**UPDATED 11-14-21**

I have been asked by several people for COVID resources.  Please find below much of the information I have compiled.  *I’m not a doctor and not liable for any adverse effects from suggested treatments.*Websites where I obtained this information are listed below.  Feel free to pass this on to those that may need this information. Please don’t hesitate to call me if your loved one needs help; I am willing to go where I’m needed. Jackie 763-498-3746

**These are the new recommendations from the FLCCC (Frontline Covid Critical Care Doctors). They update these when new strains come out and based on what is working in their practices. They are now recommending dosing ivermectin at .6mg/kg of body weight for the Delta variant if you have COVID. Other recommendations on exposure or prophylactically included in this link. Print this out and STUDY IT!** [**FLCCC COVID PROTOCOLS**](https://covid19criticalcare.com/wp-content/uploads/2020/11/FLCCC-Alliance-I-MASKplus-Protocol-ENGLISH.pdf)

**I CANNOT STRESS ENOUGH for you to prepare ahead of time.  Get your supplements and ORDER YOUR IVERMECTIN TODAY!**

**TO ORDER IVERMECTIN**: **INSULIN HUB**   **Andrew James  direct line is 1-718-312-8727**

Call the direct line and they will walk you through your order.  Super easy.  Mention the **referral code**: **SGH1FP** and you will get $20 off your first order.  Andrew has a heart to help; tell him how many family members you have and their approx. weights and he will let you know how much you should order. **Let him know you’d like the .6 mg/kg dosage amount in 12 mg tablets.** You can also order Hydroxychloroquine and Budesonide. You need to fill out a form and put a doctor’s name on it (for reference). You do not need a prescription. It will take approximately a month to receive your order.

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**THE best way to get ivermectin if you need it right away – KEY WELLNESS, SARTELL, MN 218-692-5397**

**NEW!! KEY WELLNESS (218) 692-5397** $75 for a virtual Zoom visit. Will prescribe Ivermectin in the CORRECT dose and send into a compounding pharmacy, which will be less expensive for you and less pills to take. If you live in the Cities, give them **Purescripts Pharmacy fax (952) 426-1464** (Bloomington) or **RX Artisans** **Fax: 952-249-9727** (Wayzata) and have them fax over the prescription. This is the way to go over PushHealth if you live in MN.

**PUSH Health app**  (similar to teledoc).  **ALTERNATIVE WAY TO GET IVERMECTIN outside of MN**

Download the app from the apple app store and set up an account.  ([www.pushhealth.com](http://www.pushhealth.com/))  Once you have your account established you can "Request a Prescription" in the dashboard menu.  Fill out accordingly, request ivermectin **(.6 mg/kg and give your body weight. Let them know you have COVID)**, and a licensed physician will get back to you confirming the prescription.  Give them one of the pharmacies info below.. **FYI: The PUSH HEALTH doctors usually do NOT prescribe a high enough dose of ivermectin. That’s why it is best to order ahead of time through Insulin Hub.**

**MN COMPOUNDING PHARMACIES FILLING PRESCRIPTIONS (and 1 COSTCO):**

**PURESCRIPTS RX** pharmacy in Bloomington **952-444-2857** **Fax: 952-426-1464** 5026 W. 84TH ST., Bloomington, MN 55437

**RXARTISANS** in Wayzata. **952-249-9726 Fax: 952-249-9727** 1421 Wayzata Blvd E, Suite 201 Wayzata, MN 55391. RXARTISAN will reach out to you when the script is ready. You can call them if you have an active infection to let them know to expedite.

**LAKE ELMO PHARMACY 651-773-0701 Fax: 651-888-2369** 11140 Stillwater Blvd N, Lake Elmo, MN 55042

**THE APOTHECARY 320-251-0107** 165-19th St. S Suite 102, Sartell, MN 56377

**COSTCO, MAPLE GROVE 763-494-8059 (NOTE: they only use 3 mg tablets and this becomes very expensive)**

**MONOCLONAL ANTIBODY INFUSION:**The state now requires that you fill out your request for **monoclonal antibody infusion** on the government website. Here is the link to fill out that request. <https://umn.qualtrics.com/jfe/form/SV_8tVAsh44HLqqkkK> You have to be within 10 days of the first symptoms and have at least one comorbidity.

**If approved, you can go to one of the sites to receive the MCAI or have LX-MEDICAL come to you**

**NEBULIZER TREATMENT**: **recommended by DR MERCOLA and several other doctors. DO THIS!!!**

Video link  <https://www.bitchute.com/video/QoRi6bu3sMEV/>

* To kill bacteria in the sinuses and lungs. Do this at the start of ANY virus. Works like a charm.
* Easy at-home treatment. If you are sick, do once every hour for 6 hours, then scale down. Takes 5-10 minutes.
* I would add a little more HP to the solution. Some docs say you can use ½ saline to ½ HP (3%).
* Buy the Nebulizer here [direct from Only Nebulizers](https://onlynebulizers.com/products/compact-nebulizer-compressor-system-with-adult-and-child-mask-kits-and-travel-bag-by-wave-medical-products) or here [Amazon](https://smile.amazon.com/dp/B09KCMPK5H?psc=1&ref=ppx_yo2_dt_b_product_details)
* Easy to nebulize the hydrogen peroxide saline solution. Recommended 12% food-grade hydrogen peroxide that can be picked up from Fresh Thyme or Whole Foods, or order from Amazon l[ink here](https://www.amazon.com/Viva-Doria-Hydrogen-Peroxide-Solution/dp/B087481DMN/ref=sr_1_5?crid=16FIPSXUJ9PRX&dchild=1&keywords=12%25+hydrogen+peroxide+food+grade&qid=1631817516&sprefix=12%25+had%2Caps%2C176&sr=8-5)
* You can also nebulize ½ tsp. full strength 30 PPM colloidal silver 2x/day. This kills bacteria and viruses. [Amazon link](https://smile.amazon.com/American-Biotech-Labs-Supplement-Technology/dp/B08SPVKDVN/ref=sr_1_1?keywords=american%2Bbiotech%2Blab%2Bcolloidal%2Bsilver%2B30ppm&qid=1636673123&sr=8-1&th=1)

**[LX-MEDICAL.COM](http://lx-medical.com/):** This is highly recommended and brings medical care to your home, including **monoclonal antibody infusion** (you must have prior approval from the state of MN before receiving. Among other IV infusions, including Meyer’s cocktail + immune support (which I highly recommend).  You can request an Urgent Care visit if needed. **Schedule your appointment on line in the bottom left-hand corner of the page.**  If you become a member for a monthly fee (you can cancel anytime), you can get a discounted price on the services. This service is often covered by insurance (you submit it yourself.) If you have any questions, call them at **651-565-9633**. They are very helpful. Many times they can come out same day. DO NOT THINK TWICE ABOUT THIS IF YOU ARE SICK.

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[**MYFREEDOCTOR.COM**](file:///Users/Jackie_1/Desktop/COVID/%20PROTOCOLS/MYFREEDOCTOR.COM): You need to download the app Medici and sign up.

Here are the instructions.  <https://myfreedoctor.com/how-to-get-care-%F0%9F%87%BA%F0%9F%87%B8>

* Follow the instructions carefully and **don’t forget to put the code ‘Freedoctor’ at the end.**  It looks like they are backlogged but these doctors will fight to keep you out of the hospital. **IF YOU ARE IN THE HOSPITAL**, these people have lawyers on hand to get you the help you need and fight the hospital protocol that may cause more harm than good. DO NOT let the hospital put your loved one on REMDESIVIR. It shuts down your organs and causes fluid to build up in your lungs

**VITAMIN DRIP MN: 612-516-3772**[vitamindripminnesota.com](http://vitamindripminnesota.com/)

* located in Wayzata, St. Paul, or Blaine
* Many options to be proactive with IV infused vitamins and nutrients

**WHAT TO DO BEFORE YOU GET SICK : Virus Mitigation -** [**Supplements: Dr. Lee Merritt**](https://drleemerritt.com/uploads/Virus%20Mitigation%20%20and%20prevention%20Strategies%207-12.pdf)

* **Vitamin D3/k2:** **(always take D3 with K2).** Low Vitamin D is a major risk factor. Adults should take 5000-10, 000 iu a day of D3. No overdoses have been recorded at 10,000 iu a day. At some point, after a couple months or so, check a level and you want to be above 55.
* **ZINC:** 50% serious Covid disease patients are deficient in Zinc**. Take 15-30 mg daily** (adults). **100 mg** if fighting an active infection
* **Selenium** 220 mcg/ day. Don’t take more.
* **Quercetin** 500 mg a day
* **Vitamin C :** 1-2 gm (1000-2000 mg) minimum in divided doses throughout the day, More when fighting a virus
* **N-AC** 600-1000 mg/day
* **Lysine** 1500- 2000 mg a day. (Documented to be protective by virologists in the Dominican Republic.
  + - **Aspirin** can reduce blood clotting. Full dose 320 mg once per day

**OTHER COMMON SENSE SUGGESTIONS**

* **TREAT EARLY!!**Do not wait until it’s official, especially if you’ve been exposed.
* Eliminate sugar until your sickness is gone.  Sugar feeds viruses
* Drink a ton of purified WARM water to detox your system.
* Homemade bone broth is fantastic.  Add sea salt for a perfect healthy, warm drink.  Most health food stores carry the good stuff.  Kettle and Fire brand
* **BE PREPARED.**  **Order your supplements and nebulizer NOW**.  Make you saline/peroxide solution. Don’t wait until you have COVID and you don’t have the energy.  See first bullet point

**\*\*IF YOUR OXYGEN LEVELS GO DOWN, go to URGENT CARE or the ER. You don’t need to be admitted, just get some oxygen and/or fluids, and possible outpatient steroid treatment.**

**It has been suggested over and over to prepare ahead and avoid the hospital because once you get into the hospital, they have a mandatory protocol they must follow which does not include the protocols proven to work.  If you doubt this, watch these two** videos. OUR FIRST HAND ICU STORY [by Kate Dalley](https://rumble.com/vktdpt-our-first-hand-icu-story-what-is-actually-killing-people-in-the-hospital.html)  and Dr. Ardis [HOSPITALS ARE KILLING PEOPLE](https://rumble.com/vktdpt-our-first-hand-icu-story-what-is-actually-killing-people-in-the-hospital.html)

**STEPS TO TAKE BEFORE HOSPITALIZATION. Please read this and be prepared** [**TRUTH FOR HEALTH FOUNDATION**](https://www.truthforhealth.org/wp-content/uploads/2021/10/FACT-SHEET-STEPS-BEFORE-HOSPITALIZATION.pdf)

**Forms to fill out BEFORE you go into the hospital. BE PREPARED! Vaccination Notice of Liability Form, Medical Directive to Physician form, Medical Power of Attorney form (needs a notary).** [link here](https://thedrardisshow.com/forms)

**IF YOU END UP IN THE HOSPITAL**

**GIVE THEM THE ABOVE FORMS (**if you have them) **and THIS PROTOCOL FROM THE FLCCC.** Print and bring it with you. You will need to **demand** this treatment. They won’t give it willingly.  **[FLCCC Hospital Protocol](https://covid19criticalcare.com/wp-content/uploads/2021/01/FLCCC-Alliance-MATHplus-Protocol-ENGLISH.pdf)**

**I would also recommend printing out this link which shows IVERMECTIN as an NIH accepted medicine to treat COVID https://www.covid19treatmentguidelines.nih.gov/tables/table-2e/**

### IF YOU OR A LOVED ONE NEEDS A PATIENT ADVOCATE WHILE IN THE HOSPITAL Michelle Rowton and her team of patient advocates are ready to help! If you or a loved one are currently in the hospital and are in need of help advocating for proper care, please contact her. [CONTACT HERE](https://thedrardisshow.com/contact-michelle-rowton)

**GREAT WEBSITES FOR INFORMATION:**

* **AMERICA’S FRONTLINE DOCTORS : Fighting COVID tyranny. Super Resource** [AFLDS.ORG](http://aflds.org/)
* **AMERICAN ASSOCIATION OF PHYSICIANS AND SURGEONS COVID TREATMENT GUIDE** [**link**](https://aapsonline.org/CovidPatientTreatmentGuide.pdf)
* **MUST SEE 5 minute video from FLCCC doctor to Senate on IVERMECTIN EFFICACY** [**link**:](https://www.bitchute.com/video/OzrAVkI3nLIf/)
* **DR VLADIMIR ZELENKO: the first doctor to discover COVID protocols** [**link**](https://vladimirzelenkomd.com/treatment-protocol/)
* **DR LEE MERRITT :** Retired navy surgeon fighting the COVID war<https://drleemerritt.com>
* **FRONT LINE COVID 19 CRITICAL CARE ALLIANCE:** THE COVID 19 resource<http://flccc.net>
* **TRUTH FOR HEALTH FOUNDATION** <https://www.truthforhealth.org>
* **VALEO HEALTH AND WELLNESS COMPLETE COVID GUIDE** [**link**](https://valeowc.com/wp-content/uploads/2021/10/CV-Complete-Guide.pdf)
* **Dr. PETER MCCULLOUGH addressing the vaccines.** **A MUST WATCH** [link](https://thelibertydaily.com/here-is-the-video-by-dr-peter-mccullough-that-is-changing-minds-about-the-vaccines/)
* **Dr. ZELENKO dissertation on shot cautiousness. Fantastic read** [link](https://americasfrontlinedoctors.org/2/frontlinenews/dr-zelenko-in-letter-to-editor-answers-attack-on-covid-shot-cautiousness/)
* **LONG COVID** [**FLCCC link**](https://covid19criticalcare.com/covid-19-protocols/i-recover-protocol/)  [**YALE doctor link**](https://americasfrontlinedoctors.org/2/files/79-pfeiffer-2021-top-yale-doctor-researcher-ivermectin-works-including-for-long-haul-covid/)
* **DR. BARRY PERATT-WINONA State - Fantastic essays on all things COVID** l[ink](http://course1.winona.edu/bperatt/essays/)
* **DR. MCCULLOUGH ON COVID TIMELINE** <https://www.bitchute.com/video/77qYeeFKrq1Z/>
* **The COVID Wiards: Who, Why, How…And why they will lose.** This is a FANTASTIC post with all information referenced. 45 minute read. Well worth it. [Link](https://www.deconstructingconventional.com/post/the-covid-wizards-who-why-how-and-why-they-will-lose)
* **Even MORE reasons Why NOT to get the jab.** Same author as above. [Link](https://www.deconstructingconventional.com/post/17-more-reasons-i-won-t-be-getting-a-covid-vaccine)
* **THE HEALTHY SKEPTIC.** A must follow if you live in MN <https://healthy-skeptic.com/commentary/>
* **ALEX BERENSON SUBSTACK:** Sign up for his emails (a must!). He’s been banned from every app, so you know he is uncovering things. Independent journalist. [https://substack.com/profile/12729762-alex-berenson](https://alexberenson.substack.com/subscribe?utm_source=substack&utm_medium=web&utm_campaign=substack_profile)
* **GREAT OVERALL HEALTH INFO:** <http://orthomolecular.org/resources/omns/v16n37.shtml>
* **Article explaining why doctors and scientists disagree with the vaccine and more** [Link](•https:/www.theepochtimes.com/mkt_morningbrief/who-are-these-covid-19-vaccine-skeptics-and-what-do-they-believe_4043094.html?utm_source=Morningbrief&utm_medium=email&utm_campaign=mb-2021-10-16&mktids=3aedb95a56f6a6ffb17bd3f0a58bff9b&est=KlqXfJRK7KUThPehvAEQKWu142%2FMPrXO2gxooUUsCfILPe%2BAgU%2FEtSlJx%2BrSAw%3D%3D)

**LEGAL HELP**

**FOR FREE**

**THE HEALTHY AMERICAN** – **Policy expert in CA (but applicable for all)** [**THEHEALTHYAMERICAN.ORG**](https://www.thehealthyamerican.org/)

Peggy Hall has been fighting this nonsense from DAY 1 before most others were even aware of the unconstitutionality of mask mandates. I HIGHLY recommend taking a couple of hours reading through her site and then deciding what additional help you may need.

**COFFEE AND COVID – JEFF CHILDERS** (**Lawyer in Florida, fighting for all**) [**RESOURCES**](https://www.coffeeandcovid.com/s/resources)

I LOVE this guy! His daily updates are invaluable and actually humorous in his writing style. Invaluable legal information also. Jeff is one of those guys you could just call up and ask a question if you had one.

**AMERICA’S FRONTLINE DOCTORS LEGAL** **INFORMATION** [**LINK HERE**](https://aflds.org/legal/)

Please take the time to read the tabs on this site. They also have legal forms for mask and vaccine exemptions.

**LIBERTY COUNSEL WEBSITE:** [**WWW.LC.ORG**](http://www.lc.org/)

I just wanted to drop a note to those of you **facing job loss** (as we are) as a result of these illegal/unlawful mandates.

Liberty Counsel is a Christian non profit that is offering free legal guidance, from attorneys, to those seeking religious exemptions. It doesn't matter if you are of the Christian faith or not, they will help regardless.

They also conduct daily group calls on the phone, where people can both listen-in, and also ask questions of an attorney concerning their particular circumstance. The attorney also provides daily updates on their lawsuits being heard in both state courts, as well as The US Supreme Court.

If you go to their website ( [www.lc.org](http://www.lc.org/) ) and fill out their contact form, they will send you an email with the phone number, dates & times of the calls (which happen every weekday), and provide an access code to get in the queue should you like to ask a question - it's also okay to simply listen.

You can also contact Liberty Counsel by phone directly to get advice on your particular circumstance. They ask for no money for their help, their Christian mission is to provide this service free of charge.

**FOR FEE**

**MN LAWYERS FOR RETENTION**

Fees vary from $650 - $2500 which includes communication up until a possible court case, then re-evaluation would occur.

**VINCE FAHNLANDER, Mohrman & Kaardal, MPLS, MN w 612-341-1074 c 612-590-0817**

**BOB (ROBERT) ROY, R.C. Roby Law, CAMBRIDGE, MN w 763-689-5123 c763-221-4760**