

# What do I (Mark McClure) do for prevention/exposure or treatment of the CoronaVirus (or during any flu/viral outbreak)?

Presently: 3/9/20

I have two main ongoing health themes to stay healthy.

- **Detox for life – toxic metals and chemicals**

- For this I use the Chlorella cocktail, cilantro, MSM, Glycine, freeze dried garlic, flax oils, probiotics, prebiotics, Hepatagest (Physica) and many herbs from the liver rescue into a green smoothie
  - it takes 5 minutes to prepare in an pint jar in the morning; 4-5 times a week
- I also prepare 32 oz. of fresh lemon juice (2 lemons) and add silicic acid (Living Silica Concentrate (monomethylsilanatriol)), and a Red Juice concentrate – full of super fruit powder. This is for aluminum detox, antioxidant and healthy water. I also drink 32 oz. of Cistus tea with Matrix Minerals (humic, fulvic), and Stevia – this if for healthy water and biofilm busting, viral, fungal and Lyme protection as well as chemical/ heavy metal detox.

- **Healthy bowel and liver**

My bowel is in good shape but my liver has not been, sluggish at best and fatty liver at worst– perhaps too much keto/ paleo and not paying attention to the liver detox.

- Since I have been following the liver rescue information, I have lost 15-20 lbs, my joints do not swell or hurt, and I am much more limber. Previously the periodic swelling and loss of function I felt in my joints were a chronic case of Lyme (which I knew I had) – and it was a liver issue.
- I drink celery juice in morning (as I am preparing the above, plus my lunch)
  - I drink a liver smoothie about 1-2 hours later
  - I drink the Chlorella cocktail 1-2 hours later
  - I try to eat a healthy vegetable based, a non- fat lunch
  - Then in the afternoon and evening, I try to consume healthy but not always vegetarian diet – and eat as much as I want.
  - I snack on fruits – apples, pear, figs, dates...
  - I never suffer from not eating as much as I want

For more information on the above topics - see:

- Detox for life – handout series or book
- Liver rescue handout

- Healthy water

**Now for the extra viral protection I am adding the following supplementation:**

1. Vitamin A: 25,000 - 100,000iu, with Vit. D 5000 and Vitamin K 1-3mg
2. Selenium: 600- 800mcg /day
3. Immune boosting mushrooms: Chaga, Reishi in my tea
4. Melatonin transdermal 250mg/day

**What do I use with the first sign of symptoms or if I feel that I have been exposed?**

**I always have these on hand at home.**

1. Zeta Rizol
2. Ecvir
3. Zinc lozenges 25mg
4. Vitamin C powder
  - a. At this time I prefer the strong antioxidant foods, but at the first sign I will take the dosages of Vitamin C to bowel tolerance
5. Transfer Factors +
6. Olive leaf extract

**If I contract the flu or coronavirus I will also use:**

1. Ozone nasal and ear insufflations
2. Ozone rectal insufflations
3. Hydrogen peroxide IV
4. High dose Vitamin C
5. Retro V powder and Broccoli sprouts