

Dr. Marquis' Post COVID or Post COVID Injection(s) Tool Kit

The below information is not a cure for any disease. These tools may help support a robust immune system.

Keep the following on hand and use at a frequency that meets your needs:

- Maintain Core Nutritional Protocol – See Immune System Support Tool Kit
- Nebulizer
- Iodine Nasal Spray
- Ivermectin
- Steroid Inhaler
- Essential Oils

Recognize the impact of reactivated viral activity and consider (IE: Neural Zoomer for EBV, CMV, HHV6, Strep, etc.) testing.

Recognize the impact of the spike protein, its target sites, and effects both near term and cumulative (proper testing can help put this in perspective).

Recognize the complex nature of MIS-C and take the steps necessary for each child and their UNIQUENESS into consideration BEFORE making ANY potentially PERMANENT choices.

Here is a broad list of tools and strategies that may help clean up the negative effects of either the infection and/or the COVID injections. If utilized, this tool kit should be customized to each individual's unique and specific situation and needs:

- Maintain core nutrition protocol at least weekly, including optimize hydration
- Fibrenza - Broad Spectrum Proteolytic Enzyme Blend
- CitriNox - Vaso Dilator and NO2 precursor to support immune modulation
- PectaSol - Cellular Detoxifier
- BioToxin Binder followed by HM ET Binder - Rare earth mineral detox and binder formula that helps restore mitochondrial function
- NAC - Precursor to glutathione, mucus thinning agent, and immune modulator
- Black Seed Oil - Antiviral Immune Modulator (Supports CD3:CD4 balance)
- InfraRed Sauna (170 degrees)
- Slow re-entry into strenuous activity (Know your blood markers, particularly for the 4-6 months post COVID injection)
- Cold Laser (brain stem and olfactory bulb), Vagal nerve stim (vibration), Olfactory stim (R/L - essential oils, etc...)
- Heart Rate Variability work to support Autonomics (Vagal nerve and systemic downstream function of Vagal nerve)
- SLEEP!!! Don't push yourself, make time to rest properly.
- Utilize Stress Reduction Response Strategies: Connect with others and nature, laugh, sing, exercise, avoid negative energy (avoid mainstream media and find well-rounded/critical thinking information outlets).