

CORAC Newsletter

Region 8
November 26, 2021

LITE



Happy Thanksgiving, everyone! In honor of the holiday, this will be a lighter edition than normal. In truth, there's only so much you can say about being physically ready for the Storm. You've either decided to prepare or not. In the Sustainability section of this newsletter, there's a little quiz to take. Perhaps it will help everyone feel satisfied with what they've done, or point to what they can do to reach their personal comfort level. Once you've done what you feel is prudent, move on. To misquote Padre Pio, "Do what you can, and don't worry."

We are body-persons, as St. John Paul calls us; not spirits who happen to rent space in a body, nor bodies with a spirit on our shoulders, whispering into our ears. As integrated body-persons, we must enter into this epic battle between good and evil with both physical and spiritual training. Much time has been spent on physical preparation; now we must put on the armor of God.

Sheryl Collmer, editor

Action Items

For your immediate attention

- **Protect children** from the vaxxx. See the [flyer](#) on the CORAC website. Print it out and get it into the hands of parent, teachers, grandparents. <https://corac.co/2021/11/06/protect-the-children/> Given the unknown ingredients and effects of the vaxxx, this could be the most important thing you do.
- **SOS Australia.** Help Australians halt the police state in their nation, and by extension, help all free people. Members of Region 8 will meet in Houston on Saturday, December 4 at 10:30 at the Starbucks located near the Consulate, 3009 Post Oak Blvd. We will go out to the front of the Consulate at 11:00 to begin the rosary, and remain until 1:00. <https://www.youtube.com/watch?v=3cI0Q5UgFFU&t=53s>

Bring signs:

FREE
AUSTRALIA

WE STAND BY
AUSTRALIA

END POLICE
STATE IN
AUSTRALIA

AUSTRALIA IS
IN TROUBLE

- **J6 Project.** Thanks to our members, Kristen has now assigned a correspondent to all the J6 prisoners on our list. Let's double up: these guys really appreciate the hope and support. Email kannmartinez@sbcglobal.net to receive a "pen pal." You can read some background about your J6'er here: <https://www.patriotfreedomproject.com/the-16ers>



See the CORAC website for more detail about the J6 project. <https://corac.co/2021/11/11/the-j6-project/>

- **Safety Review.** Dr. Peter McCullough has recommended that we write our Congressmen, demanding review of the Vaxxx by independent scientists and physicians (not on Pfizer's or Moderna's payroll.) Safety review is the very *least* we are owed, when we are being blackmailed into getting this shot. Citizens who speak up can have huge effect! Find your Congressmen here, and write your letters: <https://www.congress.gov/members/find-your-member>

RC Report

From our regional coordinators, Ed and Michelle

What does CORAC offer me? How do I explain it to others?

This is the question I've heard off and on over the past year. Personally, CORAC fills a need. My Catholic faith, as the nuns back in the day explained it to me, tells me that the world is only temporary and that our goal is heaven. I believe this to be true, but the modern world sends an entirely different message.

The modern world tells me that boys can compete equally with girls, there are more than 2 sexes, we should be ashamed of our history, and we need to re-segregate. If I had to rely on my grade school faith alone, I don't think I could make it today. There is too much either dragging me down or telling me it doesn't really matter.

One of the reasons that I believe the storm is coming is that I don't see how a loving God could allow us to continue on the path the world is going. So how do we prepare? And how is CORAC supposed to help?

I received this from a member, it says what I believe in a better way than I could ever say it: "I think the preparation we should be making is not so much material as it is spiritual. Buying extra food supplies makes sense...I believe Charlie's response in being "A sign of hope to others" can only happen if we put all our trust in God. This is His battle and if he wants us to prepare then He will show us the way. I believe preparing out of fear is a distraction of the enemy. I think the preparation we need is hitting our knees, fasting and receiving the sacraments to strengthen us for the battle."

I can always find something I should do or should buy or prepare for. But I do think prayer, the sacraments and faith are the most important things we will ever need. And we shouldn't wait until the water is waist deep to start praying...

So, I'll end this letter by asking you a couple of questions:

- What does CORAC do for you?
- What would you like it to do?

Drop me an email and tell me what you think – OR – our next Zoom will be on this subject. If you've never attended a Zoom, this is a perfect opportunity for you to say what you think and find out what others think. It's Tuesday, Nov 30 at 06:00 PM. <https://zoom.us/j/98216804739?pwd=VldjVDZWYTltbkVTVWdxSlZqTjZldz09>

God bless you and yours,
Ed & Michelle

Region 8

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

Our next Zoom call will be next **Tuesday, November 30 at 6:00 pm.**

<https://zoom.us/j/98216804739?pwd=VldjVDZWYTltbkVTVWdxSlZqTjZldz09>

If you find Zoom intimidating, please call Ed at 281-381-5093. He will walk you through it.

REGION 8 TELEGRAM CHAT

The Telegram chat is an unofficial place to share information, questions, news items with other Region 8 members. To join, download the **Telegram app** to your phone, then text your phone number to **Sheryl Collmer** (805-550-0056) and I will add you to the Region 8 chat group.



PATRIOTIC RUSH

"The Patriotic Rush" meets weekly during the rush hour on the pedestrian overpass of Northpark Blvd. over Central Expressway in Dallas, with flags and patriotic signs. More info here:

<https://www.couragetostand.org/event-details/tx-patriotic-rush-2021-11-30-17-00>

Communications

Keeping in touch when channels are unreliable

SUNDAY NIGHT RADIO PRACTICE

Shortwave broadcast update: tune in this Sunday evening at 6:30 Central time on 7.284.10 (40 meter band) or 6:45 Central on 3.976 (80 meter band). This may or may not be a permanent change. The team is trying to get better listening conditions. Watch this space for updates to frequencies and times.

SIGNAL

To sign up for critical CORAC communications:

- 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.

Health & Wellness

Staying robust in trying times

MICROBIOME

We've all known people who got hit hard with COVID, and those who have sailed through it without skipping a beat. What's the difference? Age, weight, early treatment and pre-existing disease are all factors. Another thing I've heard mentioned is microbiome health. The gut microbiome refers to the trillions of microbes that inhabit the human body, mostly in the large intestine. It controls your immune function, and thus may have much to do with your resistance to colds, flu and other nasty things. Read more here: https://www.healthline.com/nutrition/gut-microbiome-and-health#TOC_TITLE_HDR_4

VITAMIN D

We've entered the time of year when it is absolutely critical to keep your Vitamin D levels up. Even if you spend hours outside, the angle and proximity of the sun in the wintertime means you synthesize less Vitamin D. Dr. Ryan Cole recommends that *everyone* supplement Vitamin D at this time of year. Vitamin D deficiency is why we *have* a cold and flu season in the winter. <https://www.lifesitenews.com/news/our-greatest-weapon-against-the-coronavirus-is-vitamin-d-board-certified-pathologist/>

Get a blood test to ascertain your current 25-hydroxy vitamin D. You can do a [home test](#) for \$79 so you don't need a doctor's visit. The vitamin D level should be between 50 and 100. Once you have your current blood level, you can calculate the proper supplementation at: <https://www.grassrootshealth.net/project/dcalculator/>
See Dr. Christiane Northrup's advice at: <https://www.drnorthrup.com/audio/vitamin-d-optimal-range/>

BE A GOOD SCOUT

Be prepared! Have all your COVID supplies gathered *before* you get sick. Begin the routine the same hour you first notice symptoms. The virus replicates wildly in the first five days of infection, and if you allow it to, it will happily give you a case of long COVID. You do not DO NOT want to have to go to the hospital right now. There are multiple protocols you can follow, all similar, but the most important thing is time. Don't give that little sucker time to replicate in your cells.

The protocol put together by the good folks in Region 12 is in the Appendix.

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

Guide to Home-Based Treatment of AAPS: <https://faculty.utrgv.edu/eleftherios.gkioulekas/zelenko/aaps-Guide-to-Home-Based-Covid-Treatment.pdf>

One of these protocols should be printed and hanging in your bathroom or on your refrigerator!

Sustainable Living and Survival Skills

Home skills for self-sufficiency

Rate your preparation status on a scale from 1 to 4, with 4 being perfectly comfortable with what you have:

_____ Food: non-perishables, organized in a cool, dry place, with plenty of protein and fat (not just granola bars)

_____ Water storage: safe containers, rain plan, purifying filters or bleach, labelled and rotated

_____ Security: a contingency plan for any threats to your household, whether or not you're armed.

_____ Extra power: backup batteries charged, extra batteries on hand. People with generators know what to do.

_____ Communications: AM/FM at least; functional on shortwave if you have it; signed up for CORAC Signal group

Total up your score. 16-20... You've provided for your family and are ready to be a blessing to others.

11-15... You've laid a sturdy foundation. Fill any gaps that concern you.

6-10... Pick priorities, make a list and get cracking.

0-5... Don't wait on the cavalry; they might be delayed.

During the Big Freeze last February, much of Plano had no running water for 2 weeks. The city provided 5-gallon water jugs to residents, but the line of cars went for miles. Wouldn't you rather be independent and free to get on with more important things, than waiting in line with hundreds or possibly thousands of people?

A "vaccine" mandate has just been announced for truck drivers, effective January 22, 2022. Truckers are a pretty independent bunch of folks. If the mandate is enforced and trucks stop rolling, our supply chain problems will begin to be felt in more than just inflated prices; there will be actual shortages of many goods. If you can afford it, have supplies on hand for a month, more if you can swing it. You will use the stuff anyway, you'll want to have enough to share with vulnerable neighbors, and it will make you more flexible and less anxious when the store shelves are empty. Do you want to spend lots of time waiting in lines to get rationed goods, or be out changing the world for the better?

It's not about being "preppers." It's about being part of the solution, rather than part of the problem.

Other Items Of Interest

Random stuff I just felt like sharing

The Texas COVID Summit from last weekend

Dr. Peter McCullough <https://rumble.com/vpnz0g-texas-covid-19-summit-dr.-peter-mccullough-vaccines-treatment-and-covid-19.html>

Dr> Bryan Ardis <https://rumble.com/vpnxw6-texas-covid-19-summit-dr.-bryan-ardis-vaccines-treatment-and-covid-19.html>

Dr. Ryan Cole <https://rumble.com/vpnxqm-texas-covid-19-summit-dr.-ryan-cole-vaccines-treatment-and-covid-19.html>

Dr. Dan Stock <https://rumble.com/vpnxxu-texas-covid-19-summit-dr.-dan-stock-vaccines-treatment-and-covid-19.html>

Dr. Richard Urso <https://rumble.com/vpnzow-texas-covid-19-summit-dr.-richard-urso-vaccines-treatment-and-covid-19.html>

Counter-acting the spike protein:

<https://deeprotoothome.com/3-foods-that-contain-shikimic-acid-to-halt-transmission/>

ICU doctors sound the alarm on vaxxx injuries:

<https://standby.lifesitenews.com/opinion/snowball-of-covid-jab-injuries-reported-as-icu-physicians-blow-whistle-on-dangers-of-the-shot/>

Archbishop Viganó calls for a worldwide Anti-Globalist Alliance:

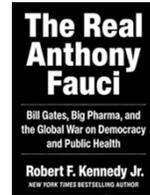
<https://www.lifesitenews.com/opinion/abp-vigano-calls-for-an-anti-globalist-alliance-under-the-cross-of-christ-the-king-to-fight-new-world-order/>

January 6, the true story "Capitol Punishment: Everything They Told You Was A Lie" just released online

<https://capitolpunishmentthemovie.com>

“The Real Anthony Fauci” on sale at Amazon through November 30. \$2.99 for the Kindle edition
Region 8 member Suzie Savoy says it’s an “easy read.”

<https://www.amazon.com/Real-Anthony-Fauci-Democracy-Childrens/dp/1510766804>



LifeSiteNews interviews organizer of SOS Australia

<https://www.lifesitenews.com/blogs/complete-apartheid-freedom-activist-describes-australias-covid-totalitarianism/>

Apartheid Australia: Hell On Earth

<https://rumble.com/vn5ttr-apartheid-australia-hell-on-earth.html>

Sign the petition in favor of free Australia:

https://lifepetitions.com/petition/help-australians-restore-their-freedom-usa/?utm_source=PT_sos_au_usa

How to talk to others who may be brainwashed or at least manipulated by the globalist agenda:

<https://paul007edwards.wixsite.com/home/post/talking-to-people-about-the-globalist-threat>

What to do when you have a weak priest:

https://www.crisismagazine.com/2021/what-to-do-when-you-have-a-weak-priest?mc_cid=094ca9cd83&mc_eid=9062d1d759

Devolution: not saying it’s true, but it’s worth investigating

<https://patelpatriot.substack.com/p/devolution-part-13>

How to survive a power-out:

https://www.survivopedia.com/tips-for-keeping-the-lights-on-when-the-power-grid-fails-you/?utm_source=newsletter&utm_campaign=2021-11-19-Lights-On-PowerGrid&utm_medium=email&utm_content=linktext

Prayer

Staying right with God

There is hope as never before

<https://www.youtube.com/watch?v=MaR0n6uXoBU&t=49s>

Hour of Grace on December 8, the Feast of the Immaculate Conception

<https://bookofheaven.com/prayers/december-8-hour-of-grace/>

“The Crown of History” by Daniel O’Connor

Full 7-hour audiobook free online at: <https://youtu.be/Jf2hTqJx7dg>

Beginner’s Guide to Eucharistic Adoration

<https://bustedhalo.com/ministry-resources/a-beginners-guide-to-eucharistic-adoration>

If we lose our shepherds, all the sheep will be lost. Help sanctify the priesthood December 8 through January 1.
See the program on the next page.

Priest S.O.S.

Priests Save Our Sanctification

Every Soul Is In Danger!

If We Lose Our Shepherds ALL Sheep Are Lost!

What Can I Do?

- Daily Prayer (*below*)
- Offer Up Attachment(s)
- Offer online mass for a Priest
- Give up Convenience (ie Cold Shower, etc)
- Invite A Friend to Confession, Mass & Join In
- Weekly Confession
- Fasting Meal/Day 1-2x/wk
- Attend Daily Mass

Mary, Mother of Jesus, throw your mantle of purity over our Priests!

Protect them, guide them & keep them in your heart.

Be a mother to them, in times of loneliness & discouragement.

Love them & Let them completely belong to Jesus.

Like Jesus, let their hearts, minds & lips be virginal & pure.

May Jesus be on their mind & offer Him to ALL sinners.

Mother Mary wrap them in your mantle of Protection from ALL evil.

Plead to Jesus to have mercy on them, for we

are mere sheep who need their Shepherd!

Ora pro nobis, Sancta Dei Genitrix.. Amen

(Pray for us, O Holy Mother of God)

Start: Dec 8, 2021 -Immaculate Conception of Blessed Virgin Mary

Finish: Jan 1, 2022 -Solemnity of Mary, Mother of God

We Need To Sacrifice to Save Our Priests!

"Without Priests, we have no Jesus.

Without Priests, we have no absolution,

Without Priests, we cannot receive Holy Communion"

-Saint Mother Teresa of Calcutta

REFRIGERATOR PROTOCOL FOR COVID (as in, post it on your refrigerator)

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.

