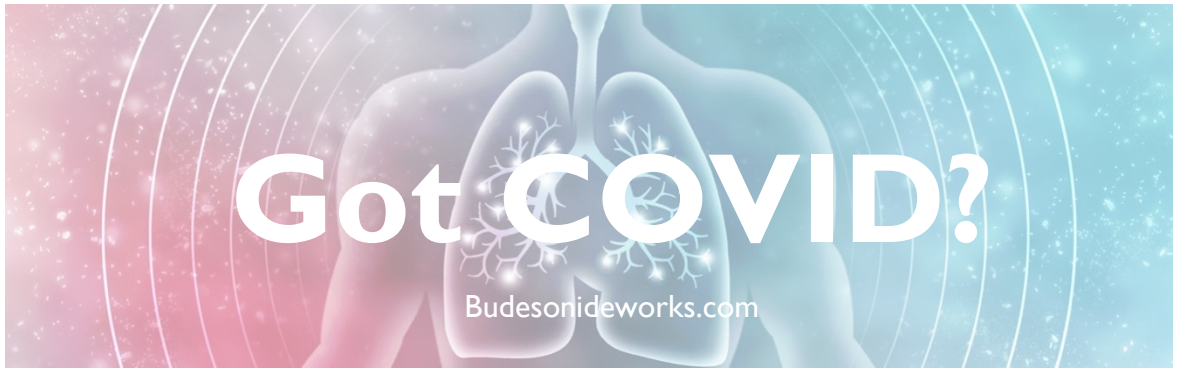


Below are suggestions on what to do, depending on what stage you are in. All of these suggestions are from doctors working on the frontlines or from COVID survivors. As always, please vet all suggestions by your own physician or provider. For detailed information, visit [Budesonideworks.com](https://www.budesonideworks.com).



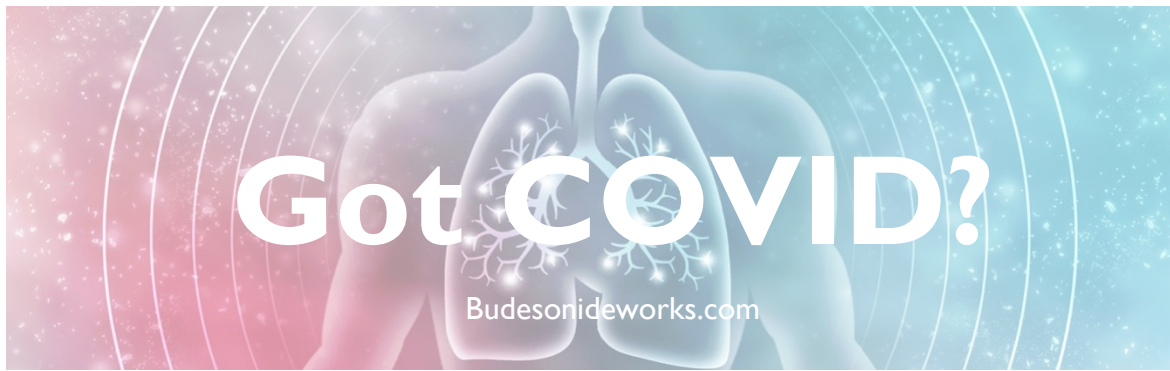
## Stage I –Protection/Prevention Measures

- 1) Use the below suggested over-the-counter therapies that doctors have recommended and/or patients have reported that have aided in their protection and prevention, especially if you think you have been exposed:
  - **Budesonide nasal spray** (such as Rhinocort) – available at any drugstore, Target, Walmart, grocery stores and Amazon. *Follow instructions on package.*
  - **Mouthwash**– any mouthwash that either that says “kills 99.9% germs” or a whitening mouthwash with hydrogen peroxide. *Gargle twice daily.*
  - **Hydroshot** drink (molecular hydrogen enriched water) - available at [h2bev.com](https://www.h2bev.com). This drink has many medical benefits. *Drink 1 can in AM on empty stomach per day.*
  - **Silver Bullet** drink (hydrogen infused green tea with zinc) - available at [h2bev.com](https://www.h2bev.com). *Drink 1 can in PM with food.*
  - **Vitamin D3** 2000-4000 u/day
  - **Vitamin C** 500 mg twice daily
- 2) **Move** as much as you can to enable deep breathing. Walking is good, dancing is great.
- 3) **Sing** – singing is also good at helping you breathe.



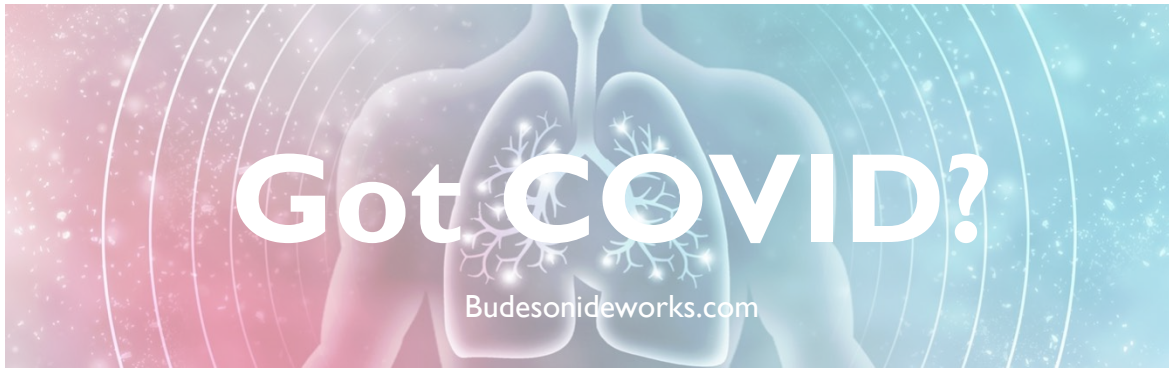
## Stage 2 – Symptomatic or Positive Test

- 1) Do **all items listed above** in Protection/Prevention. Note that the Hydroshot drink has also been reported to alleviate the symptoms of diarrhea and nausea. The Silver Bullet drink helps you more easily absorb zinc which is known to fight all viruses.
- 2) **Contact your doctor** to prescribe the needed [protocol](#) so you can recover from home. If they are skeptical, send them to [BudeonsideWorks.com](#) and review the studies under the [Validation tab](#) and to review doctor and patient testimonials under the [Stories tab](#).
- 3) If you **don't have a doctor** who will help you, try a telemedicine [provider in our network](#). or try the other options listed on that page if you cannot find one in your area.
- 4) **Recover from your home.**
- 5) **Have on hand** to aid in your recovery and any telemedicine visits (available at any drugstore or online at Amazon):
  - **Thermometer** to monitor your fever,
  - **Pulse oximeter** to monitor your oxygen levels, and
  - **Nebulizer** for administering budesonide.



### **Stage 3 – Late Stage – in Hospital**

- 1) Try to do **mouthwash** listed above twice a day while in hospital, even if on oxygen.
- 2) Try to **move** as much as you can. Get up, walk around if you can.
- 3) **Insist** that you (or your loved one) be given budesonide protocol (even if on ventilator).
- 4) If the hospital staff refuses to treat with budesonide based on the excuse that the virus is aerosolized with a nebulizer and will be spread throughout the hospital, a suggested response is below:
  - Request the nebulized treatment be administered in a negative pressure room. Every hospital has one.
  - Tell them you have a right to ask for a treatment that works. Patients have a right to choose the therapy they want.
  - If they still refuse, our hospital insider (nurse/attorney/hospital administrator) suggests that you say the following: “I request an ethics consultation with the hospital ethics committee with a complaint of failure of communication.” This creates a legal record in case you need further legal recourse or action. Remember doctors have taken an oath to “do no harm.”
- 5) Share the following studies with doctors and hospital:
  - [Budesonide facilitates weaning from mechanical ventilation in difficult-to-wean very severe COPD patients](#)
  - [Effect of nebulized budesonide on respiratory mechanics and oxygenation in acute lung injury/acute respiratory distress syndrome](#)



## Stage 4 – Long Haulers – Lingering or Long-term Issues

We have been contacted by many folks who had COVID and are suffering from long-term issues such as brain fog as well as breathing, heart, intestinal and joint issues. We have noticed that most of those folks were not properly treated early with budesonide so the cytokine storm happened throughout the body and perhaps did some damage. If you are one of those people, you may try some of the following suggestions:

- 1) Try some of preventive measures in stage 1 above to see if they help. Most especially the nasal budesonide and both of the hydrogen drinks ([Hydroshot](#) and [Silver Bullet](#)).
- 2) Do an internal cleanse such as [the harmful organism cleanse](#). This cleanse helps detoxify your system and supports your immune system and has helped many people get completely well.
- 3) Explore some of Dr. Mobeen Syed's medical lectures on Long Haulers:
  - Brain Fog, Myalgia, Depression, And Fatigue in Long-Haulers – Drbeen Medical Lectures <https://www.youtube.com/watch?v=nBZtMDuXDbY>
  - COVID Long Haulers - Discussion with Dr. Bruce Patterson - Drbeen Medical Lectures <https://www.youtube.com/watch?v=9HSKceCt8tQ>