

## Nutraceutical and Nebulizer Protocol for Respiratory Infections

This information is not offered as medical advice but is provided for educational and research purposes. Please seek assistance from your trusted health care providers as needed.

The following is from Dr Makala Shelly and is based on the work of Dr David Brownstein, Dr Thomas Levy, and Dr Joseph Mercola. It can be applied for upper respiratory infections across the board, whether they be a bad seasonal flu or Covid as the viral action is similar. To get her direct support with this you can reach her at: 360-632-1304.

### 1. Nutraceutical Preventative Support

The following can be used both preventatively and also to help get over a mild respiratory issue:

- \* Zinc with quercetin
- \* Liposomal Vitamin C
- \* Vit A
- \* Vid D3 w/ K2
- \* NAC

### 2. Hydrogen Peroxide Nebulizer Basics:

The following can be done preventatively once or twice a week.

(Dr. Joseph Mercola uses this daily.)

**1/4 tsp 12% food grade hydrogen peroxide + 5 oz saline + 1 drop of 5% Lugol's solution.**

(You can get both the hydrogen peroxide and Lugol's iodine solution from Dr Shelly's office).

Important Note: Do not mix the peroxide with straight distilled water, as this could potentially cause physiological damage. **You need the salt in there.** You can, however, make your saline using distilled water.

To make a saline solution: Mix 1 teaspoon of unprocessed salt (such as Himalayan salt, Celtic salt or Redmond's real salt) into a pint (16 oz) of water. This will give you a 0.9% saline solution, which is about the concentration found in body fluids.

If you're using 5% Lugol's iodine solution, simply add one drop to the diluted hydrogen peroxide solution. If you're using 2% Lugol's solution, which is available over the counter, add two drops.

Here is a good overview video from Dr Shelly:  
<https://www.youtube.com/watch?v=qqeilt0BHaU>

### 3. Protocol for an upper respiratory infection.

This is from Dr Brownstein. He recommends using it within the first 5 days of symptoms appearing.

#### **\* Nebulize 3ml hydrogen peroxide solution hourly**

(This is the above preparation of 1/4 tsp 12% food grade hydrogen peroxide + 5 oz saline + 1 drop of 5% Lugol's solution (or 2 drops of 2%) = .1% hydrogen peroxide solution w/ iodine)

\*Store in opaque air tight bottle in refrigerator

#### **\* Add additional oral supplementation for 4 days:**

Vitamin A 100,000 IU/day

Vitamin C 1,000 mg per hour until loose stool

Vitamin D3 (with K2) 50,000 IU/day (before noon)

Iodine 25 mg/day (4 drops of 5% Lugol's solution or 10 drops of 2%)

Dr Shelly also adds

Zinc 220 mg/day

Quercetin 1,000 mg/day

Glutathione (liposomal) 100-200 mg 4x/day

Note: Fat soluble vitamins such as A and D can build up in the body and should not be taken more than 4 days at a time.

Here are some additional references for you:

<https://www.youtube.com/watch?v=SLhDGtd2gWc>

<https://www.bitchute.com/video/snqbaRL1GBrr/>

<https://ozonewithoutborders.ngo/wp-content/uploads/2020/07/Novel-Approach-to-Covid-19.pdf>

A home use nebulizer can be purchased HERE (and elsewhere online)

Again, while some of this information is presented within the context of Covid, it is useful for other upper respiratory viral infections.