

Virus/Cold Protocol

Abolish Confusion and Fear



Note: Please share this with anyone who doesn't yet see how **ESSENTIAL** it is for us to do everything we can to boost our immune systems right now. You were not charged for this booklet, so please do not sell it to others. Even better, you can send them to LifeRegeneration.net to download their own copy from the Health Library page.

[LifeRegeneration.net Health Library](#)

If you'd like to give a freewill donation to LifeRegeneration so we can continue to add to this library, please do so at: [Giving - Part of Truly Living!](#)

Disclaimer: What is presented here has not been approved by the FDA, AMA, CDC, WHO or any other government agency. It is merely for educational purposes. By reading this booklet you agree that you understand this and take responsibility for your own decisions and health choices. You and only you are responsible for your health and you will be the one who reaps the consequences and/or benefits of your choices in health care.

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You only need this protocol. Reading any further is for those who want more information and proof that this protocol works.

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Virus/Cold Protocol Introduction ☆

They say there is no cure for the coronavirus, and yet our immune system was created specifically for dealing with viruses, bacteria, and other microbial attacks on our physical body. Your immune system **CAN** kill this virus **IF** given the support it needs to keep working for 10 to 21 days, giving it time to figure out the “code” each virus has that will break it down and send it out of the body. Even this virus - which we are being told is much different than any other virus before, because of the RNA/DNA that it involves – can be killed by your immune system.

In addition, you will gain not only immunity to it, but it will set in motion many other things in your body to make your body stronger in areas you could not imagine. Yes! Viruses and colds are a type of physical workout that will make your whole body stronger and fit for overcoming other physical challenges you come across in your life.

Those in the medical field will admit that there is nothing that can heal the flu, a cold, and other illnesses. You can only support the immune system and build a healthy body and then that system will heal you. In truth, all healing comes from God and He created us fearfully and wonderfully, with the ability to heal.

In this booklet I simply present to you the many options that you can take that will enable your immune system to stay up and running, working on exactly what it was

created to work on. These options apply to you whether you have a “normal” immune system or you have a immunocompromised system or are told that you have no working immune system by any health practitioner.

I use the term “options” loosely” since you need to be aware that NO ONE of these options will likely work alone. This is actually a list of all the things you will want to take advantage of when/if sick. Go down the list and tick off each one as you apply it (most daily) until your symptoms disappear.

You can gain from just doing this basic protocol without reading anything else in this book. So you decide if you just want to read 5 pages or all 45 pages. Enjoy!

Basic Virus/Cold Protocol

Here is a simple and natural solution for dealing with any virus or cold (including COVID):

This is a simple protocol and MUCH better than any vaccine, drugs with side effects, fear, or panic. Nice! 🙌👍👁️👁️😊

Testing is not going to change the fact that you have or don't have this particular virus or any virus. A doctor can give you drugs for an infection or bacteria, but they have no drugs that will combat any virus. If you have the symptoms of any flu or even the common cold, stop running around, go home and:

1. Get plenty of fluids
2. Get plenty of rest/sleep

3. Get plenty of vitamin C - much more than the RDA - up to 10,000 mg or bowel tolerance, spread throughout the day, each day you continue to have symptoms.
4. Drink Echinacea and/or ginger tea(s) with raw honey.
5. Eat chicken noodle soup – yes! This has specific nutrients and oils in it that will boost your immune system.
6. Use elderberry syrup or tabs if you have a cough or any respiratory symptoms.
7. Drink colloidal silver for your water and if you have respiratory problems nebulize it (15 minutes, 3x/day) - 10 ppm colloidal silver. Keep in mind this is pure colloidal silver made with 99.99 pure silver and electric current in steam distilled water. NOT the colloidal silver a lab makes using chemicals to produce a quick product for lab use, and not healthy for human consumption. Get our booklet on Colloidal Silver for more details.
8. Eat foods with garlic, onions, and ginger in them, or eat them raw if you like! ☺
9. If you have a fever allow it to work on the virus (hint: don't pop Tylenol, Motrin, or ibuprofen - they actually hinder healing). Allow a fever up to 104° but if it goes higher or you just can't stand that high then use cool washcloths and/or room temp bath to bring down to just 103°, and allow that for aiding the immune system in killing the virus. Many will have a fever for up to three nights, with possible chills during the day. That's okay. Allow these to do what they are meant to do – kill the virus. (see the fever booklet in the LifeRegeneration library for further details).

10. Tonic water (Schwepps is one brand) and zinc. Doctors are saying 100-250 mg zinc glyconate a day when you have symptoms of not getting enough oxygen! This is not maintenance dose; it's just for when ill (with symptoms); 2-3 ounces of tonic water with 50-100 mg zinc is one dose (Frank Hahnel, MD). When you are sick, do 2-3 doses a day.

11. Resolve stressors - Stress shuts down your immune system, so you must resolve it in order for your immune system to function as needed to kill illness. Prayer helps greatly with this along with practicing gratitude every day. Keep releasing stress until you can FEEL that it is gone! This is vital for the rest of your health care actions to work for you. **SO IMPORTANT**, we have included a whole section with a Fear/Anger/Stress Protocol for you in the Table of Contents. Yes!

12. Get sun exposure on maximum skin, mid-day for a minimum of 30 minutes, with no sunscreen. Some gingers or those with extremely white skin may need to adjust this so as to not burn. You know best how much you can take, but you great white wonders, still get in the sun each day for at least 10 minutes. ☺

13. Colloidal Silver (CS). If you have any respiratory symptoms use colloidal silver 10 ppm in a nasal spray bottle 3 times per day or as often as needed. For congestion and/or pain in the chest/lungs, nebulize colloidal silver 10 ppm for 15 minutes 3x/day until symptoms cease. This can take up to 3-4 days.

Give your immune system 10-14 days and you'll be fine. You'll probably get over your illness in less time than that and will then have a natural immunity that will enable you to be out helping others.

IF YOU FIND THAT YOU HAVE ADVANCED RESPIRATORY ISSUES AND CANNOT GET PROPER OXYGEN, then definitely submit yourself to your family doctor for medical care. Your stand-alone ER or family doctor will give you the best options for care versus signing into a hospital, since they will give you individual care for your specific needs, versus just following a protocol for the general public as some hospital administrators are often directed to require their doctors to do.

YOU NEED GO NO FURTHER IN THIS BOOKLET IF YOU ARE MERELY LOOKING FOR A BASIC VIRUS CARE PROTOCOL. IT'S ALL COVERED ABOVE. The rest is merely additional food for thought and for satisfying those who want references, testimonies, science, or other information to validate a protocol.

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Testing makes no difference whatsoever in treatment so I don't understand the panic over there not being enough test kits. It's the flu, a strain that affects the respiratory system, and especially bad for those with immune-compromised body systems.

Personal Testimony of virus care early in 2020: ☆

In late January 2020, I had the symptoms of high fever (just over 104°) for 3 nights, whole body aching, sinus and throat congestion, lethargy, and chills at times during the day. Keep in mind, I haven't had the flu in over 25 years and I'm in my 60s. I allowed the fever as long as it did not go above 105° (this is hard but possible).

On day 5 when this went into my lungs (crackling and congestion), I immediately got on Amazon and ordered a

nebulizer - only \$30. God bless Amazon, it arrived the very next day. I used it to nebulize colloidal silver (which kills all viruses and bacteria) 15 minutes with a vast difference in my ability to breathe. I did have symptoms again within about 4 hours and so did this 3x a day for 15 minutes each time for 3 days. If your symptoms designate it is needed more often, then pay attention to your body and use the nebulizer more often. It is not like any medication in that you can “over dose” or become addicted to it.

By day ten of illness I only had a little sinus congestion left which I believe was due to seasonal allergy symptoms (huge this time of year in San Antonio. I believe for those who have no access to colloidal silver they can nebulize with iodine but do your research. You can make your own CS, in fact there is a booklet in the LifeRegeneration Health Library on Colloidal Silver that you can download for free. Take advantage of this before a price is attached to it! 😊

During this illness I did not run to the doctor or to a hospital or ER. You only need to do this in emergencies, like if you've let it go without treatment at home and you can't breathe at least 10%. Running to a hospital puts you in contact with many others who have a variety of illnesses that you most likely will come into contact with. Why would you expose yourself or your child to this unless it was an emergency? Emergency is a life or death issue that cannot be handled at home.

During this whole time I also upped my vitamin C to 6,000 mg spread out over each day, ate chicken noodle soup, took elderberry syrup, and drank plenty of fluids along with Echinacea tea and ginger tea with raw honey, and stayed in bed, away from the rest of my family. (My hubby played nurse and brought me fluids and meals.)

After the first few days, I also got out in the sunshine (after my nighttime fevers were over). The colloidal silver nebulizer took care of lung congestion before any pneumonia set in.

My illness lasted 10 days, with 3-4 days added on the end to make sure my seasonal allergy symptoms were not the flu trying to flare up again.

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## Fear, Panic, and Stress ☆

The medical community, holistic community and science community are all in agreement that stress and fear are the underlying etiologies of most illness and disease. The same etiology but various maladies because when the immune system is not functioning, each person will have propensities for different weaknesses:

- **Genetic makeup** - physical bodies have different genes with family issues carried down from parents.
- **Nutrition** – every family eats differently and individuals often have divergent eating habits. Some eat healthy, while others subsist on junk food.
- **Daily habits** – Some work out daily, others have a sedentary lifestyle.
- **Mind Set** – This plays a huge role in how your body and your emotions respond to the challenges that you come across in life, including illness and disease.
- **Heart Issues/Emotions** – Yes, our emotions play a great part in how weaknesses show up in the physical body.

Most will agree that the mainstream media and some other entities are causing confusion and thus driving fear into the general population. This makes it even harder for people to be able to settle down and deal with any health issues they are dealing with. All of these things contribute to fear, loneliness, and a feeling of helplessness and hopelessness.

1. Confusion over the data and manipulation of data.
2. Confusion over the protocols being required – are they working? Are they harming?
3. Anger between factions who believe different things regarding what is best and what is not.
4. Anger, bitterness, and attacks between people as to what needs to be done.
5. Loneliness for those being forced to stay in their homes.
6. Loneliness for those in nursing facilities and elderly care homes where family and friends are forbidden to visit them.
7. Fear for those who have sick family or friends and don't know what to do for them.
8. Fear over what is happening in our society regarding rights and choices in health care.
9. Grief for those losing family and/or friends to any number of illnesses and not being able to be by their bedside or arrange and attend a funeral.
10. Grief for many who have had friendships broken over the confusion and anger involved in this whole situation.
11. Hopelessness & Helplessness due to this carrying on for such a long time – over 6 months now! Not knowing what to do or what to expect.
12. Frustration – over all of the above and many people trying to force others to do as they see fit while other “stuff” their emotions and try to appear positive, while not resolving the issues involved.

**WOW!** Literally dozens of arenas that are “attacking” us daily!

It seems apparent that many in the general population are panicking over this virus “crisis” and missing things that will help people heal. The medical community is being hindered from doing their jobs to the best of their ability and they are working hard with the best intentions. Many are overworked, and forced to work under CDC and pharmaceutical guidelines. 😊😞

A percentage of doctors and nurses have been laid off and/or are out of work due to their specialties being put on lockdown and the wings of the hospitals where they used to work being closed, due to those in authority feeling that extra beds need to be available for COVID patients.

1. People are confused about what is true and what is false in relation to this virus. The miscommunication is making a hard situation worse. This alone makes people fearful, angry, and even panicked.
2. Many of the public are ignorant about how viruses and immunity works and they do not know who to believe in the medical and science communities. Conflicting information on the government websites makes this even more frustrating. I’ve discovered this many times over my 8 years as a medical transcriptionist and my 10 years of research on holistic options for health and healing. The public is being told by some that this is a “novel virus” and does not respond to health care like any other virus. This was accepted as truth over the first 4 months of this scare, but scientists and frontline doctors are discovering that this virus is not novel. It is just a virus and it can be dealt with like many viruses in the past.
3. The medical community is depending on masks, gloves, ventilators, and drugs in the hospital setting.
4. Many doctors in private practice are treating their patients and sending them home to follow their directions for home health care.

YOU CAN STOP THE INSANITY OF FEAR, PANIC, CONFUSION, AND ANGER, with a number of tools that are easy to use and very beneficial. DON'T THINK you don't need these tools; everyone needs them at one time or another.

## Fear, Anger & Stress Protocol ☆

You have a simple and workable list for what to do in vanquishing a virus and/or cold. Well, here is a list of things you can do to help you with #11 on that protocol list, because many people have no idea how to get rid of their fears and/or anger, and many have the mistaken idea that if they just “stuff” them and put on an outer cover of confidence, cheer, positivity that this should suffice. Nothing could be further from the truth!

**PAY ATTENTION!** This one item will make a vast difference with how the other things you do on your health protocol will work, and if they even will work for you! Yes!

**1. Choose a time to bring up any fear, anger, or stress.** You do not want to be doing this everywhere and with everyone, because this will only “fuel the fire.” Social platforms often do just that and can be negative for you unless you find a way to begin to use those platforms for only positive input – gratitude, fun, games, and encouragement – or get off those platforms altogether or at least for a while.

**HOWEVER,** you do need to have a place and time for allowing any negatives to surface, solely for the purpose of dealing with them. First, do this with a competent counselor, pastor, or coach who can teach you the “tools of the trade” for resolving stress and balancing your whole being – body, mind, heart, and spirit. After you learn the tools in this protocol, then you can take time either daily or weekly to do this yourself in your own private place or even out on a relaxing walk.

2. Be willing to admit any issues that bring up negative emotions. Using the Jubilee App on the LifeRegeneration.net website under resources can be helpful with this. There is a sample portion that we can teach you how to use, and there are more in depth areas for those who wish to purchase the whole app., however the sample area will have plenty in it for the purpose of discovering areas of stress that affects your physical ability to heal. (<https://liferegeneration9.wixsite.com/energy-healing/jubilee-sign-in-page> )

3. Resolve stress – not just manage it – and find your immune system quite capable of dealing with illness.

**Here is a starter** to bring up some stress issues you may be dealing with. Just read the following and take note while reading, what your body and mind do in response to what you are reading. Keep in mind that I'm playing "devil's advocate" in presenting you with these statements. READY?!

This virus "crisis" has been used to divide people – left from right, conservative from liberal, black from white from brown, neighbor with neighbor. How? By confusing them on the facts!

- The numbers have been manipulated
- The "proper protocol" for the sick was decided by the non-medical CDC (which was merely to be a data gathering entity to show trends, charts, statistics), confusing the doctors and nurses and using and abusing them, along with the patients.
- The wrong protocol for the general public is incorrect, actually causing more harm than helping; Harm to both patients, employees, employers, and many others.
- Bullying has actually been accepted by many, both those believing the lies and those who see through the lies. Many are telling others that they are rude, uncompassionate, nonsensical, and disturbing the peace. Bullying of Christian toward Christian is even rampant!
- Many believe lies in fields they don't understand - the medical

field, the economy, government, law, constitutional rights, bible standards, and more.

- Some even think a single person in a government office has the right to force all other people to do what they say, versus allowing people to use their own understanding and choose for themselves what is best for their own family, friends, and neighbors.
- people are confused about what rights are and what responsibility is.
- confusion about when to obey government and when to obey God. This trial run has made this confusion very clear.
- people are confused about what the constitution actually says and why.

VERY SAD. THIS CONFUSION HAS BRED CONTEMPT and a precedence is being measured to be used against us next time. We'd better get the confusion cleared up and educate the public now!

WOW! Did reading this bring up any stress? i.e. tension in your body anywhere? Anger? Sadness? Any of the other emotions in the Jubilee App?

(<https://liferegeneration9.wixsite.com/energy-healing/copy-of-trapped-emotions> )

Are you able to resolve this stress? If so, great! If not, please feel free to call LifeRegeneration and set up an appointment either in our office or long distance via phone.

In resolving stress in your life, it helps greatly if you can not only release it, but replace it with things you prefer instead. You can use the Jubilee App to help you find these:

<https://liferegeneration9.wixsite.com/energy-healing/copy-of-jubilee>

Blessings on you. Go and make a difference by helping those

around you. Pray for doctors and nurses who are on the front lines, making the best of their abilities and training.



## OPTIONS FOR MEDICAL CARE ☆

IF you are opting for medical care, be aware that you are putting your health into the hands of your doctor and other health care practitioners. Choose wisely and then take medications as they prescribe and complete any prescriptions versus quitting when cold symptoms are gone. If you feel uncomfortable with taking what they prescribe, then share that with them versus just not following their recommendations. Work WITH your care givers so they can do their best for you.

**1. Hydroxychloroquine (HCQ) plus zinc.** Many are thinking that just the HCQ is what is needed to beat a virus. Nothing could be further from the truth. The HCQ is necessary for allowing the zinc to enter your cells and dismantle the virus. (see references and links below) .

We are learning that the protocol for malaria - quinine - may work for this Corona virus (hydroxychloroquine - Brand name: Plaquenil) along with zinc. Be aware, however, that you need a Rx for this and that the side effects are:

- irritability
- headache
- weakness
- hair lightening or loss
- stomach upset
- nausea
- dizziness
- muscle pain
- rash and

- itching

Rarely, hydroxychloroquine can affect the bone marrow leading to reduced white blood cells (leukopenia) or platelets (thrombocytopenia) and abnormal red blood cells (anemia).

I'm not sure I'd want fewer white cells and abnormal red cells when dealing with this virus and trying to support my immune system in beating it, however the other side effects are not like many other drugs. This is doable.

**2. Think twice before agreeing to or signing a permission sheet/slip for having a ventilator placed** for pneumonia or breathing issues in relation to the corona virus or COVID 19. It has been found that the ventilator is the wrong protocol and has been found to kill 9 of every 10 people put on it because of the way in which it delivers oxygen to the lungs. Instead request a respirator or oxygen tent for your breathing needs along with medications your doctor may give for any bacterial infection that may be present. (see references below)

**3. If you have other medical issues** besides a virus that you have contracted, let your doctor know this and make sure they treat the underlying issues along with a protocol for boosting your immune system. The BEST option of course is to deal with other health issues (diabetes, obesity, auto-immune diseases, etcetera) before you contract a virus. YES, they can be resolved despite what the medical community has settled for.

**4. If you need information on vaccine options**, please read the LifeRegeneration booklet on Vaccines, available in our library at LifeRegeneration.net. It is always wise to be fully informed before making decisions either for or against this option.

In this epidemic, we are being told that we need a vaccine. Keep in mind:

- in the past 32 years not one vaccine has gone through or completed double-blind placebo testing (as required by other meds). NOT ONE!
- In 1982 a case passed that exempted all vaccine manufacturers from any responsibility or liability if anyone is harmed from a vaccine. This has never been done with any other medication! They are not responsible for what happens to you or your child due to a vaccine.
- This particular virus has already been dealt with in numerous testing with quinine, zinc, Vitamins C, D, A, iodine, oxygen, and sunshine.
- They already had a vaccine for it before this virus even hit - just waiting to convince the public of the need in order to mandate it.

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## APPENDIX A: References ☆

1. Doctors Graves and Zelenko  
Quinine and zinc plus no mandates:  
<https://youtu.be/Z7SDemHG18U>

2. Frank Hahnel, MD.  
Quinine at your grocery store  
<https://www.youtube.com/watch?v=vHMyazPY24A&feature=youtu.be> AND <https://youtu.be/UBoFdnZGbo8>

3. Published on Mar 30, 2020  
Dr. Shiva Ayadurai, the inventor of email and candidate for the senate in Massachusetts, ShivaForSenate.com  
<https://youtu.be/xf-qv9o8nq8>

Vitamins D A C, iodine, proper oxygen and sunshine to fight virus! Pure truth!

4. Martin Dubravec, MD, Allergist and Clinical Immunologist:  
<https://aapsonline.org/cornoavirus-covid-19-public-health-apocalypse-or-panic-hoax-and-anti-american/>

5. The wrong protocol:  
<https://www.facebook.com/HighWireTalk/videos/211926696769674/> OR <https://youtu.be/C4oBPmUZ5KU>

6. Dr. Judy Mikovitz:  
• <https://youtu.be/NgMpHu4cfVk>  
• <https://youtu.be/PPMTVHzBrXA>

7. Ret. Lt. Colonel Allen West, past congressman:  
<https://youtu.be/pb7ecQOG0zY>

8. Dr. Yvette Lozano:  
<https://youtu.be/VSnSmPGh1Ac>  
<https://youtu.be/1TxVNYS7tFU>

9. Nurses telling the truth:  
<https://youtu.be/j8XpHsaNeoU>

10. The data has been manipulated:  
<https://youtu.be/M4dooalPHg0>

11. Shut down never necessary:  
[https://www.afa.net/the-stand/culture/2020/04/shutdowns-were-pointless-all-along/#.XpnwkkhQ\\_ZA.facebook](https://www.afa.net/the-stand/culture/2020/04/shutdowns-were-pointless-all-along/#.XpnwkkhQ_ZA.facebook)

12. Ten Reasons Why Shutdown And Corona Rules Wrong:  
<https://www.facebook.com/HighWireTalk/videos/266055231443970/>

13. Corona Virus follows a fixed pattern:  
<https://townhall.com/columnists/marinamedvin/2020/04/15/isra>

[eli-professor-shows-virus-follows-fixed-pattern-n2566915](#)

14. Minnesota doctors told to note deaths wrongly on death certs. [https://m.facebook.com/story.php?story\\_fbid=226942105055321&id=407279909421128](https://m.facebook.com/story.php?story_fbid=226942105055321&id=407279909421128)

15. Fauci/CDC spent government money (OUR MONEY) to create a disease and let it loose to control citizens. Woah! That puts the Center for Disease Control in a whole new perspective!

<https://www.facebook.com/106714849954/posts/10151406589864955/>

16. Dr. Daniel Erickson in Kern County on shutdown side effects of Corona and shutdowns having minimal effect:

<https://youtu.be/FI9DJACegSA>  
<https://youtu.be/93QGMEERgMk> (10 mins)

17. Dr. Jeffrey Barke in Orange County

<https://youtu.be/tNukdU8xLVQ>

18. Dr. Birx and Dr. Fauci - <https://youtu.be/HQRoo3OPy3k>

19. Dr. Simone Gold and Dr. Lisa Saff Koche

[https://m.facebook.com/story.php?story\\_fbid=310578413690511&id=409037702805561](https://m.facebook.com/story.php?story_fbid=310578413690511&id=409037702805561)

20. Tons of links to information from “The Frontline Doctors” – If these links below do not work, it just means they are being blocked, banned, censored. Just look for “Frontline Doctors” in your search engine and you should be able to find them, since thousands of valid websites are carrying this information to the public since the mainstream media and mainstream social outlets, and many others are trying to keep this information from the public.

<https://www.prageru.com/video/dr-stella-immanuel-we-dont-need-to-die-there-is-a-treatment-for-covid/>

And here it is in it's entirety:

<https://www.publishedreporter.com/2020/07/27/group-of-americas-frontline-doctors-hold-press-conference-at-capitol-hill-about-covid-19-calling-out-massive-disinformation-campaign/>

<https://www.facebook.com/180737615300052/posts/4510664562307314/>

<https://www.facebook.com/teapartypatriots/videos/620466348582894/>

<https://dailycitizen.focusonthefamily.com/facebook-twitter-and-youtube-ban-doctors-video-advocating-hydroxychloroquine-for-treating-covid/>

<https://www.charismamag.com/life/health/46083-social-media-giants-politicize-medical-news-block-posts-about-effective-treatment-for-covid-19>

<https://www.breitbart.com/tech/2020/07/27/facebook-censors-viral-video-of-doctors-capitol-hill-coronavirus-press-conference/>

<https://www.medrxiv.org/content/10.1101/2020.07.25.20162073v1>

<https://www.medrxiv.org/content/10.1101/2020.07.20.20157651v1>

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Youtube pulled it! I posted the transcription and audio in the comments! Share away

<https://www.americasfrontlinedoctors.com/>

this link has the entire live feed from the summit. the link in the comments has the transcription of the blocked youtube content.

Content has been censored on youtube so here is the transcription and audio

<https://www.rev.com/blog/transcripts/americas-frontline-doctors-scotus-press-conference-transcript>.

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American life has fallen casualty to a massive disinformation campaign. We can speculate on how this has happened, and why it has continued, but the purpose of the inaugural White Coat Summit is to empower Americans to stop living in fear.

If Americans continue to let so-called experts and media personalities make their decisions, the great American experiment of a Constitutional Republic with Representative Democracy, will cease.

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These are the frontline doctors and other experts:

- Dr. Richard Urso
- Dr. Modine explains how hydroxychloroquine works
- Stella Immanuel, Primary care frontline, testimony that it works for every patient she has seen versus those doctors who have not ever used it but say the science does not show it works. Data and actual hundreds of cases prove it does work!

- studies from
 - February 19th - China, effective
 - March 4th - France, effective
 - March 20th - New York, effective 1400 patients
 - March 22nd - India and China, positive
 - April 12th - France, effective
 - April 13th - New York
 - April 17th - Brazil positive w/ over 600 patients
 - April 23rd - 16 countries positive studies
 - April 24th - Iran positive study
 - April 25th - Arabia pos. Study
 - May 16th - China pos. Study
 - May 18th - France pos. Study 1000 patients
 - June 6 th - France pos. Study
 - June 20th - India pos. Study
 - June 20th - Brazil cut it in half
 - June 29th - Detroit cut it in half in late- stage patients
 - June 30th - New York City over 6,000 patients, decreased mortally with HCQ

ALL LISTED IN THE WHITE PAPER ON AMERICA'S FRONTLINE DOCTORS.

- Dr. Jeff Mitchell, Ohio: Africa shows that those who already take HCQ for malaria prophylactic do not get corona or other viruses.
- Henry Ford hospital
- Mt. Sinai Hospital
- Dr. Scott Barber, surgeon in Atlanta

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For everyone who says that Frontline Doctors video is fake news and they are actors, here are the credentials.

For anyone that is interested in the credentials of all the “ white coat doctors “ that are being discredited and banned.... Here you

go!!!

The panel of doctors that were banned:

- Simone Gold, MD - Emergency Medicine Specialist in Los Angeles, CA and has over 31 years of experience in the medical field. She graduated from Rosalind Franklin University Of Medicine Science/The Chicago Medical School medical school in 1989. She is affiliated with Centinela Hospital Medical Center.

- Dr. Bob Hamilton - pediatrician from Santa Monica, California. Medical School UCLA Geffen School of Medicine, Los Angeles, CA. Internship UCLA Geffen School of Medicine, Los Angeles, CA. Residency UCLA Geffen School of Medicine, Los Angeles, CA.

- Dr. Stella Immanuel - primary care doctor in Houston, Tx. Went to medical school in West Africa, Nigeria. Has practiced in Louisiana and now resides in Texas where she has treated more than 350 Covid patients.

- Dr. Dan Erickson, DO - Emergency Medicine Specialist in Bakersfield, CA and has over 16 years of experience in the medical field. He graduated from Western Univ Of Health Sciences/College Of Osteopathic Medicine Of The Pacific, Western University Of Health Sciences medical school in 2004. (While both degrees mean your doctor is a licensed physician, their training differs slightly, and each has a unique perspective on care. “An M.D. follows an allopathic medical training path, whereas a D.O. follows osteopathic.”)

- Dr. James Todaro, MD - a Ophthalmology Specialist received his medical degree from Columbia University, Vagelos College of Physicians and Surgeons in NY, and completed his surgical training with four additional years of residency in

ophthalmology.

- Dr. Joe Ladapo MD, PhD - Physician at UCLA and clinical researcher. Internal Medicine, American Board of Internal Medicine, 2011.

Residency Internal Medicine, Beth Israel Deaconess Med Ctr-East Campus, 2009-2011.

Internship Internal Medicine, Beth Israel Deaconess Med Ctr-East Campus, 2008-2009. Degree Harvard Medical School, MD, 2008 Harvard University Grad. School of Arts, Sciences, PhD, 2008.

These people should be American Heroes bringing important information and dialogue to light but instead they are being censored and bullied.... don't you think it's time you began to ask why?

I'd like to see a class put into our schools on the subject of health care and medicine, the studies, the government, and the truth exposed. I think we did have this class (called Health Science) but it evaporated into areas that are not science, like gender equality, sex education, and other subjects that are better left to the family.

APPENDIX B: Hydroxychloroquine Details

Medically Reviewed on 3/23/2020

Hydroxychloroquine (Plaquenil) and its sister drug chloroquine (Aralen) are under investigation for treatment of the COVID-19 coronavirus disease. Korean doctors used these anti-malaria drugs to treat COVID-19 with some success, according to a paper filed with Elsevier in March 2020, but effectiveness is unproven.

Hydroxychloroquine is classified as an anti-malarial drug. It is similar to chloroquine (Aralen) and is useful in treating several forms of malaria as well as lupus erythematosus and rheumatoid arthritis. Its mechanism of action is unknown. Malarial parasites invade human red blood cells. Hydroxychloroquine may prevent malarial parasites from breaking down (metabolizing) hemoglobin in human red blood cells. Hydroxychloroquine is effective against the malarial parasites Plasmodium vivax, P. malariae, P. ovale, and susceptible strains of P. falciparum. Hydroxychloroquine prevents inflammation caused by lupus erythematosus and rheumatoid arthritis. The FDA approved hydroxychloroquine in April, 1955.

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Here's a doctor who has had good results when using the hydroxychloroquine and zinc:

<https://youtu.be/Z7SDemHG18U>

This should be made available without a prescription and have zinc in it, with very clear instructions on the packaging for dosages and timing.

## **APPENDIX C: Advice from other experts ☆**

EXCELLENT ADVICE!

From a respiratory therapist

CORONA Common Sense

Since they are calling on respiratory therapists to help fight the Corona virus, and I am a retired one (too old to work in a

hospital setting) I'm going share some common sense wisdom with those who have the virus (or any virus) and are trying to stay home. If my advice is followed as given you will improve your chances of not ending up in the hospital on a ventilator. This applies to the otherwise generally healthy population, so use discretion.

1. Only high temperatures kill a virus, so let your fever run high. Tylenol, Advil. Motrin, Ibuprofen etc. will bring your fever down allowing the virus to live longer. They are saying that ibuprophen or Advil will actually exacerbate the virus. Use common sense and don't let your fever go over 103°, or 104° if you got the guts. If it gets higher than that take your Tylenol, NOT ibuprophen or Advil to keep it regulated. It helps to keep your house warm and cover up with blankets so the body does not have to work so hard to generate heat. It usually takes about 3 days of this to break the fever.

2. The body is going to dehydrate with the elevated temperature so you must rehydrate yourself regularly, whether you like it or not. Gatorade with real sugar, or Pedialyte with real sugar for kids, works well. Why the sugar? Sugar will give your body back the energy it is using up to create the fever. The electrolytes and fluid you are losing will also be replenished by the Gatorade. If you don't do this and end up in the hospital they will start an IV and give you D5W (sugar water) and normal saline to replenish electrolytes. Gatorade is much cheaper, pain free, and comes in an assortment of flavors

3. You must keep your lungs moist; this is best done by taking long steamy showers on a regular basis, if you're wheezing or congested use a real minty toothpaste and brush your teeth while taking the steamy shower and deep breathe through your mouth. This will provide some bronchial dilation and help loosen the phlegm. Force yourself to cough into a wet wash cloth pressed firmly over your mouth and nose, which will

cause greater pressure in your lungs forcing them to expand more and break loose more of the congestion.

4. Eat healthy and regularly. You must keep your strength up.

5. Once the fever breaks, start moving around to get the body back in shape and blood circulating.

6. Deep breathe on a regular basis, even when it hurts. If you don't it becomes easy to develop pneumonia. Pursed-lip breathing really helps. That's breathing in deep and slow then exhaling through tight lips as if your blowing out a candle, blow until you have completely emptied your lungs and you will be able to breath in an even deeper breath. This helps keep lungs expanded as well as increase your oxygen level.

7. Remember that every medication you take is merely relieving the symptoms, not making you well.

8. If you're still dying, go to the ER.

I've been doing these things for myself and my family for over 40 years and kept them out of the hospital, all are healthy and still living today.

Retired Respiratory Therapist, July 2020

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The basic protocol above will work however for those who want more input, here are some lists of “home remedies” from various doctors, naturopaths, health coaches and scientists.

18 Home Remedies for a Cold & Cough Plus How to Boost Your Immune System

We first have to eliminate what's weakening your immune system as well as build up through diet, lifestyle, light and supplementation the things that will help improve the immune system organs and how they function.

So how long does the flu last? That cold or flu will last as long as your immune system needs to create white blood cells and antibodies to overcome it. If you work with your body instead of against it, the flu might only last a few days. Or the flu could last a few weeks if you're under too much stress. Consider these options:

1. Lower sugar in diet – more sugar = lower your immune system.
2. Lower stress – directly impacts your immune system.
3. Avoid heavy dense foods while sick – give the digestive system a break so the body can focus on healing.
4. Get as much sleep as possible – healing happens while you sleep.
5. Keep your body well hydrated.
6. Far infrared sauna – helps the body to sweat out the toxins. How about just lay in the sun without sunscreen for 10 to 30 minutes?
7. Rebounding – helps drain the lymphatic system. You have 3 more times lymphatic fluid than you do blood.
8. Colloidal Silver – We all know this.
9. Trace Minerals – Concentrace is our pick.
10. Allertrex – a lung cleanse product.
11. High dose Vit. C – I've known people who take 1,000 mg every 15 min. to knock out a cold.
12. Zinc – Zinc deficiency is associated with increased colds and flu, chronic fatigue, depression, acne, low birth weight babies, learning problems and poor school performance in children, among others.
13. Garlic – Experiments have shown that garlic is highly effective at killing countless microorganisms responsible for some of the most common and rarest infections, including

the common cold. Garlic actually might help prevent colds as well as other infections.

14. Goldenseal – It has natural antibiotic and immune-boosting capabilities. A product containing goldenseal and echinacea is an awesome natural bronchitis remedy.
15. Echinacea
16. Oregano Oil
17. Supplements - Vitamin D3, Selenium, Iodine, B12
18. Olive leaf extract and probiotics

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### **Ten Essential Immune-boosting Steps to do Right Now:**

1. What any doctor worth his salt told people over 50 years ago – Rest, plenty of fluids and avoid contact with others.
2. Write down 3 things you are grateful for every day before you go to bed. This takes less than a minute, and will absolutely boost your immune system because it improves how your body handles stress. Do the same each morning. **Gratitude is vital to your physical health.**
2. Every day, tell 2 people you are close to at least one thing you appreciate about them. Do this for 12 different people in the course of a week. Repeat each week. Text, email, Facebook, phone... whatever works. **The positive neurological effects pay huge immunity dividends.**
3. If you have a cold or virus symptoms, definitely stay home during the course of your illness. If you have a fever:
  - consider quarantine away from your family in your own bedroom. (Have one person bring you juices and food during the day).

- do not send children who are ill to school, thinking that they can beat this there just as well as at home. Do not go to work, thinking the same. REST is vital and can only be done in your own home and bed.

- Allow any fever up to 104° without giving ibuprofen, Tylenol, aspirin or any other fever reliever. If fever goes higher bring down to only 103 ° with a cool washcloth, room-temp. bath, cool drinks, etcetera. A fever is uncomfortable HOWEVER it is beneficial to supporting the immune system in killing the virus. You will most likely have a fever for 1 to 3 days. Allow this!

4. If the weather permits, put a lawn chair or blanket in your yard and expose as much of your body to the sunlight as you can for at least 15 minutes each side, or more if your skin tone allows. Do NOT use sunscreen or any other creams or oils prior to this!

5. Plenty of fluids – juices, teas (coffee allowed if caffeinated), water.

6. Chicken soup, elderberry syrup, additional vitamin C (up to 10,000 mg three times a day), and Ginger and/or Echinacea tea with raw, local honey. Your grandmother was right! These things help beat viruses; they are not just nice things to do for sick people.

Stay safe... you are worth it!!!

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## **APPENDIX D: Second Wave or New Crisis** ☆

We have been told since the beginning of the Corona virus scare (COVID-19) that there will probably be a second

wave. I personally, suspect that this is just a part of the tactic to keep you fearful, confused, and ready to obey whoever presents themselves as experts in the media. If we allow this virus to play itself out instead of trying to keep people from even contracting it, THEN we will achieve herd immunity in a relatively short time – 4 to 6 weeks.

Consider resolving your stressors at this time – any and all stress, whether it applies to this virus or is just a stress present in your life for other reasons. Make yourself a promise/commitment to do this until the end of the year. You will see that at that time you will be not only ready for the new year but also able to handle the new year, since your challenge with this virus will be over and you will be ready to take on any other viruses that come our way.

Look at the following and see a small history of viruses:

- 2002 West Nile Virus
- 2003 SARs
- 2005 Bird Flu
- 2006 Ecoli scare
- 2009 Swine Flu
- 2014 Ebola Virus
- 2016 Zika Virus
- 2020 Corona/Chinese Virus

These do not take into account the plague back in 1918 or many other viruses overcome in the past 100 years.

We have been told each time that these would kill us, and yet easily over 95% of all immune systems killed these.

- Look at what God has done and is able to do and will always be able to do.
- Look at how he created mankind and what tools He has given us spiritually, mentally, and physically to deal with what life throws at us. Enough.



## APPENDIX E: Good General Health Habits ☆

**FIRST**, use good habits or learn them for everyday use in keeping yourself and your family from contracting viruses every time you turn around. These are habits you should teach your family for their whole life, every day, not just during an outbreak of the flu or other contagion.

**1. Wash your hands regularly.** By regularly we mean:

- Before eating any foods
- After returning home from shopping – where you have touched many things others have also touched.
- After working in your yard or on other projects outside your home.
- After handling any raw meats or other foods you have had to wash

**2. Do not use sanitizer** unless you do not have access to soap and water. Sanitizer is not good for ongoing hand cleansing, and of course it does not remove dirt and grime. Washing hands is better.

After your illness is over, you can spray a sanitizer (Lysol or thieves) on all touch surfaces in your home – light switch plates, door knobs and leading edges of

doors, stair rails, sink faucets, etcetera. – also wash any towels and bed linens.

- 3. Never use antibacterial soap in the shower** or bath. It is only for hand washing and will be detrimental to your health if used on your whole body, since it will kill beneficial bacteria your body needs to function well. I don't use antibacterial soap at all; just regular hand soap works great!
  
- 4. Drink plenty of water during the day.** Ultimately half your weight in ounces, i.e. you weigh 150 lbs. then drink 75 ounces of clean water each day. If you find this hard, then make it a practice to keep a glass or container of water at hand at all times (where you relax, at your desk, in your car, by your bedside, etcetera) and keep sipping it. Drink at least two of these before lunch and two between lunch and dinner, and one after dinner.
  - Do NOT count juices, tea, coffee or any other liquids as part of this goal.
  - Clean water, not tap water or drinking fountain water or restaurant water. Clean means RO (reverse osmosis), or steam distilled or bottled water of your choice with no added flavors.
  
- 5. Eat a balance of healthy foods** – those as close to nature as possible, i.e. raw fruits and vegetables and rare-to-medium red meats (not pork and chicken – cook these well). This does not mean you cannot enjoy your desserts and yummy celebration foods, just make sure they are not your staple/daily food.

**6. Exercise in some way each day** – even just a walk or stretching is better than sitting all day long.

**SECOND**, use natural options that work for everyone in defeating many of the health issues you face, but especially for viruses and colds. You can find what you need at any grocery store or health food store in the land. You do NOT need Dr. Whoever’s special herb, tincture, mixture that can only be found in Africa, Australia, or other country, and that costs enormously for possible benefits. What you need is available near you.

These steps below will help you and your loved ones as you pursue them **consistently and persistently** for 10 to 21 days. If your immune system is “turned on” you will notice a vast difference in 10 days and might need just a few more to get in prime condition. For more difficult issues than a virus or cold it can take up to 90 days to overcome your challenge, but stick to it and you will see a difference.

If your immune system is not “turned on,” this protocol should take care of that. If after 10 days you notice no difference, then you will know it is not working and want to get that switch flipped. Find out how to do that at the bottom of this protocol, or better yet make sure it is working on day one.



Vaccine Debate:

Del Bigtree: “They are gunning for any solution to corona so they can push a vaccine.”

Dr. Paul Offit – People were asked if a vaccine came out if they would take it sight unseen (untested and unused). TWO THIRDS of those polled said they would take a vaccine no matter what! One third said NO. Some said they want to see what’s in it. Doctors say NO since they refuse to be guinea pigs.

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APPENDIX F: The Continuing Debate ☆

You are being told that this is a “novel virus” which makes it much worse than any other virus. In March through May 2020 many are confused and the “authorities” in charge are in conflict about what works, though they are giving a protocol (actually forcing a protocol) of:

1. Ventilators for those sick with respiratory issues
2. Masks for the general public, along with division, distancing, and isolation.

COVID is a respiratory virus that goes into the lungs, and binds with ACE receptors in the lungs. That triggers a cytokine storm (inflammatory chemicals and enzymes) all over the body.”

Here are basic facts:

- COVID kills some people if they are not treated.
- 50% of people get COVID but they don’t even know it, because their symptoms are basically nil.

- For the 20% at risk, there are treatments that are already valid and working. Unfortunately, there are also failed protocols that are being used and repeated, killing people who did not need to die, had the right approach been taken.
- Both you and I want to do what we deem is best for ourselves, our families, our friends, and our neighbors. We just may not agree on what that is, so honest debate is of great benefit in helping both of us. Here are the debates.

》 》 》 》 》 **☆☆☆** 《 《 《 《 《

The following are some of the thoughts from people who truly desire to do what is right and best according to information they have: The following presents various points that people are making. I am giving you (the reader) the statements and then taking the time to divide Truth from Lies, which is very important for each person to do for themselves IF they want to be honest in being a “responsible” citizen.

Some will tell you, “it doesn't hurt to just do what is safe and peaceful - obey.”

Response:

"When the people are calling for peace and safety then . . ."
(1st Thessalonians 5)

When people are willing to give up their rights/freedom for peace and safety, they will very quickly lose their peace, safety, and freedom.

I chose to be kind and do what's best for all concerned and for each individual when the facts are clear. Otherwise, I'm hurting people. Think about it, good intentions based on a lie end up being bad actions. There's no getting around this!

“I'm sorry, I don't think it's a lie. At this point, I think the thought behind mandatory face coverings is that anything is better than nothing. Taking precautions is not the same as living in fear, nor do I believe following guidelines & mandates makes me a brainwashed, blind sheep. It's just socially responsible to try the very best you can.

Additionally, medical masks (even paper ones) should be saved for medical workers because they're the people exposed most, whereas a cloth covering, while providing minimum protection, does protect those of us who are less exposed. I think the initial thinking behind cloth face coverings was that it's unknown how long viruses can live on fabric and people might not be washing their masks (ew!).”

RESPONSE TO THE ABOVE STATEMENTS POINT BY POINT:

1. Anything is better than nothing. **LIE**. Think about it. If you have the wrong information, then doing “anything” could be harmful to people!

2. Taking precautions is not the same as living in fear. **TRUE**. The issue then is in defining what valid precautions are, and if the precautions are harmful in themselves.

3. I do not believe following guidelines & mandates makes me a brainwashed, blind sheep. **TRUTH** mixed with **LIE**.

4. It's just socially responsible to try the very best you can. **TRUE**. Now the problem comes with defining "socially responsible" and in this case I'll add "medically responsible."

What has been discovered over the past 5 months is showing clearly that what the CDC is telling us is responsible is incorrect.

- wearing masks is not only not helping, it's hindering this from ending with fewer deaths! (See the references in Appendix A)
- what the doctors are being forced to use for the "proper protocol" (which is demanded by the CDC) is killing people, and the doctors are not being allowed to use their best instincts and training to change this protocol.

THEREFORE, IT IS SOCIALLY RESPONSIBLE to disobey the protocols and do what is best for each patient on a face-to-face basis. Social responsibility does not entail obeying the CDC. **TRUE** It requires allowing doctors to do what they were taught to do, which is decide what is best for each patient on a patient-by-patient basis. Do no harm is the doctor's protocol, versus obey the CDC and go against my best judgement.

IT IS SOCIALLY RESPONSIBLE, for the public to do what is best for those who are sick and for those who need to provide for their families. And these two groups' needs do **NOT** override each other. **TRUE**

(They've successfully confused the issues and convinced many that one group's rights/needs override the other group's rights/needs. Confusing things is what the enemy is very good at, the ultimate enemy being Satan).

Now I chose to do what I believe is socially responsible (according to my research) and you can choose to do what you deem is socially responsible (according to what you believe). In being "responsible" we must do our research and be honest in finding information. NO ONE has the right to force either of us to do what they deem is socially responsible. **TRUTH.**

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Statement in the debate:

"We have rights as long as they don't take away others' rights. Wearing a face covering may take away your right to choose, but not wearing one may very well take away from one's (unalienable) right to life - very little is known about this disease & you may be asymptomatic and still spread unknowingly. Better to be safe than sorry."

### **RESPONSE TO THE ABOVE STATEMENT POINT BY POINT:**

I encourage you to take the time to listen to very well-credentialed people in both medicine, science and government in the references in Appendix A.

We do indeed have rights and our rights will never take away another's rights or we do not understand the concept of rights. Take a class in constitution, the Bill of Rights, and the Federalist and Anti-federalist Papers. Rights are

not the same as wants. Gain a clear understanding of rights and why it is important to retain our rights, even in the midst of a crisis.

Just a few points.

- this virus is not a disease and does cause a disease. **True** It is an illness which our immune systems are created to handle just fine. **True**
- We need to look at how to enable the immune system vs. block it like ventilators do.
- look carefully at what you said about rights. Do you see where someone has convinced you that there are levels to whose rights are more important? Rights are God-given and true rights will never override another's rights.
- many have become convinced that one person's right to work and provide for their family will harm another's right to life. Why do they believe this? Because they have believed **two lies**: 1. A right is the same as a want **LIE** and some people let their wants trample the rights of others **TRUE**, i.e. having a wild party past midnight and keeping their neighbor's awake when they have to work the next day. An inalienable right will NEVER override other's rights. 2. Going to work allows this virus to spread, thus killing people. **TRUTH** and **LIE** Step back and see that this virus is not killing people any more than auto accidents, diabetes, and obesity each are separately killing people. Each of these kills more people yearly than this virus is. So, will you forbid people to drive their cars? Will you mandate that people cannot eat the foods they want to eat? Why not, when these things often result in killing people? Obviously, because people have the right and the responsibility to choose to do these things and be responsible while doing so. **THEREFORE**, people have a right to go to work and provide for their families, as long

as they are responsible to also wash their hands, cover their sneezing and coughs, and stay home when they are sick. Their employer can also ask for distancing.

》 》 》 》 》 ..☆☆☆.. 《 《 《 《 《

Jay Sekulow with the ACLJ says,

"The current pandemic has provoked left-wingers to blame and attack conservatives, the family, pro-life supporters, and Christians. At the same time, House Speaker Pelosi is trying to use this crisis to push forward their radical "vision." They think we're distracted. We're not. We're mobilizing to fight back to defend faith, family and the Constitution."

RESPONSE: Sorry to say, it has also been used to divide conservatives and even Christians. How? By confusing them on the facts

- The numbers have been manipulated
- The proper protocol for the sick was decided by the non-medical CDC, confusing the doctors and nurses and using and abusing them, along with the patients.
- The wrong protocol for the general public is incorrect, actually causing more harm than helping; Harm to both patients, employees, employers, and many others.
- bullying has actually been accepted by those believing the lies and telling those who see through the lies that they are rude, uncompassionate, nonsensical, and disturbing the peace. Bullying of Christian toward Christian! Because many believe lies in fields they don't understand - the medical field, the economy, the government and rights.

Many Christians do not understand these areas well

enough:

1. The medical field - the CDC are not medical experts! They are a government entity who was supposed to simply gather data from the front lines (doctors and hospitals), compile it and put it on graphs and publish it so the public and medical community can see the big picture. The CDC was never supposed to be the ultimate authority who could force people to do as they decide. The CDC has pushed protocols against the truth in this arena.

2. The economy. We have been told that the normal citizen is not intelligent enough to make decisions that will benefit them in doing a job, managing their own money, and being responsible to spend it as they see fit.

3. Government and how small it should actually be. Our government is bloated beyond belief! The government was set up BY THE PEOPLE to serve the people. It has become a behemoth who thinks the people are here to serve the wants of the government and fund whatever government powers want to give our money to.

4. Their bible - God's Word - and how to use the truth to expose lies, renew the mind, guard the heart, and honor God by observing his instructions and obeying Him above all else. Oh! Obeying God above all else is never harmful for others and He never overrides our right to choose for ourselves who we want to serve.

- people are confused about what rights are and what responsibility is.
- confusion about when to obey government and when to obey God. This trial run has made this confusion very clear.
- people are confused about what the constitution actually says and why.

VERY SAD. THIS CONFUSION HAS BRED CONTEMPT and a precedence is being measured to be used against us next time. We'd better get the confusion cleared up and educate the public now!

» » » » » ...♠♠♠♠♠... « « « « «

The following is a very passionate, emotional post by a nurse about the protocols they use in the hospital and then the extreme sanitizing she uses in her car and after getting home.

[https://m.facebook.com/story.php?story\\_fbid=10100371619159617&id=59600529](https://m.facebook.com/story.php?story_fbid=10100371619159617&id=59600529)

It is an emotional description to appeal to the public, however it conveys wrong information about this virus. Here's why:

I pray for healthcare workers. They are being often abused and used. **True** They are working hard and doing their best. **True** This virus is very real and there are people dying. **True**

That being said, this is an emotional statement that has been expanded to accentuate some **lies** that this well-intentioned nurse has been told and taught. Her excessive sanitizing outside of the hospital is not necessary to the extent that she has carried it. Also there are people who then take this to try to convince the public that we must comply with suggestions . . . no, requests . . . no, requirements . . . no, orders. . . actually, mandates that we wear masks in public because it is necessary to help people. **LIE**

REMEMBER that good intentions in response to lies results in wrong actions. **Good intentions do not automatically equate with good actions or results.**

It is actually bullying to tell us that we are not being reasonable, sensible, safe, compassionate, peaceable, or other words to manipulate and force compliance.

It is also **very rude to insist that we listen to your reasons for why we should do what you say, when you refuse to listen to our reasons for why we believe we have been lied to.**

Check it out before you decide. Either way, each person must decide for themselves what they will do for the best of all concerned, not just one group over another. And taking into account each individual vs. a group before any individual. **I chose compassion, care, and sensible decisions based on truth and consideration over confusion,** and even the lies that have been discovered in the travesty of some individuals and groups manipulating the facts, the data, the information, and even the underlying agenda they have planned for years.

Please take time to look at the references and consider the information presented before replying. Otherwise, you are simply choosing to believe what you've been "fed."

To be honest, you should look at information that is given (from very valid sources) before replying or you are refusing to even consider the truth or bother to weed out the lies.

» » » » » ••♥♥♥♥•• ‹ ‹ ‹ ‹ ‹

## **Finishing Thoughts and Encouragement**

"That we should be no longer children, tossed to and fro and carried about with every wind of doctrine, by the trickery of men, in the cunning craftiness of deceitful plotting. But speaking the truth in love, may grow up in all things, into Him who is the head - even Christ." (Ephesians 4:14,15)

"...in understanding, be mature" (I Corinthians 15:20b)

"maturity: loose the dream/desire and give it over completely into the hands of God...

A child who admires the garden seeds, but will not remove them from the bright, illustrated containers... whose false cupidity (ie. cute childishness) will not permit him to bury them in the cold, damp earth, will be forgiven for his ignorance of the laws that operate in a garden...

But the adult who keeps his choice desires... always ready at hand to exhibit to doting relatives and friends, is to be pitied... he gives utterance to his resentment (at unfulfilled desires) against an unjust god who neither hears nor answers "prayers."

(Therefore) It is not only the possession of what you want, or the achieving of the possession... but it is giving it completely into the hands of The Father... giving God the right to use any avenue, and any agency, HE cares to use to bring your dreams into fulfillment HIS way and on HIS own time."

(from "I Will Lift Up Mine Eyes" by Glenn Clark, 1937)





## **Virus/Cold Protocol: Abolish Confusion and Fear**

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*Life***Regeneration.net**

*“We are fearfully and wonderfully made.”*

*Holistic // Complementary  
Heart ~ Soul ~ Mind ~ Body*