

5 SIMPLE THINGS YOU CAN DO NOW TO PREVENT COVID!

By Michael Turner M.D.

"People are dropping like flies."

Dear Friends,

I was on a call this week from a hardworking woman employed by a casino. "People are dropping like flies, and they were all vaccinated" was her grim assessment of her workplace.

"I really don't want to get this again."

Agreed. So here are the essentials of what I have been sharing with my patients this week.

First, understand this: It is possible to effectively prevent COVID. And it is **simple**. And **not that costly**.

You probably already know about measures like vitamin **C, D, zinc**, the importance of **sleep**, of **exercise** (boosts levels of circulating white blood cells), and **limiting sugar** (inhibits neutrophil activity). You should already know that Ivermectin is helpful if taken twice a week. (If not, you can [get some here](#) and [read all about it here](#):



Ivermectin: Wonderdrug

Secrets of the medication that keeps on giving. (And dirty little secrets of the failed and dangerous medication that Merck promoted instead ...

OCT 3, 2023 · MICHAEL TURNER M.D.

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Let's go a bit further and at the same time apply the K.I.S.S. principle (Keep It Simple, Stupid). So here we are..

5 simple, effective and research-based ways to prevent COVID:

1. Gargle with mouthwash (15 seconds, 2x a day)

Did you know that mouthwash has [proven activity](#) to kill the COVID virus? (The dentists figured this out early on). Hence, it features in our FLCCC protocols.

2. Use a nasal spray (1-2 sprays in each nostril, 2x a day)

I recommend **X-lear** (Xylitol and grapefruitseed extract)



- Scientific overview of [X-lear here](#) and detailed review article of [all nasal sprays here](#)

- **Fun fact:** Despite the evidence that Xlear lowers viral load, when you read the label or see it advertised anywhere, *you will never see any mention of COVID*. Now why is that?

Because they were forced to retract those claims after being sued by the Federal Trade Commission ([read here](#) and [here](#)). Here is the CEO's commentary:

"This week the FDA is expected to approve new vaccines without any clinical data on safety and efficacy," Nate Jones CEO of Xlear. "These articles say the FDA will rely on real world evidence from the use of prior mRNA shots as proof the vaccines are safe. They're relying on information that isn't even from these specific vaccines to approve them... The FDA is about to approve these vaccines for millions of Americans with no data. Yet, when we say these things, based on actual studies like these, the FTC sues us. It's nonsense."

3. Nattokinase (4,000 units 2x a day on empty stomach)

It dissolves the spike protein, and, since the spike protein is the mechanism for viral entry into your cells, it stands to reason it has a role in preventing infection.

In fact — voila! — the research shows it: nattokinase effectively stopped SARS-CoV-2 infection of human cells in culture. ([read here](#))

- Here is my [best brand recommendation](#) (availability, quality, potency and cost)
- Video from Dr. Cole and Dr. McCullough ([watch here](#))

4. Quercetin (250 mg 1x a day on empty stomach)

Binds spike protein and interferes with viral replication (3CL protease inhibitor).

- Here is my [best brand recommendation](#) (availability, quality, potency and cost)

5. EGCG (400 mg 1x a day on empty stomach)

This is *the most important COVID supplement most people have never heard of*. EGCG (epigallocatechin gallate) is a medicinally active compound found in green tea.



It **interferes with binding of the spike protein** to endothelial ACE2 receptors and **inhibits viral replication** via two mechanisms (3CL protease inhibitor and RNA polymerase inhibitor). ([read here](#))

- **Bonus:** also has **anti-aging** properties (stimulates FOXO genes), helps with **blood sugar** and **weight loss** (activates AmpK) , boosts **cellular energy** creation (stimulates mitochondrial biogenesis) and **inhibits cancer** (P53 promotor)
- Here is my [best brand recommendation](#) (availability, quality, potency and cost)

And there we have it, friends.

Can I make a request?

Let's take some action! Let this not be just another passive piece of Substack information — instead, get online, buy some stuff, put it out on your countertop, and make it happen!

Or, if you are perfectly healthy, kindly share it with your friends, family or coworkers who are struggling.

If you have questions, [I can be reached here](#).

With Very Best Wishes For Your Health and Wellness,



Dr. Turner

Contact Dr. Turner: 509-349-3010 -- office@michaeltturnermd.com

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