

# Dr Klinghardt's COVID-19 Prevention & Treatment Guidance Summary

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ANK™: Applied Neurobiology Klinghardt

**Early viral attachment:** there is active viral replication of SARS-CoV-2 in the throat during the first 5 days after symptoms onset.

<u>Product</u>	<u>Prevention</u>	<u>Treatment</u>
<b>Propolis &amp; HOCl</b>	With the first signs of illness (fever, sore throat, unwellness) spray propolis (KiScience Propolis Plus) - alternating with HOCl spray - frequently onto the sore throat area. Also spray HOCl in the eyes and nose (hourly or more often)	Continue the Propolis and HOCl spray as much as circumstances allow plus add the ANK treatment suggestions.  1st signs of lung involvement inhale 20min 2 x per day
<b>Vitamin C: Ascorbic acid / Ascorbate</b>	Take a minimum of 2000 mg Vit C per day. Use a mix of liposomal/non- liposomal vit C, by adding 1-2 tsp of MicroPhos to the prepared Vit C drink and stirring it vigorously. Divide the dose in half and drink twice daily.  <b>Vitamin C:</b> If you are older or more susceptible to COVID-19 for various reasons, your maintenance dose should be one gram per hour, to total 10-18 grams per day, depending on your tolerance level. You will	<ul style="list-style-type: none"> <li>• AscorbicAcidCOVID-19Infection Dosage: 1 gram every 15 to 30 minutes, depending on severity of symptoms. Increase to 2 grams every 15 to 30 minutes if symptoms are not reversed within 12-24 <b>hours</b>.</li> <li>• IF you are infected, you will essentially have an 'unlimited' tolerance for ascorbic acid. Your tolerance may increase above 100</li> </ul>

	experience loose stools, or what is known as hitting Bowel Tolerance if you have saturated your system with ascorbic acid.	grams or more. That is normal.  • If available, use intravenous Vit.C (7.5 grams – 50 grams/day) on 3 consecutive day
<b>Hydroxy-chloroquine</b> (Plaquenil)-  effective antiviral	200mg twice per day for 10 days	A study conducted by Didier Raoult M.D/Ph.D, et. Al showed Azithromycin added to hydroxychloroquine was significantly more efficient for virus elimination
Nitazoxide  (Alinia, Daxon)	1000mg twice daily for 10 days	
<b>Artemisia products</b>	<p>Artesunate: Severe cases 250mg i.v. per day for 10 consecutive days</p> <p><b>Milder cases:</b> oral artemisia annua tincture may work well (KiScience Sweet Annie and Artemisia Forte powder) <b>Andrographis paniculata is a powerful anti-furin strategy</b> and should be utilized early in the treatment of infected or suspected individuals:</p> <p>1. Andrographis in a KiScience synergistic mix with other herbs : “Astrasmile” (prevention: 1 dropperful 4-6 times/day; treatment: 1 dropperful hourly)</p> <p>Or2. Plantbasedherbalmix:“Andrographis+”(prevention:1dropperful4 times/day; treatment: 1 dropperful hourly)</p>	
<b>Melatonin</b>	<p>Take at night, about 1 to 2 hours before sleep and 2 to 3 hours AFTER your last meal. D.Loh recommends 50 mg at night. We use up to 200 mg as suppository or skin lotion.</p> <p>You should ideally finish eating before it is dark. It is also extremely helpful if you can</p>	

	<p>lower your ambient lighting at night, as the lowest amount of light will disrupt melatonin production. Melatonin is produced in all cells, including mitochondria, not just in pineal glands. <b>IF you are diabetic, or have insulin resistance, DO NOT TAKE MELATONIN before 3 pm. Melatonin is able to suppress insulin.</b></p> <ul style="list-style-type: none"> <li>• DAYTIME—40% of total daily dose, divided into small equal portions to be taken every TWO HOURS (orally). If you use melatonin transdermal cream, the absorption and serum levels even out for many hours. We apply up to 60 mg in the morning and again at around 2-3 pm to hairless body areas.</li> <li>• NIGHTTIME—60% of total daily dose, divided into two portions taken 2-3hours after dinner. The final dose at night should be completed by 10 pm (latest).</li> </ul>	
<b>Core-S</b>	Intracellular zinc has shown to be an important antiviral	
<b>Vit D</b>	Keep your Vit D level high normal	
<b>Shielding and WiFi Hygiene</b>	Essential in prevention & treatment of Covid-19	WiFi/ radiowaves also facilitate the entry of calcium into the cell, triggering the cytokine storm.

**Food:** During infection, rest, drink plenty of purified water. You may lose your appetite. Do not force yourself to eat if you are not hungry. Calorie restriction initiates mitophagy and autophagy, which will facilitate healing.

### General measures for prevention of viral respiratory infections

include the following:

- Handwashing with soap and water for at least 20 seconds. A 60% alcohol-based hand sanitizer may be

used if soap and water are unavailable.

- Individuals should avoid touching their eyes, nose, and mouth with unwashed hands.
- Individuals should avoid close contact with sick people.
- Sick people should responsibly self isolate/stay at home (e.g., from work, school etc).
- Coughs and sneezes should be covered with a tissue, followed by disposal of the tissue in the trash.
- Frequently touched objects and surfaces should be cleaned and disinfected regularly.
- Following the model of the Hong Kong protocol citizens are advised to wear facial masks at all times when in the presence of other people both as a means of protection and against spread of the virus

**Infection control:** Those who are under investigation for COVID-19 should be evaluated in a private room with the door closed (an airborne infection isolation room is ideal) and asked to wear a surgical mask. All other standard contact and airborne precautions should be observed, and treating healthcare personnel should wear eye protection

## **KLINGHARDT HERBAL MIX**

Dr Klinghardt has suggested the following herbal mix based on reviewing the literature on natural antiviral approaches. Each of these herbs have been shown to be effective against other Corona Viruses.

Put 100ml clean water in a blender and add 14 gms of Vit C powder.

<https://kiscience.com/product/complete-ascorbate-support-powders/>

Then add in equal parts the herbal tinctures as below - calculate the weekly total of each based on A.R.T.TM testing results. General guidance for amounts (if A.R.T. testing is not possible): Weekly dosage is approx. 28 pipettes full of each of the following:

**Calendula, Liquorice, Scutellaria, Rosemary, Andrographis, Artemisia Annu, Dandelion, Propolis.**

Add 2 tablespoons of Microphos (A phospholipid herbal microbicidal compound to make mix liposomal) and blend for several minutes.

<https://kiscience.com/product/microphos/>

Put the mix in a glass and keep in the fridge. Estimate one seventh of the amount, put it in a separate glass and drink the content over the day.

See below for suggested sourcing from KiScience - Dr Klinghardt is their Medical Advisor so these are products he trusts and is familiar with in terms of source, potency, purity and efficacy.

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**Calendula**

<https://kiscience.com/product/calendula/>

**Liquorice**

<https://kiscience.com/product/ki-liquorice/>

**Scutellaria**

<https://kiscience.com/product/scutellaria/>

**Rosmary**

Found in Ki Brain & Ray Wave

<https://kiscience.com/product/ki-brain/>

<https://kiscience.com/product/ray-wave/>

Also found in Ki Science Pure Rosemary essential oil: 10 drops essential oil appropriate for weekly herbal mix. NB. Not all essential oils are edible depending on the preparation and source. Ki Science essential oil is very special due to its purity. It is highly antiseptic and safe to consume in small quantities. A few drops can also be used as a hand/skin sanitiser avoiding the eye area.

<https://kiscience.com/product/100-pure-essential-rosemary-oil/>

**Andrographis**

<https://kiscience.com/product/astra-smile/> <https://kiscience.com/product/viral-support-powders/>

**Artemisia Annu**

<https://kiscience.com/product/sweet-annie/> <https://kiscience.com/product/artemisia-forte/>

**Dandelion**

Found in liver Support: <https://kiscience.com/product/liversupport/>

**Propolis**

<https://kiscience.com/product/propolis-plus/>

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Vitamin D3-K2 Very high dose before bed, 4 to 5 capsules per day.

<https://kiscience.com/product/vitamin-d3-k2/>



[www.KlinghardtInstitute.com](http://www.KlinghardtInstitute.com)

Always have a binder on board and use the ionic footbath to keep the emuntories (exit routes) free.

**Advised binders:**

<https://kiscience.com/product/chlorella-pyrenoidosa/>

<https://kiscience.com/product/chlorella-vulgaris/>

[https://kiscience.com/?s=zeolite&post\\_type=product](https://kiscience.com/?s=zeolite&post_type=product)

**Footbath**

<https://kiscience.com/product-category/footbath/>

The **HOCl** disinfectant mentioned can be found as follows:

<https://kiscience.com/product/hocl/>