

Vaccine Recovery Support

Zach Bush MD

Discuss with your physician or care provider the cessation of Statin drugs and ACE-Inhibitor blood pressure medications.

You can work with your care team to make sure that your blood levels of Vitamin D3 are over 50 iu/dL – ideal range is 60-80 iu/dL – talk to your provider about your ideal usage, but typical adults in Western countries will require 10,000 iu of Vitamin D3 daily for 30 days, then an average of 5,000 iu daily thereafter for at least a year

Liposomal phosphatidylcholine

<https://www.quicksilverscientific.com/all-products/pure-pc-micellized/> will support neurovascular recovery after ACE2 receptor injury throughout the body.

Glutathione

<https://www.quicksilverscientific.com/all-products/glutathione/> from Quicksilver labs as directed on the bottle – just one bottle of each likely enough to support the vaccine injury recovery.

Vitamin K2 MK4

1.5 mg daily for 6-12 months after vaccine to support healthy recovery and reduce calcification of vascular and joint injury sites

ION*Gut/immune support

1-3 tsp three times daily

ION*Sinus spray

3-4 sprays each nostril 2-4 times daily

**Always consult your health care provider before implementing. This general information is not intended to diagnose, treat, or prevent any medical condition or to replace your healthcare professional.*

