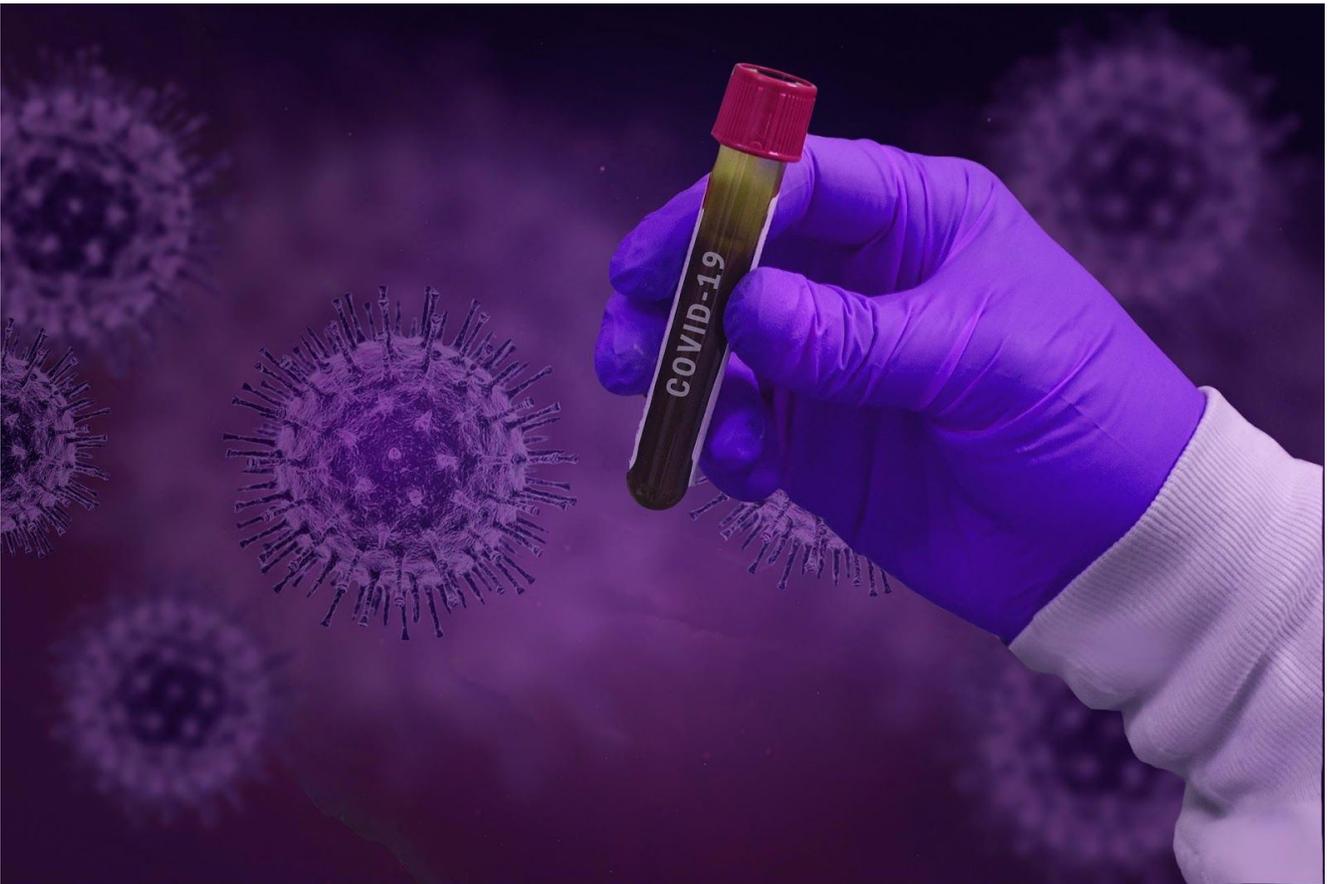


HOMEOPROPHYLAXIS

Immunization is the best way to get out of this crisis

The solution no one is talking about!



HOMEOPATHIC VACCINATION FOR COVID-19

By Dr. Roy Martina M.D. & team of experts

[Introduction: Where are we with vaccinations for COVID-19?](#)

[About Dr. Roy Martina](#)

[Introduction to Homeopathy](#)

[The Controversy Around Homeopathic Remedies](#)

[What is Homeopathy?](#)

[Vaccines in General and Side Effects](#)

[Homeopathic Vaccination is Different](#)

[Homeopathic Vaccination is safe.](#)

[ASSESS YOUR RISK CATEGORY](#)

[What does this mean?](#)

[The 5 Phases of COVID-19](#)

[Avoidance versus preparation](#)

[Our current best chance](#)

[The 5 Phases of COVID-19](#)

[COVID19 Anti-Viral Support](#)

[Preparing your body in 5 steps](#)

[Risk Category 1 \(You are a healthy Person: see Risk Assessment\)](#)

[Risk Category 2 \(You are not super fit, stressed out a bit: see Risk Assessment\)](#)

[Risk Category 3-5 \(You have a medical history and you are possibly at high Risk\)](#)

[How to use: A support 2 \(Homeopathic Vaccination against COVID-19\)](#)

[How to use: Lymph Support, Lung Support & Detox Support](#)

[FREQUENTLY ASKED QUESTIONS:](#)

[ADDENDUM: COVID-19: Cytokine Storm & Vitamin C](#)

Introduction: Where are we with vaccinations for COVID-19?

Most Optimistic Scenario: 12-18 months

“We’re still sticking to the optimistic 18 months for delivery of vaccine to the general consumers,” Rob Grenfell, the Commonwealth Scientific and Industrial Research Organization’s (CSIRO) director of health, told Reuters.

About Dr. Roy Martina

Dr. Roy Martina is a renowned European Holistic Medical Doctor with 40 years of experience, a prolific bestselling author (88 books), Business & Life Coach and International Trainer/Speaker.

One of his biggest international best-selling books is Emotional Balance (Hay-House).

He has developed many new holistic therapies such as Omega Healing (based on his years of practical experience he created a system to teach to aspiring therapist and health professionals) and Neuro Emotional Integration (One of the most powerful post traumatic therapies)

He has developed over 1000 natural remedies sold in USA, China and Europe.

He is the co-creator of the first [COVID-19 Anti-Viral Support](#) package with 5 Remedies to prepare in all of the 5 Phases of COVID-19. This has the potential to immunize millions of people worldwide.

He has taught over 250,000 therapists, doctors, managers and laypersons his techniques; millions of his 88 books have been sold. Keynote Speaker: He is a world-renowned keynote speaker at conferences and seminars worldwide, and has lectured throughout Europe, South and North America, Mexico, Russia, Taiwan, China and the Caribbean. Dr. Roy Martina. has used homeopathy and acupuncture for 40 years with a success rate of 80% with chronically ill patients.

Introduction to Homeopathy

During a pandemic, homeopathic remedies can be extremely helpful, especially when nothing else effective is available. However, many western doctors are against homeopathy and will say it is unproven despite the fact that the opposite is true. **See also the booklet [Homeopathy & COVID-19](#) for the scientific research of homeopathic prophylaxis (vaccinations).**

The Controversy Around Homeopathic Remedies

Despite the fact that Homeopathy has over 200 years of experience in the prevention and treatment of epidemics, western modern medicine does not accept Homeopathy as a valid treatment. Western Medicine is under heavy influence from Big Pharma, and the ignorant medical doctors believe the false information coming from Big Pharma.

What is Homeopathy?

Homeopathy is a holistic, noninvasive system of medical treatment based on the concept that substances that cause certain symptoms in a healthy person can--in diluted amounts (this dilution process is called potentization and is done in a specific way to imprint the signature of the frequency of the substance on to water)--cure those same symptoms in a diseased person. As an example, caffeine in high dosages can cause insomnia. Caffeine in homeopathic dilutions can cure insomnia. Some snake poisons are known to cause blood thinning, but in a homeopathic dilution they can cure blood that does not coagulate, etc. Homeopathy is measurable by special electrodermal devices and muscle testing. Each disease has a different pattern and, in each person, a different signature.

That's why Homeopathic Remedies are not for disease symptoms, but rather for the typical patterns of the symptoms. **See also the booklet [Homeopathy & COVID-19](#).**

Vaccines in General and Side Effects

What is not commonly discussed is the safety and side-effects of vaccines. What is a vaccine? Vaccines offer a small, fixed amount of a pathogen (antigen) to the immune system. A tiny bit of bacterial cell or a part of viral protein is used. Something that the immune system can recognize and respond to and prepare the counterattack, so that when the patient is exposed to the real infection, with its relatively massive amounts of antigen, the immune system is prepared and can react immediately to minimize the damage, rather than the usual delay it takes before immunity kicks in.

Over the last few years especially, many people have become increasingly concerned about using the conventional vaccines developed in Western medicine. Conventional vaccines are believed to carry a number of risks. A small number of people may have severe, and even life-threatening, reactions to these vaccines.

Physicians often stress, however, that the benefits of conventional vaccines far outweigh their risks. While many people believe that conventional vaccines may be responsible for the increase in autoimmune disorders, childhood cancers, and autism, the medical world will always say there is little evidence to support these claims. Most physicians believe that the dangers of contracting diseases like polio are far more

severe than the risk of a vaccine reaction. I leave you to make up your mind, but in any case, there is no vaccine yet, so this discussion is not useful.

Homeopathic Vaccination is Different

Homeopathy is the practice of giving a signal (a frequency that is not chemical) to the body to treat the illness or disease it is experiencing. Because the remedies are so diluted, many doctors refuse to even be open to the idea of homeopathy working and will ridicule it without looking at the vast amount of research that proves that it works.

The first 'law' behind vaccines and homeopathy is the same: like cures like. A homeopathic vaccination is a homeopathic remedy prepared from a bacteria, virus or diseased tissue.

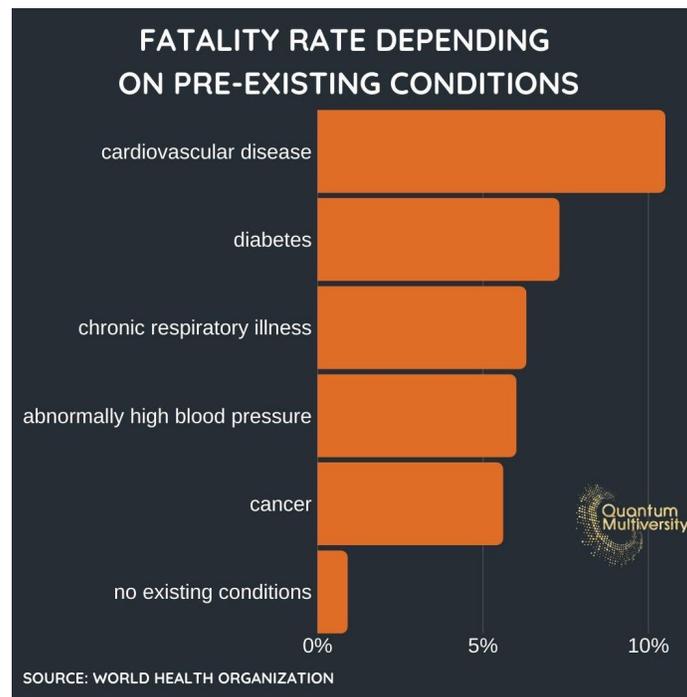
Homeopathic Vaccination is safe.

One can get homeopathic vaccinations for human use for everything from Anthrax, measles, chickenpox, diphtheria to Variola. Homeopathic vaccines are safe and do not contain Thimerosal, Aluminum, Borax (used to kill ants) and other chemical elements that cause some of the side-effects from normal vaccination. It is safe and can be used for babies, pregnant women, people on medication, etc.

It is also worth noting that in the studies that have been able to proceed, no child has had any severe side effects from the homeopathic vaccines given.

Homeopathic vaccinations do not work like standard vaccines: by leading to the development of antibodies. Homeopathic preparations have not been shown to raise antibody levels. The Homeopathic alternative does not rely on antibody formation. What I know is that the cells can also be programmed by information (frequencies) and be prepared to fight a disease or illness just as effectively as a real vaccine without any toxic materials and these remedies can be taken orally.

ASSESS YOUR RISK CATEGORY



1. **Risk Category 1:** Typically, healthy and vital. You normally go through each flu season without too many symptoms and never have to miss a day. You recover quickly with minor symptoms. You have not been taking prescription medicine or over the counter drugs or painkillers. You don't have or have had any type of prior lung problems (pneumonia, bronchitis or asthma) and are free of allergies like hay fever. If you are healthy, but had any of those problems in the past, you are in Category 2. You live a healthy life and have not been sick in the last 3-5 years that necessitated antibiotics or other medications. You did not have any operations (surgery) in the last 5 years. You sleep well and are not under heavy stress or anxiety.
2. **Risk Category 2:** Reasonably healthy, but do not have super high energy. You are stressed and feel a bit anxious. Also see Category 1, anything that showed up there puts you in a higher Risk Category. When you get the flu, you may have symptoms or after-effects that may last up to a week, such as a stuffy nose, a resistant cough, or overall malaise. Sometimes in the flu season you may have to miss 1 or 2 days of work because you don't feel well and you may have taken pharmaceuticals, like antibiotics or even Advil, Ibuprofen, etc. (if you still take these, I'd recommend that you stop immediately as these elevate you to Risk Level 4 or 5).

You had surgery in the last 3 years.

You don't exercise and you are easily out of breath.

You are overweight and like to eat sweets and refined carbohydrates. Diabetes, high blood pressure and/or heart disease runs in your family.

You have to snack regularly because otherwise you feel weak or lack energy.

You drink 2-3 sodas with sugar or sweetener (diet drinks) a day. You smoke at least 12-15 cigarettes for less than 4 years.

You smoke weed or other recreational drugs.

You have had asthma, pneumonia, collapsed lung, COPD, or bronchitis in the past and had to take medicine for it, but you are now ok, no symptoms for the last 3-4 years.

You are 65 or older and have been healthy for the last 5 years and no use of prescription medicines in the last 5 years.

3. **Risk Category 3:** You are often exhausted, stressed out or feel low energy. You may have problems sleeping.

Flu season may hit you hard and it takes time for you to recover.

You have had several antibiotic treatments in the past. You may have to use ventilators, prednisone or other steroids for asthma. You sometimes get chills and high fever, sinusitis or bronchitis and may have used antibiotics and other pharmaceuticals as treatments.

Maybe you had surgery and never fully recovered.

You suffer from a slow thyroid.

You have or have had digestive problems or possibly had several rounds of antibiotics in the last 3 years. You have regular low blood sugar levels and insulin resistance. You have problems with your weight, and you are not physical in a prime state of vitality.

4. **Risk Category 4:** You are taking pharmaceuticals (Medicine) for some chronic conditions or have weak lungs.

You catch a cold easily, resulting in a cough that lasts for a while, or you have or have had asthma, collapsed lungs, pneumonia or bronchitis, etc. in the past.

You are 50 years or older and have a medical history (hospitalization, long periods of using prescription drugs, surgery etc.).

You regularly use or are addicted to OTC painkillers like Advil, Ibuprofen, etc.

5. **Risk Category 5:** You have high blood pressure that requires prescription drugs.

You have chronic conditions like diabetes, heart conditions, or recent or current chemotherapy.

You are on immunosuppressants for transplants, etc. You are older than 64 years of age, currently on medication for a chronic condition, and possibly not serious about exercise. You are obese.

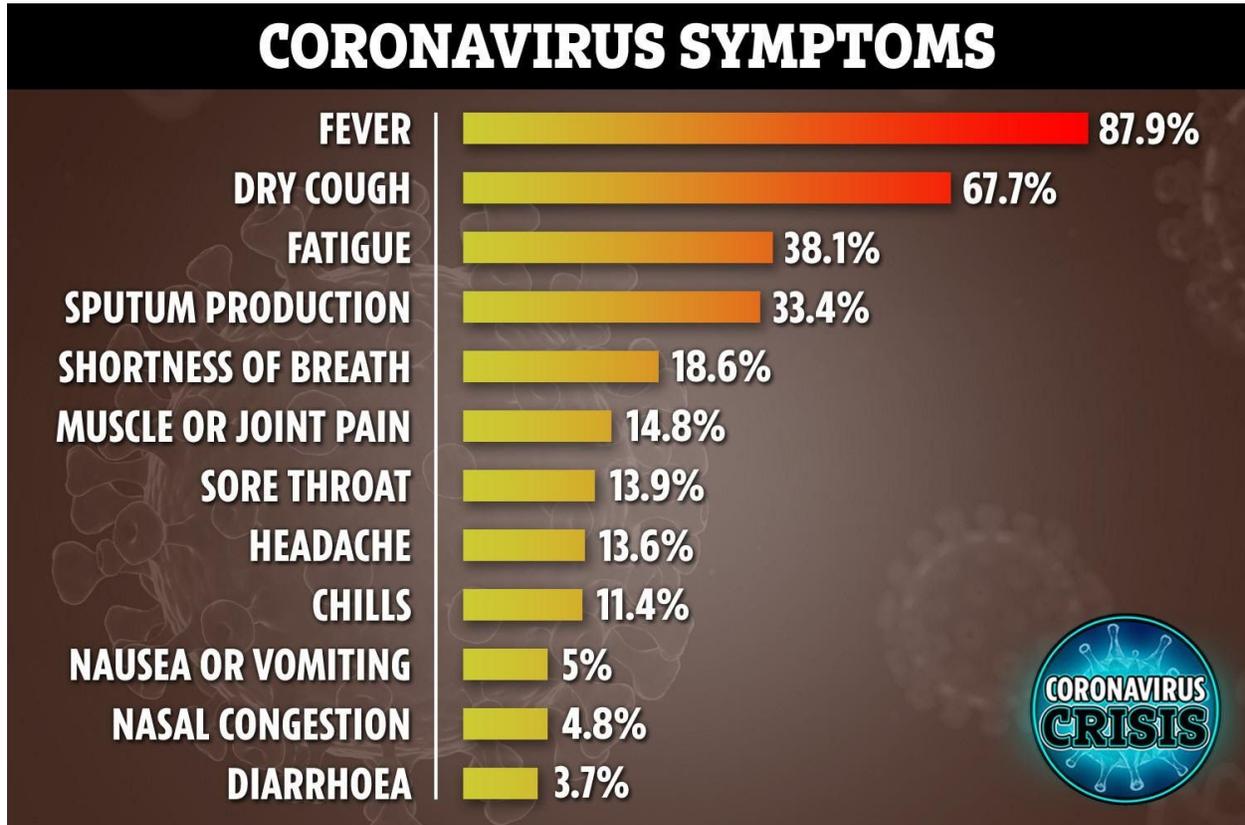
What does this mean?

The higher your risk category, the more you need to be prepared. I strongly advise anyone in Category 2 and higher to get the [Homeo-Prophylaxis \(Ant-Viral Support\)](#). Also if you are older than 60 and healthy, but are not athletic and/or exercise regularly, it would be wise to take a prophylaxis that will prepare your body according to homeopathic science.

It's critical that you know in which category you are so you can take the Homeo-Vaccination in the best way.

The 5 Phases of COVID-19

The 5 phases of COVID-19 is how Dr. Martina looks at the different stages of COVID-19 of infection.



Avoidance versus preparation

What we must understand is that it's in our best interest not to avoid getting infected, but to be prepared, so when we get infected, we can swiftly acquire immunity. We cannot stay locked up for the rest of our lives. Sooner or later we will all need to gain herd-immunity, either by vaccination (homeopathic or otherwise), antiviral medicine or infection and recovery. As long as there is no herd immunity or appropriate and adequate treatment, there is a chance of infection.

Our current best chance

At this time our best chance for immunization before the pharmaceutical developed vaccination is homeopathic vaccination. Based on research in other pandemics see the booklet [Homeopathy & COVID-19](#), we can state with 90% certainty that this

prophylaxis with homeopathy is the best we have right now until we have 100% proof that it works without a shadow of a doubt. At that time this can be made worldwide and save millions of lives. We cannot wait until the Big Pharmaceutical Companies have developed a vaccination. The best part of Homeopathic vaccination is that it can already be used before the infection, best is to start in phase 0 and during all the other phases.

The 5 Phases of COVID-19

Phase 0: No symptoms; practicing social distancing, hand washing, etc. and at the same time using the Homeopathic Vaccination to prepare and boost the immune system as much as possible. Prevention & preparation in this phase is everything. [*See also my book Code Red.*](#)

Start with: Protocol 1 of Anti-Viral Support

Phase 1: Suspicion of infection but no real symptoms; maybe temperature is up a bit. Most common symptoms are anosmia and loss of taste.

Start immediately with: Protocol 2 of Anti-Viral Support

Phase 2: Symptoms start to get worse.

Start immediately with: Protocol 3 of Anti-Viral Support

Phase 3: Symptoms aggravate or intensify; coughing is repeatedly, trouble breathing (respiratory stress).

Start immediately with: Protocol 4 of Anti-Viral Support

Phase 4: Recovery.

Start with: Protocol 5 of Anti-Viral Support

Each protocol indicates another way of using the [Anti-Viral Support Remedies](#)! The same Remedies are used in preparation of immunity as treatment of the infection.

COVID19 Anti-Viral Support



1. Getting immunity by going through the infection is the best way. However, some people are at risk. A vaccination protocol would be best for people that are high risk as well as those that are especially low risk, as this will mitigate the spread of the infection. The sooner we have herd-immunity the better for the world. **That is why everyone is recommended to take [Homeopathic vaccination](#), so the healthy ones are not a threat for the ones in the higher Risk Categories. This is now the biggest threat of being in Risk Category 1, you are a danger to others.**
2. The next best way is to strengthen the immune system through a healthy lifestyle, immune stimulating vitamins, herbs and practices (yoga, tai chi, breathing exercises etc.), combined with holistic prevention. **That's the other reason why [Anti-Viral Support](#) is so important because it helps the body to become healthier, some people report that other symptoms disappear, such as headaches, pains and fatigue. These are positive side-effects.**

In light of this, and in collaboration with our team, we have created a new way to build immunity against the COVID 2019 virus by training your immune system to be ready for COVID-19 and to do everything you can to be as healthy as you can.

What makes you more vulnerable are:

1. Pre-existing medical conditions: especially heart conditions, hypertension and diabetes

2. Heavy load of toxins (especially heavy metals, chemical, pharmaceuticals). Especially the combination prescription medicine, Advil, Ibuprofen and chemotherapy.
3. Weaknesses of the lungs (asthma, fibrosis, CPD, etc.) or smoking
4. Old age and lack of vitality
5. Stress (think also of the doctors and nurses being overwhelmed in the ICU's)

Preparing your body in 5 steps

Training your immune system: General & Specific

1. **Step 1. A support 1: Reducing toxic load of viruses hiding in the body**

Using specific frequencies (homeopathic frequencies) that are known to help the body's immune system fight latent (sleeping) viruses. This may work by activating the immune cells (NK killer cells) and interferon production (this is not yet confirmed by scientific research, but from testing with electronic equipment on thousands of patients). This is what **A support 1** does. It should be used right away to bring the body into an alarmed state of alertness against viruses in general. It is like training an army for war. We are preparing the white blood cells to become more alert.

2. **Step 2. A support 2: Tuning into the COVID-19**

Using a homeopathic frequency derived from the COVID-19 itself. In homeopathy this is called a nosode. That is the closest we can get to a vaccination or immunization. This is **A support 2**.

To immunize you would take this normally 2 to 3 times a week for 8 to 10 weeks. This is like training your army to know who the specific enemy is and to destroy it immediately.

A-support 1 is general preparation for any viral attack, **A-support 2** is training for a specific enemy. (If you get sick, you put 2-3 drops it in a big glass water and take more frequently (see instructions))

3. **Step 3. Lymph support: Preparing the body for battle**

Using Lymph support, we are preparing the part of the body that is crucial to fighting fast-multiplying viruses and alerting the immune & lymph system to be ready so it will not get overwhelmed. This is also best supported by antioxidants in high dosages (Vitamin C up to 3000 mgrs. in Phase 0, children under 9 years

old 1000 mgrs.) and additional virus killers (Colloidal Silver, tea tree oil more about that later). The lymph system is extremely important to combat infections. If it gets overwhelmed, that can cause unnecessary swelling and liquids. When that happens in the lungs it may cause hypoxia and difficulty breathing, a known problem with the severe cases of COVID-19. Vitamin C protects against the excess cytokines' reaction.

4. Step 4. Detox support: Reducing Toxic Load

The more we can release toxins, especially chemicals and heavy metals, the better the body can handle any type of stress, such as a viral attack. You can support this by lessening your intake of animal products, processed foods (eat more veggies and fruits), and limit or stop use of dairy products (Milk can cause extra mucus in the lungs and gut). Imagine hiking up a mountain with a heavy backpack and 2 suitcases. That's the metaphorical image of a body with a high toxic load.

5. Step 5. Lung support: Prepping the Lungs

COVID-19 specifically targets the lungs and can create in a very short time double interstitial pneumonia in vulnerable people. This can also happen in younger people. This pneumonia is the reason for intensive care in a small percentage of the patients. Immunization is the best protection. Also it is crucial to increase the dose of Vitamin C when one gets infected.

How to Use

When you use all 5 you get a synergistic effect that is greater than using them separate!
Note: These COVID-19-specific instructions may be different than what you find on the labels.

How to take the Remedies:

- ❖ Best to take the Remedies before meals or in between meals.
- ❖ Best not to take after meals, wait at least 15-20 minutes.
- ❖ You can take them pure or in water.
- ❖ In water is more economical because 1 drop in a glass of water, taking a sip 3 times is as effective as taking 3 times a day 1 drop!
- ❖ You will receive a sticker of sacred geometry; you can put your glass of water on this to charge the water (you can have the remedies in there).
- ❖ Best to take the Remedies separate.
- ❖ You can combine as follows:
- ❖ You can combine A-Viral Support 1 and Lymph Support: you can put 1 drop of each in 1 glass of water.
- ❖ You can combine A-Viral Support 2 with Lung Support: you can put 1 drop of each in 1 glass of water.
- ❖ Take the Detox Support separate and drink a large glass of water with that.

Take it pure: You can take one Remedy after the other but keep each Remedy for 3 minutes in your mouth then take a few sips of water and then take the next one. Repeat the procedure.

Take 1 or 2 drops in a glass of water: Drink the glass of water, rinse your mouth with clean water then take the next one.

How to use: A-Support 1

A-Support 1 is important to follow the guidelines because it will stimulate the body's natural defenses to remove the viruses that may be in your system and because of that some people need to start more gently than others. Check your Risk Category and follow the guidelines the best you can. The Remedy is not dangerous, but the body can react for example with fever to remove viruses.

Risk Category 1 (You are a healthy Person: [see Risk Assessment](#))

Phase 0—There are no signs of infection

Take A support 1: 2 times a day 1 drop (morning and before sleep)

Continue for 2 months and start again when lock down is over for 2 months more (to protect against second wave of infections).

Extra Tips:

- * Take extra Vitamin C (children under 12 years 1000 mgrs., adults 3000 mgrs.)
- * Put tea-tree oil (1 to 2 drops), Eucalyptus oil (1-2 drops) Peppermint oil (1-2 drops). Colloidal silver (2 teaspoons) and hydrogen peroxide 3% (2 teaspoons) in a diffuser and have this on all day and night.

Phase 1—There is suspicion of infection with COVID-19.

Take A support 1: 4 times a day 1 drop (morning around midday, evening and before sleep).

Continue for 5 days after all symptoms are gone days, then go to phase 4.

Extra Tips:

- * Take extra Vitamin C (children under 12 years 3000 mgrs., adults 6000mgrs.)
- * Put tea-tree oil (1 to 2 drops), Eucalyptus oil (1-2 drops) Peppermint oil (1-2 drops). Colloidal silver (2 teaspoons) and hydrogen peroxide 3% (2 teaspoons) in a diffuser and inhale 4 times a day for at least 3-5 minutes. If you don't have a diffuser put these drops in hot water and inhale for 3-5 minutes).

Phase 2—There is confirmation of infection, or your symptoms get worse or you are tested positive for COVID-19

Take A support 1: Every 30 minutes (2 drops in a glass of water and take a sip every 30 minutes). At nighttime, take only when you wake up, you don't need to set the alarm to wake up.

Continue with the Phase 4 protocol after all symptoms are gone or much better.

Extra Tips:

- * Take extra Vitamin C (children under 12 years 3000 mgrs., adults 12,000mgrs. over the day.)
- *Put tea-tree oil (1 to 2 drops), Eucalyptus oil (1-2 drops) Peppermint oil (1-2 drops). Colloidal silver (2 teaspoons) and hydrogen peroxide 3% (2 teaspoons) in a diffuser and inhale every 30 minutes a day for at least 3-5 minutes. If you don't have a diffuser put these drops in hot water and inhale for 3-5 minutes).

Phase 3—When there is the slightest discomfort with breathing or the coughing gets worse, then you are in Phase 3.

Caveat: if you are in phase 3 you should immediately call a doctor or ICU; you need to get tested and monitored. The doctors may want you to stop these Remedies, insist to keep taking them and also Vitamin C, ask if they can give intravenously Vitamin C up to 24,000 mgrs. per day to prevent a Cytokine storm in the lungs.

Take A support 1: Every 15 minutes (2 drops in a glass of water and take a sip every 15 minutes). At nighttime, take only when you wake up, you don't need to set the alarm to wake up.

Continue with the Phase 4 protocol after the breathing is normal.

Extra Tips:

* Take as much extra Vitamin C as you can tolerate without getting diarrhea, when you get diarrhea take 1000 mgrs. less, start at 12,000 mgrs. divided over the day, increase next day with 2000 mgrs. etc. until you get diarrhea. Children under 12 years 6000 mgrs.)

* Put tea-tree oil (2 to 4 drops), Eucalyptus oil (2 drops) Peppermint oil (1 drop) and Colloidal silver (4 teaspoons) and hydrogen peroxide 3% (4 teaspoons) in a diffuser and inhale every 15 minutes a day for at least 3-5 minutes. If you don't have a diffuser put these drops in hot water and inhale for 3-5 minutes)

Phase 4 You are starting to feel better and the worse is over, you are recovering either from Phase 2 or Phase 3.

Caveat: in some cases after a few good days, the symptoms came back full force, so stay alert and especially keep to a high dose of Vitamin C and the Lung and Lymph support for 5 days. Keep using the diffuser and inhaling the essential oils, combined with hydrogen peroxide and colloidal silver. If your breathing gets worse immediately call a doctor or ICU; you may need to get tested and monitored. The doctors may want you to stop these Remedies, insist to keep taking them and also Vitamin C, ask if they can give intravenously Vitamin C up to 24,000 mgrs. per day to prevent a Cytokine storm in the lungs.

Take A support 1: 6 times a day the first 3 days, then 4 times a day the next 4 days and then to 3 times a day: (2 drops in a glass of water and take as indicated) At nighttime, take only when you wake up, but keep the frequency during the day.

Continue with the Phase 4 protocol for two weeks, then take only once a day for 2 more weeks.

Extra Tips:

* Lower your Vitamin C adults 6000 mgrs. for a week and then to 3000 mgrs. a day. Children under 12 years 3000 mgrs. for a week and then to 1000 mgrs. a day.

* Put tea-tree oil (2 drops), eucalyptus oil (1 drop) Peppermint oil (1 drop) and Colloidal silver (2 teaspoons) and hydrogen peroxide 3% (2 teaspoons) in a diffuser and inhale 4

times day for at least 3-5 minutes. (If you don't have a diffuser put these drops in hot water and inhale for 3-5 minutes)

Risk Category 2 (You are not super fit, stressed out a bit: see Risk Assessment)

Phase 0—There are no signs of infection

Take A support 1: First week: 1 time a day 1 drop (before sleep).

Second week: 2 times a day 1 drop (morning and before sleep).

Third week and onward: 3 times a day 1 drop (morning, noon and before sleep).

Continue for 2 months and start again when lock down is over for 2 months more (to protect against a second wave of infections).

Extra Tips:

* Take extra Vitamin C (adults 6000mgrs., children under 12 years 1000 mgrs., divided over the day.)

* Put tea-tree oil (2 drops) Eucalyptus (1 drop), Peppermint (1 drop) Colloidal silver (2 teaspoons) and hydrogen peroxide 3% (2 teaspoons) in a diffuser and have this on all day and night. Inhale twice a day for 3 to 5 minutes (after putting in fresh drops). . If you don't have a diffuser put these drops in hot water and inhale for 3-5 minutes)

Caveat: if you are a doctor, dentist, medical staff or nurse working with potentially COVID-19 INFECTED patients, or you work in the ICU go to Phase 3 Protocol. Keep doing this until the crisis is over or your immunity is confirmed by an antibody test against COVID19.

Phase 1—There is suspicion of infection with COVID-19.

Take A support 1: 6 times a day 1 drop (morning, coffee time, noon, tea break, evening and before sleep). Continue for 5 days after all symptoms are gone days, then go to phase 4.

Extra Tips:

* Take extra Vitamin C (adults 9000mgrs, children under 12 years 3000 mgrs. divide over the day)

* Put tea-tree oil (1 to 2 drops), Eucalyptus oil (1-2 drops) Peppermint oil (1-2 drops) Colloidal silver (2 teaspoons) and hydrogen peroxide 3% (2 teaspoons) in a diffuser and inhale 6 times a day for at least 3-5 minutes take your remedies before inhalation. If you don't have a diffuser put these drops in hot water and inhale for 3-5 minutes)

Phase 2—There is confirmation of infection, or your symptoms get worse or you are tested positive for COVID-19

Take A support 1: Every 30 minutes (2 drops in a glass of water and take a sip every 30 minutes). At nighttime, take only when you wake up, you don't need to set the alarm to wake up.

Continue with the Phase 4 protocol after all symptoms are gone or much better.

Extra Tips:

* Take extra Vitamin C (adults 12,000mgrs, children under 12 years 3000 mgrs., divide over the day.)

* Put tea-tree oil (1 to 2 drops), Eucalyptus oil (1-2 drops) Peppermint oil (1-2 drops). Colloidal silver (2 teaspoons) and hydrogen peroxide 3% (2 teaspoons) in a diffuser and inhale every 30 minutes a day for at least 3-5 minutes. If you don't have a diffuser put these drops in hot water and inhale for 3-5 minutes)

Phase 3—When there is the slightest discomfort with breathing or the coughing gets worse, then you are in Phase 3.

Caveat: if you are in phase 3 you should immediately call a doctor or ICU; you need to get tested and monitored. The doctors may want you to stop these Remedies, insist to keep taking them and also Vitamin C, ask if they can give intravenously Vitamin C up to 24,000 mgrs. per day to prevent a Cytokine storm in the lungs.

Take A support 1: Every 15 minutes (2 drops in a glass of water and take a sip every 15 minutes). At nighttime, take only when you wake up, you don't need to set the alarm to wake up.

Continue with the Phase 4 protocol after the breathing is normal.

Extra Tips:

* Take as much extra Vitamin C as you can tolerate without getting diarrhea, when you get diarrhea take 1000 mgrs. less, start at 12,000 mgrs. divided over the day, increasing the next day with 2000 mgrs. etc. until you get diarrhea. Children under 12 years 3000 mgrs.

* Put tea-tree oil (2 to 4 drops), eucalyptus oil (2 drops) Peppermint oil (1 drop) and Colloidal silver (4 teaspoons) and hydrogen peroxide 3% (4 teaspoons) in a diffuser and inhale every 15 minutes a day for at least 3-5 minutes. If you don't have a diffuser put these drops in hot water and inhale for 3-5 minutes)

Phase 4 You are starting to feel better and the worse is over, you are recovering either from Phase 2 or Phase 3.

Caveat: in some cases after a few good days, the symptoms came back full force, so stay alert and especially keep to a high dose of Vitamin C and the Lung and Lymph support for 5 days. Keep using the diffuser and inhaling the essential oils, combined with hydrogen peroxide and colloidal silver. If your breathing gets worse immediately call a doctor or ICU; you may need to get tested and monitored. The doctors may want you to stop these Remedies, insist to keep taking them and also Vitamin C, ask if they can give intravenously Vitamin C up to 24,000 mgrs. per day to prevent a Cytokine storm in the lungs

Take A support 1: 6 times a day the first 3 days, then 4 times a day the next 4 days and then to 3 times a day: (2 drops in a glass of water and take as indicated) At nighttime, take when you wake up, but keep the frequency during the day.

Continue with the Phase 4 protocol for two weeks, then take only once a day for 2 more weeks.

Extra Tips:

- * Lower your Vitamin C to 6000 mgrs. for a week and then to 3000 mgrs. a day.
- * Put tea-tree oil (2 drops), eucalyptus oil (1 drop) Peppermint oil (1 drop) and Colloidal silver (2 teaspoons) and hydrogen peroxide 3% (2 teaspoons) in a diffuser and inhale 6 times day for at least 3-5 minutes first week and then to 3 times a day. If you don't have a diffuser put these drops in hot water and inhale for 3-5 minutes)

Risk Category 3-5 (You have a medical history and you are possibly at high Risk)

Phase 0—There are no signs of infection

Take A support 1: First week: 1 time a day 1 drop (before sleep).

Second week: 2 times a day 1 drop (morning, noon and before sleep).

Third week and onward: 3 times a day 1 drop (morning and before sleep).

Continue for 2 months and start again when lock down is over for 2 months (to protect against a second wave of infections).

Extra Tips:

- * Take extra Vitamin C (adults 6000mgrs., children under 12 years 2000 mgrs., divided over the day.)
- * Put tea-tree oil (2 drops) Eucalyptus (1 drop), Peppermint (1 drop) Colloidal silver (2 teaspoons) and hydrogen peroxide 3% (2 teaspoons) in a diffuser and have this on all day and night. Inhale twice a day for 3 to 5 minutes (after putting in fresh drops). You can also do it with hot water (inhale the steam).

Caveat: if you are a doctor, dentist, medical staff or nurse working with potentially COVID-19 INFECTED patients, or you work in the ICU go to Phase 3 Protocol. Keep doing this until the crisis is over or your immunity is confirmed by antibodies test against COVID19.

Phase 1—There is suspicion of infection with COVID-19.

Take A support 1: 6 times a day 1 drop (morning, coffee time, noon, tea break, evening and before sleep). Continue for 5 days after all symptoms are gone days, then go to phase 4.

Extra Tips:

- * Take extra Vitamin C (adults 9000mgrs, children under 12 years 3000 mgrs.)
- * Put tea-tree oil (1 to 2 drops), Eucalyptus oil (1-2 drops) Peppermint oil (1-2 drops) Colloidal silver (2 teaspoons) and hydrogen peroxide 3% (2 teaspoons) in a diffuser and inhale 6 times a day for at least 3-5 minutes take your remedies before inhalation. You can also do it with hot water (inhale the steam).

Phase 2—There is confirmation of infection, or your symptoms get worse or you are tested positive for COVID-19

Take A support 1: Every 30 minutes (2 drops in a glass of water and take a sip every 30 minutes). At nighttime, take only when you wake up, you don't need to set the alarm to wake up.

Continue with the Phase 4 protocol after all symptoms are gone or much better.

Extra Tips:

- * Take extra Vitamin C (adults 12,000mgrs, children under 12 years 3000 mgrs., divide over the day.)
- * Put tea-tree oil (1 to 2 drops), Eucalyptus oil (1-2 drops) Peppermint oil (1-2 drops) Colloidal silver (2 teaspoons) and hydrogen peroxide 3% (2 teaspoons) in a diffuser and inhale every 30 minutes a day for at least 3-5 minutes. You can also do it with hot water (inhale the steam).

Phase 3—When there is the slightest discomfort with breathing or the coughing gets worse, then you are in Phase 3.

Caveat: if you are in phase 3 you should immediately call a doctor or ICU; you need to get tested and monitored. The doctors may want you to stop these Remedies, insist to keep taking them and also Vitamin C, ask if they can give intravenously Vitamin C up to 24,000 mgrs. per day to prevent a Cytokine storm in the lungs.

Take A support 1: Every 15 minutes (2 drops in a glass of water and take a sip every 15 minutes). At nighttime, take only when you wake up, you don't need to set the alarm to wake up.

Continue with the Phase 4 protocol after the breathing is normal.

Extra Tips:

* Take as much extra Vitamin C as you can tolerate without getting diarrhea, when you get diarrhea take 1000 mgrs. less, start at 12,000 mgrs. divided over the day, increase next day with 2000 mgrs. etc. until you get diarrhea. Children under 12 years 6000 mgrs.)

* Put tea-tree oil (2 to 4 drops), eucalyptus oil (2 drops) Peppermint oil (1 drop) and Colloidal silver (4 teaspoons) and hydrogen peroxide 3% (4 teaspoons) in a diffuser and inhale every 15 minutes a day for at least 3-5 minutes. If you don't have a diffuser put these drops in hot water and inhale for 3-5 minutes)

Phase 4 You are starting to feel better and the worse is over, you are recovering either from Phase 2 or Phase 3.

Caveat: in some cases after a few good days, the symptoms came back full force, so stay alert and especially keep to a high dose of Vitamin C and the Lung and Lymph support for 5 days. Keep using the diffuser and inhaling the essential oils, combined with hydrogen peroxide and colloidal silver. If your breathing gets worse immediately call a doctor or ICU; you may need to get tested and monitored. The doctors may want you to stop these Remedies, insist to keep taking them and also Vitamin C, ask if they can give intravenously Vitamin C up to 24,000 mgrs. per day to prevent a Cytokine storm in the lungs

Take A support 1: 6 times a day the first 3 days, then 4 times a day the next 4 days and then to 3 times a day: (2 drops in a glass of water and take as indicated) If you sleep, take when you wake up, but keep the frequency of the day.

Continue with the Phase 4 protocol for two weeks, then take only once a day for 2 more weeks.

Extra Tips:

* Lower your Vitamin C to 6000 mgrs. for a week and then to 3000 mgrs. a day.

* Put tea-tree oil (2 drops), eucalyptus oil (1 drop) Peppermint oil (1 drop) and Colloidal silver (2 teaspoons) and hydrogen peroxide 3% (2 teaspoons) in a diffuser and inhale 6 times day for at least 3-5 minutes first week and then to 3 times a day. If you don't have a diffuser put these drops in hot water and inhale for 3-5 minutes)

How to use: A support 2 (Homeopathic Vaccination against COVID-19)

Phase 0: for all Risk groups the use is the same:

You are feeling normal.

1st week: once a week 2 drops in the morning and 2 drops before sleep.

2nd week: 2 times a week 2 drops in the morning and 2 drops before sleep

3rd week: 3 times a week 2 drops in the morning and 2 drops before sleep (Mon -Wed- & Saturday)

Continue with this at least 3 Months.

Phase 1: for all Risk groups the use is the same:

When you think you may be infected: Increase the frequency to 4 times a day 2 drops or put 2 drops in a glass of water and take a sip 4 times a day.

Continue with this for at least 1 week and then if you feel good to Phase 4.

Phase 2: for all Risk groups the use is the same:

You are confirmed to be infected: Increase the frequency to every 30 minutes 2 drops or put 2 drops in a glass of water and take a sip every 30 minutes.

Continue with this for at least 1 week and then if you feel good to Phase 4.

Phase 3: for all Risk groups the use is the same:

You are having breathing difficulties. Increase the frequency to every 15 minutes 2 drops or put 2 drops in a glass of water and take a sip every 15 minutes. Inhale also the oil-combination with Colloidal Silver and hydrogen peroxide every 15 minutes at least 3 minutes.

Continue with this frequency until you feel much better and then go to Phase 4.

Phase 4: for all Risk groups the use is the same:

You are recovering. Take once a day before sleep 2 drops

Continue with for 4 weeks.

How to use: Lymph Support, Lung Support & Detox Support

Phase 0: for all Risk groups the use is the same:

You are feeling normal.

Lymph Support: 3 times a day 1 drop before meals. Take pure or in a glass of water.

Lung Support: 3 times a day 1 drop before meals. Take pure or in a glass of water.

Detox Support: 3 times a day 1 drop before meals. Take pure or in a glass of water.

Take it pure: You can take one after the other but keep each Remedy for 3 minutes in your mouth then take a few sips of water and then take the next one. Repeat the procedure.

Take 1 or 2 drops in a glass of water: Drink the glass of water, rinse your mouth with clean water then take the next one.

Phase 1: for all Risk groups the use is the same:

When you think you may be infected: Increase the frequency to 4 times a day. Take pure or in a glass of water.

Continue with this for at least 1 week and then if you feel good to Phase 4.

Phase 2: for all Risk groups the use is the same:

You are confirmed to be infected: Increase the frequency to every 30 minutes 2 drops or put 2 drops in a glass of water and take a sip every 30 minutes.

Continue with this for at least 1 week and then if you feel good to Phase 4.

Phase 3: for all Risk groups the use is the same:

You are having breathing difficulties. Increase the frequency to every 15 minutes 2 drops or put 2 drops in a glass of water and take a sip every 15 minutes.

Continue with this frequency until you feel much better and then go to Phase 4.

Phase 4: for all Risk groups the use is the same:

You are recovering. Take four times a day, three times before meals and before sleep 2 drops

Continue with for 4 weeks.

Economic Use: If you have more than one person in your household, you can put the drop of water in a glass, stir it well and give everyone a sip to drink.

The ingredients:

1. **A support 1:** Active frequencies of: Elaps corallinus, Drosera rotundifolia, Ferrum Phosphoricum, Mercurius solubilis & Vincetoxicum officinale.
2. **A support 2:** Active frequencies of: Tesla frequencies of COVID-19
3. **Lymph support:** Active frequencies of: Acidum silicium, Baryta carbonica, Cundurango Silicea & Thuja occidentalis.
4. **Detox support:** Active frequencies of: Arnica montana, Carduus marianus, Chelidonium majus, Lachesis mutis, Solidago virgaurea, Sulfur & Thuja occidentalis.
5. **Lung support:** Active frequencies of: Acidum Phosphoricum, Fagus sylvatica, Bryonia alba, Lycopodium, Natrium muriaticum, Ornithogalum umbellatum, Strychnos ignatia & Phosphorus.

The ingredients are prepared and precisely calibrated in a special way that cannot be copied by others. Proprietary process developed by Dr. Martina's team of experts.

Medical disclaimer: *This program has been created based on the research Dr. Martina and his team with Chinese clients at the beginning of the COVID-19 outbreak in Wuhan. His clients combined his advice with visualization practice, breathing practice, tapping points and listening to an audio program. None of this proves that these Remedies will prevent infection or help heal faster when infected. But based on the results of thousands of Chinese clients who worked with these programs, the results were impressive. This program has not been tested in clinical trials, nor approved by the medical authorities and no one should make the assumption that they should not consult their physician in case of suspected infection. That having been said, it is obvious that your chances are better off with a homeopathic nosode (vaccination-like effect) and a support program if you get sick. This is a program to prepare yourself the best you can. A company Dr. Martina is affiliated with and will get a royalty fee from the sales of these Remedies. Dr. Martina himself does not receive any payment for these Remedies. You have the free choice to find other ways to keep yourself healthy. For more information on these practices and any other questions: covid@christallin.com.*

FREQUENTLY ASKED QUESTIONS:

Q: What brand of Colloidal Silver should I use?

Answer: Colloidal Silver should be made at 60,000 Volts, there are lots of colloidal silver made at 220 Volts. The colloidal silver solutions should be cloudy. We use only from www.optimaformula.nl, because we know it is made according to these rules.

Q: Also, same question for the essential oils?

Answer: We use Doterra essential oil (they are top-quality) from Viel-Harmony (Germany) Lakshmi (Italy). We are an independent wellness advocate for Doterra oils, and you can purchase oils through us [here](#).

Q: I also want to use the Healy app, does that support this program?

Answer: The Healy app is the best support for wellbeing, and vitality. They have an Immune Booster program that I recommend for all people higher than Risk group 1. For information send an email to healy@christallin.com.

Q: Should I take the drops preventively?

Answer: Yes, the whole idea is to create immunity as fast as possible for as many people as possible. The more people who become immune, the quicker we are out of the critical period.

Q: How do I take them in the different phases.

Answer: That is why we now have this booklet, it is all explained in the [Phases](#) and [Risk groups](#). The only two protocols that differ for different Risk groups are the A-Viral Support 1 & 2.

Q: Can we put all of them in 1 glass and drink it mixed?

Answer: No some can be combined others not. You can combine A-Viral Support 1 and Lymph Support: you can put 1 drop of each in 1 glass of water. You can combine A-Viral Support 2 with Lung Support: you can put 1 drop of each in 1 glass of water.

Take the Detox Support separate and drink a large glass of water with that.

Q: Does everybody start in Phase 0?

Answer: Yes.

Q: How long does it take before the body builds immunity?

Answer: We don't know exactly, normally that will take anywhere from 2 to 4 weeks.

Q: I have to take medicine because of an auto-immune disease, what do I do?

Answer: You are in Risk Group 3-5, [see the guidelines](#).

Q: I also have Epstein-Bahr virus, does this help?

Answer: Yes, the Anti-Viral Support will activate the immune system against all viruses.

Q: If I put 1 drop in a glass of water, how long does that stay OK? I would like to share with a family member not living in the same house.

Answer: I would not recommend using it the next day, just for the same day. It is economic enough to send half a bottle to your family member.

Q: My parents (83 and 86) do not believe in homeopathy and did not want to take the vaccine, so I gave them one drop for all the five remedies secretly (in the water, wine and ice cream): will they work all the same?

Answer: The drops will work in the liquids, so no problem, give them from A2 (the most important one), if possible separate. Try to give a total of 12 dosages spread out with a day in between (longer is ok), that is the fast track. That is for the vaccination, in between give the A1. Rest as possible. Do not mix the A2 with other homeopathics, just to be sure.

Q: Is there a Healy program you recommend using together with the vaccine?

Answer: The new Immune Booster. They give it away as a free upgrade

Q: There is a huge discussion on the masks: are they effective? Is it correct that everybody should wear it? If yes what type?

Answer: The type is less important, spray inside and outside with a mix of colloidal silver and tea tree oil. After 4 weeks of the homeopathic vaccination, don't worry about the masks, you want to get infected, so you get immunity. The mask protects against infecting others and protects a little bit against being infected by micro droplets when we speak!

Q: Can someone with a bad heart, bad kidneys and generally is in bad shape after being in hospital with a lung problem (he had liquids in the lungs) take the homeopathic vaccine?

Answer: This will require time and special treatment. I recommend a Healy, this program and extra Co-Q 10 enzymes.

Q: Where can I get the best vitamins?

Answer: we get ours from info@quantuminnerggame.com, they have everything we need and more from a natural brand.

Q: Are there any risks involved with the Anti-Viral Support package?

Answer: The biggest risk is that you release your toxins very fast and get some headache or you get a light fever. But those are healing effects not side-effects.

Q: What to do with a 36-year-old with half a lung and damaged 2nd lung due to faulty genes, COPD and/or Emphysema? Is there something that will help with breathing, possibly an essential oil?

Answer: Please get him on Anti-Viral Support asap. www.optimaformula.nl He is very high risk and needs to build immunity as quickly as possible. [See the guidelines for Risk Category 5](#). You and all other members of the family should also follow the homeopathic protocols.

Q: My daughter used to have a lot of lung problems. It's been 4 years now, but she has often had antibiotics as a child. What risk group is she in?

Answer: She is in the 2nd Risk group, slight risk. It is best to take Antiviral Support because it also includes lung protection.

Q: Antiviral package: How do I store this after opening, and how long is it still good?

Answer: It will be good for sure for 20 years. Do not store in the sun, otherwise it keeps well, (no heating or microwaves)

Q: How can I protect my immune system even more? I was diagnosed with broncho-ectasis two years ago. For this, I take Azythromycin (3 times a week), an antibiotic, which, according to the doctors, I have to take permanently. I take probiotics (the doctor didn't say this was necessary).

How can I take extra care of my intestinal flora, as this is also important for immunity?

I'm already taking Vit. A, C and D and zinc.

Answer: The most important thing is to take the homeopathic vaccination and follow the guidelines.

Q: I ordered the anti-viral support package and the colloidal silver online at [optimaformula website](#). Is this enough to protect us from the virus? I also signed up to follow the [Immune Booster workshop](#) with Drs. Joy & Roy Martina. Do I also need to order the THCv oil? Can you please let me know?

Answer: Yes, you would be protected from the virus. Yes, you should order the THCv oil.

Q: Since I have fibromyalgia and already have a weaker immune system. Can I take the Anti-Viral Support? I use regular medication I have now chronic pain and muscle tension.

Answer: It does not affect chemical agents, it communicates at the frequency level with your energetic regulation system, it may be that you get some detox symptoms because it also tackles the viruses that are already hidden in your body, which makes it seem at first or the symptoms increase, but that is a good sign, follow the guidelines.

Q: Antiviral package in combination with other medications, how to deal with this?

Answer: It can be combined with any other type of medicine.

Q: How long is it advisable to take this antiviral support?

Answer: I would just use it as long as you are not sure you have been infected with the COVID-19.

ADDENDUM: COVID-19: Cytokine Storm & Vitamin C

“Cytokines are inflammatory immunological proteins that are there to fight off infections and ward off cancers, but when they are out of control, they can make you very ill.”

A cytokine storm is the result of an immune system gone wild. The body’s own killer immune cells are often defective, resulting in increased production of inflammatory proteins that can lead to organ failure and death.

No one knows why some people — and not others — develop this response; but there are likely host risk factors, including genetic mutations in genes that contribute to a familial form of this disease.

Early Large Dose Intravenous Vitamin C is the Treatment of Choice for 2019-nCov Pneumonia

Richard Z Cheng, MD, PhD; Hanping Shi, MD, PhD; Atsuo Yanagisawa, MD, PhD; Thomas Levy, MD, JD; Andrew Saul, PhD.

(OMNS February 16, 2020) The 2019-nCov (coronavirus) epidemic originated in Wuhan, China and is now spreading to many other continents and countries, causing a public fear. Worst of all, there is no vaccine or specific antiviral drugs for 2019-nCov available. This adds to the public fear and gloomy outlook. A quick, rapidly deployable and accessible, effective and also safe treatment is urgently needed to not only save those patients, to curtail the spread of the epidemic, but also very important in the psychological assurance to people worldwide, and to the Chinese in particular. Acute organ failure, especially pulmonary failure (acute respiratory distress syndrome, ARDS) is the key mechanism for 2019-nCov's fatality. Significantly increased oxidative stress due to the rapid release of free radicals and cytokines etc. is the hallmark of ARDS which leads to cellular injury, organ failure and death. Early use of large dose antioxidants, especially vitamin C (VC), therefore, plays a key role in the management of these patients. We call upon all those in the leadership, and those providing direct assistance patients, to bravely and rapidly apply large dose intravenous vitamin C (IVC) to help those patients and to stop this epidemic.

2019-nCov is a rapidly developing epidemic with a high morbidity and mortality.

Wang et al reports 26% ICU admission rate and a 4.3% mortality rate in their 138 confirmed cases [\[1\]](#). Chen et al report that out of 99 confirmed 2019-nCov patients, 17 (17%) patients developed ARDS and, among them, 11 (11%) patients worsened in a short period of time and died of multiple organ failure.

Increased oxidative stress, an underlying "cytokine storm," leads to ARDS which is the key pathology of high mortality of these pandemic viral infections. Cytokine storm-induced ARDS is the key pathology leading to death of these patients [\[2\]](#). Intravenous vitamin C effectively counters oxidative stress.