

How to Strengthen Your Immunity

sourced from Dr. G on [https://](https://godislovetruthlife.com/2024/12/29/episode-24-dr-g/)

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- 1. Vitamin D - Check your levels. Levels should be above 70. Avoid sunscreen use. If you can't get sunlight, D3 with Vitamin K will help absorb.**
- 2. Vitamin C**
- 3. Zinc and copper**
- 4. Nicotine - Gum or patch recommended.**
- 5. Quinine / Hydroxychloroquine - Can find quinine in tonic water (two 8-oz glasses per day). Also consider making HCQ from grapefruit and orange rinds.**
- 6. Ivermectin ("horse paste") - pea size with lemon water**

Also, consider:

NAC (N-acetyl cysteine)

Z-Pak

Quercetin (Vitamin D, C, Zinc, Elderberry, Quinine)

Stop vaccinating.