

Grocery List

The following is a list of the essential grocery items you will need to adhere to our anti-viral protocol. All food items, outside of thick-skinned citrus fruits, should be organic.

Berries, frozen (1 bag)
Garlic (1 lb)
Grape fruit (1 bag)
Kiwi (7)
Onion (1 large bag)
Lemons (20)
Orange (7)
Salt (Celtic or pink salt)
Turmeric powder (1 C)

For Therapies:

Oregano oil, organic and pure
Eucalyptus oil, organic and pure (optional)
Mint oil, organic and pure (optional)

Equipment List

Below is a list of essential pieces of equipment you'll need in your home to ensure you're able to make maximum use of the protocols we teach.

Blender
Glass jar
Measurement Cups
Measurement Spoons
Oxygen concentrator (ask if friend have it, can ask doctor to order if saturation on low 90's)
Pots
Pulse Oximeter
Thermometer
Towels