



COVID-19

Viral Defense P r o t o c o l

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Coronavirus Infection

Extremely contagious, requiring very minimal exposure to be contracted (certainly the most contagious clinically significant pathogen yet to emerge)

MY OPINION: Many millions in US have had the infection. I feel many have died at home without ever getting to the hospital and being recorded in “official statistics.” But we should be seeing the significant effects of the resulting herd immunity before too long.

Quite different from regular influenza

Hits the elderly hard, but appears to hit young and middle-aged just as hard, with death frequently resulting regardless of the apparent underlying health status of the individual

Incredibly diverse in clinical presentation and severity

Coronavirus Infection Symptoms

1. Asymptomatic to minimal malaise
2. Headache, weakness, ill-defined feelings of just “not being right”
3. Chills and sweats (fever)
4. Loss of smell, taste, and appetite
5. Diarrhea and digestive-related symptoms (according to Chinese doctors, the main complaint in nearly half of their patients)
6. Shortness of breath, the most dire of symptoms, often rapidly progressing to respiratory failure (ARDS with pulmonary edema-like presentation); minimal SOB can progress to fatal respiratory failure in 24 hours or less without intubation and mechanical ventilation, which still results in death in the majority of individuals when no potent antiviral agents are initiated as well.

Coronavirus Infection Prevention

1. Hygiene (washing, touching, social distancing)
2. Tendency to isolate yourself from others
3. Mask!! The government says health care givers benefit from this, but you don't benefit?!
4. A quality supplementation regimen
 1. Vitamin C, 2 grams four times daily (if not four doses, then 3 grams t.i.d.)
 2. Magnesium up to a gram daily regular supplement, but **BETTER** would be:
Magnesium chloride solution: Depending on age and body size, the magnesium chloride solution was a 2.5% solution [25 grams in 1000 cc of water], 15 to 125 cc orally every six hours, depending on body size (Very anti-viral, has cured polio as readily as vitamin C) [Chloride, NOT sulfate]
 3. Vitamin D, 25,000 units daily (this dose only for duration of pandemic)
 4. Zinc, 50 mg daily (this dose only for duration of pandemic)
 5. Any other quality supplements that you already have, as they all ultimately provide additional antioxidant presence at the molecular and cellular level, which is always critical in resolving any infection

Coronavirus Infection Prevention

Hydrogen Peroxide Nebulization

As it is a completely non-toxic therapy, nebulization can be administered as often as desired. This not only kills whatever chronic pathogen colonization is present, it very readily stops and eliminates the contraction and proliferation of a virus after a new onset exposure of sufficient quantity. The hydrogen peroxide should be 3% or a less concentrated, depending on patient tolerance.

As long as the pandemic is ongoing, this nebulization should be done daily, even if you feel great, for at least 5 minutes. It can also be repeated as often as possible for prophylaxis after having to go somewhere outside of your home, as to shop for food.

Coronavirus Infection Treatment

- **Early Onset and Treatment of Virus**
- Regular off-the shelf 3% hydrogen peroxide can be utilized. Preparations of greater pharmacological purity can be obtained if desired. If adopted as a long-term lifestyle health-promoting habit, food-grade hydrogen peroxide should be used.
- For many adults, the 3% concentration can be utilized in the nebulization chamber undiluted. This optimizes the degree and rapidity of anti-viral and anti-pathogen effect.

Coronavirus Infection Treatment

When a runny nose or slightly sore throat is already present, it is recommended that 10-to 15-minute nebulization sessions be undertaken roughly four times daily or until a symptomatic relief is realized. Many individuals report significant improvement only a few hours after the first one or two treatments. But it would be advisable to persist in these treatments several times daily for at least 24 to 48 hours after you feel everything is completely normal in your sinuses, nose, and throat.

Coronavirus Infection Treatment

With this nebulization regimen ALONE, you, your patients, and your family members

NEED NEVER SUFFER FROM A COLD, VIRAL PNEUMONIA, OR INFLUENZA AGAIN.

This is NOT an exaggeration. Don't doubt me on this! If you cannot understand why such a fabulous practice is not widespread, consider how much it would cost the health care industry if your most significant investment would be 2 dollars of hydrogen peroxide **annually...**

It is also probably the only affordable intervention for the extremely poor around the world (along with oral magnesium chloride solution)

Coronavirus Infection Treatment

For some, the 3% concentration results in too much stinging/burning in the nose. Such individuals can dilute with water until they find their highest tolerable concentration. Nearly everybody can tolerate a 50/50 combination of the 3% hydrogen peroxide and water. However, still lower concentrations can be utilized with clearly beneficial effect.

When someone is already heavily infected/colonized with viruses and bacteria, 3% is often readily tolerated, as the peroxide does not readily reach the mucosa. But when the pathogens have been eliminated, the higher concentrations can become intolerable, since the peroxide is only having a pro-oxidant effect on the now-normal and uninfected mucosa.

Coronavirus Infection Treatment

The peroxide mist/vapor can sting and inflame the eyes. If a position cannot be found to keep your eyes from being exposed for the duration of the nebulization, simply nebulize in front of a small fan.

Coronavirus Infection Treatment

The peroxide nebulization is also extremely useful as a adjunct to all other beneficial interventions in treating any stage of coronavirus or other respiratory viral syndrome. When the sinus, oropharynx, nasopharynx, throat, and upper respiratory tract have been cleared of virus, the rest of the body can recover much more rapidly, as new virus is no longer being supplied to sustain the infection.

The nebulization effectively “chops off the head of the viral snake.”

Nebulizer (very many different models)



Nebulizer, Hand-held



Coronavirus Infection Treatment

Far infrared sauna sessions

Viruses are susceptible to heat, and enough heat does denature and destroy them very readily. Cool and cold, conversely, are temperatures at which they can optimally thrive and proliferate.

The literature shows a wide range of temperatures at which viral disintegration can/will take place.

Looking at other coronaviruses, high temperature Coronaviruses (MERS-CoV) died when under environmental circumstances of 56 degrees Celsius (132 degrees F) for 25 minutes. Increasing the temperature to 65 degrees Celsius (149 degrees F) was even better and only one minute was needed to kill viruses.

Coronavirus Infection Treatment

132 degrees and greater F is achievable.

Most saunas go to 140.

The target zone is the maxillary and frontal sinuses.

When the sauna is climbing above 132, you can put your nose extremely close to the heating elements (touching won't cause a burn unless you maintain contact for a prolonged period)

Then inhale briskly and deeply, hold for a couple seconds and breathe out. Optimally, your nostrils will burn/sting a bit to confirm you are getting the maximal heat available to make its way into the virus-propagating sinuses, similar to briefly inhaling steam.

My personal experience was stunning. The first time I did it I completely eliminated a nagging, dry cough that I have had for over 50 years. Not associated with a cold, just a perpetual need/compulsion to cough. Gone...

Coronavirus Infection Treatment: Ozone

Ozone is probably the singular most absolute anti-pathogen. I am not aware of any situation or circumstance under which a pathogen is not promptly killed or denatured upon contact with ozone and many of its immediate metabolites.

The main problem with ozone is availability. If a patient can easily obtain ozone blood treatments and/or ultraviolet blood irradiation treatments, it certainly should be done for any viral infection

Ozone has cured the “incurable” Ebola virus.

What About Ebola?

In conjunction with ozone therapy, vitamin C has actually been documented to cure Ebola virus. This was achieved with four different patients. While vitamin C and glutathione supplements were given, it was the ozone that was the **featured part of the protocol**. The vitamin C was not administered in the high doses reported to resolve other viral infections.

(Rowen et al. (2016) “Rapid resolution of hemorrhagic fever (Ebola) in Sierra Leone with ozone therapy,” *African Journal of Infectious Disease*, 10:49-54.)

Coronavirus Infection Treatment: Vitamin C

Vitamin C in high enough doses is an absolute virucide. There has never been a virus against which vitamin C has been added that was not promptly denatured (“killed”).

Dr. Klenner cured many viral syndromes, including polio and most of the common childhood viral diseases (measles, mumps, chicken pox)

The most important considerations on vitamin C therapy:

- Dose

- Frequency of administration (persistent blood levels)

- Form (IV, oral regular, oral liposomal)

Coronavirus Infection Treatment: Vitamin C

1.5 grams of VC every six hours resolves advanced sepsis. In all likelihood, just giving six grams as a one-time bolus once a day would not have as readily resolved sepsis.

High doses are wonderful and work well, but frequency of administration (or a continuous infusion) will probably be what takes vitamin C therapy to an even more impressive level

As long as the patient can take agents orally, liposome vitamin C (3 to 5 grams daily) or regular vitamin C (4 to 6 grams three to four times a day if bowels tolerate), gives greater anti-pathogen coverage. Klenner would regularly given IV and oral vitamin C together.

Coronavirus Infection Treatment: Convalescent Plasma

Individuals who have recovered fully from coronavirus generally have an acquired antibody protection against the virus.

It has already been well-documented that infusing plasma harvested from such patients readily cures most coronavirus patients that receive it. Of course, such therapy is much more involved and expensive than ozone, vitamin C, and chloroquine.

Coronavirus Infection Treatment: Chloroquine

Chloroquine is the BOMB! It is the most impressive therapy I have ever seen in treating near-death ARDS patients with coronavirus, and requiring mechanical ventilation. Unless a patient is ready to expire imminently, chloroquine can be expected to bring about recovery practically 100% of the time.

It's equally impressive as hydrogen peroxide for resolving early pathogen colonizations, coughs, and colds (and probably for all respiratory viruses, not just coronavirus)

Hydroxychloroquine and azithromycin are also very effective, but probably not more effective than chloroquine by itself.

Coronavirus Infection Treatment: Chloroquine

Chloroquine is an IONOPHORE.

An ionophore is a chemical species that reversibly binds ions. Many ionophores are lipid-soluble entities that transport ions across a cell membrane.

Chloroquine is a well-documented zinc ionophore. By itself, zinc does not readily cross the cell wall and enter the cell, largely because it is ionically charged.

INTRACELLULAR zinc is a potent inhibitor of viral replication, appearing to interrupt the RNA polymerase that the virus needs to continue its multiplication.

While many people promptly recover from all stages of coronavirus infection with just chloroquine, it is a good idea to include 40 to 50 mg daily of zinc supplementation (no more than 30 daily indefinitely when there is no pandemic)

Coronavirus Infection Treatment: Chloroquine

My personal opinion is that if the US promptly supplied every adult with five 500mg capsules of chloroquine, to be taken one daily, the entire pandemic in the US would be over in seven to 10 days.

It is that good.

I can't describe how I feel when Dr. Fauci makes the mind-numbing suggestion that chloroquine might have a "hint" of benefit in coronavirus patients. Evil, stupid, arrogant, or all of the above. It's been around for 80 years, and at the low advised doses, is virtually side effect free. This alone should justify its widespread administration even if only for a "hint" of a benefit. By comparison, the FDA has "fast-tracked" an antiviral (remdesivir) with NO track record of safety.

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