

PEACE **P**
Prayer

L
Lifestyle

A
Action

N
Nutrients

<p>Prepare NOW</p>	<p>Keys to peace -EACH WEEK:</p> <ul style="list-style-type: none"> ✓ Load up on JESUS/grace <ul style="list-style-type: none"> • Sun/Daily Mass, Confession, Adoration, etc. ✓ Read upcoming Sun. readings ✓ Make/Get a Blessing Bag ✓ Pray daily w/your family/friends ✓ Say this Protection Prayer ✓ Focus on FAITH (Jesus) not FEAR 	<p>EACH DAY:</p> <ul style="list-style-type: none"> ✓ Walk outside in the sun ✓ Drink ½ your body weight (oz) ✓ Add lemons to your water ✓ Gargle in am w/antiseptic mouthwash or salt water ✓ Avoid stress & LAUGH ✓ Switch to green tea ✓ Find/build a community! 	<p>Try these now & gather supplies:</p> <ul style="list-style-type: none"> ✓ Purchase/gather items on shopping list on next page ✓ Gather items for Blessing bag ✓ Research Nebulizing food grade 12% or 3% DILUTED Hydrogen Peroxide (See Dr Mercola article) Or try a diffuser with peppermint, eucalyptus, etc 	<p>EACH DAY:</p> <ul style="list-style-type: none"> ✓ Vit D3/5000 ✓ Vit C/1-3,000 (split dose) ✓ Zinc/50 mg (take with food) ✓ NAC (600 to 1,000mg) ✓ Quercetin 250mg ✓ Food grade Probiotic ✓ Selenium 200 mcg ✓ Turmeric (Anti-inflammatory)
<p>First sign of Covid symptoms</p>	<p>All of the above & Add:</p> <ul style="list-style-type: none"> ○ Pray Covid Prayer 3x daily ○ Suck on exorcised salt in mouth ○ Sprinkle excor. salt in home ○ Spray house with holy water ○ SING & Praise God to open lungs 	<p>All of the above & Add:</p> <ul style="list-style-type: none"> ○ Mouthwash 2x/30sec. ○ Shower with Dial soap daily ○ Open windows and doors ○ Get rest & increase fluids ○ Use Nasal saline spray 	<p>All of the above & Add:</p> <ul style="list-style-type: none"> ○ If it is likely you have COVID (fever, body aches, covid symptoms, exposure to covid, etc.) Take covid test ○ Test pulseox -94 to 100 good 	<p>All of the above & Add:</p> <ul style="list-style-type: none"> ○ Quercetin (800mg) ○ Glutathione (500mg) ○ Vit C/8,000 (2,000 each dose) ○ Add some coconut water, oranges, bone broth, etc
<p>If you are positive for Covid</p>	<p>All of the above & Add:</p> <ul style="list-style-type: none"> ○ START the SURRENDER NOVENA <ul style="list-style-type: none"> ○ Nine day prayer ○ This is a Spiritual Battle – PRAY ○ Pray for/Unite with others that are going through this as well ○ If you lose your smell or taste – Consider it an opportunity to learn detachment ○ If you are suffering – Spiritual opportunity to offer it for others ○ Ask the Blessed Mother for help ○ Moms always make us feel good 	<p>All of the above & Add:</p> <ul style="list-style-type: none"> ○ Consider Nebulizing H2O2 or nasal saline spray or X Clear ○ Learn new breathing techniques (Breathology.com) ○ SLEEP ON YOUR SIDE (not back) ○ Use the time to REST (Turn off electronics/social media, open the bible or other good book ○ Soak in warm Epsom Salt bath ○ Stimulate your smell with peppermint – or use vapor rub 	<p>All of the above & Add:</p> <ul style="list-style-type: none"> ○ Make a Teladoc appt to get: <ul style="list-style-type: none"> ○ Z pack (Azithromycin) ○ Ivermectin They may also prescribe: Hydroxychloroquine (homemade version), Colchicine, Steroids, prednisone, Nebulized Budesonide, Doxycycline, Fluvoxamine, blood thinners or other meds Monoclonal Antibodies Infusion (Regeneron) - for high risk and needs to be within 8 days of start 	<p>DAILY Supplement Protocol:</p> <ul style="list-style-type: none"> ○ Vit D3 Wash – 100,000 – first day only then 5,000/day ○ Glutathione Flush – 2g – first day only then 500mg ○ Vit C/6,000 (2,000 3x a day – spread out over day) ○ Zinc/100 mg (take with food) ○ NAC 600 to 1,000mg ○ Quercetin 800mg ○ Adult aspirin 325 mg ○ Magnesium 500 mg ○ Melatonin – 10mg at night
<p>Follow Up at least two weeks</p>	<p>Go Back to the NOW section & add:</p> <ul style="list-style-type: none"> ✓ Pray daily ✓ Read upcoming Sun readings ✓ Load up on JESUS ✓ Say Protection Prayer, etc. ✓ Continue using holy water & salt ✓ HELP & pray for others 	<p>*Here are the CDC quarantine/Isolation guidelines (website: CDC guidelines)</p> <ul style="list-style-type: none"> ○ Eat Healthy and hydrate ○ Get Outside & Walk ○ Spread hope, love & JOY 	<p>Keep Vigilant - It's over when the covid says its over:</p> <ul style="list-style-type: none"> ○ May appear mild at first but watch for day 7-10 (Cytokine Storm) ○ Smell & taste will return! ○ Keep cough drops on hand 	<p>EACH DAY:</p> <ul style="list-style-type: none"> ✓ Vit D3/5000 & Vit C/1000 ✓ Zinc/100 mg (take with food) ✓ NAC or Glutathione ✓ Quercetin 400 -800/mg ✓ Magnesium 500 & B complex ✓ Melatonin 5mg at night

• SUGGESTIONS that have helped others – Consult your doctor FIRST

• **Shopping List & Things to Gather Ahead of Time... Get those in blue NOW!**

Purchase in Advance: (Online at Walmart or Amazon or buy locally)

- Digital Thermometer
- Oximeter (online 10\$)
- BinaxNow At home COVID rapid test (if it's negative – 98% chance you don't have it, if positive, 84% accuracy) Buy locally at Kroger, Walmart, etc or online at www.Walmart.com



OPTIONAL:

- Diffuser for essential oils or Humidifier
- Nebulizer (25\$ to 50\$)
 - (Three options & supplies pictured on rt)
- Food Grade Hydrogen Peroxide 3% (Available online or at Whole Foods locally)
- [Xylitol Nasal Spray](#) (XClear), Iodine nasal Spray or [Budesonide](#) nasal spray may be helpful

Vitamins to purchase in advance:

- Vitamin D3 (5000 U)
- Vitamin C (2,000)
- ZINC (50 mg)
- Melatonin (5 or 10mg)
- NAC (600 – 1000mg)
- Quercetin (800mg)
- Glutathione (250mg)

OPTIONAL:

- Turmeric
- B Complex
- Vitamin A
- Magnesium



Gather Blessing Bag Items & Prayer Resources:

- **Blessing Bag:** Holy Water, Exorcised Salt, Blessed Candle, Scapular, Rosary, etc.
- Bible & other good religious books to read
- Print [Surrender Novena](#) (Audio: [youtube](#))
- Print out [COVID Prayer & Protection prayer](#)
- Links on how to say:
 - Rosary
 - [St Michael's Chaplet Prayer](#)
 - Divine Mercy Chaplet
- Other Prayer Cards & [Prayers](#)
- Christian [Music & Praise](#) Songs & [Chant](#)
- Inspirational 24 hr Catholic Radio Station – AM1160 [The Quest Atlanta](#) (Free App)
- [Laudate App](#) & [Catholic Websites](#)



Items that can be purchased at Dollar Tree (See Picture Below)

- Dial Antibacterial Soap
 - Antiseptic mouthwash
 - Nasal Saline Spray
 - Cough drops
 - Aspirin (81 and 325mg)
 - Disinfectant Spray, Cleaner & Wipes
- OPTIONAL:**
- Himalayan Pink Salt
 - Spray bottle (for holy water)
 - Menthol Chest rub
 - Paper plates (For convenience)
 - Notebook (Keep track while sick)
 - Mucus Relief
 - Antacids



Websites: [Truth for Health Chart](#) (best in yellow)

- [Prevention & COVID Protocols](#)
 - [Front Line Doctors - All Protocols!](#)
 - FLCCC [Covid 19 Guide](#) (Detailed)
 - [Dr. Zelenko Protocols](#)
 - www.OneDayMD.com
 - [Dr Peter McCullough Total Plan](#)
- Find a teledoc [provider](#) for [Ivermectin](#)
- Regeneron Info ([Monoclonal Antibodies](#))

- Need a Blessing Bag, Vitamins or other supplies? – Contact me at kneeldownstandup@protonmail.com
- For most updated PEACE P.L.A.N. & other resources, go to www.KneelDownStandUp.com