



Oasis Family Medicine
MAKING INTEGRATIVE HEALTH ACCESSIBLE

COVID

Immune System Balancing

COVID IMMUNE SYSTEM BALANCING

IMMUNE SYSTEM BALANCING OPTIONS – PREVENTION

- All of the super-sexy basics!!!! Sunlight, clean air, clean food, clean water, happy thoughts, mask-free deep breathing, socialize as much as safely possibly, exercise (agility & strength & lymphatics) and avoid 5G and negative EMFs.
- **Vitamin D + Vitamin K2** to get blood levels in the 45-60 range. If you are unsure of recent blood levels, then 2,000 IU daily of Vitamin D with any amount of Vitamin K2 in it would be good.
- **Vitamin C** from a Whole Food Vitamin C source (i.e., Cataplex C - 2 tabs twice daily - is in the office)
- **Probiotics** of high spore-based quality (i.e., Megaspore)
- **Quercetin** 250-500 mg daily WITH **Zinc** 15-20 mg daily (Quercetin is in 'HistaEze' at the office)
- **Immunotone Plus** 2 caps daily Mon-Fri
- **IV Monoclonal Antibodies** for **post-exposure prophylaxis IF at high risk for severe covid, hospitalization or death**. To find out where to get these, please visit: <https://covid.infusioncenter.org/>. Put in your zip code, then call around to ask, "Are you still administering Monoclonal Antibody therapy, and do I qualify?" Some places are quite strict while other places are not. As of January 2022, La Canada Medical Group (818) 369-7848 was administering them without hassle.
- **Nasal & Throat Rinses** using colloidal silver solution (available in our office or on our website) as a spray or put into clean water for nasal irrigation. Or iodine (i.e., Heritage Colloidal Nascent Iodine from Amazon) solution (1-2 drops in a cup of clean salt water is sufficient) done at end of each day as a nasal irrigation.

IMMUNE SYSTEM BALANCING OPTIONS – EXPOSURE

- **Ozone, Ozone, Ozone** – ideally as “**EBOO Quantum+ Infusion**” or as “**IV MAH with UBI**” (Major autohemotherapy version of ozone with ultraviolet blood irradiation). Additionally, **IV Ascorbic Acid (Vitamin C)** can be used.
- **Zinc lozenge** taken during and/or after exposure.
- **Vitamin C** from a Whole Food Vitamin C source x 3 days (i.e., Cataplex C - 2 tabs 3x/day - at the office)
- **Vitamin D + Vitamin K2**. The vitamin D portion should be ~10,000 IU daily x 3 days with food.
- **Congaplex** 2 caps 4x/day x 3 days.
- **Quercetin** 250-500 mg daily WITH **Zinc** ~50 mg daily (Quercetin is in ‘HistaEze’ at the office) for 3 days. This zinc may be in addition to any zinc lozenges.
- **NAC** ~500-900 mg 2x daily x 3 days. Ideally on an empty stomach.
- **Melatonin** 10 mg orally at night x 3 nights, though would strongly recommend 200 mg suppository at night (“Sandman” available in the office). Note the Sandman may be used vaginally for women which is recommended over rectal administration. Only use rectally if have good sphincter tone to avoid leakage.
- **Ivermectin**. Dosage is weight dependent but typically is in the 12-16 mg done immediately upon receipt/exposure then again 48 hours later. Insurances are no longer covering this medication so cost will be out of pocket paid to the compounding pharmacy. While this is a zinc ionophore and anti-inflammatory, please do NOT rely on this alone. Other methods should be employed.

- **Nasal & Throat Rinses** using colloidal silver solution (available in our office or on our website) as a spray or put into clean water for nasal irrigation. Or iodine (i.e., Heritage Colloidal Nascent Iodine from Amazon) solution (1-2 drops in a cup of clean salt water is sufficient) done at end of each day as a nasal irrigation.
- **Nebulizing** hydrogen peroxide and/or Iodine. Learn more at blog posted on 12/12/21: <https://dryoshirahm.blogspot.com/2021/12/essential-instructions-for-illness.html>
- **IV Monoclonal Antibodies** for **post-exposure prophylaxis IF at high risk for severe covid, hospitalization or death**. To find out where to get these, please visit: <https://covid.infusioncenter.org/> put in your zip code then call around to ask, “Are you still administering Monoclonal Antibody therapy, and do I qualify?” Some places are quite strict while other places are not. As of January 2022, La Canada Medical Group (818) 369-7848 is administering them without hassle.

IMMUNE SYSTEM BALANCING OPTIONS – MILD SYMPTOMS

- **Ozone, Ozone, Ozone** – ideally as “EBOO Quantum+” or as “IV MAH with UBI” (Major autohemotherapy version of ozone with ultraviolet blood irradiation). Additionally, **IV Ascorbic Acid (Vitamin C)** can be used.
- **Vitamin C** from a Whole Food Vitamin C source (i.e., Cataplex C 2 tabs every 2 hours while awake is our version in the office)
- **Vitamin D + Vitamin K2.** The vitamin D portion should be ~50,000 IU daily x 5 days with food.
- **Andrographis** ~200 mg 4x daily (i.e., Andrographis Complex 1 tab 4x/day is our version in the office) for up to 14 days or until symptoms resolved.
- **Congaplex** 2 caps every two hours while awake until improved.
- **Quercetin** ~500 mg WITH **Zinc** 100 mg daily (Quercetin is in ‘HistaEze’ at the office) up to 14 days.
- **NAC** ~500-900 mg 2x daily. Ideally on empty stomach.
- **Citomix** by Guna is a homeopathic to help lower the cytokine storm. Take as directed on bottle.
- **Melatonin** 10 mg orally at night until improved, though would strongly recommend 200 mg suppository at night (“Sandman” available in the office). Note the Sandman may be used vaginally for women which is recommended over rectal administration. Only use rectally if have good sphincter tone to avoid leakage.
- **Nasal & Throat Rinses** using colloidal silver solution (available in our office or on our website) as a spray or put into clean water for nasal irrigation. Or iodine (i.e.,

Heritage Colloidal Nascent Iodine from Amazon) solution (1-2 drops in a cup of clean salt water is sufficient) done at end of each day as a nasal irrigation. Even gargling with Listerine will do in a pinch.

- **Nebulizing** hydrogen peroxide and/or Iodine. Learn more at blog posted on 12/12/21: <https://dryoshirahm.blogspot.com/2021/12/essential-instructions-for-illness.html>
- **Aspirin** 81 mg daily with food and/or **Masszymes** (proteolytic enzymes) 3 caps 2x daily on EMPTY stomach for 4 weeks.
- **IV Monoclonal Antibodies IF have at least one risk factor for moderate/severe covid, hospitalization or death.** To find out where to get these, please visit: <https://covid.infusioncenter.org/> put in your zip code then call around to ask, “Are you still administering Monoclonal Antibody therapy, and do I qualify?” Some places are quite strict while other places are not. As of January 2022, La Canada Medical Group (818) 369-7848 is administering them without hassle. The sooner you get these upon symptoms starting the more effective these are so best to do within first 3 days but technically can do them up to 10 days of symptoms. These are generally quite well tolerated.
- **Paxlovid.** Very useful prescription when **started in the first 1-2 days** of illness. **Use if high risk.**

IMMUNE SYSTEM BALANCING OPTIONS – MODERATE/SEVERE SYMPTOMS

- See health provider ASAP for appropriate prescriptions if needed
- **Ozone, Ozone, Ozone** – ideally as “**EBOO Quantum+ Infusion**” or as “**IV MAH with UBI**” (Major autohemotherapy version of ozone with ultraviolet blood irradiation). Additionally, **IV Ascorbic Acid (Vitamin C)** can be used.
- **Vitamin C** from a Whole Food Vitamin C source (i.e., Cataplex C 2 tabs every 2 hours while awake is our version in the office)
- **Vitamin D + Vitamin K2**. The vitamin D portion should be ~100,000 IU on first day then 50,000 IU daily for 4 more days with food.
- **Andrographis** ~200 mg 6x daily (i.e., Andrographis Complex 2 tabs 6x/day) for up to 14 days.
- **Congaplex** 4 caps every two hours while awake until improved.
- **Quercetin** ~500 mg WITH **Zinc** 100 mg daily (Quercetin is in ‘HistaEze’ at the office) up to 14 days.
- **NAC** ~500-900 mg 3x daily. Ideally on empty stomach but not completely necessary.
- **Citomix** by Guna lowers cytokine storm. Take twice as frequently as directed on bottle.
- **Melatonin** 20 mg orally twice daily until improved, though would strongly recommend 200 mg suppository at night (“Sandman” available in the office). Note the Sandman may be used vaginally for women which is recommended over rectal administration. Only use rectally if have good sphincter tone to avoid leakage.

- **Nasal & Throat Rinses** using colloidal silver solution (available in our office or on our website) as a spray or put into clean water for nasal irrigation. Or iodine (i.e., Heritage Colloidal Nascent Iodine from Amazon) solution (1-2 drops in a cup of clean salt water is sufficient) done at end of each day as a nasal irrigation. Even gargling with Listerine will do in a pinch.
- **Nebulizing** hydrogen peroxide and/or Iodine. Learn more at blog posted on 12/12/21: <https://dryoshirahm.blogspot.com/2021/12/essential-instructions-for-illness.html>
- **Ivermectin**. Dosage is weight dependent but typically is in the 12-16 mg daily x 5 days range. Insurance is no longer covering this medication, so the cost will be out of pocket paid to pharmacy.
- **Aspirin** 81 mg daily with food and/or **Masszymes** (proteolytic enzymes) 6 caps 2x daily on EMPTY stomach for 4 weeks.
- **IV Monoclonal Antibodies IF have at least one risk factor for moderate/severe covid, hospitalization or death.** To find out where to get these, please visit: <https://covid.infusioncenter.org/> put in your zip code then call around to ask, “Are you still administering Monoclonal Antibody therapy, and do I qualify?” Some places are quite strict while other places are not. As of January 2022, La Canada Medical Group (818) 369-7848 is administering them without hassle. The sooner you get these upon symptoms starting the more effective these are so best to do within first 3 days but technically can do them up to 10 days of symptoms. These are generally quite well tolerated.
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