

MYERS
DETOX®

Coronavirus

Preparedness Checklist

Be Safe. Be Informed. Be Proactive.



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What You Need to Know About the Coronavirus (2019-nCoV):

The Centers for Disease Control and Prevention and World Health Organization are closely monitoring the outbreak of Coronavirus 2019-nCoV that originated in Wuhan, China. Corona viruses range from common colds to the global SARS outbreak in 2003. 2019-nCoV is called a novel Coronavirus or new virus that has not been previously identified.

Coronavirus (2019-nCoV) facts:

Biomedical experts using epidemiological models suggest that the infection and fatality numbers are up to 10x higher than what is being reported in the media due to:

- Agencies not receiving and reporting infections and fatalities quickly enough
- Incomplete data from the Chinese government
- Shortage of coronavirus test kits
- Hospitals turning away patients due to overwhelm
- People infected and dying in their homes that go unreported ([Study](#))

Even with no symptoms, an individual can spread the virus to others - there is a 3-14 day incubation period before symptoms show.

After reviewing available research and consulting with doctors, genetics experts and virus researchers, I've compiled the following list of recommendations.

Coronavirus Preparedness Overview:

- Take antivirals and immune modulating supplements
- Alkalize your body by eating the right foods
- Protect yourself from EMF and ground with negative ions/negative charge
- Follow protocols to minimize exposure
- Be prepared in the event that there is public panic, a run on food and supplies or industry shutdown as we are seeing in China

Supplements

This list of supplements is for enhancing general immune function and disease resistance.

***This list is not meant as a preventative or treatment of Coronavirus.*

****Therapies for the prevention or treatment of Coronavirus should only be recommended by qualified healthcare professionals and public health authorities.*

- Colloidal Silver** - Take ½ teaspoon internally per day. Silver has been shown to destroy the SARS coronavirus and MRSA when taken internally and nebulized. ([Study](#)). I HIGHLY recommend to nebulize one teaspoon of silver daily in distilled water. Nebulizing is simply taking water and adding products to it (like silver) and then breathing the cold steam produced by the nebulizer into your lungs and sinuses. Do this to help support sinus and lung health after you go out in public or suspect and exposure. I use the [Phillips Respironics](#) nebulizer with an additional full face mask (to breathe it into my sinuses) that I bought on amazon, but this [handheld device](#) also works great. Some states require a prescription to buy a nebulizer. My local drug store ordered one for me. I like [Sovereign Silver Colloidal silver](#). You're going to need several large bottles. [ACS 200 by Results RNA](#) is also excellent.
- Daily Detox** - [Daily Detox](#) contains fermented broccoli sprouts. In the case of viruses, research shows that the compounds in broccoli sprouts have potent antiviral activity and can reduce not only viral load, but viral-induced inflammation as well. Take 1-2 scoops per day. ([Study](#)) ([Study](#))
- Solaris** - This natural plant esters supports the immune system. I have found this product to personally lower infections in my clients, including viruses, bacteria, fungus, candida and parasites. [Get Solaris here](#). Take 10 drops in water. You can take it up to 4 times per day.
- Zinc** - Zinc is a negatively charged ion that has been shown to inhibit viral replication. Take 20-50mg a day - but not more than that. I take the [Zinc Glycinate Protocol](#) for Life brand and this [Zinc Gluconate Liquid](#).
- Lysine** - Lysine helps absorb zinc and supports the immune system. Take [Klaire Labs Lysine](#) on an empty stomach. 1000-2000mg a day.
- Trace Minerals** - Minerals are needed for cell signaling. This needs to be strong so that your immune system can communicate. You also need high mineral levels to raise alkalinity - [Healthy Salt](#) is a therapeutic salt to raise mineral levels and alkalinity. Viruses thrive in an acidic environment; therefore, keeping your body as alkaline as possible can support prevention of viral infections[6][7]. [Healthy Salt](#) is 25% minerals. In comparison, sea salt is 1% and Himalayan salt is .8% minerals. Take one pinch in every glass of water.

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- Selenium** - Selenium is very important to prevent viral replication. My [Ageless AF](#) supplement contains 100mcg per capsule of the best form of selenium on the market - SE-methyl selenocysteine in addition to garlic, which has powerful antiviral properties. Take 200mcg per day.
- Vitamin C** - Vitamin C is essential for a health immune system response. It stimulates both the production and function of white blood cells. Take as much as you can to bowel tolerance. Meaning, when you get diarrhea take less. I rotate different kinds of Vitamin C - food based and liposomal. Take the highest pH Vitamin C known to man - organic food grade [Starwest botanicals Rose petal flowers and buds](#). Make tea from it and drink 1-3 cups per day. You can also take organic [Alma or Amalaki powder](#) or [organic Moringa powder](#) to get Vitamin C, but it's not as alkaline as the Rose buds. Liposomal C is recommended as well. I like [Dr Mercola Liposomal Vitamin C](#) in capsules. You can even do IV Vitamin C if you become sick or to raise levels quickly.
- Vitamin D** - Vitamin D is crucial to activating immune defenses - your T cells ([Study](#)). Get Vitamin D preferably from [Cod liver oil](#), liver, liver supplements, mushrooms, fatty fish and sunshine. I don't like synthetic D supplements because they do not mimic or behave in the body the same way that Vitamin D derived from sunshine and natural foods behave. If you want to take a D supplement, get 10,000 IU daily.
- Vitamin A** - Vitamin A has antiviral abilities and will support the immune system when it is under viral attack. It protects your upper respiratory mucus membranes and lining. You want food based A, not in a supplement, of which almost all are made from GMO corn. I like [beef liver supplements](#) to get Vitamin A. Take 25,000 IU daily. You can also eat beef liver.
- Iodine** - Iodine is necessary for proper immune system functioning. I like [Iodoral](#) because it has two forms of iodine. Take 25 mg/day as a daily dose and up to 50-100 mg/day at the first sign of an illness. Iodine can cause adverse effects. You may want to begin with much less if you haven't taken iodine for a while to acclimate. If you have hyperthyroidism or hypothyroidism, consult your doctor before taking iodine ([Study](#)).

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- CBD** - Cannabinoids modulate the immune system macrophages that clear out pathogens and toxins. Buyer beware - there are a lot of bad, toxic and even bogus CBD products on the market ([Study](#)).

I recommend taking an organic [Full spectrum CBD tincture](#) (not capsules) under the tongue. I like it because it is tested for over 130 contaminants like pesticides, glyphosate and heavy metals. For proper dosing, [watch this video series](#).

- Monolaurin** is an antiviral that supports in breaking-up biofilms where infections can hide from the immune system. I like [Lauricidin brand](#).

- Probiotics** - Eat probiotic-rich fermented foods like raw sauerkraut, kim chi and other fermented products that have not been pasteurized. [Ion Biome nasal spray](#) will add good bacteria to your sinuses to fight infection. Bolster your gut, where most of your immune system resides, with [Megaspore Biotics](#) probiotics.

- Cistus incanus tea** - This herb prevents viruses from entering into cells. You can get a [tincture](#) or [tea](#) of cistus incanus.

- Camel milk and hump fat** - these provide natural nanobodies to bolster the immune system. Get [camel milk](#) and [hump fat](#) (rub it on your skin too.)

Foods

- Eat these foods to boost immunity, alkalize the body and fortify cell membranes.
- Eat pastured organic eggs, animal proteins, fats - you need good quality fats for strong cellular membranes. RNA viruses can more easily get into unhealthy cells with poor membrane integrity.
- Eat Omega-3 fats from fish. Wild caught fish are a great source of quality fats for strong cellular membranes. RNA viruses can more easily get into unhealthy cells with poor membrane integrity. I love VitalChoice.com seafood. I ordered about 6 month's worth of nonperishable canned fish.
- Eat lower or no refined carbs (refined carbs are acidifying)
- Eat lots of greens like lettuces, spinach, collard greens, turnip greens, mustard greens.
- Eat probiotic fermented foods.
- Eat mushrooms to improve immunity. Shiitake, Reishi, Maitake, Chaga, Cordyceps and Turkey Tail are just a few mushrooms that are great immune boosters. Mushrooms contain betaglucans needed for good immunity ([Study](#)).
- Eat organic raw unfiltered honey as it's negatively ion charged. I like Manuka Health Manuka 550MGO. This is the strongest antimicrobial honey you can buy. Manuka honey is proven to be a potent antiviral ([Study](#)).
- Avoid wheat and corn due to pesticide residue, mold, fungus and their inherent decrease in immune function.
- Avoid alcohol, which suppresses immune system function.
- Avoid sugar, which suppresses immune system function for 6 hours after ingestion.

Essential Oils

Use essential oils that have antiviral and antiseptic properties. Vaporize them and make cleaning supplies out of them (add a few drops to water and wipe down surfaces).

- [Boswellia](#) - Calms cytokine storms (viral symptoms)
- [Frankincense](#)
- [Copaiba](#)

EMF Protection

EMFs (Electromagnetic Frequencies) increase the replication of pathogens of all types. ([Study](#)). ([Study](#)).

EMFs also compromise the immune system ([Study](#)). Most viruses are negatively ion charged. If they are exposed to positive charge, like one suffers when exposed to EMF from computers, 5G, Wifi, wireless internet, bluetooth, dirty electricity, etc, the viruses replicate and mutate exponentially faster. This is a phenomena that happens with viruses, bacteria, parasites, mold, fungus, yeast, etc.

Use these tools to protect from EMF and create a negative charge in your body.

- Watt-ahh Polarized Water** - Watt-ahh is a high alkaline pH water. Watt-ahh delivers high amounts of hydrogen, oxygen and negative ions to your body - and makes redox molecules. These redox molecules make sodium hypochlorite (very alkalizing with a negative ion charge). You can purchase the Watt-ahh [here](#) - use code Energywater at checkout to get a \$3-5 discount per case (depending on size).
- EMF Protection Pendant** - the [Harmoni Pendant](#) for stress reduction and EMF protection provides up to 88% protection from EMF and is endorsed by health authors and professional athletes. It supports coherence in the electrical field of your body. Save between 34-50% during their current promotion.
- Pure Wave PEMF mat** - The [Pure Wave PEMF](#) mat helps to correct the negative charge of your cells when EMF has caused a positive charge on your cells. This mat clears the cells of EMF and calcium buildup in the cell caused by EMF. The mat charges your cells up to the correct voltage. I have this mat and I love it. I use it daily to guard against EMF induced damage.
- EMF Protection Guide** - Take measures to further reduce EMF and dirty electricity exposures in your home.

[Download my free EMF protection guide.](#)



Protective Measures

Follow these safety precautions to limit exposure to the novel coronavirus.

- Nebulize daily with [colloidal silver](#). Nebulizing is simply taking water (I recommend using [Watt-ahh](#)) and adding products to it like colloidal silver and then inhaling the cold steam produced by a [nebulizer](#) into your lungs and sinuses.
- Face masks are limited in their ability to protect you from coronavirus ([Study](#)). The masks will block most large respiratory droplets from other people's sneezes and coughs from entering your mouth and nose as long as they are used properly. But, I've been told by a researcher that scientists working in Biolevel 3 hazmat suits have contracted RNA viruses like the novel coronavirus. So, if people working in full body biolevel 3 hazmat suits can still contract the novel coronavirus, a mask will not protect you. If you want to wear a mask or are traveling, I would still wear one. But don't overestimate their ability to protect you.

I recommend [3M Cool flow N95](#) or on [amazon](#) or [P100 face masks](#) or on [amazon](#). You can also get the [3M 7500 here](#) or on [amazon](#), which uses [3M 2091 filters](#), also available on [amazon](#).

- If you want to wear eye goggles, get either [cheap swimmer goggles](#) or [better safety goggles here](#). This is on [amazon](#) too. The virus is aerosolized and can be [transferred via the eye](#).
- Wear [rubber/nitrile Gloves](#) when going in public places.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based, essential oil or colloidal silver based hand sanitizer.
- Air filters are indispensable when there is a pathogenic outbreak. The [Pureairdoctor air filtration technology](#) has been highly welcomed and purchased by thousands in the China and Eastern markets because of the performance and protection it provides from the Coronavirus. They have fulfilled orders for their technology in over 100 hospital applications there. With most new viruses or microbiological threats, scientists will often look at the size or molecular complexity of the strain. They will then look to what technologies were successful in addressing a previous smaller or more complex problem (in this case the H1N1). This is also not just a matter of capturing the contaminant in a filter because viruses would continue to grow in a filter. Their technology has an ongoing proactive electrical field process that addresses this growth right within the actual filter media, not before it or after it which is what most companies attempt. At that point it is too late.

Protective Measures

- Avoid public bathrooms as the virus can be spread with toilet flushing that sprays the virus into the air ([Study](#)).
- Hydrogen Peroxide and [Lysol](#) kills the coronavirus, spray on all mail before it comes into the house. Do not take internally. The Hydrogen peroxide you buy at the store is only for external use.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Stay home if you have a large number of reported coronavirus cases in your area.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Try to go to your local clinic or doctor before your local hospital. I fear people go to the hospital for a regular flu or cold and then are exposed to people with the coronavirus and antibiotic resistant infections. A recent study showed that some patients are not presenting with typical coronavirus symptoms and therefore are not screened for it ([Study](#)). They infected other patients and hospital staff because proper precautions were not taken. It's inevitable that overcrowded and long lines at Chinese hospitals inadvertently spread the disease in this manner.
- If the coronavirus is spreading and someone has to go out for supplies, use this protocol for allowing someone or objects into your home: Wear a face mask, eye goggles, and gloves. Spray the person or object down with hydrogen peroxide or another disinfectant like alcohol. Only then allow them inside your home.

In Health,



Wendy Myers
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