

Expert Physicians Suggested Protocol for Breathing Issues and Other Symptoms.

**\*\*\* Ask your doctor if these therapies are right for you. \*\*\***

**The prescriptions listed below are part of the physician protocol.**

**1. Inhaled budesonide (liquid respules) using a nebulizer**

Budesonide 0.5-1mg/2ml respules

Sig:1 respule BID\*

Dispense 2 boxes

\*(Some patients with severe symptoms benefit with 1 respule every 2 hours PRN)

**2. Antibiotic to help prevent or fight pneumonia**

Clarithromycin 500mg

Sig:1 Tab PO BID with food

Dispense 14. Refills X 1

**3. Zinc to help with viruses**

Zinc 50mg

Sig:1 PO QD

Dispense 30 Refills X 1

**4. Aspirin to prevent blood clots**

For Adults

Coated Aspirin 81mg

Sig:1 PO QD

Dispense 90 Refills X 3

**Other over-the-counter items that patients have reported have aided in their recovery:**

1. Tylenol – 1000 mg
  - Use every four hours for headache/fever (no more than 4 times daily)
2. Budesonide nasal spray (such as Rhinocort)
  - Follow instructions on package
3. Mouthwash– either the whitening kind (with hydrogen peroxide) or the ones that say “kills 99.9% germs.”
  - Gargle twice daily
4. HydrosHOT drink (molecular hydrogen enriched water) available at [h2bev.com](http://h2bev.com).
  - Drink 1 can in AM on empty stomach per day until intestinal symptoms resolve
5. Silver Bullet drink (hydrogen infused green tea with zinc) available at [h2bev.com](http://h2bev.com)
  - Drink 1 can in PM with food until viral symptoms resolve
  - DO NOT use if already taking Zinc. This would replace the zinc listed above.
6. Vitamin D3 2000-4000 u/day
7. Vitamin C 500 mg (twice daily)