

Tom's Picks for Corona 19



Austin Compounding Pharmacy

3010 Bee Cave Rd, Austin, Texas 78746

Phone: **(512) 327-7455**

www.AustinCompounding.Pharmacy

GLUTATHIONE 300MG CAPS FOR NEBULIZER

#30 CAPS FOR \$85. NEBULIZER \$55 (BEST FIND THE COMP-AIR NEC801 OMRON ON AMAZON) FOR COVID TRY TO DO ONE TREATMENT A DAY

Start with a ramping dose using 200mg/3ml solution

Begin the treatment with a puff of Albuterol inhaler if u need it.

1. Start slowly using 1 CAP (300MG) in first few treatments.
2. Dilute with 3ml of saline or sterile water (bottled water is okay).
3. Inhale the treatment thru the mouth and exhale via the nose if u can.
4. Go slowly, sometimes only use ½ a dose or even skip days.

After one week, ramp the dose up to 600mg every day if you tolerate the treatment.

Continue to increase dose weekly to tolerance.

If you have ANY discomfort. Dilute with more saline or decrease the drug dose

Be sure to add Magnesium to your diet daily, I recommend 400 to 800 mg every day. Soaking in 2 cups of Epson salts is a great source of Mg absorption

Add 1/8 to ¼ tsp of Sea Salt to a shot of water every morning and evening to help with the Glutathione removing the minerals from your body. Add trace elements in also.

---tom Schnorr, RPh, CCN DrugSchnorr@gmail.com

TAKE SOMETHING EVERY HOUR WHILE AWAKE

1. **Flew-Away:** 1 teaspoonful 2 times daily if infected. **(1tsp daily for prevention) stock up!**
2. **Vit D3:** 20,000IU -30,000IU per day for 5 days If infected. (10K -20K daily for prevention)
3. **Viracid: (Viragrafis, Nucloeimmune, etc)** 1 capsule every hour for 12 hours for 12 doses total. (1 cap 2 x day prevention)
4. **Vit C Buffered/ lyposomal/anything really:** 1000mg every hour while awake. DOSE to not trusting a fart! Start now!!!
5. **Vit A** 10,000-20,000 IU daily (10K daily for prevention) WITH FOOD (DO NOT TAKE WITH PREGANCY!)
6. **Melatonin** 5mg a day (1mg for prevention)
7. **Zinc** 15mg-50mg daily with food
8. **Probiotics.** 1 cap a day with a meal, mixed variety,
9. **Rx item-Glutathione via nebulizer 200-300MG daily if you have any lung/ asthma/ allergy/ COPD issues!**
10. **Quercetin** 3000mg 2-3 x day (too big of a dose to take to make a difference in most cases)

Nu-Hist: (D-Hist, etc.) two capsules three to four times a day, 2 at bedtime for congestion if needed

Sinatrol, Intestin-ol, etc. 1 cap 2 x day w/ Nu-Hist if productive colored mucus

Slippery Elm/Zinc Lozenges, or any good lozenge as needed

*******Hot Lemonade** 3 lemons, 2 inches ginger root, 1quart H2O, honey to taste(Gramma's recipe) (add turmeric root)

*******Chicken Soup or broth and Water - lots!**

Tylenol (a fever to 102F is healthy) taking 1000mg every 3 hours for fever if above 102F

*****Prescriptions Drugs that are working: HYDROXYCHLOROQUINE 200MG & a Zpak, IVERMECTIN.**

Avoid: Sugar, Fatty foods, Ice cream, Soda Pop, (sugar feeds the virus & lowers immune system) stop Vitamins containing Iron for now