

# SOLUTIONS

In No Particular Order

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## Body

*NOTE: This information is not intended as medical advice and is not specific to your individual health needs. Consult with a qualified healthcare practitioner before adjusting any listed dosages. In addition to what is listed below, there are numbers of other remedies that will target your symptoms.*

*Please note that many products refer to my website. I am doing this as it is where I keep such information in relationship to the products I provide for patients. I am happy to set up an appointment to personally guide you through the process of choosing what is right for you. Noted below are other practitioners that I trust implicitly, who can assist you should you need it.*

## Prevention:

- Embrace the healthiest diet you can. You mind, body and spirit need to be as aligned as possible.
- BioSuperfood – F3: a most powerful combination of specific algae in a synergistic formula. <https://bionutrition.com/pages/ingredients>, <https://maureenfontaine.com/wp-content/uploads/2020/01/brochure-biosuperfood.pdf>, <https://maureenfontaine.com/wp-content/uploads/2020/01/Awakening-the-Genius-Within.pdf>
- Chlorella - [https://www.omfoods.com/search?type=product&page&q=\\*chlorella\\*](https://www.omfoods.com/search?type=product&page&q=*chlorella*)
- Spirulina - <https://www.omfoods.com/products/spirulina-tablets> , <https://www.omfoods.com/products/mushrooms-seaweeds-organic-spirulina-powder>
- Zinc, Zinc picolinate with copper bisglycinate - Healthy immune function, maintenance of a your defense system, energy metabolism, hair, skin, bones, and nails, taste and smell, iron transport in the blood
- Quercitin – reduces the risk of viruses, etc. Helps with allergies.
- Cardunara: poisons need healthy bile flow to be eliminated [https://maureenfontaine.com/wp-content/uploads/2020/01/Cardunara\\_monograph.pdf](https://maureenfontaine.com/wp-content/uploads/2020/01/Cardunara_monograph.pdf)
- Lymf-a-drop: [https://maureenfontaine.com/wp-content/uploads/2020/01/Lymf\\_a\\_drop\\_monograph.pdf](https://maureenfontaine.com/wp-content/uploads/2020/01/Lymf_a_drop_monograph.pdf)
- Structured Silver: <https://maureenfontaine.com/wp-content/uploads/2020/05/pH-Structured-Silver-16oz-Handout.pdf>

[Antiviral activity of mycosynthesized silver nanoparticles against herpes simplex virus and human parainfluenza virus type 3](#)

[Mode of antiviral action of silver nanoparticles against HIV-1](#)

[Silver nanoparticles are broad-spectrum bactericidal and virucidal compounds](#)

[Antiviral Activity of Tannic Acid Modified Silver Nanoparticles: Potential to Activate Immune Response in Herpes Genitalis](#)

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### [Antiviral and Immunomodulatory Activity of Silver Nanoparticles in Experimental RSV Infection](#)

- Immune 7 – Purica: <https://purica.com/pdf/Immune-7.pdf>, <https://maureenfontaine.com/wp-content/uploads/2020/01/Purica-Immune-FX-Clinical-Trial-chemo-radiation.pdf>, <https://maureenfontaine.com/wp-content/uploads/2020/01/PURICA-Immune-FX-and-Liver-Disease.pdf>
- EMF, Air, Water: <https://www.purahome.com/?SID=f17e5a55808358b81a10661c471b2f89>
- David Shaw, medical herbalist: <https://errantempireherbalmedicine.com/>
- Hypochlorous acid: Contact <http://earthspiritcatalog.com/> . Spray in face, eyes, air, etc. Diffuser – silver, HOCl, essential oils. Now available: 19 L buckets at 450ppm for \$125, which is generally diluted to half 225ppm with pump (\$5.50) for spraying and in the diffuser (with 40% 17 Thieves)  
See science here: <https://www.forceofnatureclean.com/the-science-electrolyzed-water-d/>
- Black Cumin Seed Oil: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5633670/> . Application: 1 tsp. oil mixed with 1 tsp. local honey 1-3 x per day. Andreas Seed Oils: <https://andreasseedoils.com/products/black-cumin-seed-oil>
- Vitamin C: high doses, to bowel tolerance
- Vitamin D3: high doses. Please consult with a practitioner.
- C60 <https://c60canada.com/>
- Nano Soma <https://nanosoma.net/>

### Exposed

- Sarcodes-Sanguinea (Snow plant): excellent for symptoms with exposure to vaccinated. Order through a practitioner. <https://www.iandeorganics.com/collections/triturated-remedies-p/products/sarcodes-sanguinea-theriault-2? pos=1& sid=57548bb95& ss=r. 200c>
- White Pine – available in tea or as homeopathic remedy. Forage your own. Add Star Anise for further benefit. <https://dreddymd.com/2021/05/10/is-pine-needle-tea-the-answer-to-covid-vaccine-shedding-transmission-learn-about-suramin-shikimic-acid-and-how-to-make-your-own-extracts/>

### If you have participated in the jab or have a virus:

- Alfalfa: baths, oral application
- Thuja: used to neutralize vaccinations: homeopathic and/or botanical applications. Immune, Airways, Allergies, Warts. Also, Immune/autoimmune support, Chemical sensitivities, Inflammation of the airways, Food & environmental allergies, Skin growths (warts, cysts, polyps).
- Baking Soda baths
- Bryonia & Camphora: <https://www.spiritofchange.org/homeopathy-and-coronavirus-update/>

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- Humic Fulvic Acid, Shilajit: <https://blackoxygenorganics.com/docs/Fulvic-Acid-Scientific-Research.pdf>, <https://buyleafsource.ca/pages/ingredients> , <https://healthforcesuperfoods.com/product/integrity-extracts-shilajit/>
- Ivermectin and Hydroxychloroquine: Ivermectin in potencies ranging from - 18c - 10M and Hydroxychloroquine from 3c - 10M <https://www.helios.co.uk/contact/enquiry>. This must be ordered through a practitioner. Shipping can be lengthy and incur extra charges. More opportunities to purchase elsewhere are popping up, such as vet clinics. This is a reliable source: <https://ellisonsmarket.com/>, Otter Coop Aldergrove 604-856-2517
- White Pine – available in tea or as homeopathic remedy. Forage your own. Add Star Anise for further benefit. <https://dreddymd.com/2021/05/10/is-pine-needle-tea-the-answer-to-covid-vaccine-shedding-transmission-learn-about-suramin-shikimic-acid-and-how-to-make-your-own-extracts/>
- Anke Zimmermann: <https://www.ankezimmermann.net/> Expert regarding vaccine damage and autism.
- Nascent Iodine: <https://maureenfontaine.com/wp-content/uploads/2020/03/NASCENT-IODINE-The-Thyroid-Connection-.pdf> Increase dosing for viruses and immunity. Consult with a health practitioner.
- Vitamin A: excellent for lungs
- NAC: <https://draxe.com/nutrition/n-acetylcysteine-nac-supplement-benefits/>
- TCM: herbs and cupping to draw out the injection.

## Mind & Spirit

- Medicinal Marijuana: the highest quality I can find. <https://www.cannahealingcompany.com/>
- Microdosing: <https://www.thegoldenteacher.co/>
- EMPower: <https://www.truehopecanada.com/emp>, <https://www.truehopecanada.com/stress>, <https://www.truehopecanada.com/anxiety>
- Inositol (Myo-inositol): <https://maureenfontaine.com/wp-content/uploads/2020/01/Inositol.pdf>
- Adrenaplex: [https://maureenfontaine.com/wp-content/uploads/2020/09/Adrenaplex\\_monograph.pdf](https://maureenfontaine.com/wp-content/uploads/2020/09/Adrenaplex_monograph.pdf)
- Adrenum: [https://maureenfontaine.com/wp-content/uploads/2020/01/Adrenum\\_monograph.pdf](https://maureenfontaine.com/wp-content/uploads/2020/01/Adrenum_monograph.pdf)
- An-X-Vita: <https://maureenfontaine.com/wp-content/uploads/2020/01/Anxivita-Etc..pdf>
- Avena Sativa: [https://maureenfontaine.com/wp-content/uploads/2020/01/Avena\\_sativa\\_monograph.pdf](https://maureenfontaine.com/wp-content/uploads/2020/01/Avena_sativa_monograph.pdf)
- Valarian
- Nervine tinctures and formulas: personalized and excellent <https://errantempireherbalmedicine.com/>

## Inspiration

- Karen McKinnon - <https://karenmckinnon.ca/>
- Lee Harris: <https://leeharrisenergy.mykajabi.com/>
- Pamela Gregory: <https://www.thenextstep.uk.com/news>
- Joe Dispenza: <https://drjoedispenza.com/>
- Wim Hof: <https://www.wimhofmethod.com/>
- Chantal Couve: <https://www.the-school-of-happiness.org/>