



# Protocols

## Remedy #1:

### Oregano Inhalation

The replication of the COVID virus in the airways can lead to the alveoli (air sacs) of the lungs to fill up with fluid, which may bring on symptoms of cough, fever, chills, and difficulty breathing.<sup>1</sup> Two oils particularly beneficial for combating COVID are oregano and eucalyptus oil (organic and undiluted). Oregano oil is antiviral<sup>2</sup>, antimicrobial<sup>3</sup>, and we have found it to be extremely beneficial for those in the initial to moderate stages of COVID. Eucalyptus oil may also help inhibit COVID.<sup>4</sup> The following remedy should be used at the first sign of an illness. It is especially helpful for symptoms in the respiratory tract but can also help with a broad variety of immune disorders.

#### Step 1

Fill 2 pots with 8 cups of water in each pot. Bring both pots of water to a boil.

#### Step 2

Have patient sit at a table. Place one of the pots of hot water in front of them (with the lid on to keep in the steam).

#### Step 3

Put 2 drops of pure oregano oil on a spoon and lower the spoon into the pot of hot water. (Optional: 2 drops eucalyptus oil or peppermint oil)

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<sup>1</sup> U.S. Department of Health and Human Services. (n.d.). *Covid-19 and the lungs*. National Heart Lung and Blood Institute. Retrieved February 10, 2022, from <https://www.nhlbi.nih.gov/coronavirus/lungs>

<sup>2</sup> Pilau, M. R., Alves, S. H., Weiblen, R., Arenhart, S., Cueto, A. P., & Lovato, L. T. (2011, October). *Antiviral activity of the Lippia graveolens (Mexican oregano) essential oil and its main compound carvacrol against human and animal viruses*. Brazilian journal of microbiology : [publication of the Brazilian Society for Microbiology]. Retrieved February 9, 2022, from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3768712/>

<sup>3</sup> Leyva-López, N., Gutiérrez-Grijalva, E. P., Vazquez-Olivo, G., & Heredia, J. B. (2017, June 14). *Essential oils of oregano: Biological activity beyond their antimicrobial properties*. Molecules (Basel, Switzerland). Retrieved February 9, 2022, from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6152729/>

<sup>4</sup> Khanna, K., Kohli, S. K., Kaur, R., Bhardwaj, A., Bhardwaj, V., Ohri, P., Sharma, A., Ahmad, A., Bhardwaj, R., & Ahmad, P. (2021, May). *Herbal Immune-boosters: Substantial warriors of pandemic covid-19 battle*. Phytomedicine : international journal of phytotherapy and phytopharmacology. Retrieved February 9, 2022, from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7532351/>



#### **Step 4**

Breathe in the hot vapor for 20-30 minutes. Swap out for the second pot of hot water halfway through. Repeat Step 3 several times, as the essential oil tends to evaporate quickly.

#### **Frequency**

Repeat every 3 hours for infection. For prevention, 1-2 times daily.

Note: If oregano oil unavailable, may use a full hand of oregano leaves, boil for about 5 minutes prior to inhaling.

#### **Needed:**

Oregano Oil

Eucalyptus Oil (optional)

Peppermint Oil (optional)

Pot of hot water

Spoon

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#### **Remedy #2:**

### **Oregano Gargles**

COVID can be aerosolized and remain suspended in the air for hours. These aerosolized particles can be breathed in and cause infection.<sup>5</sup> Gargling with this mixture

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<sup>5</sup> Centers for Disease Control and Prevention. (n.d.). *How coronavirus spreads*. Centers for Disease Control and Prevention. Retrieved February 9, 2022, from <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html>



































Hydrotherapy has been used in history to treat a number of conditions, including influenza, typhoid fever, and pneumonia.<sup>38</sup> Water can store heat more than any other substance and can give off heat without greatly changing temperature. Water is non-irritating, non-allergenic, has solvent and nutritive properties, and is inexpensive. Hydrotherapy's mode of action affects the respiratory system, nervous system, circulatory system, digestive system, mood, and immune system.<sup>39</sup> <sup>40</sup> If you have persistent symptoms, such as a fever, a hot bath to temporarily elevate the body's temperature can help relieve symptoms.<sup>41</sup> This remedy requires help from another individual.

### **Step 1**

Check temperature and heart rate prior to hot bath to establish patient's baseline.

### **Step 2**

Have the patient drink three cups of herbal tea (dandelion, mullein, peppermint, licorice, lobelia, or warm water) prior to the hot bath.

### **Step 3**

Fill a tub with hot water. Check water temperature and maintain a target range of 102-105F throughout treatment.

### **Step 4**

Have patient immerse themselves in the tub, covering their entire body except above the neck.

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<sup>38</sup> WJ, C. (n.d.). *Sauna as a valuable clinical tool for cardiovascular, autoimmune, toxicant- induced and other chronic health problems*. Alternative medicine review : a journal of clinical therapeutic. Retrieved February 9, 2022, from <https://pubmed.ncbi.nlm.nih.gov/21951023/>

<sup>39</sup> Bailly, M., Evrard, B., Coudeyre, E., Rochette, C., Meriade, L., Blavignac, C., Fournier, A.-C., Bignon, Y.-J., Dutheil, F., Duclos, M., & Thivel, D. (2022, January 25). *Health management of patients with COVID-19: Is there a room for hydrotherapeutic approaches?* International journal of biometeorology. Retrieved February 9, 2022, from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8789204/>

<sup>40</sup> An, J., Lee, I., & Yi, Y. (2019, April 10). *The thermal effects of water immersion on Health Outcomes: An integrative review*. International journal of environmental research and public health. Retrieved February 9, 2022, from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6479732/>

<sup>41</sup> Evans, S. S., Repasky, E. A., & Fisher, D. T. (2015, June). *Fever and the thermal regulation of immunity: The immune system feels the heat*. Nature reviews. Immunology. Retrieved February 10, 2022, from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4786079/>



### **Step 5**

Apply cold towels to the patient's forehead and wipe face with a cold towel.

Replace the towels to the forehead often.

### **Step 6**

Keep patient's index finger above water to check heart rate and saturation.

Target: heart rate <120, oxygen saturation >92%, temperature <102F Stop treatment if heart rate is >120

### **Step 7**

Have patient stay in the water for 20 minutes, or shorter as patient tolerates. Encourage them to continue drinking herbal teas (or warm water) while immersed.

### **Step 8**

Once finished, drain the water. Have patient sit with their chest out of the water and begin to cool their chest with a pitcher of cold water (3x) or cold towels (replace 3x).

### **Step 9**

Next, have patient sit up on the edge of the tub with their feet in the tub. Cool their lower body with a pitcher of cold water (3x) or cold towels (replace 3x).

### **Step 10**

As soon as the patient leaves the bathtub, have them quickly dry thoroughly and dress warmly.

### **Step 11**

Have the patient drink two cups of herbal tea (dandelion, mullein, peppermint, licorice, lobelia, or warm water).



## Step 12

Have the patient rest in bed for 30 minutes after treatment.

## Frequency

Perform 2x a day until temperature is normal and chest congestion resolves.

## Needed:

Herbal tea

Thermometer

Bathtub

Pulse oximeter

Water

Towels

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# Herbal Remedies

## Remedy #17:

### Black Seed (oil or powder)

Low levels of zinc are associated with poor outcomes in COVID.<sup>42</sup> According to research, black seed (*nigella sativa*) acts as an ionophore for enhancing the uptake of zinc in the cells, thus enhancing the immune response against COVID.<sup>43</sup> Both black seed and raw honey have antiviral, antibacterial, anti-

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<sup>42</sup> Vogel-González, M., Talló-Parra, M., Herrera-Fernández, V., Pérez-Vilaró, G., Chillón, M., Nogués, X., Gómez-Zorrilla, S., López-Montesinos, I., Villar, J., Sorli-Redó, M. L., Horcajada, J. P., García-Giralt, N., Pascual, J., Díez, J., Vicente, R., & Güerri-Fernández, R. (2020, January 1). *Low zinc levels at clinical admission associates with poor outcomes in covid-19*. medRxiv. Retrieved February 9, 2022, from <https://www.medrxiv.org/content/10.1101/2020.10.07.20208645v1>

<sup>43</sup> Rahman, M. T. (2020, October). *Potential benefits of combination of nigella sativa and Zn supplements to treat covid-19*. Journal of herbal medicine. Retrieved February 9, 2022, from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7313527/>



inflammatory, and immunomodulatory properties. When taken together, they can help improve COVID symptoms and viral clearance.<sup>44</sup>

### **Step 1**

Combine 1 tbsp raw organic black seed (freshly ground powder or cold-pressed oil) with 1 tsp raw organic honey in 3/4 cup (6 ounces) of warm water.

### **Step 2**

Drink on an empty stomach 30 minutes before meals.

### **Frequency**

Take 1 X day

### **Needed:**

Black seed

Honey

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## **Remedy #18:**

## **Herbal Teas**

### **Herbal Tea #1 — Dandelion Tea**

#### **Step 1**

Mix 1 Tbsp of Dandelion with 8 ounces (1 cup) of boiling or hot water.

#### **Step 2**

Steep the tea for 10 minutes, let cool off, and enjoy.

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<sup>44</sup> Ashraf, S., Ashraf, S., Ashraf, M., Imran, M. A., Kalsoom, L., Siddiqui, U. N., Farooq, I., Habib, Z., Ashraf, S., Ghufran, M., Akram, M. K., Majeed, N., Zain-ul-Abdin, Akmal, R., Rafique, S., Nawaz, K., Yousaf, M. I. K., Ahmad, S., Shahab, M. S., ... Siddique, S. (2020, January 1). *Honey and Nigella sativa against covid-19 in Pakistan (HNS-Covid-PK): A multi-center placebo-controlled randomized clinical trial*. medRxiv. Retrieved February 9, 2022, from <https://www.medrxiv.org/content/10.1101/2020.10.30.20217364v4>

**Frequency**

Drink 1-2x a day while experiencing symptoms.

**Needed:**

Dandelion

Pot of hot water

**Herbal Tea #2 — Licorice Tea****Step 1**

Boil 1 Tbsp of Licorice root slices in 8 ounces (1 cup) of water for 10 minutes.

**Step 2**

Let tea cool off before consuming.

**Frequency**

Drink daily while experiencing symptoms.

**Needed:**

Licorice root

Pot of hot water

**Herbal Tea #3 — Lobelia tea****Step 1**

Mix 1 tsp of dried lobelia with 8 ounces (1 cup) of boiling water.

**Step 2**

Steep the tea for 10 minutes, let cool off, and enjoy.

**Frequency**



Drink 1-2x a day while experiencing symptoms.

**Needed:**

Lobelia

Pot of hot water

## **Herbal Tea #4 — Mullein tea**

**Step 1**

Mix 1 Tbsp of Mullen with 8 ounces (1 cup) of boiling or hot water.

**Step 2**

Steep the tea for 10 minutes, let cool off, and enjoy.

**Frequency**

Drink 1-2x a day while experiencing symptoms.

**Needed:**

Mullen

Pot of hot water

## **Herbal Tea #5 — Peppermint tea**

**Step 1**

Mix 1 Tbsp of Peppermint with 8 ounces (1 cup) of boiling water.

**Step 2**

Steep the tea for 10 minutes, let cool off, and enjoy.

**Frequency**

Drink 1-2x a day while experiencing symptoms.

**Needed:**



Peppermint  
Pot of hot water

## Nutrition

### Nutritional Smoothie

1 kiwi (vit C)  
1 orange peeled (vit C)  
½ C berries (vit C)  
2 Tbsp sunflower seed soaked, if available (NAC) 2  
Tbsp pumpkin seed soaked, if available (zinc) ¼ C  
water  
Blend  
Daily

### Grapefruit juice

½ - 1 C fresh grape juice  
Daily

### Anti-Inflammatory Green juice

1 C carrot juice  
2 C green juice  
    ½ C cucumber  
    ½ C celery  
    ½ C lettuce  
    ½ C cruciferous (kale, chard, cabbage, etc.)

Mix all the above, strain it well and divided in 3 C (8oz cup), seal it. Drink it 3 x day on empty stomach

