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**COVID**  
**Immune Support**  
**Protocol**

For more information see <https://cohlife.org/covid>. This information may not be utilized, reproduced or transmitted to anyone other than the named patient. Potential harm without practitioner oversight.

Day	Agent	Dose	Note below	aWaken	Break-fast	Lunch	After-noon	Dinner	Sleep	on back <input type="checkbox"/>
	<b>Pulse Ox</b>			x			x			log!
	<b>Temp</b>			x			x			log!
1- 5	<b>Ivermectin</b>	as prescribed			x					
5 -	<b>Doxycycline</b>	as prescribed	<b>D</b>		x			x		
<b>Core Covid Protocol</b>										
1-15	<b>Nebulize w H2O2 in saline</b>	target min 1.5% H2O2, saline 3.5%	<b>N, S</b>	x	x	x	x		x	
	<b>Black Seed oil with Honey +...</b>	1/2 tsp + 1.5TBSP	<b>BSO</b>		x	x		x		
	<b>Vitamin D</b>	5000 IU			1				1	
	<b>Vitamin C</b>	500 mg	<b>C</b>	1-2	1-2	1-2	1-2	1-2	(1-2)	
	<b>Zinc</b>	50 mg			1			1		
	<b>Quercetin</b>	250-500 mg			1			1		
	<b>Lysine</b>	500 mg			1			1		
	<b>Vitamin A</b>	20,000 IU			1			1		
	<b>Aspirin</b>	325 mg	<b>A</b>					1		
	<b>Melatonin</b>	2-10 mg	<b>M</b>						x	
	<b>Multi-B</b>	complex			1			1		
	<b>Iodine</b>	as prescribed								
<b>Core Supps</b>										
	<b>Omega-3's</b>	1200 mg				1		1		
	<b>Multi-Mineral</b>				1			1		
<b>Additional Supps</b>										
	<b>Lithium</b>	5 mg	<b>L</b>		1			1		
	<b>NAC</b>	500-600 mg			1			1		
	<b>Echincacea</b>	250-500 mg			1			1		
	<b>Probiotics</b>	min 5 billion							1-2	
<b>Optional Meds</b>										
	<b>ibuprofen (Motrin/Advil)</b>	OTC pills			(1-2)	(1-2)		(1-2)		
	<b>naproxen (Alleve)</b>	OTC pills			(1-2)	(1-2)		(1-2)		
	<b>Tylenol</b>	Toxic!			NONE	NONE		NONE		

**A: Aspirin**, preferred at dinner. If taking ibuprofen or naproxen move aspirin to a different time, preferably with food and later in the day. **BSO: Black Seed Oil**, add 1/8 tsp each of ginger, cinnamon and turmeric to improve tolerability to palate and gut, and other benefits of the spices; **C: Vitamin C**, take the most your bowels can handle. Can dissolve powder in water. Optimal dosing is 500 mg every 3-4 hours. **D: Doxycycline, avoid sunlight**, do not take with calcium or iron, can take with lots of water, ginger candy, apple sauce, paleo bread. **L: Lithium**, not in multi-products, involved with intracellular processes, see [cohlife.org/lithium](http://cohlife.org/lithium); **M: Melatonin**, Take the most you can without feeling groggy or fatigued in the morning. Being used as an anti-oxidant, not for sleep. **N: Nebulize**, not just for lungs, also has anti-viral and anti-bacterial effect throughout the body. Neb as often as every hour for up to 15 minutes. Start with 7% saline and slowly ramp up H2O2 by drops to tolerance. Once optimized, optionally add 1 drop iodine, 1 drop silver and/or 1 drop Alkalol. See website for more details. **S: Saline**, optimal is 7%, which when diluted with H2O2 will approach 3.5% or less. If unavailable, 3% or 0.9% can be used. also can make at home see [cohlife.org/saline](http://cohlife.org/saline).