

From Dr Carmen Wheatley,  
(Orthomolecular Oncology, Reg. Charity No: 1078066)  
[www.canceraction.org.gg](http://www.canceraction.org.gg)

\*\*\*\*\*

## NATURAL ANTIVIRALS

\*\*\*\*\*

**A THEORETICAL PROTOCOL  
TO HELP BOOST YOUR IMMUNITY, DECREASE  
YOUR CHANCES OF CATCHING SARSCoV2 VIRUS,  
MITIGATE THE SYMPTOMS IF YOU CATCH IT,  
AND HELP THE MOST VULNERABLE STAND A BETTER  
CHANCE OF SURVIVAL.**

@@

**Here is what no Government anywhere is telling you.**

**You are NOT POWERLESS against this plague.  
It is simply unscientific to say that we have nothing to  
protect us against Covid 19.  
We have our God given immune systems.**

**By now, it is patently obvious that the virus affects the  
elderly, or immune compromised far more and far worse  
than children and young people, who have almost zero  
mortality, and morbidity, or even the middle aged in  
general.**

**Analysis has already established that your chances of  
complications and mortality from Covid 19 significantly  
increase by advancing age decade, and if you are male.**

**Moreover, the new vaccines have now been acknowledged  
to be non-sterilising, with, increasingly, many  
breakthrough infections worldwide, some of which are  
severe enough to lead to hospitalisation.**

**But that is no reason to despair.**

**Whilst a vaccine is only as good as the immune system of the vaccine recipient, with the result that the most vulnerable elderly, and immune compromised cannot be fully protected by these vaccines alone, nevertheless,**

## Immune defence can be fortified and rejuvenated.

**Logically, governments and health authorities should be giving health advice that does just that.**

**Since, however, most health authorities are unrealistically and exclusively wedded to drug treatment models, and, in the case of this Pandemic, to vaccines as principal sole solution, they are overlooking a most powerful and cost effective resource:**

**Nature's own anti-virals, many of them long known and established allies in immune defence.**

For those who wish to know more about some of the considerable emerging *-and historic-* evidence for these biological response modifiers as general antivirals, and for Covid 19, in particular, see the [References](#).

**Here below is a list of Natural Antivirals, with some research based prescriptions.**

**Some items in this protocol are more expensive than others, but some potentially very efficacious items are very affordable.**

**If you want to protect yourself and your family, do as much or as little as you can afford, and do it daily and consistently, especially if you are sick at home without medical help.**

[illegible]

# NATURE'S ANTIVIRALS

\*\*\*\*\*

# VITAMIN C

**Get it as crystals/the powder form of ascorbic acid, in large pots, -or even kilo bags for a family. (Amazon has cheap kilo bags!) This is far more cost-effective than fizzy pills, and will last for months.**

**Put the daily dosing in your water bottle or a jug, and sip throughout the day.**

**If you have a sensitive gut, use buffered forms of C, such as Magnesium or Sodium ascorbate, Ester C or Ascorbyl Palmitate.**

**Vitamin C in Liposomal format will allow for far greater absorption and blood concentration than the powder format and also avoids the laxative effect of high doses.**

**Unfortunately, it is prohibitively expensive for many people. You can however, consider making your own natural liposomal C. If you use sunflower based lecithin and Acerola Cherry powder to make your liposomes, you also get associated bioflavonoids that enhance the action of vitamin C. See the basic How To YT film on the CIIHA website.**

**TAKE 2 -4, or even 6 grams daily, in split doses.  
If infected, take 2 grams every 2 hours.**

[illegible]

## **VITAMIN B12 AS METHYLCOBALAMIN**

**Covid 19 depletes your Natural Killer/ cells and other immune fighting cells.**

**Vitamin B12/cobalamin actively raises levels of Natural Killer cells.**

**B12 is a central regulator of the immune response, and increases “phagocytosis”, which literally means the [foreign invader] eating and cell killing capacity of your white cells.**

**B12 is known to have antiviral action, with activity even against the HIV AIDS virus, and viral hepatitis in the clinic.**

**My research with William Harvey Institute collaborators has also shown that really high dose B12, in particular as methylcobalamin, can prevent the cytokine storm of sepsis, the very thing that leads to the dangerous Acute Respiratory Distress Syndrome of Covid.19, a chief cause of all the deaths.**

### **TAKE**

**Purathrive Liposomal Methylcobalamin B12 AM & PM**

**This is expensive, but Purathrive's liposomal B12 formulation gets a good dose in, that approaches an injection, which is otherwise impossible with most oral formats.**

**Equally good, and cheaper is a liquid sublingual formulation free of excipients: Nature Provides BioActive B12**

**Contains both active forms of B12 in solution. Nothing else added.**

**Recent research shows sublingual B12 is even better absorbed than liposomal B12.**

**Pills are to be avoided, as these inevitably contain false forms of B12 from the manufacturing process that interfere with its use.**

**Cyanocobalamin is also to be avoided as the least effective form of B12.**

**If infected with Sars CoV2 or Flu, take sublingual Active forms of B12 at least 4 times a day.**

### Economy Tip.

**If one person buys x 12 bottles of any Purathrive product [and then shares costs with friends], it is possible to negotiate a 40% discount. Nature Provides also offer discounts for bulk purchase.**

[illegible]

## VITAMIN D<sub>3</sub> combined with VITAMIN K<sub>2</sub> MK<sub>7</sub>

**Normal to high levels of vitamin D are essential for optimal immune function. Low levels are associated with increased susceptibility to influenza and respiratory tract infections.**

**Moreover, there is evidence that vitamin D has direct antiviral effects, in particular, against viruses with an envelope cover, like the Corona virus.**

Research has shown that viral infections, and Covid in particular, can rapidly deplete stores of vitamin D.

# TAKE

**5000 iu Vitamin D3 sublingual drops or a fat based D3 formula daily, combined with 500mcg K2 as MK7**

**[Phoenix Nutrition High strength K2].**

## K2 prevents the negative effects of high dose D.

**If infected with Covid, take 20,000 iu D3 a day for a month, together with 1000 mcg K2 MK7.**

[illegible]

# IODINE

## No pathogen on earth survives iodine.

**2015 research shows it kills a SARCoV2 related SARS Corona virus on any surface, including the throat, within 15 seconds.**

**More recent research with SARSCoV2 has validated this finding repeatedly.**

# TAKE

**In case of sore throat, and cough you may, IF you are NOT ALLERGIC to iodine/or have hyper thyroid problems/Hashimoto's, put just 1-2 drops of Lugol's iodine solution in a glass of water and gargle with it for a minute or two three to four times a day.**

**Betadine** was the iodine gargle tested by the 2015 lab research.

**This can be bought as a mouthwash online. This is the optimal choice.**

**But any low dilution Lugol's Iodine is a good substitute.**

**If you have more severe Covid, but are at home, and without specific medical treatment, you can also try to inhale iodine (either via a salt pipe/nebuliser, or, if such is not available, put a couple of drops of Lugol's on cotton wool), and take 10 sniffs twice daily.**

**Better still, put a few drops in a basin and pour boiling water into the basin and then inhale the steam.**

**In addition, put a teaspoon of turmeric powder in the basin.**

**Turmeric/Curcumin is a powerful anti-inflammatory, an ancient Ayurvedic treatment for asthma. It can help to reduce lung inflammation, whilst the iodine may help lower and kill the viral load in the lungs.**

**Use iodine oil to kill potential viruses on your skin: mix 10 parts of any good carrier oil, such as olive oil, or liquid coconut oil, to one part Lugol solution.**

**Or mix the iodine with a light cream such as Jason's Aloe Vera cream.**

**Put a marble size amount on hands and face, rubbed in before using a mask.**

**Rub it in around nose and mouth. Also near the eyes, another potential viral point of entry.**

**This is an extra precaution to alcohol based hand sanitiser. But it could also stand alone if there is a shortage of the latter.**

[illegible]

## HYDROGEN PEROXIDE/H<sub>2</sub>O<sub>2</sub>

**The immune system produces  $H_2O_2$  in short sharp bursts when faced with invading pathogens.**

# NEBULISE

**Food Grade H<sub>2</sub>O<sub>2</sub> at no higher than 3% strength .  
For precise instructions SEE:**

# An At-Home Treatment That Can Cure Any Virus, Including

<https://www.janssendentalclinic.com> ›

# Hydrogen Peroxide as an Adjuvant Therapy for COVID-19

<https://www.hindawi.com> › journals › ecam

[illegible]

# SELENIUM

**Without selenium -or B12!- the body cannot produce glutathione, the pinnacle of the anti-oxidant pyramid, used as a key road block to “cytokine storms”.**

# TAKE

**2 X Life Extension's Super Selenium, which is in the most bio-available format available.**

[illegible]

## ZINC

**The immune response requires a massive stepping up of defence cell production of various kinds.**



**This cannot be done efficiently without zinc.  
Many people have naturally high Zinc loss daily.**

# TAKE

## ZINC in liquid ionic solution format,

**as many people also do not absorb zinc pills well,  
even as zinc citrate or gluconate pills.**

**“Good State” Ionic zinc solution works well and can be added to your daily vitamin C drink.**

**Zinc deficiency affects taste buds negatively. So if you cannot taste the dry metallic taste of zinc solution, that sets your teeth on edge, then you are especially in need.**

[illegible]

# ELDERBERRY SYRUP,/ TABLETS “SAMBUCOL”.

**Elderberry was discovered by Israeli researchers several decades ago to contain a most potent antiviral. Sambucol is strong and best reserved for active infections, as it can cause some nausea.**

[illegible]

## TEA TREE OIL

**There is a good science literature on the immune boosting effects of tea tree. Get a 30ml bottle of the essential oil and if you are exposed to the SARSCoV2 Virus, you can rub it into the glands under your jaw, and routinely also put a drop on your toothbrush before adding toothpaste each day.**

**The same can be done with  
MYRRH ESSENTIAL OIL.**

**Kobashi Essential Oils are a good unadulterated source of these and other antimicrobial essential oils/viricidal soaps, online.**

[illegible]

## Other effective antimicrobial Gargles:

**COLLOIDAL SILVER & WELEDA MOUTHWASH,  
Listerine.**

[illegible]

# DIET

## EAT:

## GARLIC, ONIONS AND LEEKS.

**EAT:**

## SEAWEEDS Eg. IRISH MOSS has antiviral actions.

# FEED YOUR MICROBIOME

## AND IT WILL FEED YOUR IMMUNE SYSTEM:

**STOCK UP ON & CONSUME FERMENTED FOODS SUCH AS SAUERKRAUT, MISO, BLACK GARLIC, TEMPEH, KEFIR, KIMCHI, KOMBUCHA.**

[illegible]

**USE:**



# MELISSA

**IN HYDROLAT OR ESSENTIAL OIL FORMAT.**

**This is also a powerful anti-inflammatory and anti bacterial/antiviral.**

**Melissa** CAN BE USED WITH ESSENTIAL OILS OF EUCALYPTUS, ROSEMARY, LAVENDER, OREGANO AND PEPPERMINT IN A WARM carrier oil poultice TO APPLY TO a congested CHEST.

## This is not ancient nonsense:

**anything therapeutic put on the skin goes into the bloodstream and will be delivered wherever it is needed, lungs, liver, etc.**

[illegible]

## DRINK:

## POMEGRANATE JUICE OR POMEGRANATE, ACAI, ACEROLA AND OTHER BERRY POWDERS

**All high not only in naturally occurring vitamin C and associated flavonoids, but also in a number of other potent anti-virals.**

[illegible]

## USE MUSHROOM POWDERS FOR HOT DRINKS:

## REISHI, CHAGA, LIONS MANE

**All these mushroom extracts SMELL AND TASTE LIKE CHOCOLATE, and taste good in herb tea mixes. The high polyphenol and beta glucan components are natural immune boosters.**

[illegible]

