We have found that one of the best NAC supplements to take is the Augmented NAC as it is better at denaturing the spike protein. More information can be found, here - <https://the-pha.org/the-many-benefits-of-augmented-nac/>

Nattokinase

- **Benefit:** Prevents and dissolves abnormal blood clots and exhibits anti-inflammatory effects, which can help reduce chronic inflammation in the body.

Treatment Protocol for COVID-19 Symptoms

Ivermectin

- **Prophylactic Use:** 12 mg once per week.
- **If Infected:** 12 mg once a day for 5 days.

Due to the damage caused by certain industries and the press, some people may feel uncomfortable taking Ivermectin. In response to these concerns, Black Seed Oil (Nigella Sativa) has been included as an alternative. This oil has shown to have similar properties to Ivermectin, providing anti-inflammatory and immune-supporting effects.

Alternative to Ivermectin

- **Cold Pressed Black Seed Oil (Nigella Sativa)**
 - **Benefit:** Has similar properties to Ivermectin, providing anti-inflammatory and immune-supporting effects.

Importance of a Healthy Diet



It is important to note that this protocol is not a substitute for healthy eating. A nutritious diet contributes significantly to a better immune system and good gut health. These recommendations are best used in conjunction with a healthy diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats.

Finding What Resonates with You

One of the most important steps we can take to combat COVID-19, COVID-like symptoms, or any health-related issue is to discover what best resonates with us personally. This involves continually striving to improve our health in ways that suit our individual needs and circumstances. For a comprehensive approach to health optimization, consider exploring the [PHA Health Optimisation Protocol](#). This all-encompassing protocol covers various modalities to support different aspects of health, aiming to provide a holistic strategy for enhancing well-being.

Table- Suggested Supplements

Supplement	Daily Dosage	Benefits
Vitamin D	4000 IU	Enhances immune function, reduces inflammation, alleviates cytokine storms in the lungs.
Vitamin K2	100 mcg	Works synergistically with Vitamin D to support cardiovascular and bone health.
Vitamin C	1000 mg minimum (2000 mg preferred)	Boosts immune function, acts as a powerful antioxidant,

		enhances overall immune response, reduces inflammation.
Probiotic (Bifidobacterium bifidum)	3 or 5 Billion strain	Improves gut health, enhances immune response, reduces symptoms, improves pulmonary function, lowers inflammatory markers.
Coconut Oil	1 – 3 Tablespoons	Contains MCTs, provides efficient energy for the brain, reduces inflammation, displaces harmful fats, improves cognitive function.
N-Acetylcysteine (NAC)	Not specified – <i>(please see supplement instructions)</i>	Vital for making and replenishing glutathione, neutralizes harmful free radicals, supports immune and detoxification processes.
Nattokinase	Not specified – <i>(if on blood thinners, please speak to your healthcare professional)</i>	Prevents and dissolves abnormal blood clots, exhibits anti-inflammatory effects.
Ivermectin	12 mg once per week (prophylactic) or 12 mg once a day for 5 days (if infected)	Anti-inflammatory, immune-supporting effects.
Black Seed Oil (Nigella Sativa)	Not specified	Anti-inflammatory, immune-supporting effects, alternative to Ivermectin.

In Conclusion

Incorporating these supplements and treatments into your routine can help support your immune system and overall health, especially during times of illness. Remember, it is crucial to consult with a healthcare provider before starting any new supplements or treatments to ensure they are appropriate for your individual health needs. Stay informed, stay healthy, and take proactive steps to protect yourself and your loved ones.

Staying Ahead of Symptoms: How an Oxygen Monitor Can Be Your Early Warning System"

An oxygen monitor, or pulse oximeter, is a non-invasive device that measures blood oxygen saturation levels, helping detect early signs of COVID-19. By identifying hypoxia, it allows for early intervention, especially in cases of silent hypoxia where low oxygen levels are not accompanied by obvious symptoms.

Regular monitoring can assess the severity of respiratory symptoms and provide peace of mind for those at higher risk. Normal oxygen levels range from 95% to 100%; levels below 90% require medical attention.

For more information on health related articles, please go to our website: www.The-PHA.org