


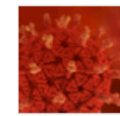
A close-up photograph of lavender flowers in shades of purple and blue, with a soft, out-of-focus background. The flowers are arranged in a vertical spike, and the lighting is natural, highlighting the texture of the petals.

# PROTOCOLS

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*2020 - Seasonal Threats  
Essential Wellness ~ Visionary Leaders*

A close-up photograph of lavender flowers in shades of purple and blue, similar to the top image, showing the intricate details of the flower heads.



# Emergency Medicine (EM) Protocol for the Alleviation and Initial Treatment of Mild and Serious Symptoms of COVID19

Paola Di Maio<sup>1</sup>

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Works for me [dx.doi.org/10.17504/protocols.io.bd8f9tn](https://dx.doi.org/10.17504/protocols.io.bd8f9tn)

Coronavirus Method Development Community



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## ABSTRACT

### SYSTEMIC RESILIENCE UNIT

In the absence of adequate medical care due to shortage of staff and facilities, as the spread of Covid19 virus claims reaches unprecedented spread rate and death toll, medical facilities and staff are not adequate to supply the necessary care to the wider population.

Extreme measures are necessary to avoid the loss of life among the elderly and those who do not have access to adequate care facilities and medications.

This EM protocol adopts antiviral and anti-inflammatory remedies used in Traditional Medicine worldwide, it is being released for general adoption. A clinical trial based on this protocol initiated.

Clinical references are provided. Although the effectiveness of this protocol so far is sporadic and anecdotal, the treatments it contains come with no known serious contraindications, if not successful, it will not be harmful (unless patients have specific allergies or adverse reactions or aggravating conditions to the natural compounds in the treatment).

The protocol is intended to serve as interim measure until a vaccine is found or professional medical care is available.

## ATTACHMENTS

[EMCOVID.pdf](#)

## GUIDELINES

### Clinical/Medical references:

Camphor

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6194496/>

Propolis antiviral properties

[www.ncbi.nlm.nih.gov/pubmed/19472427](https://www.ncbi.nlm.nih.gov/pubmed/19472427)

Thymol

[https://www.ema.europa.eu/en/documents/herbal-report/final-assessment-report-thymus-vulgaris-l-vulgaris-zygis-l-herba\\_en.pdf](https://www.ema.europa.eu/en/documents/herbal-report/final-assessment-report-thymus-vulgaris-l-vulgaris-zygis-l-herba_en.pdf)

Clove

<https://aem.asm.org/content/80/16/4898>

Eucalyptus

<https://www.tandfonline.com/doi/full/10.1080/02786826.2012.708948>

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Tea tree (Melaluca)

<https://www.ncbi.nlm.nih.gov/pubmed/21095205>

<https://clinicaltrials.gov/ct2/show/NCT02765295>

[www.sciencedaily.com/releases/2011/05/110516141546.htm](http://www.sciencedaily.com/releases/2011/05/110516141546.htm)

## MATERIALS

NAME

CATALOG #

VENDOR

Linen Seed

Hydrogen Peroxide

## MATERIALS TEXT

### ANTIVIRAL COMPOUNDS, ORAL ADMINISTRATION

Camphor (extract, camphor oil) 10 mg

Thymol (tincture, essential oil) 3 mg

Propolis (tincture or other extract) 10 mg

### ALTERNATIVE ANTIVIRAL PLANT EXTRACTS

Clove Extract/Tincture/Essential Oil

Eucalyptus Tincture/Extract/Essential Oil

Melaleuca alternifolia (tea tree)

## SAFETY WARNINGS

Natural antiviral compounds and hydrogen peroxide prescribed in this EM protocol are safe if administered with the right precautions, but can be toxic and possibly lethal if not suitably handled or administered undiluted or in excessive quantity. Always dilute the compounds to the lowest possible concentration, and administer often (once an hour). Monitor the improvement, if no improvement is recorded within 48 hours, discontinue the treatment.

## BEFORE STARTING

### SITUATION:

During Covid19, no access to medication or medical facilities with respirators, patient starts showing symptoms of possible Covid 19 infection, including fever and shortness of breath.

### PATIENT CONDITION:

Early, mild or serious Covid19 symptoms

Fever (above 38)

Shortness of breath

Extreme weakness

Pulmonary failure

Loss of consciousness

## Action

- 1 Place the patient lying down on the side, in a ventilated room.
- 2 Administer antiviral compounds orally and complementary treatment including heat compress and aerosol until medical care can be given.

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Citation: Paola Di Maio ( ). Emergency Medicine (EM) Protocol for the Alleviation and Initial Treatment of Mild and Serious Symptoms of COVID19. <https://dx.doi.org/10.17504/protocols.io.bd8f9tn>

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## Antiviral Compounds, Oral Administration

- 3 Dissolve the following compounds in **30 cc glucose, dissolved sugar or honey** :

**10 mg Camphor (extract, camphor oil)**

**3 mg Thymol (tincture, essential oil)**

**10 mg Propolis (tincture or other extract)**

- 4 Administer the dissolved compounds prepared in step 3 once every **01:00:00** , until symptoms improve.

## To Improve Breathing

- 5 Induce the expulsion of phlegm from the lungs by applying to the chest a poultice made of linen seed cooked in boiling water for **00:05:00** .

In the absence of linen seed apply hot compresses to upper chest (hot stones, hot sand, hot rice bags).

This will induce the fluidification and expulsion of the phlegm that is preventing the pulmonary absorption of oxygen.

## Respiratory Failure

- 6 In the absence of mechanical respiratory support devices, attempt the increase of oxygen concentration by administering water as aerosol solution increased with hydrogen.
- 7 Using an aerosol dispenser/vaporizer make a solution of hydrogen peroxide (any volume below 5%) with water and inhale. If solution is concentrated at higher volume of Hydrogen (say above 3%) increase the amount of water accordingly (dilute the hydrogen to less than 3%).
- 8 In the absence of aerosols, inhale vapors from a vessel of steaming water and hydrogen peroxide solution (10:3).

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# YOUR IN IT CONCEPTS:

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- Bio-Individuality:** how one person deals with infection/natural medicines is not how the next might; follow your own symptoms, use your own common sense and knowledge of your body
- SFDD** (Small, Frequent, Daily, Doses) is for Prevention and Wellness
- When \*YOUR'E IN IT\*** or believe you are **\*FIGHTING IT OFF\*** = *Doses become MORE Frequent and LARGER for a limited amount of time*
- Fever** is our body's natural **FIGHTING** mechanism
- Acting \*AS IF\***- if your are not sure, and have a cough, beginning usual allergy symptoms, beginning symptoms you Think are just allergy symptoms, have a funny tummy and/or your digestion is Off, Just Tired (and have a good excuse), low-grade fever or low fever, achey, sore throat, any kind of headache - **NO MATTER HOW MUCH YOU THINK YOU CAN EXPLAIN IT AS SOMETHING ELSE** -
- Act AS IF YOU HAVE IT!** Go into FULL Protocol starting with DAY 1 hitting it extremely hard. **DO NOT WAIT** to start Day 1 protocol until you feel more *\*sure\**- any feeling right now that you are off and not your usual self physically is when you should start Day 1 protocol. Is there a downside to doing this? **NO.** Only Huge side-Benefits to your immune system, nervous system, cardiovascular system, inflammatory system...you get the idea. If it is a *\*false alarm\** all you have done is better prepare your body and all its systems in better health.
- Our Gut is a HUGE front line of Defense.** We fight off invading microorganisms there. Keeping it healthy and **FLOWING** - ie. Not stagnant, is of utmost importance in Prevention. Following our Outlined **BASELINE** protocol very important in prevention and for *\*Fighting It off\**
- OPTIONS** are given to support the varied circumstances and needs of individuals- When in doubt, use the oils You **HAVE** (appropriately)

# DAY 1: FIGHTING IT OFF

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**GOAL: TO FIGHT IT OFF-** *(Not get into an expanded sickness: you were exposed, you felt initial signs of being OFF, you acted quickly and \*AS IF\*, and went into FULL protocol, and then recovered and did not get actually sick with upper respiratory symptoms)*

**Usual BASELINE-Life Long Vitality Full Dose, Terrazyme with meals, Citrus oils in daily water**

*-A Dose of Melissa and/or Melaleuca and/or Oregano every 15 minutes for 2 hours, then every hour (as outlined in “Daily Teas, Shot glasses, or Sublingual doses” section; alternated per individual circumstances) + sipping Fighting It Teas/ 2 drops Copaiba sublingual*

*- 2 DDR soft gels 3x/day*

*-(Possible Alternates for 2 DDR's - 1 Gx Assist + 2 OnGuardPlus; DIY FLOOM cap: 2 drops each oil; DIY DDR cap 8 drops + top w FCO)*

**-Symphony of the Cells/Topical applications 1-2x (SEE Topical Application Section)**

**-Topical oils on bottoms of feet:** Thyme, Breathe, DDR, Oregano, OnGuard

**-Diffuse:** DDR + .....

**-Support GI-** Before Bed: 2 Zendocrine Complex + 1 Zendocrine gelcap + 2 Terrazyme; Upon Waking: 1 PB Assist

**-Additional Anti-oxidants/anti-inflammatories also good:** Deep Blue Polyphenol Complex (DBPC) + Turmeric Duo

Vit. C- 3-6 grams, or up to bowel tolerance (Liposomal best for absorption) \*caution diarrhea

Vit. D- up to 50,000 iu

Vit. A- up to 50,000 iu/d (pregnancy or possible pregnancy no more than 9,000)

Zinc- up to 60mg in divided doses- lozenges good \*With food, caution nausea



# FIGHTING IT OFF CONT ~

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IF it looks like you are not getting INTO IT by day 2, GREAT JOB at Fighting it OFF! - Stay with a basic form of the protocol for 2-3 more days:

## **-BASELINE**

*-A Dose of **Melissa** and/or **Melaleuca** and/or **OnGuard** 3x/day (+ 2 drops **Copaiba** under Tongue (Sublingual) 1-2x/day)*

*-1-2 **DDR** soft gels 3x/day*

*-(Possible Alternates- 2 **OnGuardPlus**; **DIY FLOOM** cap: 1-2 drops each oil; **DIY DDR** cap 4-8 drops + top w **FCO**)*

**-\*Fighting It\*** Teas or water through day

-Topical oils on bottoms of feet: Thyme, Breathe, DDR, Oregano, OnGuard

-Topical SOC application- optional

-Diffuse: DDR + .....

-Support GI- Before Bed: 2 **Zendocrine Complex** + 1 **Zendocrine gelcap** + 2 **Terrazyme**; Upon Waking: 1 **PB Assist**

Vit. C-500 mg 4x/day

Vit. D-5,000 day

Vit. A-10,000 day

Zinc-10 mg 2x/day and/or lozenges \*with food

# IF IT LOOKS LIKE YOU ARE \*IN IT\*, KEEP ON ~ DAYS 2,3,4

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## ***-BASELINE***

*-2 Deep Blue Polyphenol Complex or Turmeric caps 3x/day*

*-A Swipe, Sublingual or Shot Glass Dose of **Melissa** and/or **Melaleuca** every 2-3 hours - add 1 drop Copaiba + 1 drop Pink pepper*

*- 2 drops Copaiba under Tongue (Sublingual) 2x/day*

***-Fighting IT Teas - Sip throughout the day (See Tea Slide)***

*-2 DDR soft gels 3x/day*

*-(Possible Alternates for 2 DDR's - 1 Gx Assist + 2 OnGuardPlus; DIY FLOOM cap: 2 drops each oil; DIY DDR cap 8 drops + top w FCO)*

*-1 GxAssist 2x/day (Alternate- DIY FLOOM cap: 2 drops each oil)*

***-Symphony of the Cells - Topical applications 2x/day***

***-Support your Gut- 2 Zendocrine Complex + 1 Zendocrine gelcap + 2 Terrazyme- Before Bed; Upon Waking: 1 PB Assist***

*-Topical oils on bottoms of feet: Thyme, Rosemary, DDR, Oregano, OnGuard*

*-Topical oils on throat and chest: Breathe, Rosemary, Eucalyptus, DDR, Aromatouch, Trifecta: Frankincense+Copaiba+Siberian Fir*

*-Diffuse: DDR + .....*

*\*Applications of heat to chest or back helpful to drive oils In*

*\*Peppermint + Geranium on bottoms feet, temples, back of neck for fever + Hydrotherapy applications*

*\*Past Tense or Peppermint+Frankincense to forehead, temples, back neck for headaches*

Vit. C- 1 gram 3x/day

Vit. D- 2,000 3x/day

Vit. A- 5,000 3x/day

Zinc - 20 mg 3x/day and/or lozenges \*caution nausea



# DAY 5 & ON ~

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*Continue with Protocol, especially daily Melissa and SOC treatments- Consider alternating some oils in this phase: in Teas, Shot glasses, Sublingual doses, Topical applications, and DIY gel caps*

## **BRING IN:**

Focus on Josie's Favorite: Tea: Frankincense + Copaiba + Siberian Fir + Pink Pepper + Tangerine

**DIY Oil Cap oils:** Frankincense + Copaiba + Pink Pepper + Sandalwood + Turmeric + Rosemary + Siberian Fir + Melissa + Clove

Recovery, Tissue Repair & Biofilm Response Oils: Rosemary + Sandalwood + Clove + Turmeric

**MAXIM** Symphony Of The Cells

*Follow the Protocol Listed for AFTER FIGHTING IT OFF for 2 WEEKS AFTER YOU BEGIN TO FEEL BETTER!*

## BASELINE

-A Dose of **Melissa** and/or **Melaleuca** and/or **OnGuard** 3x/day (+ 2 drops Copaiba under Tongue (Sublingual) 1-2x/day)

-1-2 DDR soft gels 3x/day

-\*Possible Alternates- DIY variations of oils listed ABOVE; 2 OnGuardPlus

-\*Fighting It\* Teas or water through day

-Topical oils on bottoms of feet: Breathe, DDR, OnGuard, Sandalwood, Turmeric, Rosemary, Clove

-Topical SOC application Daily

-Diffuse: DDR + .....

-Support GI- Before Bed: 2 Zendocrine Complex + 1 Zendocrine gelcap + 2 Terrazyme; Upon Waking: 1 PB Assist

Vit. C-500 mg 4x/day

Vit. D-5,000 day

Vit. A-10,000 day

Zinc-10 mg 2x/day and/or lozenges \*with food

# FIGHTING IT – DAILY TEAS, SWIPES, SHOT GLASSES, & SUBLINGUAL DOSES

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1) “Swipe” (about 1/3-1/2 drop) Melissa OR 1 drop Melaleuca in mouth every (waking) 15-30 minutes for **1-2 days**

**or**

2) 1-2 drops Oregano in shot glass w 1 oz. water - hold/swish in mouth 10 seconds, then swallow, 3-4x for 1 day

**or**

3) 1-2 drops Melaleuca + 1 drop DigestZen (mask flavor) in shot glass, hold/swish in mouth 10 seconds, then swallow- every waking 20-30 minutes for 1-2 days.

**Can make a Tea instead:** 1 drop each per 8oz water and sip at least 16 oz every hour.

*\*You can combine or alternate these (#1,2&3) throughout the day*

*\*\*For children: #3- have them start with 2-3 doses, then go to gargling the shot mixture*





# TEA SUGGESTIONS - PER 12-16OZ WATER

- .....
1. choose at least 1 oil from each Oil Category
  2. Drop oils into local honey (approx. 1 tsp. per 12oz) Then add warm/hot water
  3. Oils: 1 drop each, but if you get 2 drops that's just fine

## “Fighting IT Teas”

-**Josie’s Favorite:** Frankincense + Copaiba + Siberian Fir + Pink Pepper + Tangerine

- OnGuard + Copaiba
- Cinnamon/Cassia + Black pepper + Lemon
- Pink Pepper + Copaiba + Green Mandarin

## “I Feel A Tickle in My Throat Tea”

- Lavender, Melaleuca, Siberian fir

## “Dredge up & get the Gunk Out Tea”

Frankincense + Copaiba+ Siberian Fir + Peppermint

## “Recovery, Tissue Repair & Biofilm Response Tea”

Rosemary + Sandalwood + Clove + Turmeric

## “Post Nasal Drip Cough keeping you from Sleeping Tea”

Cinnamon + Lemon + Myrrh





# TEAS CONTINUED

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## Category 1 Oils: ANTI's:

- Melissa
- Oregano/Thyme
- Melaleuca/Tea Tree
- OnGuard
- DDR Prime
- Cinnamon/Cassia
- Clove
- Rosemary
- Pink Pepper
- Black Pepper
- Copaiba
- Sandalwood
- Turmeric
- Slim&Sassy



## CATEGORY 2 OILS: ADDITIONAL SUPPORTIVE

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- DigestZen
- All Citrus Oils
- Copaiba
- Frankincense
- Lavender
- Siberian Fir- dispersing
- Spearmint - dispersing
- Peppermint - dispersing





# F.L.O.O.M.A.

## Serious Immune Support



10 Drops Each Frankincense, Lemongrass, On Guard, Oregano, Melaleuca and Arborvitae in 10 ML Roller Ball.

*Fill with Fractionated Coconut Oil.*

*Apply to Hands, Wrists, Front and Back of Neck, 4 to 6 times per day, and/or as needed in public. Also good to apply inside and/or outside of masks.*



# TOPICAL APPLICATIONS / SOC ~

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1) **ID & Respiratory SOC** (Symphony of Cells)- Alternate and/or Layer

OR

2) **TOP 10 Oils/FLOOM + DDR and Rosemary**: layer up spine in this order:

Frankincense- Carrier oil- Oregano- Melaleuca- OnGuard- DDR/Lemongrass - Breathe - Rosemary  
(Use what you have)

3) **MAXIM Protocol** - for Recovery, Tissue Repair & Biofilm Response (day 5 and On)- can alternate with above protocols, especially Respiratory



SYMPHONY  
OF THE CELLS

## Infectious Disease / ID

*Frankincense*  
*Carrier Oil*  
*Oregano*  
*Thyme*  
*OnGuard*  
*Aromatouch*  
*Lemongrass*  
*TeaTree/Melaleuca*  
*Arborvitae or Melissa*  
*Peppermint*

## Respiratory

*Frankincense*  
*Carrier Oil*  
*TeaTree/Melaleuca*  
*OnGuard*  
*Aromatouch*  
*Rosemary*  
*Eucalyptus*  
*Arborvitae or Melissa*  
*Peppermint*

*\*Layer oils one at a time up spine, on feet, and inhale*

**\*\*Oils Not included in FLOOM: Aromatouch, Peppermint, Thyme, Rosemary, Eucalyptus**





SYMPHONY

### *MAXIM Protocol*

*Frankincense*

*Carrier oil*

*Rosemary/Thyme*

*Clove*

*Lemongrass*

*Lemon*

*Geranium*

*Sandalwood*

*Turmeric*

*Peppermint*

*a*

*\*Layer oils one at a time up spine, on feet, and inhale*

*\*\*Oils Not included in FLOOM: Aromatouch, Peppermint, Thyme, Rosemary, Eucalyptus*