

Virus Protocol

Vitamins Minerals

Vitamin A
Vitamin D
Vitamin C

Zinc/Copper
Magnesium

Foods

Seagrams Tonic
with Quinine
Garlic
Onions
Bone Broth
Coconut Oil
Liver
Sauerkraut
Citrus
Nuts/Seeds
Sprouts

Activities

Fresh Air
Low Stress
Movement
Deep Breathing
Grounding
Extra Sleep
Get the Dog Outside
Gardening
Rhythmic Tasks like
knitting,
woodworking, etc.

Vitamin A & D need to be taken over course of week in equal amounts.
Vitamin C is best from a food source, not as a supplement. Excess of **Zinc** causes imbalances if not matched with **Copper** and can be toxic to your kidneys. **Zinc** is bound in plant sources and needs to be spouted, soaked, or cooked to neutralize/release.
Magnesium needs **Calcium**, but most humans have an excess of **Calcium** in their diets.

VA - Beef Liver, chicken liver, egg yolks, cod liver oil

VD - Chicken liver, sunlight, cold water fish, cod liver oil

VC - Lactofermented Cabbage - red or green is highest dosage

Zinc - Red meat, pork, chicken, seeds, nuts are best.

Copper - cocoa

Magnesium is best in supplemental form, green leafy veggies, parsley, celery.

Notes

You Got This!