

Expert Physicians Suggested Full Therapeutic Protocol That is Working for Breathing Issues and Other Symptoms.

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

### **Prescriptions**

Budesonide 0.5-1mg/2ml respules

Sig:1 respule BID\*

Dispense 2 boxes

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

Clarithromycin 500mg

Sig:1 Tab PO BID with food

Dispense 14. Refills X 1

Zinc 50mg

Sig:1 PO QD

Dispense 30 Refills X 1

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 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 symptoms resolve
6. Vitamin D3 2000-4000 u/day
7. Vitamin C 500 mg (twice daily)