

CORAC Newsletter

Region 8

October 29, 2021



Dear readers, this issue will contain many links, as there is just too much information coming in too fast to digest it in time for the newsletter. If our world was a merry-go-round, the rotational speed would have long since flung us all off! Please take the time to follow the links, and print whatever resources you may need for your low-tech, non-Internet-dependent library.

I want to join Ed in urging you to actively participate in CORAC by meeting face-to-face with other members in your area, becoming a circle leader, hosting a potluck dinner, etc. Enjoying community with like-minded people may be priceless in the future. But we can't do it for you; you have to pick up the baton. If you need some ideas, please contact Ed at coracregion8@gmail.com.

- Sheryl Collmer, editor

RC Report

From our regional coordinators, Ed and Michelle

Michelle and I were out and about a couple of weeks ago and we saw a group of 8-10 people at the intersection of Bay Area Blvd and I-45. They were carrying signs protesting the vaxx, masks and mandates. We looked at each other, circled the block and went by again blowing the horn and giving them a thumbs up. What courage...

Recently, we received this from a Region 8 member:

I have a friend I went to college with and I just got off the phone with her. She lives in Canada. She is not getting the vaccine. Apparently, vax mandates landed there just over a month ago that restrict anyone who doesn't have proof of the vaccine from entering gyms, restaurants, bars and entertainment facilities. This is basically the "vaccine passport" we've heard so much about. Last week it was also announced that these vaccine passports would be put into effect for all Canadian airlines as of next month. No one will be able to fly within Canada or internationally unless they have this passport, aka proof of the vaccine. She works at a Catholic high school, and last week her work mandated vaccines saying there will be a chance for potential religious exemptions, but no clergy is able to write religious exemption letters due to direction from the bishop. Mandates are starting to affect Canadian churches as well, Catholic or otherwise. Some churches/diocese are already requiring the vaccine. With this direction, it really does seem like the church in Canada could go underground soon. If it's mandated for clergy and laity everywhere, where will they go for Mass? And what are the repercussions for the priests who refuse the vaccine? She and those in her small faith community are preparing to move or be martyrs. She will not compromise with what she believes to be evil, and a few around her share her sentiments. Talking to her puts new fire under me for the work we're doing here in America. We've got to be prepared for this! It is certainly on its way and we have only a small head start to prepare for the full effects of the oncoming persecution.

When I read this, I got chills. We are being pushed out of our comfort zone and we must be prepared to make a decision. I judge we must decide to support one another. After the last newsletter, I sent out individual emails to all Texas members regarding *circles* (if you didn't receive one – please let me know and I'll send it to you). Sending out 100+ emails individually wasn't easy but sending out a mass email addressed to everyone would let everyone think that someone else would volunteer. I'm not picking on Texas – we just have more work to do. I am so glad to be able to say that some of you have stepped up and agreed to head up a circle in your local area.

Here's a rundown of the rest of the region:

Arkansas – has tripled in size, from one to three families. But all three are enthusiastic. We expect more growth in Arkansas. Louisiana – Ray & Christy Bodenheimer are our state coordinators and doing a bang-up job.

Oklahoma – Erika & Sean Holland are our state coordinators and we look forward to working closely with them.

I don't need to tell you again the value of getting to know the CORAC members in your area and that we are being called to get to know one another now and not wait until the storm comes. Soon I will send out a letter outlining the circles that have been established and showing the areas where volunteer leaders are needed.

It's a good start. But we need more volunteers; please pray on it and let us know what you decide.
God bless you and yours,
Ed

Region 8

What's going on in the "South Coast" region of CORAC



Our next Zoom call is this **Tuesday, November 2 at 6:00**, and the topic will be **RADIOS**. Our Region 8 radio expert, Paul Allred will be on hand to speak and answer questions.

The official meeting is limited to 40 minutes. However, when the official meeting is cut off, you can click again on the meeting link and rejoin the meeting. This strategy has been working well.

Guests are welcome to join this call, but please be prepared to identify yourself. Go into your Zoom settings before the meeting and adjust your profile by setting "Display Name," to your actual name.

REGION 8 CHAT

We are trying out an optional chat platform, which has worked well in other regions. This is a place to post questions, answers, observations, shares. We hope it will enhance information and connection.

To join, download the **Telegram app** on your phone, then text **Collmer Sheryl** within the app and I will add you to the Region 8 chat group.



Communications

Keeping in touch when channels are unreliable

Currently, CORAC is using the 7.284.10 frequency of the 40M band on Sunday nights for its netcast. The times are 7:30 PM EDT, 6:30 PM CDT, 5:30 PM MDT, & 4:30 PM PDT.

CORAC's Communication Team is performing a transmitting relay. One member transmits initially. This is followed by 1-3 additional members located throughout the nation retransmitting the initial message. Listen for 15-20 minutes. The current location of the originating station is in Georgia with relay stations in Texas, Minnesota, and Kansas. More are being added.

SIGNAL

All CORAC regions are now using Signal for *time-critical* communications. If you have not yet signed up:

- Download the SIGNAL app either at your phone's app store or the website <https://Signal.org>
- Send Ed a text at 281-381-5093 saying ENROLL ME.
- Ed will text you a link which will enroll you in the CORACreg8 group.

Contact Ed at: CORACregion8@gmail.com with any questions. If you are not in Region 8, please contact your own regional coordinator.

Health & Wellness

Staying robust in trying times

DON'T BE "THAT" PERSON

Whether or not you're vaxxed, you should be prepared to treat COVID in your family. The vax does not protect you against infection. Don't be "that" person who thinks you'll escape it and neglects preparation! Get prepared *now*, because you have to get on top of COVID *immediately* when you get it, and supplies may be limited later.

A team of CORAC members have come up with a best-practices for COVID, which should be printed out and put on your refrigerator. Team leader Tina Barry in Region 12 says this:

Please make your copy today and do not wait. Put it on your refrigerator. It will be there when you need it! Get what you need now. Make a shopping list. It is not a matter of *if* someone gets sick, it's *when*. If Ivermectin is unavailable, forget about it and stick to the rest of the protocol.

Put the nebulizing equipment in a bin. Pre-make your hydrogen peroxide mixture. Use it and practice with it. You will get the benefit of what extra oxygen can do for you. You can use hydrogen peroxide for prevention especially when you know you have been exposed.

Please send this out to people so they will be ready also! This will prevent people from going to the hospital, being put on a ventilator, and dying. That's the bottom line.

The protocol is in the Appendix. Print it out and be ready to use it.

You do not want to have to go to the hospital at this time, if at all possible, especially if you are unvaxxed. Early in-home treatment of COVID can prevent you from reaching that state of illness.

BEWARE THE HOSPITAL

The track record of hospital treatment of COVID over the past two years is grim. Remdesivir was not the best prescription, and ventilators were not the best protocol. Without going into the "why" of hospitals doing what was worst for patients, rather than what was best, it is clear that, if you can home-treat COVID, you will be much better off.

Remdesivir: <https://dreddymd.com/2021/08/09/dr-fauci-fast-tracked-approval-of-dangerous-drug/>

Ventilators: <https://derangedphysiology.com/main/required-reading/respiratory-medicine-and-ventilation/Chapter%206.2.3/complications-prolonged-invasive-mechanical-ventilation>

AND HERE'S WHY

The latest Truth For Health conference from Wednesday gives you more evidence and detail of COVID patient mismanagement. It's 90 minutes, but worth every minute. This video could save your life or the life of someone you love.

<https://rumble.com/voboxj-stop-the-shot-caught-on-tape...html>

Prior videos of Truth For Health are available on their homepage: <https://www.truthforhealth.org>

EMERGENCY FIRST AID

The three biggest "killers" in an emergency situation are uncontrolled bleeding, obstructed airway and shock. See [this link](#) to learn about treatment. This would be a good article to print out for your low-tech, non-Internet resource binder.

<https://www.survivopedia.com/survival-first-aid-treating-the-three-killers/>

CHRONIC STRESS

Just when it's most important to keep our immunity strong, the conditions for chronic stress are overwhelming. Stress plays a part in most chronic diseases, and depresses your immune function. We can best play our part in God's plan by actively protecting our health. Here are some small, easy steps to keep stress in line.

- Music. <https://www.medicaldaily.com/scientific-literature-shows-music-can-boost-immune-system-and-reduce-pain-244824>
- Laughter. <https://www.webmd.com/balance/features/give-your-body-boost-with-laughter#1>
- Sleep. <https://www.sleepfoundation.org/sleep-hygiene>

SAVE THE CHILDREN

Despite receiving over 140,000 public comments, nearly all negative, the FDA unanimously authorized (not approved) the Pfizer “vaccine” for children ages 5-11. This is war.

AAPS statement on FDA action: <https://aapsonline.org/aaps-statement-on-covid-shots-for-children/>

Mount an unbreakable resistance to vaccinating children: <https://www.lifesitenews.com/news/covid-expert-dr-peter-mcculloch-urges-unbreakable-resistance-to-vaccines-for-kids/>

Children at risk from vaccine: <http://stylemagazine.com/news/2021/oct/26/childrens-health-defense-robert-f-kennedy-jr-and-m/>

FDA committee members reviewing Pfizer for kids have huge conflict of interest issues: <https://www.newsfromtheperimeter.com/home/2021/10/28/fda-committee-members-reviewing-pfizer-vaccine-for-children-have-worked-for-pfizer-have-big-pfizer-connections>

Teen deaths up to 125% of normal in UK since vaccine: <https://theexpose.uk/2021/10/13/teen-deaths-125-percent-higher-since-covid-vaccination-ons-data/>

Deaths among male children in UK up 83% since vaccine: <https://theexpose.uk/2021/10/27/deaths-among-male-children-increased-by-89-percent-since-given-covid-19-vaccine/>

The media covers it all up: <https://theexpose.uk/2021/10/03/bbc-air-news-report-conditioning-the-public-into-believing-its-normal-for-teens-to-drop-dead-due-to-undiagnosed-heart-conditions/>

Why are kids dropping like flies after vaccination? <https://thewhiterose.uk/why-are-kids-dropping-like-flies/>

86% kids in trials suffered adverse effects: <https://rightsfreedoms.wordpress.com/2021/06/02/86-of-children-suffered-an-adverse-reaction-to-the-pfizer-covid-vaccine-in-clinical-trial/>

Risk from vaccine is greater than risk of COVID in children: <https://www.mediamatters.org/fox-news/fox-host-says-risk-children-vaccine-outweighs-risk-covid>

They knew children would die: <https://vernoncoleman.org/videos/covid-19-jab-they-knew-children-would-die>

Ten red flags: FDA uses junk science to justify authorization of Vaxxx to children: <https://tobyrogers.substack.com/p/ten-red-flags-in-the-fdas-risk-benefit>

News of serious adverse events in children are censored: <https://sharylattkisson.com/2021/10/censored-injured-covid-19-vaccine-child-study-volunteer/>

Children are 16 times more likely to die of COVID if they've been jabbed: <https://theexpose.uk/2021/10/22/children-up-to-16-times-more-likely-to-die-with-covid-19-if-vaccinated/>

And finally... why would *anyone* give a child, with the rest of his life ahead of him, something with no long-term data?



OTHER VALUABLE LINKS

List of reported Vaxxx adverse events: <https://sharylattkisson.com/2021/10/exclusive-summary-covid-19-vaccine-concerns/>

The CDC is lying: vaccine kills 15 for every 1 life it claims to save: <https://messaonews.com/2021/10/the-cdc-is-lying-to-the-world-about-covid-19-vaccine-safety-they-are-killing-15-people-for-every-1-life-they-claim-to-save/>

Highly-linked overview of the COVID public health emergency:

<https://ambassadorlove.wordpress.com/2021/03/21/world-public-health-emergency-stop-big-pharmas-dna-vaccine-experiment/>

MOLNUPIRIVIR

Don't race too quickly to get the new Merck oral antiviral Molnupirivir. The buzz is that it's the "new ivermectin." It's not. The long-term safety is not known, though some researchers have alleged a cancer connection. Just as with the Vaxxx, anyone concerned about their health should wait for more information. Why would anyone need a "new" ivermectin anyway? The old one is working just fine, has a known safety profile over billions of uses, and costs pennies... oh.

<https://healthbitesonline.blogspot.com/2021/10/molnupiravir-causes-cancer-and-creates.html>

<https://stillnessinthestorm.com/2021/10/ivermectin-vs-mercks-new-antiviral-molnupiravir/>

WHAT THE GOVERNMENT SAYS



Just because the CDC, medical "experts," and government agencies say the Vaxxx is "safe and effective" does not mean that it is. The government also says abortion is a human right. The government also said that African slaves were 3/5 of a human being.

I'm not saying that the government is *always* wrong, but an intelligent person should do their own research and come to their own conclusions, not base important decisions on "what the government says."

GET IVERMECTIN AND HCQ

Try these outlets if others fail.

www.synergyhealthdpc.com

www.myfreedoctor.com

www.alldaychemist.com/order-online

www.safegenericpharmacy.com/ivermectol-tablet

LETTER FROM A FRONTLINE DOC

Posted by an anonymous physician on Market Ticker Forum on October 27, 2021

I feel like I need to give an update from my world. Many things are happening all at the same time. In brief, I feel that the troubles have started in earnest now in medicine in ways I did not see coming just weeks ago. What we in medicine are simply not going to be able to abide right now is a surge like we saw last winter.

First of all, as a PCP, I have always had the ability to zap small non-invasive skin cancers. We do that with liquid nitrogen. We have been out of this for a week or so now. Sourcing a new supply is now virtually impossible. And the amounts being asked for what is left are so astronomically high that we simply cannot afford it. Medicare reimbursement (which is most of these patients) will not even come close to recovering the cost. I understand from the supplier that the same issues are

occurring to some degree with dry ice and more ominously liquid oxygen (used in hospitals for patient oxygen). I heard from two different suppliers the reason why this seems to be happening but the reason is so tin-foil that I am not going to repeat it here until I can confirm this more reliably. If this becomes a pattern, I would recommend to all to get your derm visit scheduled ASAP. My understanding is this will not be temporary.

Our hospital staff is so diminished that my clinic employees are constantly being pulled to cover issues there. Outpatient clinical medicine is no longer organized here; it has become a frantic triage. Right now, I would urge all Americans to not take their anger and temper out on medical office employees. They and their physicians are absolutely overwhelmed.

That problem however is minor. The hospital system pre-COVID was a disaster area; it is now officially a shit show. The discharge process is now turned into a complete cludge. The problem in brief is that the companies that do home health and home oxygen and nursing home care have had their staffs now vanish to unworkable levels. Much of this has to do with exhaustion. But it is also the vaccine mandates. These are all national corporations so they instituted mandates weeks ago. And promptly lost large segments of their staff. Enough time has now passed for the remaining employees to experience complete exhaustion. You can only do so many 80 hour work weeks, after all. So now there is nowhere for these discharging patients to go that is safe. They are having to stay in the hospital but that is simply not going to be workable for long. The hospital, too has had its staff decimated.

I have sat through a whole 4 months or so of patients condescendingly tell me they would never allow an unvaccinated health care worker to touch them. Over and over. My constant refrain was to be very careful about that, as you may have NO health care workers to touch you if you keep that up. And we are slowly but surely arriving at that destination. At least two of these patients stuck in the hospital are two who could not bash the intransigent HCWs enough. They have now received their wish. Payment in full.

My niece just graduated from nursing school in June. Immediately hired on a COVID unit in a major hospital in one of our big cities. She has been there three months as dozens and dozens of nurses, MAs and RTs have left. My mind was completely and totally blown when she called to ask my advice last night THEY HAD JUST OFFERED HER THE JOB OF FLOOR CHARGE NURSE. A 3-month nurse in a job that in other times was given to grizzled veterans.

I am not sure we are going to have to wait for judicial input into these vaccine mandates. The slow motion implosion has already begun, at least in medicine. I am hearing the same stories if not worse from colleagues everywhere. I am not trying to alarm or scare. I am presenting my world as it is. I do not believe most Americans understand how dire this situation really is."

VAERS DATA FROM OCTOBER 15 (VACCINE ADVERSE EVENTS REPORTING SYSTEM)

818,042 reports through October 15, 2021, while administrators admit that fewer than 1% of adverse events are reported.

818,042 Adverse Events	If the 1% rule of thumb holds true, we are looking at 1.7 million deaths. Skeptics ask why we're not seeing anything about this on the news. Doubtless many of the adverse event deaths have been concealed under the CDC rule that deaths occurring within 14 days of the inoculation are counted as unvaccinated COVID deaths. It's an accounting trick.
127,641 Doctor Visits	
83,412 Hospitalizations	
92,017 Urgent Care	
26,199 Disabled	
10,179 Bell's Palsy	
10,304 Myocarditis	
8,408 Heart Attacks	
2,631 Miscarriages	
17,128 Deaths	

VAERS likely represents less than 1% of actual adverse events:

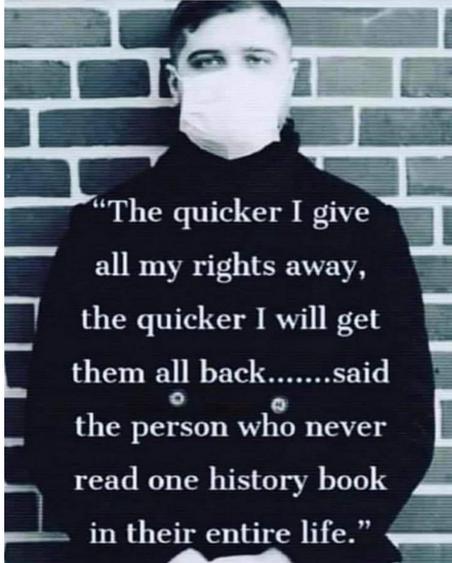
<https://www.globalresearch.ca/vaers-admits-fewer-than-1-vaccine-adverse-events-reported/5760046>

Note that this is the United States ONLY. The UK, Israel, Europe all have their own reporting systems, which are also crammed full of large numbers of vaccine injury reports.

SOME PEOPLE STILL HAVE COMMON SENSE

An excellent short testimony from Dr. Kevin Stillwater

https://www.youtube.com/watch?v=l0iEGpy_00



 **Governor Ron DeSantis** ✓ ...
Yesterday at 3:27 PM · 🌐

34 days ago, State Surgeon General Dr. Joseph Ladapo signed a rule that empowered Florida parents, eliminated healthy quarantines, and kept healthy kids in school.

Today, Florida has the lowest COVID-19 rate in the country, and our schools have seen a 76% decrease in COVID-19 cases since the day the new policy went into effect (and a 90% decrease since August).

  31.3K 2.8K Comments 

VIDEOS

If pictures are worth a thousand words, then moving pictures are worth a million. There are many, many tragic deaths and disabilities. If you have a Telegram account, go to the channel “Covid Vaccine Deaths Report.”

Maddie, 13 years old: <https://odysee.com/@VSRF:d/maddieadddenied:3>

Cienna, Australian teenager: https://brandnewtube.com/watch/aussie-teenager-cienna-knowles-in-hospital-with-body-full-of-blood-clots-from-pfizer-jab_PAqIOrthbYIUMCN.html

TELEGRAM

Some excellent Telegram channels to join are Children’s Health Defense, Robin Monotti+Dr Mike Yeadon, We The Media, The Exposé, and Covid Vaccine Injuries. These channels are reporting items that the mainstream media ignores, worldwide.

CURRENT VAXXX COUNTS

49.1% of the world population has gotten at least one shot (increase of 2% points from last newsletter)

6.97 billion doses have been administered world-wide (increase of 360 million from last newsletter)

22.6 million doses per day are being administered (increase of 1.2 million daily from last newsletter)

From Our World In Data at <https://ourworldindata.org/covid-vaccinations>

STEVE KIRSCH FDA COMMENT

Steve Kirsch is the brilliant philanthropist who offered to pay \$1,000,000 to anyone who could disprove his thesis that there are now more than 100,000 deaths from the Vaxxx in the US, in a moderated discussion with a neutral moderator. No one has taken the challenge yet. <https://www.nutritruth.org/single-post/1-million-challenge-have-covid-vaccines-killed--200-000-americans>

Here is his presentation at the FDA hearing:

<https://www.youtube.com/watch?v=9EkR7rR9aZI&t=1s>

Sustainable Living and Survival Skills

Home skills for self-sufficiency

PREPARE FOR POWER OUTAGE

It's a good time to winterize and have a plan for loss of power for any reason.

<https://www.survivopedia.com/how-to-prepare-your-household-for-a-power-outage/>

CRYPTO

I am, by no means, advocating for Bitcoin. Nevertheless, it's an interesting phenomenon just now. Do you trust the governmental and supra-governmental bodies that control our currency, our debt, and the financial markets? Neither do I. Based on the fairly unknown future of cryptocurrencies, I would only invest what I did not mind losing, just like at a casino, for example. However, I am heartened to read some analysis of Bitcoin from Eric Sammons, the editor of Crisis Magazine, and an 8-year veteran with Bitcoin investing. I think it's worth a look.

<https://ericssammons.com/the-morality-of-bitcoin/>

<https://ericssammons.com/cryptocurrency/>

Other Items Of Interest

Random stuff I just felt like sharing

AUSTRALIA

Meanwhile in Australia, having a day at the beach is not considered a justified reason for being outside, and plenty of "police" are on hand to arrest the violators.

This is a real photo of a real event, and it is not an isolated one. How do they have so many police personnel that they can spare eight (pictured) to handcuff and harass one beachgoer?

Ricardo Bosi, national leader of Australia One party, shows how to respond to these farcical overreaches of administrative harassment. Bravo!

https://www.youtube.com/watch?v=e2i_JMMYMBM&t=4s



REAL NOT RARE (VACCINE INJURIES)

COVID jab injuries are 'real, not rare' and yet the world seems to be ignoring them. Tens of thousands of people have been injured or killed by the COVID-19 shot, yet the CDC, the WHO, and the media are completely ignoring them. These victims want to help save others from the injuries they themselves now face.

Nov 02, 2:30 PM Eastern on the steps of the US Supreme Court

Follow LifeSite's coverage of the event [here](#).



WORLDWIDE WALKOUT WEDNESDAY

“No government in history ever surrendered power in the absence of a demand. On November 3, we’re going to make that demand.”

Go out into the public square and let yourself be seen and heard

Watch Robert Kennedy, of the Children’s Defense Fund:



JIM CAVIEZEL’S CALL TO COURAGE: <https://www.bitchute.com/video/ZGEgS58o2tMD/>

Some of the best-spent minutes of my life. I have bookmarked this speech to listen to again, whenever my courage fails.

THE TIME WE HAVE LEFT

We have to act now, before the strength of the enemy grows too great.

https://www.americanthinker.com/articles/2021/10/our_phoney_war.html

THE HILL YOU DIE ON

What does it mean when people say, “This is the hill I will die on?”

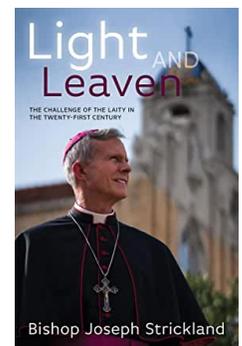
<https://www.crisismagazine.com/2021/the-hill-you-die-on>

Prayer

Staying right with God

Excerpt from “Light and Leaven” by Bishop Joseph E. Strickland:

I try not to be one of those people who says, “Everything has to be about this or that act of piety.” But if I were to promote a pet project, it would be Eucharistic adoration, because everything has to be about Jesus Christ... I know it scares people off. ‘I don’t know what to do; I don’t know what to say. People are busy, and adoration can feel like a waste of time. But I encourage people to just get over it. Get over your frustration or embarrassment when you’re before the Lord and you don’t think you’re doing anything especially holy or fruitful. Get over your preconceptions about praying efficiently and just go ahead and “waste” some time in the presence of Christ. Do it enough, and you’ll come to feel that it’s not fruitless, and it’s not wasted time... I guarantee you’ll start to feel some changes in your life. Everything really does flow from prayer: greater peace, greater clarity, greater knowledge, greater love, greater joy.



You can order this great little book from: <https://shop.catholic.com/light-and-leaven-the-challenge-of-the-laity-in-the-twenty-first-century/>

REFRIGERATOR PROTOCOL FOR COVID

This protocol was compiled by members Tina Barry, Carl and Ann Suhrie, Sue Cyr, Athena Jensen and Wendy Thomas, with the latest information from trusted doctors, aided by practical experience.

BASIC COVID VARIANT PREVENTION & TREATMENT

FLCCC Protocol (Frontline Doctors)

ONGOING PREVENTION:

- **Ivermectin:** 0.2 mg per 2.2 lb or 9 mg per 100 lbs. (*e.g. 100 lbs divide by 2.2 = 45.45 x 0.2 = 9 mg*). Dose twice a week. Take with or after a meal. See Addendum for weight chart. *Be aware pills come in 3 mg, 6 mg and 12 mg, check what you have.*
- **Gargle w/Antiseptic Mouthwash:** 2x daily. *Must include ingredient Cetylpyridinium Chloride. (Alternative: 1/2 tsp baking soda & 1 C water or 1 tsp of 3% hydrogen peroxide. Swish and rinse.)*
- **Supplements:**
 - Vitamin D3:** 1,000-3,000 IU/day (*Other docs: 30,000 IU/day*)
 - Vitamin C:** 500-1,000 mg 2x daily (*Other docs: 5,000+ mg/day*)
 - Quercetin:** 250 mg/day (*Other docs: up to 500 mg/day*)
 - Zinc (elemental):** 30-40 mg/day (*take with food*)
 - Melatonin:** 6 mg/day (*calms and restores overactive immune system*)

For more details refer to the FLCCC: <https://covid19criticalcare.com/wp-content/uploads/2020/11/FLCCC-Alliance-I-MASKplus-Protocol-ENGLISH.pdf>.

Also recommended by other doctors:

Vitamin D3 with K2: Take one dose of D3 with K2 and take additional D3 separately. (*For example 5,000 IU of D3 with 180 mcg of K2 and the rest of your D3 in a separate capsule(s).*)

Liposomal Vitamin C

NAC (N-Acetyl-Cysteine): 600-1800/day (especially good for glucose control/breaking up mucous per Dr. Axe)

ACTIVE SICKNESS (Begin treatment with first symptoms):

- **Ivermectin:** 0.4 mg per 2.2 lb or 18 mg per 100 lbs. (ex. 100 lbs divide by 2.2 = 45.45 X 0.4 = 18 mg). Dose daily for 5 days or until recovered (take with or after a meal)
- See Addendum for weight chart. *Be aware pills come in 3 mg, 6 mg and 12 mg, check what you have.*

Use higher 0.6 mg dose (27 mg per 100 lbs) if:

- 1) In regions with aggressive variants
- 2) Treatments were started on or after day 5 or patient is in pulmonary phase
- 3) Multiple/co-morbidities/risk factors are present

- **Supplements:**

Aspirin: 325 mg daily (*Unless contra-indicated. Important for anti-clotting. Take with food.*)

Vitamin D3: 5,000 IU (*Other Docs: 100,000/day for 3 days then down to 50,000.*)

Vitamin C: 500-1,000 mg 2x/daily (*Other Docs: take every few hours as tolerated.*)

Quercetin: 250 mg/2x daily (*Other docs: up to 1,000 mg/day*)

Zinc (elemental): 100 mg/day (*take with food*)

Melatonin: 10 mg before bedtime (*calms and restores overactive immune system*)

- **Other:**

Tumeric: 500 mg 2x daily for 14 days

Nigella Sativa: 80 mg/2.2 lb of body weight, daily for 14 days

Honey: amount as needed

Pulse Oxi.: >94. If this falls lower, start breathing treatments ASAP

Also recommended by other doctors:

Vitamin D3 with K2: Take one dose of D3 with K2 and take additional D3 separately. (*e.g. 5,000 IU of D3 with 180 mcg of K2 and the rest of your D3 in a separate capsule(s).*)

Liposomal Vitamin C

NAC (N-Acetyl-Cysteine): 600-1800/day (especially good for glucose control/breaking up mucous per Dr. Axe)

Liquid Magnesium for topical use: Mix 70 % DMSO with 30% liquid Magnesium for body aches.

FYI: Monoclonal Antibody Treatment - Regeneron was developed and tested with aborted fetal cell lines. <https://cogforlife.org/frequently-asked-questions/>

NEBULIZING TREATMENTS

Note: These variants are designed to hit the respiratory system quickly. Begin nebulizing treatments immediately to stop the growth of the viral load. You may not have respiratory symptoms yet. Do not wait until you do.

* **Start the FLCCC protocol for active sickness, then start with 1st treatment. Just do it!**

• **1st TREATMENT TO START WITH:**

DMSO/WATER/COLLOIDAL SILVER/IODINE MIXTURE

Instructions:

1. **In a dish:** Make a mixture of 1 ml of DMSO (1 ml equals 1 cc) and 10 ml of Saline, add 3 drops of colloidal silver and 2 drops of 5% Iodine. (*As tolerated, increase DMSO to 2 ml per treatment.*)
2. **Put in the nebulizer cup:** Fill the cup with 3 ml of the solution.

Why DMSO? Because it vaso-dilates (opens the airway), removes inflammation, soaks up fluid, is anti-bacterial and anti-viral. DMSO protects your DNA and is an excellent chelator. **DMSO is a blood thinner.** DMSO is also used for strokes to dissolve blood clots. <https://www.eaec.org/health/what-is-dms0.htm>

• **2nd TREATMENT AN HOUR OR SO LATER:**

DR. BROWNSTEIN'S 3% FOOD GRADE HYDROGEN PEROXIDE BREATHING TREATMENT

Instructions:

1. **In a small jar:** Make a mixture of 3 ml of HP into 1 C. of Saline. Cover the jar and refrigerate leftovers for later (Label as Nebulizer Ready).
2. **Put in the nebulizer cup:** 3 ml of the mixture of HP & Saline solution (instructions above), add 3 drops of colloidal silver, 2 drops of Iodine.

Note: Must be in a cool mist humidifier, diffuser or nebulizer.

Why Hydrogen Peroxide? Because it kills bacteria and viruses by destroying the cell walls. It then breaks down into oxygen and water. HP is the active ingredient in colostrum. It's loaded with it.

<https://stevenyager.org/wp-content/uploads/Nebulizer-Protocol-Steven-Yager-YagerBomb-Brownstein-Blog.pdf>

• **3rd TREATMENT AN HOUR OR SO LATER:**

BAKING SODA/SALINE

Instructions:

1. **In a small jar:** make a mixture: dissolve 1/4 tsp of BS with 3oz of Saline. Cover the dish and refrigerate leftovers for later.
2. **Put in the nebulizer cup:** Fill the cup with 3 ml of the solution.

Why Baking Soda? Viruses cannot live in a pH above 6. This puts the tissue at a pH of 9, adds oxygen and soaks up fluid.

See ADDENDUM for instructions on making saline solution.

TINCTURES TO MAKE AND USE

Note: There are many videos, sites, and books on this subject. You can keep it simple or do deep dives into this. Do your research. You choose! Enjoy it, making medicine is empowering. Thank you God for the gifts of the earth!

- **Make a basic tincture:**

- 1 gallon mason jar
 - Herb of choice
 - Enough grain alcohol or 90 proof vodka to fill the jar at least 4 inches above the herb, enough so you can shake it. Grain alcohol is preferred. I have also used apple cider vinegar (*let it keep for 6-8 weeks with vinegar*).
1. Put the herb in the jar to the level preferred.
 2. Fill the jar with the alcohol that will strip the herb of its medicine.
 3. Put in a dark cupboard and shake everyday for 5-6 weeks.
 4. Strain the alcohol of the herb through cheese cloth or a cotton T-shirt (especially the cayenne pepper).
 5. Press the herb hard, to get every drop (for a better press, buy an herb press).
 6. Discard the herb.

The medicine is now in the alcohol. It will last 5 years or longer.

Note: There are many dosages to use. Four to five drops in a glass of water every day or when necessary.

Why a tincture? Tinctures are more readily accessible and more efficiently used in the body than the dried forms of the herb found in pills and capsules. They are a powerful medicine easily made at home.

Suggested herbs to start with:

Why Garlic? Because it is anti-viral, anti-fungal, powerful anti-oxidant, lowers blood lipid levels, effective against circulatory diseases like high blood pressure and atherosclerosis, thins the blood, soothes ear aches and a repellent to mosquitoes.

<https://draxe.com/nutrition/7-raw-garlic-benefits-reversing-disease/>

Why Echinacea? Because it is an immune booster, alleviates pain for headaches, bowels, sore throats, many other ailments, mild laxative, anti-inflammatory, considered an anti-biotic, improves mental health, improves upper respiratory infections, helps to prevent infection of cold and flu.

<https://draxe.com/nutrition/echinacea-benefits/>

Why Mullein? Because it kills bacteria, powerful anti-oxidant, potent disinfectant, used to treat ear infections, colon and urinary tract infections (can be used as a tea, or infuse the tincture into any tea), kidney issues, respiratory issues, rids the body of mucous, sore throats, COPD, asthma remedy. FYI: smokers smoke mullein to ease respiratory issues. <https://draxe.com/nutrition/mullein/>

Why Oregano? Because it has been used for thousands of years for bacterial infections, upset stomach, respiratory infections. It's an anti-oxidant, anti-bacterial (even against E. coli and food poisoning), anti-viral, anti-inflammatory, and should only be consumed for short periods of time. <https://draxe.com/nutrition/oregano-benefits/>

Tina mixes 1/2 Mullein and 1/2 Echinacea for her tincture. Then adds a few drops of oregano upon use of the tincture. Do not stir oregano in the drinking glass. (Oregano is a very hot herb, start with 1-2 drops work up to 3-5, easy does it. Adding a couple drops of oregano oil to any tincture dosage makes it more powerful.)

Why Hawthorne? Because it is often called the heart herb for angina, high blood pressure, hardening of the arteries, irregular heartbeat, and congestive heart failure. It is used for respiratory and circulatory health disorders as well. It has numerous flavanoids and is used for neurodegenerative diseases too. Contains quercetin and many other flavanoids like vitamin C, B1 and 2.

<https://draxe.com/nutrition/hawthorn-berry/>

Why Cayenne pepper? Because it helps with digestion, stomach pain, diarrhea, and cramps. Improves circulation, reverses excessive blood clotting (vax issue), lowers cholesterol, and prevents heart disease. Helps to relieve seasickness, alcoholism, malaria, and fever. A pain reliever for headaches and skin conditions.

<https://draxe.com/nutrition/cayenne-pepper-benefits/>

ADDENDUM

- FLCCC Frontline Doctor link for more information:

<https://covid19criticalcare.com/wp-content/uploads/2020/11/FLCCC-Alliance-I-MASKplus-Protocol-ENGLISH.pdf>

Calculation for ivermectin dose (0.2 mg per kg)

Body weight Conversion: 1 kg = 2.2 lbs (doses calculated per upper end of weight range)		Dose 0.2 mg/kg = 0.09 mg/lb (Each tablet = 3 mg; doses rounded to nearest half tablet above)	
70–90 lb	32–40 kg	8 mg	(3 tablets = 9 mg)
91–110 lb	41–50 kg	10 mg	(3.5 tablets)
111–130 lb	51–59 kg	12 mg	(4 tablets)
131–150 lb	60–68 kg	13.5 mg	(4.5 tablets)
151–170 lb	69–77 kg	15 mg	(5 tablets)
171–190 lb	78–86 kg	16 mg	(5.5 tablets)
191–210 lb	87–95 kg	18 mg	(6 tablets)
211–230 lb	96–104 kg	20 mg	(7 tablets = 21 mg)
231–250 lb	105–113 kg	22 mg	(7.5 tablets = 22.5 mg)
251–270 lb	114–122 kg	24 mg	(8 tablets)
271–290 lb	123–131 kg	26 mg	(9 tablets = 27 mg)
291–310 lb	132–140 kg	28 mg	(9.5 tablets = 28.5 mg)

Note: If you run out of Ivermectin, just do everything else well, especially the the nebulizer and you will be fine. Viruses hate oxygen and pH levels above 6.

Note: If you have horse paste Ivermectin, 2 clicks equals 9 mg dose of Ivermectin

example: Prevention: 100 lbs would use 2 clicks = 9 mg.

Active Sickness: 100 lbs would use 4 clicks = 18 mg.

High Exposure: 100 lbs would use 6 clicks = 27 mg.

Make sure Ivermectin horse paste does not contain any other medications.

- **How to make saline solution:**

- 1/2 tsp. of sea salt, pink salt, **not iodized salt**
- 1 C. filtered water

1. Boil water for 15 min
2. Mix the salt into the boiled water, let it cool.
3. Store the saline mixture in the refrigerator. (Lasts for 4 - 5 days)

- **Making Saline Solution with Distilled Water:**

- 8 tsp. of sea salt, pink salt, **not iodized salt**
- Used distilled water purchased from most drug and grocery stores to make sterile and longer-lasting saline without boiling water. This is an easy and less time-consuming process.

1. Mix eight teaspoons of salt into 1 gallon (4 L) of distilled water.
2. Refrigerate solution and use within one month.

<https://www.aboutkidshealth.ca/article?contentid=3040&language=english>

- **How to mix down 35% Food Grade Hydrogen Peroxide to 3% HP:**

- 1 part 35% HP *(Use gloves!)*
- 11 parts of clean sterile water or distilled water. *(On a piece of paper make 11 marks to count out the water so you don't lose track.)*

1. In a jar mix the HP and water.
2. Label this as: 3% HP *(masking tape works well).*
3. Store the saline mixture in the refrigerator. *(Lasts several months if refrigerated.)*

Note: Don't wait until you are sick. Pre-make your nebulizer mixture and label it as: Nebulizer Ready.
(See Nebulizing Treatments page for instructions).

Note: It is always good to sterilize your jars and breathing pieces.

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