








Medicine

Medicines to help the body to fight infectious diseases like COVID.

	Functionality (simplified)	Dosage	Some Food sources
<p>Magnesium</p> 	<p>Involved in 300+ enzymatic processes in body</p> <p>Assists in converting inactive Vitamin D to active Vitamin D</p>	<p>2-3x/week</p> <p>50ml of Milk of Magnesium - Carbonated Water solution</p> <p>take before sleep</p>	<p>Pumpkin seeds Leafy greens Spinach Swiss chard Almonds Avocados Dark Chocolate</p>
<p>Dr. Jin Sung on Magnesium youtu.be/I5rcDkYthUY youtu.be/PhN6cYDWJ-0</p>			
<p>Vitamin D</p> 	<p>Vitamin D improves lymphocytes fighting viral infections</p> <p>Impacts immune system of lungs</p>	<p>2000-5000IU daily</p> <p>Take with fatty meal</p>	<p>Sunlight</p>
<p>Dr. Jin Sung on clinical significance of Vitamin D youtu.be/6E9xfwyX6mQ</p>			
<p>Vitamin C</p> 	<p>Helps fight infections</p>	<p>200mg daily</p> <p>(choose a natural/organic Vitamin C Complex)</p>	<p>Sauerkraut Bell pepper Lemon</p>
<p>Dr. Berg on Vitamin C youtu.be/DnvnKnu7YBI youtu.be/ivYMo59SRRI youtu.be/LXM16uo_LcI</p>			

<p style="text-align: center;">Zinc</p> 	<p>Important for overall health and cognition, involved in 100+ enzymatic processes</p> <p>Crucial for growth, development, taste and smell, immune response, wound healing, protein and DNA synthesis</p>	<p><i>30mg/2x per week</i></p> <p>take in morning on empty stomach</p>	<p>Liver Beef Cashews</p>
<p>Dr. Jin Sung on Zinc youtu.be/C_jr3lgaoXk</p> <p>David Toman on Zinc youtu.be/JNBOr5pPCHk</p> <p>Dr. Berg highest zinc food youtu.be/fzhhbgnNiXFM</p>			
<p style="text-align: center;">Fish Oil Omega-3 Fatty Acid</p> 	<p>Lipid mediating and anti-inflammatory</p> <p>Helps blood-sugar management</p> <p>Good for skin</p> <p>Enhances absorption of glutathione</p> <p>EPA: general function DHA: good for brain</p>	<p><i>EPA/DHA 2000mg</i></p> <p><i>2-3x per week</i></p> <p>take with fatty meal</p>	<p>Herring Mackerel Salmon Sardines Tuna Algae</p>
<p>Dr. Jin Sung on Fish Oil youtu.be/d6mhTY4x5BA</p>			
<p style="text-align: center;">Iodine</p> 	<p>Required for healthy immune system</p> <p>Forms thyroid hormones T₃ and T₄ in thyroid</p> <p>Effects every cell in body and brain</p>	<p>RCA too low, possible dosage up to 25-50mg daily, dosage depends on individual</p> <p>Mix drop of Lugols solution with water, take on empty stomach</p>	<p>Sea kelp</p>
<p>David Tomen on Iodine for optimal performance and cognition</p>			

	youtu.be/fIZSnYSrNL8 Dr. Berg on Iodine facts, deficiency and your immune system youtu.be/yIytVCMSq2w youtu.be/5QumHUBdHlw		
Myo-Inositol 	Involved in cell signalling Natural anti-depressant, reduces stress and anxiety Helps reduce blood sugars Helps stop binge eating Improves sleep	<i>2mg/twice daily</i>	
	Dr. Berg benefits of Inositol youtu.be/xH9DGL9noPo David Thomen on Inositol youtu.be/K2MQ9p_XQhY		
NAC N-Acetylcysteine 	Converts to and recycles glutathione, one of the most potent anti-oxidants the body can produce Clears mucus in lungs	<i>600-1800mg daily</i> before meal	Onion Garlic Broccoli Kale <i>(sulfur containing foods)</i>
	Dr. Mobeen Sayed on NAC www.youtube.com/watch?v=K8kKWqsGIU8 Dr. Jin Sung on NAC youtu.be/0uwIMjIVfi4 youtu.be/DXRUjHEOCG0		
Quercetin 	Anti-oxidant, anti-inflammatory, anti-histamine, immune enhancing Application for allergies, viruses, cardiovascular diseases Enhances transport of zinc into cell membrane	<i>500-1000mg</i> <i>2-4x daily</i> after food	Apples Berries Broccoli Grapes Nuts Onions Bell pepper Tomatoes

Dr. Jin Sung on Quercetin
[youtube.be/ey10QMPW9Ic](https://www.youtube.com/watch?v=ey10QMPW9Ic)

Ivermectin



Binds to spike protein thus inhibits transport to nucleus

For 5 days
0.2mg/kg

then every two weeks 0.2mg/kg

take with food

(e.g. body weight 55kg → 12mg)

Hydrogen Peroxide
H₂O₂



Kills invading bacteria/viruses

Use as mouth wash, swirl and can also gargle

Don't swallow

1 spoon 3% solution mix with 4 spoons water

Dr. Berg, Hydrogen peroxide mouth rinse
[youtu.be/sFF5A99FCkQ](https://www.youtube.com/watch?v=sFF5A99FCkQ)