



The Medical Healing Center
225 Office Plaza Drive
Tallahassee, FL 32301

Protecting Yourself from Exposure to the Coronavirus involves three other phases besides protective equipment

1. Build up your immunity now:

- a. We recommend several immune boosters, which we have in our office. We also offer, IV Vitamin C and ozone therapies. Walk-ins are welcome for these therapies. Please call 30 minutes prior to walking in.
- b. We have just added a German homeopathic that has been used in Germany for 90 years called Engystol, which we offer IV and IM. It strengthens the natural immune response in cases of viral infections.
- c. We recommend high doses of melatonin. Start with 20mg. You can do up to 60mg if tolerated. Take at bedtime.
- d. Get adequate sleep, good health meditation (no inflammatory foods) and hydration. Drink $\frac{1}{2}$ of your body weight with good water (structured). Consume the water 1-2 hours before bed time.
- e. If you feel dehydrated, we offer IV hydrations with vitamins/minerals. Walk-ins are welcome. Please call 30 minutes before arrival. So we can prepare your IV.

2. At **the first signs** of coming down with viral like symptoms: fever, aches, cough, weakness and especially shortness of breath, **come to our clinic to receive 3 days of IV ozone and IV Vitamin C.** Walk-ins are welcome, but please call 30 minutes prior to arrival so we can prepare the IV's and prepare to put you in our sick room with a special viral sterilizing air system (virus zero machine).

3. Virtually the highest victims of COVID-19 virus are the old and feeble with concurrent medical conditions. This means their adrenal glands are not up to the task of defending them. To that end, anyone that fits in this category should be **taking adrenal support**. We offer several adrenal support supplements. We treat the adrenals individually so please contact our office for assistance with this. Every morning along with the adrenal support, a DHEA 10mg supplement should be taken. The body depends on the hormone to fight infections and it is often deficient in older, weaker men and women.

❖ Please note: If pregnant, please discuss with your OB Doctor prior to taking any supplements/vitamins and always:

- 1) Wash your hands for 20 seconds including in between fingers and thumbs, disinfect exposed surfaces and door knobs, wear N95 masks, goggles and gloves if high risk and practice social distancing 6 feet away, as well as avoid large crowds.
- 2) Use gloves to handle mail and packages and a mask if opening the package or can collect mail with gloves and let sit in a designated area away from human activity for 24 hours.

❖ Please note: When wearing gloves, be aware that gloves can also carry contamination from the Coronavirus; it is important to change gloves in between contact with items.