

## The Apocalyptic, Anti-viral, Immunity Boosting, Supplement Protocol and Buyers Guide

Ok, in a nutshell, when the sh!\$ really hits the fan, and flesh-eating bacteria and viruses begin taking over the planet, there are going to be a lot of things that you will need. The number one rule of Zombie Land is good cardio! Other than that, friends, shelter, and protection, are all necessary, but so is a VERY robust immune system. Once your health is compromised, you can hang it up. Game over! So, as you are hoarding supplies for the end of times, the following supplements should be prioritized.



And once again, please note that I am not a doctor nor am I playing one on the internet. This is not meant to be interpreted or misconstrued as medical advice. This is simply a guide that I would use or would have a family member use in the event that I was walking through the bowels of germ hell.

For the purpose of this article, I am not going to harp on the 5 pillars of health and wellness: Quality Sleep, Quality Relationships, Quality Nutrition, Quality Movement, and Purpose. These pillars along with a clean environment are maybe one hundred times more important than the following guide for overall immunity. If you are lacking in any of these departments, pick any pillar that makes the most sense to you and focus on that for a time being. Then move on to the supplements.

So let's assume you have dialed in the pillars and have learned how to distance yourself and maintain cleanliness like a ninja, which means in real life, being in a crowded airplane and staying as germ free as possible. Now we can move on to the most comprehensive and effective supplement protocol I am aware of.

This protocol is designed to not only enhance your immune system; organs, cells, microbes, including white blood cells, antibodies, the lymphatic system, spleen, thymus, bone marrow and more, but also to upregulate detox pathways, and strengthen gastrointestinal impermeability. This ultimately lowers inflammation which is the main culprit that makes us susceptible to pathogens.

I know I said I wasn't going to harp on nutrition much in this article, but I would be amiss to not mention a few key things necessary for optimal immunity; **nutritional fasting, nutritional ketosis, and proper hydration.**

**Nutritional fasting** simply means limiting your calories, specifically carbs and protein to a few hours a day. I don't mind if you have some beneficial fats and supplements along the way to get you over the hump, but try to minimize. This will create a state of autophagy which allows the body to clean house and potentially break down and use old and damaged cells for fuel. When we do refeed, it must be with the most nutritious foods available.

**Nutritional ketosis** is similar to nutritional fasting. You can just capitalize on beneficial fats to help with energy in the event that you have to perform at a higher level. I like to have an assortment of ghee's, coconut oils, cacao butter, and olive oils, infused with herbs like garlic, ginger, and turmeric, when I am pushing my mind and body beyond the norm.

**Proper hydration** optimizes the fluid exchange between cells. Cells cannot perform optimally without proper hydration and most defective cells that begin to mutate have been found to be not properly hydrated. Proper hydration requires sufficient structured water as well as key nutrients for intracellular and extracellular homeostasis.

These techniques are really just geared to lower inflammation by limiting trigger foods. Nothing is nutritionally more inflammatory than sugar, well, maybe processed vegetable oil is, but we are not having any of this anyway right? For the most part, whole foods are good and processed foods are bad for the immune system. Remember we want our immunity firing on all cylinders here. This program isn't for life, generally just a few days. So suck it up! If you want to take a deeper dive on some anti-inflammatory nutrition protocols, here are three diets I have created for optimal health and fitness. Think a whole food based, low carb version of the Mediterranean Diet.

The Spartan Diet: <https://xrlifestyles.com/blogs/news/the-spartan-diet>

The Superhero Diet: <https://xrlifestyles.com/blogs/news/the-superhero-diet>

The Face Lift Diet: <https://xrlifestyles.com/blogs/news/the-beauty-cleanse>

Ok, now that that's all out of the way, lets dig in!

The following is a step by step list of how the ultimate immunity protocol would unfold. The highlighted items I use daily as part of an anti-inflammatory lifestyle. The non-highlighted items are used when I am going to be more susceptible to pathogens or I need an extra boost. This could be from poor sleep, exposure, or simply anything that would increase stress. I am not going to elaborate too much on each of the following numbers. That would create a book that nobody would ever read.

Wake up and...

1. Oil pull. Take 1 tsp. or organic coconut oil and put in your mouth with 1 drop of oregano oil. Squish this around in your mouth for 5 min. Spit in the trash and rinse your mouth out with water. Again, spit the water out. Your microbiome starts in your mouth and dental hygiene is a big missing link to optimal health.  
**Coconut oil:** <https://www.amazon.com/Garden-Life-Organic-Virgin-Coconut/dp/B06VZ3SRGD?tag=xrproducts-20>  
**Oregano oil:** [https://www.amazon.com/Oreganol-Oil-Super-Strength-P73/dp/B003QB7E50/ref=mp\\_s\\_a\\_1\\_5?tag=xrproducts-20](https://www.amazon.com/Oreganol-Oil-Super-Strength-P73/dp/B003QB7E50/ref=mp_s_a_1_5?tag=xrproducts-20)
2. Then take a tsp. of colostrum on an empty stomach. Colostrum is full of immunoglobulins and is very effective for gut health. I also like to squish this around my mouth for a minute or so before swallowing.  
**Colostrum:** [https://www.amazon.com/Colostrum-LD-Proprietary-Liposomal-Technology-Bioavailability/dp/B00IFH1NF6/ref=sr\\_1\\_4\\_a\\_it?tag=xrproducts-20](https://www.amazon.com/Colostrum-LD-Proprietary-Liposomal-Technology-Bioavailability/dp/B00IFH1NF6/ref=sr_1_4_a_it?tag=xrproducts-20)
3. Then consume 16oz of purified water with ½ organic squeezed lemon with 1 tsp. of apple cider vinegar. This is very hydrating as well as antifungal, antiviral, and antibacterial.
4. Then have 1 cup of quality bone broth. Broth is the most nourishing food available with too many benefits to list. Just freaking drink it!  
**Broth:** [https://www.amazon.com/Kettle-Fire-Friendly-Approved-Collagen/dp/B06XY7DZ4L/ref=mp\\_s\\_a\\_1\\_4?tag=xrproducts-20](https://www.amazon.com/Kettle-Fire-Friendly-Approved-Collagen/dp/B06XY7DZ4L/ref=mp_s_a_1_4?tag=xrproducts-20)
5. Have a capsule of Jigsaw Pureway C Plus with the broth. Vitamin C is a good immunity enhancer and this form contains L-lysine, which is antiviral. Vitamin C also helps with collagen synthesis which helps form our skin, the largest protective agent we have.  
**Vitamin C:** [https://www.amazon.com/Jigsaw-Health-Pureway-C-Lysine-Bioflavonoids/dp/B06Y2KJ167/ref=mp\\_s\\_a\\_1\\_3?tag=xrproducts-20](https://www.amazon.com/Jigsaw-Health-Pureway-C-Lysine-Bioflavonoids/dp/B06Y2KJ167/ref=mp_s_a_1_3?tag=xrproducts-20)
6. Have 2 capsules of Allimax garlic with the C. The combination of garlic, which is also antiviral, anti-fungal, and anti-bacterial, works synergistically with the Vitamin C.  
**Garlic:** [https://www.amazon.com/ALLIMAX-Capsules-180mg-30/dp/B000ACAVZ2/ref=sr\\_1\\_1\\_s\\_it?tag=xrproducts-20](https://www.amazon.com/ALLIMAX-Capsules-180mg-30/dp/B000ACAVZ2/ref=sr_1_1_s_it?tag=xrproducts-20)
7. Take 1 capsule of BHT: BHT is an antioxidant that shows promise in breaking down the lipid barriers that encompass viruses. If this layer is broken down, our bodies defenses along with the supplements listed in #6 can fight the virus more effectively.  
**BHT:** [https://www.amazon.com/Supersmart-MrSmart-antioxidants-antioxidant-preventing/dp/B00LPJLA04/ref=mp\\_s\\_a\\_1\\_1\\_sspa?tag=xrproducts-20](https://www.amazon.com/Supersmart-MrSmart-antioxidants-antioxidant-preventing/dp/B00LPJLA04/ref=mp_s_a_1_1_sspa?tag=xrproducts-20)
8. Have 1-2tsp. of C60 olive oil after the broth. This is one of the most potent anti-inflammatories available.

**C60:** [https://www.amazon.com/Carbon60-Solvent-Research-Lipofullerene-carbon60plus-com/dp/B07CCMQ7J7/ref=mp\\_s\\_a\\_1\\_3?tag=xrproducts-20](https://www.amazon.com/Carbon60-Solvent-Research-Lipofullerene-carbon60plus-com/dp/B07CCMQ7J7/ref=mp_s_a_1_3?tag=xrproducts-20)

9. A cup of organic coffee with adaptagenic mushrooms should be consumed after the broth. Put 1 tsp. of organic coconut oil in your coffee. The mushrooms have the ability to lower stress which will help to lower inflammation. Coconut oil is also antibacterial, antiviral, and anti-fungal.

**Coffee:** [https://www.amazon.com/Bulletproof-Original-Coffee-Upgraded-Upgrades/dp/B00R7FG5BO/ref=sr\\_1\\_4\\_s\\_it?tag=xrproducts-20](https://www.amazon.com/Bulletproof-Original-Coffee-Upgraded-Upgrades/dp/B00R7FG5BO/ref=sr_1_4_s_it?tag=xrproducts-20)

**Mushrooms:** [https://www.amazon.com/Four-Sigmatic-Mushroom-Blend-dual-extracts/dp/B01D52PM0M/ref=sr\\_1\\_1\\_ssapa?tag=xrproducts-20](https://www.amazon.com/Four-Sigmatic-Mushroom-Blend-dual-extracts/dp/B01D52PM0M/ref=sr_1_1_ssapa?tag=xrproducts-20)

10. Take 1 capsule of Jigsaw Mag SRT with your coffee. Coffee can deplete magnesium which is also very anti-inflammatory. Deficient magnesium levels can drain your immunity and energy.

**Magnesium:**

[https://www.amazon.com/dp/B00O2T209E/ref=mp\\_s\\_a\\_1\\_3\\_a\\_it?tag=xrproducts-20](https://www.amazon.com/dp/B00O2T209E/ref=mp_s_a_1_3_a_it?tag=xrproducts-20)

11. Take 10,000 IU or more of vitamin D3, K2 with your coffee. The coconut oil in the coffee will help the absorption of these fat-soluble vitamins. Vitamin D has a huge immune response and most doctors agree that the reason we have a flu season in the first place is due to the lack of vitamin D in the fall and winter months.

**Vitamin D:** [https://www.amazon.com/Thorne-Research-Dispenser-Supplement-Vitamins/dp/B0038NF8MG/ref=mp\\_s\\_a\\_1\\_5?tag=xrproducts-20](https://www.amazon.com/Thorne-Research-Dispenser-Supplement-Vitamins/dp/B0038NF8MG/ref=mp_s_a_1_5?tag=xrproducts-20)

Vitamin A and D have been shown to have an unexpected and crucial effect on the immune response. We will get to vitamin A later...

\*\*\* At this point, you should be optimally hydrated for the next few hours.

12. Brush your teeth with a natural toothpaste with essential oils to keep your microbiome healthy. Most commercial toothpastes kill the good guys aka your probiotics.

**Toothpaste:** [https://www.amazon.com/Dirt-Natural-Fluoride-Toothpaste-Cinnamon/dp/B01HS3IQMU/ref=sr\\_1\\_cc\\_2\\_a\\_it?tag=xrproducts-20](https://www.amazon.com/Dirt-Natural-Fluoride-Toothpaste-Cinnamon/dp/B01HS3IQMU/ref=sr_1_cc_2_a_it?tag=xrproducts-20)

13. Use soaps, deodorants, and cosmetics, with essential oils as the main ingredients and without hormone altering chemicals that ultimately toxify your circulatory systems. Check out EWG.org for more details. Like your mouth, your body contains good little bugs that make up our biome, which ultimately controls our immunity. Essential oils are good for the biome. Too many harsh, topical anti-bacterials will kill off the good guys on our skin and absorb into our body disrupting our internal defense systems. Think of what anti-biotics can do...

**Deodorant:** [https://www.amazon.com/NORTH-COAST-ORGANICS-Revolver-Deodorant/dp/B00R9K2P7K/ref=sr\\_1\\_4\\_a\\_it?tag=xrproducts-20](https://www.amazon.com/NORTH-COAST-ORGANICS-Revolver-Deodorant/dp/B00R9K2P7K/ref=sr_1_4_a_it?tag=xrproducts-20)

**Soap:** [https://www.amazon.com/Defense-Soap-Ounce-Pack-Pharmaceutical/dp/B00WIY4LEW/ref=sr\\_1\\_3\\_a\\_it?tag=xrproducts-20](https://www.amazon.com/Defense-Soap-Ounce-Pack-Pharmaceutical/dp/B00WIY4LEW/ref=sr_1_3_a_it?tag=xrproducts-20)

Fascial Products: These two companies have you covered!

**AnnaMaria Skin Care:** <https://www.amazon.com/Annmarie-Skin-Care-Aloe-Herb-Cleanser/dp/B005XNALC6?tag=xrproducts-20>

**Alitura Skin Care:** [https://www.amazon.com/Alitura-Naturals-Gold-Serum-Collagen/dp/B0791P1YN5/ref=mp\\_s\\_a\\_1\\_3?tag=xrproducts-20](https://www.amazon.com/Alitura-Naturals-Gold-Serum-Collagen/dp/B0791P1YN5/ref=mp_s_a_1_3?tag=xrproducts-20)

14. Coat your body in an essential oil blend containing; lemon peel oil, frankincense, eucalyptus, rosemary, cinnamon, and tea tree oil. This creates a bit of a force field around your body for airborne pathogens, for when some a-hole sneezes on you.

**Essential Oil:** [https://www.amazon.com/Plant-Therapy-Essential-Undiluted-Therapeutic/dp/B072WDMVG7/ref=mp\\_s\\_a\\_1\\_16?tag=xrproducts-20](https://www.amazon.com/Plant-Therapy-Essential-Undiluted-Therapeutic/dp/B072WDMVG7/ref=mp_s_a_1_16?tag=xrproducts-20)

15. Take 1 full squeeze of Herb Pharm Virattack on the way out the door. This is a blend of potent anti-viral agents like echinacea and olive leaf...

**Virattack:** [https://www.amazon.com/Herb-Pharm-Virattack-1-Fz/dp/B001E127E6/ref=mp\\_s\\_a\\_1\\_3?tag=xrproducts-20](https://www.amazon.com/Herb-Pharm-Virattack-1-Fz/dp/B001E127E6/ref=mp_s_a_1_3?tag=xrproducts-20)

16. Take one serving of Pureways Nanosilver with elderberry as well on your way out the door. Silver particles can absorb into a cell and inhibit the spreading of a virus. Elderberry is also anti-viral.

**Nanosilver:** [https://www.amazon.com/Jigsaw-Health-Positively-Elderberry-Distilled/dp/B086M9L3CR/ref=mp\\_s\\_a\\_1\\_1?tag=xrproducts-20](https://www.amazon.com/Jigsaw-Health-Positively-Elderberry-Distilled/dp/B086M9L3CR/ref=mp_s_a_1_1?tag=xrproducts-20)

17. On your way to your destination, suck on a Life Extension enhanced zinc lozenge and continue to have one every hour. They take about 20 minutes to dissolve and leave a zinc coat within your throat where the pathogens tend to infiltrate our system.

**Zinc Lozenge:** [https://www.amazon.com/Life-Extension-Enhanced-Lozenges-Vegetarian/dp/B00PYX2SVM/ref=sr\\_1\\_2\\_s\\_it?tag=xrproducts-20](https://www.amazon.com/Life-Extension-Enhanced-Lozenges-Vegetarian/dp/B00PYX2SVM/ref=sr_1_2_s_it?tag=xrproducts-20)

18. When you get to your destination, consume 1 ampoule of Quinton isotonic water. Follow this with a large glass bottle of San Pellegrino.

**Quinton:** [https://www.amazon.com/Original-Quinton-Isotonic-Seawater-Electrolytes/dp/B008J6OWF6/ref=mp\\_s\\_a\\_1\\_3?tag=xrproducts-20](https://www.amazon.com/Original-Quinton-Isotonic-Seawater-Electrolytes/dp/B008J6OWF6/ref=mp_s_a_1_3?tag=xrproducts-20)

19. The second I am around sick people; I use 2-3 drops of oregano oil in my mouth every hour until I am in a clean environment.

20. I wash down my oregano oil with another capsule of vitamin C and 2 capsules of the garlic. Then I suck down another zinc lozenge. I alternate between the oregano drops, C, and garlic, and Zinc as many times as possible throughout the day until dinner. I typically get through about 10 rounds of this a day.

- Again, this is just a temporary protocol when the sh!\$ hits the fan.

21. When you get home, consume coconut water with a pre-dissolved probiotic 30 min before dinner. Remember our microbiome from earlier? Well you need to feed it with probiotics and then prebiotic fiber which will be included in your dinner. Put 2 capsules of P3OM in a Harmless Coconut Water before leaving the house in the morning, roughly. 6-8 hours ago. Here is a short video on instructions for this.

<https://www.youtube.com/watch?v=13hUIC1H-aU&t=32s>

**P3OM:** [https://www.amazon.com/P3-OM-Probiotic-BiOptimizers-Refrigeration-Guarantee/dp/B01N7MYLVD/ref=sr\\_1\\_1\\_a\\_it?tag=xrproducts-20](https://www.amazon.com/P3-OM-Probiotic-BiOptimizers-Refrigeration-Guarantee/dp/B01N7MYLVD/ref=sr_1_1_a_it?tag=xrproducts-20)

Coconut Water: [https://www.amazon.com/Harmless-Organic-Coconut-Water-Original/dp/B01NAX9MYY/ref=sr\\_1\\_1\\_a\\_it?tag=xrproducts-20](https://www.amazon.com/Harmless-Organic-Coconut-Water-Original/dp/B01NAX9MYY/ref=sr_1_1_a_it?tag=xrproducts-20)

22. Next take Glutathione. Glutathione is the bodies most potent natural antioxidant and consuming glutathione pre-alcohol can help detox the body of the daily toxic load you have accumulated as well as neutralize the toxins in the alcohol.

**Glutathione:** [https://www.amazon.com/Quicksilver-Scientific-Liposomal-Glutathione-1-7/dp/B00NGY73DY/ref=mp\\_s\\_a\\_1\\_3?tag=xrproducts-20](https://www.amazon.com/Quicksilver-Scientific-Liposomal-Glutathione-1-7/dp/B00NGY73DY/ref=mp_s_a_1_3?tag=xrproducts-20)

23. Next would be wine. Organic wine can be consumed in moderation, 1 glass per 100lbs. One full dropper of Herb Pharm black elderberry should be put in with your wine.

**Black Elderberry:**

[https://www.amazon.com/dp/B00142A5EE/ref=mp\\_s\\_a\\_1\\_9\\_a\\_it?tag=xrproducts-20](https://www.amazon.com/dp/B00142A5EE/ref=mp_s_a_1_9_a_it?tag=xrproducts-20)

24. Dinner would consist of a grass finished beef pattie with organ blend. Organs are one of the most nutrient dense foods on the planet. In the event that organs are not your thing, use a supplement blend. Vitamin A is necessary for a robust immune system and liver is full of Vitamin A!

**Liver Capsules:** [https://www.amazon.com/Ancestral-Supplements-Grass-Liver-Desiccated/dp/B01MSBZYQW/ref=mp\\_s\\_a\\_1\\_4?tag=xrproducts-20](https://www.amazon.com/Ancestral-Supplements-Grass-Liver-Desiccated/dp/B01MSBZYQW/ref=mp_s_a_1_4?tag=xrproducts-20)

25. Carbohydrates should be kept to a minimum and make sure the source is nutrient dense. I like a fibrous and low glycemic option like butternut squash.

**Butternut squash:** [https://www.amazon.com/Farmers-Market-Foods-Butternut-15-Ounce/dp/B000HDCSTG/ref=mp\\_s\\_a\\_1\\_1?tag=xrproducts-20](https://www.amazon.com/Farmers-Market-Foods-Butternut-15-Ounce/dp/B000HDCSTG/ref=mp_s_a_1_1?tag=xrproducts-20)

26. Consume 1 soft gel of Vital Choice salmon oil. Salmon oil is very anti-inflammatory!

**Salmon Oil:**

[https://www.amazon.com/dp/B000OV5M7G/ref=mp\\_s\\_a\\_1\\_3\\_a\\_it?tag=xrproducts-20](https://www.amazon.com/dp/B000OV5M7G/ref=mp_s_a_1_3_a_it?tag=xrproducts-20)

\*\*\*Greens have been eliminated on this protocol because they can be difficult at time for the digestive track to handle.

27. I do always have a specific dessert that helps me sleep and boosts my immunity. 1 tsp of raw cacao, which increases your bodies natural antioxidants, 1 tsp of raw or manuka honey, which is anti-viral, antibacterial, and anti-fungal, and 1 tsp of mct oil(liquid coconut oil), mixed together. Though there isn't too much data on honey, I am a huge believer in its medicinal benefits. The stuff never goes bad! Seriously for like thousands of years. I prefer honey as my main high glycemic carb source.

**Manuka Honey:** [https://www.amazon.com/Wedderspoon-Premium-Manuka-Honey-KFactor/dp/B014AP5JUG/ref=sr\\_1\\_3\\_a\\_it?tag=xrproducts-20](https://www.amazon.com/Wedderspoon-Premium-Manuka-Honey-KFactor/dp/B014AP5JUG/ref=sr_1_3_a_it?tag=xrproducts-20)

**Cacao:** [https://www.amazon.com/Viva-Naturals-Selling-Certified-Superior/dp/B00HES9CMS/ref=sr\\_1\\_4\\_s\\_it?tag=xrproducts-20](https://www.amazon.com/Viva-Naturals-Selling-Certified-Superior/dp/B00HES9CMS/ref=sr_1_4_s_it?tag=xrproducts-20)

**MCT Oil:** [https://www.amazon.com/Garden-Life-Formulated-Organic-Brain/dp/B0772MDK9Y/ref=sr\\_1\\_2\\_a\\_it?tag=xrproducts-20](https://www.amazon.com/Garden-Life-Formulated-Organic-Brain/dp/B0772MDK9Y/ref=sr_1_2_a_it?tag=xrproducts-20)

28. Quicksilver melatonin before bed. Melatonin is an antioxidant that can raise your growth hormone levels. Growth hormone can stimulate immunity.

**Melatonin:** [https://www.amazon.com/Quicksilver-Scientific-Liposomal-Melatonin-Phospholipid/dp/B07FWFJXJ4/ref=mp\\_s\\_a\\_1\\_1\\_sspa?tag=xrproducts-20](https://www.amazon.com/Quicksilver-Scientific-Liposomal-Melatonin-Phospholipid/dp/B07FWFJXJ4/ref=mp_s_a_1_1_sspa?tag=xrproducts-20)

There you have it! Now just carve out a good 10 hours of sleep in a dark and cool environment to fully stimulate your immune system and you should be pretty damn invincible to any pathogen that comes your way!

A few other things to consider.

1. 15-20 minutes of sun exposure is necessary. I'm talking about letting the sun hit areas it normally doesn't for full Vitamin D absorption. Think in your orifices too. Look up at the sun and open your mouth so the rays go down your throat and deep in your nostrils. And yes, if possible, drop your drawers and get some rays down south.
2. Minimize screen time. Screens tend to mix up our circadian rhythms thus impairing our hormonal balance which is very immuno-compromising.
3. Pour and hold a cap of peroxide in each ear for 5-10 minutes nightly before bed. A lot of doctors believe that we contract illness through our ears due to their lack of defense. Holding the peroxide in your ear can kill off what maybe found its way in earlier that day and is waiting to take hold during sleep.
4. Vibration helps stimulate immunity. Any kind of repeated impact can enhance circulation and lymphatic drainage. Stimulating these two simultaneously will greatly increase your immunity. Just keep your intensity to a minimal. Your heart rate should be slightly elevated for up to an hour. A mild walk in nature is golden.

I know this seems like a lot, but think back on the last time you really got sick. What would you have given to break out of the funk just one day earlier, let alone a week earlier, or possible warding off the illness before it ever got you down? You would have spent a lot! Yes, this list will cost you north of a few hundred bucks, but it has saved me countless times which is priceless!

A fun fact of this program is the fat burning effect. Any time I have been on even a partial immunity protocol of this nature, I have lost 5-10lbs of bodyfat. This is a double slam dunk because bodyfat is inflammatory and the less bodyfat you have the less inflamed you will generally be which makes your immunity supercharged.

Stay safe and I'll see you guys soon!



