

## Dr Klinghardt Retroviral Protocol 2019

Dr. Klinghardt has recommended the use of anti-retroviral medical drugs as well as the use of a skullcap extract (Baicalin) and other herbal remedies. Herbs have been exposed to the same viruses during their evolution as we have – but they had 350 million years longer to develop effective plant adaptogens to secure their survival. When we ingest these adaptogens the plant conveys the same protection to our body. Retroviral treatment should be the domain of the herbalist, not conventional physicians (with their pharmaceutical ties).

Dr. Klinghardt recommends the use of:

### **1. Cistus Incanus:**

#### **Recommended intake for all brain-related disorders: 6-8 cups/tea per day**

Scientists at the Helmholtz Centre, Munich, discovered that extracts of the medicinal plant *Cistus incanus* (Ci) prevent human immunodeficiency viruses from infecting cells. Active antiviral ingredients in the extracts inhibit docking of viral proteins to cells. Antiviral activity of *Cistus* extracts also targets Ebola and Marburg viruses.

HIV: broad activity, no resistance

The Brack-Werner team found potent activity of Ci extracts against a broad spectrum of clinical HIV-1 and HIV-2 isolates. This also included a virus isolate resistant to most available drugs. "Antiviral ingredients of Ci extracts target viral envelope proteins on infectious particles and prevent them from contacting host cells," Brack-Werner explains. No resistant viruses were detected during long-term treatment (24 weeks) with Ci extract, indicating that Ci extract attacks viruses without causing resistance. Since antiviral activity of Ci extracts differs from all clinically approved drugs, Ci-derived products could be an important adjunct to currently established drug regimes.

Stephanie Rebensburg, Markus Helfer, Martha Schneider, Herwig Koppensteiner, Josef Eberle, Michael Schindler, Lutz Gürtler, Ruth Brack-Werner. **Potent in vitro antiviral activity of Cistus incanus extract against HIV and Filoviruses targets viral envelope proteins.** *Scientific Reports*, 2016; 6: 20394 DOI: [10.1038/srep20394](https://doi.org/10.1038/srep20394)

*Cistus* also has potent activity against other pathogens (Lyme, mould, etc.):

Rauwald, H. W., et al. "On the **antispicrochaetal activity** of manoyloxides and carvacrol from the oleoresin labdanum of *Cistus creticus* L." *Planta Medica* 79.13 (2013): PN53.

Bouamama, H., et al. "Antibacterial and **antifungal activities** of *Cistus incanus* and *C. monspeliensis* leaf extracts." *Therapie* 54.6 (1999): 731-733..

*Cistus* is also a very effective **biofilm breaker**, unmasking persistent infections: Hannig, Christian, et al. "Effects of **Cistus tea** on bacterial colonization and enzyme activities of the in situ pellicle." *Journal of Dentistry* 36.7 (2008): 540-545.

#### **1. Ki RetroV Powder anti-retroviral mix: The recommended dosage for the potent RetroV powder is 1 heaping teaspoon twice a day ([www.KiScience.com](http://www.KiScience.com))** **(To increase the potency of your protocol you can add the Scutellaria tincture to the mix)**

##### **a. Baicalin extract from Scullcap root/Scutellaria ( [www.KiScience.com](http://www.KiScience.com) )**

- Li, B. Q., T. Fu, Y. D. Yan, N. W. Baylor, F. W. Ruscetti, and H. F. Kung. "Inhibition of HIV infection by baicalin--a flavonoid compound purified from Chinese herbal medicine." *Cellular & molecular biology research* 39, no. 2 (1993): 119-124.
- Zhao, Qing, Yang Zhang, Gang Wang, Lionel Hill, Jing-Ke Weng, Xiao-Ya Chen, Hongwei Xue, and Cathie Martin. "A specialized flavone biosynthetic pathway has evolved in the medicinal plant, *Scutellaria baicalensis*." *Science advances* 2, no. 4 (2016): e1501780.

##### **b. Green Tea**

- Nakane, H., Hara, Y., & Ono, K. (1994). Tea polyphenols as a novel class of inhibitors for human immunodeficiency virus reverse transcriptase.

##### **c. Reishi Mushroom**

- Min, B. S., Nakamura, N., Miyashiro, H., BAE, K. W., & Hattori, M. (1998). Triterpenes from the spores of *Ganoderma lucidum* and their inhibitory activity against HIV-1 protease. *Chemical and Pharmaceutical Bulletin*, 46(10), 1607-1612.

##### **d. Stinging Nettle**

- Balzarini, J., Neyts, J., Schols, D., Hosoya, M., Van Damme, E., Peumans, W., & De Clercq, E. (1992). The mannose-specific plant lectins from *Cymbidium hybrid* and *Epipactis helleborine* and the (N-acetylglucosamine) n-specific plant lectin from *Urtica dioica* are potent and selective inhibitors of human immunodeficiency virus and cytomegalovirus replication in vitro. *Antiviral research*, 18(2), 191-207.

#### e. Olive Leaf

- Lee-Huang, S., Zhang, L., Huang, P. L., Chang, Y. T., & Huang, P. L. (2003). Anti-HIV activity of olive leaf extract (OLE) and modulation of host cell gene expression by HIV-1 infection and OLE treatment. *Biochemical and Biophysical Research Communications*, 307(4), 1029-1037.

#### f. Bitter Melon

- Trivedi, R. V., Wadher, K. J., Taksande, J. B., Mahore, J. G., & Umekar, M. J. (2011). *Momordica charantia*: A Natural and Safe Approach for the Treatment of HIV Infection. *Int J of Pharm Tech Research*, 3, 1660-1666.
- 4 Ng T B, Wong C M, Li W W, Yeung H W. [Isolation and characterization of a galactose binding lectin with insulinomimetic activities from the seeds of the bitter melon \*Momordica charantia\* \(Cucurbitaceae\)](#). *International Journal of Peptide and Protein Research*. 1986; 28 163-72

**GliaLia:** An Italian product that combines in two anti-retroviral/brain-healing herbal extracts a meaningful way: the flavonoid Luteolin and PEA.

**GliaLia comes in small sachets. Usual dosage: 1 sachet twice daily sublingually.**

Paterniti, Irene, et al. "Neuroprotection by association of palmitoylethanolamide with luteolin in experimental Alzheimer's disease models: the control of neuroinflammation." *CNS & Neurological Disorders-Drug Targets (Formerly Current Drug Targets-CNS & Neurological Disorders)* 13.9 (2014): 1530-1541 (from the abstract: **our results clearly showed that co-ultra PEALut is able to blunt A $\beta$ -induced astrocyte activation and to exert a marked protective effect on glial cells**)

Mehla, Rajeev, Shalmali Bivalkar-Mehla, and Ashok Chauhan. "A flavonoid, luteolin, cripples HIV-1 by abrogation of tat function." *PLoS One* 6.11 (2011): e27915

.Ko, Yeon-Ju, et al. "Flavonoids as potential inhibitors of retroviral enzymes." *Journal of the Korean Society for Applied Biological Chemistry* 52.4 (2009): 321-326.

**Palmitoyl-Ethanolamide to help regulate cannabinoid receptors and re-regulate microglia**

Zeidán-Chuliá, Fares, et al. "The glial perspective of autism spectrum disorders." *Neuroscience & Biobehavioral Reviews* 38 (2014): 160-172.

Bertolino, Bartolomeo, et al. "Beneficial Effects of Co-ultramicrozoned Palmitoylethanolamide/luteolin in a Mouse Model of Autism and in a Case Report of Autism." *CNS neuroscience & therapeutics* 23.1 (2017): 87-98.

Sarnelli, Giovanni, et al. "HIV-1 Tat-induced diarrhea is improved by the PPAR-alpha agonist, palmitoylethanolamide, by suppressing the activation of enteric glia." *Journal of neuroinflammation* 15.1 (2018): 94.

### 3. Broccoli Sprout Extract Powder (KiScience.com):

Broccoli extract has been evaluated in numerous studies with amazing results. It has shown potent activity in cancer trials, in autism, in brain inflammation and many other conditions. It is safe and well tolerated. Not all broccoli seeds grow sprouts that contain the precursor for the precious sulforaphane, which is generated when the sprouts are chewed (or the extract is mixed with saliva). Our ART testing and clinical experience has shown that this broccoli extract is very effective in silencing retroviral activity, and is included in all of our treatment plans.

#### References:

- [Singh K, Zimmerman AW. Sulforaphane Treatment of Young Men with Autism Spectrum Disorder. \*CNS Neurol Disord Drug Targets\*. 2016;15\(5\):597-601.](#)
- Singh, K., Connors, S. L., Macklin, E. A., Smith, K. D., Fahey, J. W., Talalay, P., & Zimmerman, A. W. (2014). Sulforaphane treatment of autism spectrum disorder (ASD). *Proceedings of the National Academy of Sciences*, October 2014; 111(43), 15550-15555. from the text: "Sulforaphane, which showed negligible toxicity, was selected because it upregulates genes that protect aerobic cells against oxidative stress, inflammation, and DNA-damage, all of which are prominent and possibly mechanistic characteristics of ASD"
- Tester, Jodie, and Tessa Finney-Brown. "Sulforaphane treatment of autism spectrum disorder." *Australian Journal of Herbal Medicine* 27.1 (2015): 41.
- [Armah CN, Traka MH, Dainty JR, Defernez M, Janssens A, Leung W, Doleman JF, Potter JF, Mithen RF. A diet rich in high-glucoraphanin broccoli interacts with genotyped to reduce discordance in plasma metabolite profiles by modulating mitochondrial function. \*Am J Clin Nutr\*. 2013 Sep;98\(3\):712-22.](#)
- [Yang L, Palliyaguru DL, Kensler TW. Frugal chemoprevention: targeting Nrf2 with foods rich in sulforaphane. \*Semin Oncol\*. 2016 Feb;43\(1\):146-153.](#)
- [Heiss E, Herhaus C, Klimo K, Bartsch H, Gerhäuser C. Nuclear factor kappa B is a molecular target for sulforaphane-mediated anti-inflammatory mechanisms. \*J Biol Chem\*. 2001 Aug 24;276\(34\):32008-15.](#)

- [Gan N, Wu YC, Brunet M, Garrido C, Chung FL, Dai C, Mi L. Sulforaphane activates heat shock response and enhances proteasome activity through upregulation of Hsp27. J Biol Chem. 2010 Nov 12;285\(46\):35528-36.](#)

Results: We have seen unexpected results in our most difficult patients and in the most difficult clinical situations by following a simple treatment strategy:

1. Decrease the body burden of aluminium, mercury and glyphosate (**Foot Spa, Lava Vitae zeolite, Chlorella, Polmolo, Renolo, Biogarlic**), [www.kiscience.com](http://www.kiscience.com)
2. Protect the client from microwave/radiowaves (cellphone radiation): switch it off and use 2-3 pipettes of **Ray Wave** 2-3 times per day, **E-Shield Cream, Shielding Net** for mobiles and WiFi router, e-shield protective clothing, [www.kiscience.com](http://www.kiscience.com)
3. Treat the retroviruses:
  - 1 tsp **Broccoli Extract** twice daily [www.kiscience.com](http://www.kiscience.com)
  - 6-8 cups **Cistus Incanus tea**/day Sardinian Cistus [www.kiscience.com](http://www.kiscience.com)
  - Ki RetroV powder**: 1 tsp twice daily [www.kiscience.com](http://www.kiscience.com)
  - Ki RetroV tincture**: 2-3 pipettes 3 times [www.kiscience.com](http://www.kiscience.com)

**KiVita**: liposomal herbs: 2 pipettes 3 times/day [www.kiscience.com](http://www.kiscience.com)