

Early Action for Faster Recovery

1
No virus in the community
Build Natural Immunity

2
Virus in the community
Reduce Viral Load

3
Infection Days 0-5
Rest and Recuperate

4
Infection Days 6+
Rest and Monitor

NUTRITIONAL FOODS

Vitamin C	Vitamin D	Zinc	Probiotics	Quercetin	NAC	Omega 3	Flavonoids
Citrus Kiwifruit Berries Leafy Greens Broccoli Brussel Sprouts	Safe Sun Exposure Sardines Salmon Mushrooms	Red Meat Shellfish Pumpkin Seeds Sunflower Seeds Legumes Cashew Nuts	Natural Yogurt Sauerkraut Kefir Kimchi Miso Tempeh	Red Onions Capers Red Grapes Berries, Citrus Honey, Broccoli Brussel Sprouts	Beef Chicken, Eggs Fish Cheese, Yogurt Lentils	Mackerel Salmon Herring Sardines Anchovies Flax Seeds	Lemons Oranges Tangerines Grapefruit

SUPPLEMENTS

Vitamin D3 - 2000 IU/day
Zinc - 15 - 30mg/day
Vitamin C 500 - 1000mg/day

SUPPLEMENTS

Vitamin D3 - 5000 IU/day
Zinc - 30mg/2x day
Vitamin C 1000 - 2000mg/2x day
Zinc Ionophore - Choose 1 from below

BOOST YOUR IMMUNITY

Hot Lemon, Ginger & Honey
Healthy Diet
Reduce Alcohol
Reduce Processed Foods

REDUCE VIRAL LOAD

Betadine Gargle & Nasal Swab
Colloidal Silver Nasal Spray
Propolis & Manuka Lozenges
Inhalations

ZINC IONOPHORES

Quercetin 250 - 500mg/2x day
Nigella Sativa 1000 - 3000mg/day

ANTI-INFLAMMATORY

Omega 3 Fish Oils
1000 - 4000mg/day
Turmeric, Garlic, Ginger,
Broccoli sprouts

ANTI-VIRAL

Herbals
Shiitake mushrooms
Reishi mushrooms
Garlic, ginger, thyme
Chlorella
Colloidal Silver 15 - 20ml/day

REDUCE BLOOD CLOTTING

Ginger
Turmeric
Cayenne
Garlic
Vitamin E



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Please ensure you keep in contact with your medical practitioner should you become infected with the virus.



OVER THE COUNTER MEDICATION

Aspirin - 300 - 325mg/day
Slow Release Melatonin
Ibuprofen - As required
Anti-Histamine Promethazine

LIFESTYLE

Exercise
Breathe

Relax
Meditate

Wash hands
Wear a mask

Gargle Inhalations
Hydrate

Keep a daily record of symptoms

Rest
Isolate at home

Please use this protocol as a guideline. It is not intended to replace medical treatment. Supplement guides are designed for adults, choose from food groups for children, pregnant women, and breast-feeding mother's. If you are on medication or have specific health conditions please consult your health practitioner before taking supplements.