

## QUESTIONS AND ANSWERS – GENERAL

This document includes all patient queries about general matters with respect to the Overall Strategy and are not related to either Vitamin C and / or Iodine specifically.

<b>QUESTION</b>	<b>ANSWER</b> quotes in italics below are from” The Infection Game” <a href="https://www.hammersmithbooks.co.uk/product/the-infection-game-2/">https://www.hammersmithbooks.co.uk/product/the-infection-game-2/</a>
Is it ok to eat raw vegetables with this protocol - this patient is very low on the Scale and struggles to cook.	Of course!
Are people with autoimmune diseases at more risk from covid 19?	Nobody knows at this stage The bottom line is we should all be taking vit C 5grams and using iodine daily to prevent
I've seen some doctors saying there is no science to support high dose supplements in treating viral infection. Could you point me to something that backs it up?	See the studies on this website for details of studies supporting Vit C and Iodine
Does nebulising magnesium impair your lungs in any way that might weaken them to CV? Is magnesium sulphate poisonous to viruses and other pathogens, or is it [i.e. magnesium sulphate] food for pathogens?	No! Mg sulphate nebulised is a good bronchodilator and could be very helpful when breathing is impaired. It is already widely used in A and E to treat acute asthma. It may be toxic to pathogens. It may be anti-inflammatory in the lungs. You can do no harm nebulising magnesium. The Roth breathing test is a great DIY measure of lung function <a href="https://youtu.be/x-A1qX4_ns0">https://youtu.be/x-A1qX4_ns0</a> Take a breath in and as you exhale try to count to 30 as fast as you can. If you can only count to less than 10 before needing a second breath OR you can only count for 7 seconds before needing a second breath, then your oxygen sats are less than 95% If the max number, you arrived at was less than 7 and the time needed for a second breath less than 5 seconds then your oxygen sats are less than 90%. You need a medical opinion
In a situation like this, are there any supplements that might be more risky to take than others? Should we minimise down to the bare essentials? For example,	No. Over the past 40 years there has not been a single death recorded from taking nutritional supplements or herbs or homeopathics.

<p>we don't know the manufacturing process and who might be coughing over the supplements or even if some small companies might cap them by hand.</p>	<p>The key difference between drugs and supplements is that drugs block and inhibit biochemistry in the body (to create “biochemical friction”) whereas nutritional supplements facilitate biochemistry so that the body works more efficiently (and reduces biochemical friction). The more supplements you take the greater the facilitation. BUT you will only absorb these supplements if you have a non-fermenting gut hence the imperative to eat a PK diet.</p>
<p>Please could Dr Myhill give her opinion on people with ME or CFS isolating for 12 weeks - should they?</p>	<p>We are all going to get this virus eventually! Put in place all the iodine and vit C protocols to stay safe.</p>
<p>Would valacyclovir have efficacy against covid 19?</p>	<p>I doubt it</p>
<p>Question on colloidal silver - Can I ask Dr Myhill's view on colloidal silver as a surface disinfectant and also if it could be used in a nasal and throat spray when iodine is not at hand. Also is there any benefit in using it in a nebuliser if infected along with the vitamin c and iodine protocol? I have purchased some from a reputable stockist in the uk. Thank you</p>	<p>I cannot find any studies to support that BUT iodine is of proven benefit So is coconut oil!</p>
<p>Can you get 2 viruses at once - i.e. covid 19 PLUS flu, for example?</p>	<p>No reason why not</p>
<p>My friend is starting to sew face masks to protect against Covid 19 - she is unsure whether 3, 4 or 5 layers of cotton would be best. Any thoughts on this?</p>	<p>No-one knows. BUT its efficacy greatly enhanced by a couple of drops of iodine! Replenish every hour</p>
<p><b>THIS MAY BE OUTSIDE YOUR REMIT - SOCIAL ISOLATION QUESTION:</b></p> <p>"Social Isolation Question..</p> <p>I am a Grandma and usually take care of my 18-month-old Granddaughter with Grandpa whom we both adore.</p> <p>Our daughter has stopped us minding her last week and ongoing to protect my health. I'm 65 and a bit, had breast cancer, radiotherapy, am on tamoxifen and have well managed hypothyroidism on T3 monotherapy which took ages to sort out. I still have fatigue but am not bed bound and</p>	<p>AGAIN</p> <p><u>Overall strategy</u></p> <p>We will all eventually be exposed to and get coronavirus.</p> <p>What kills people is a poor immune system, a large loading dose of cv and no weapons to kill it when it infects.</p> <p>The key is to make sure your immune system is in tip top shape THEN get a tiny dose of cv (ideally from someone who is already doing all these things), THEN when you do get any symptoms blast the virus out at the first.</p> <p>THEN we can test you for CV antibodies to demonstrate immunity</p> <p>THEN you can get on with your life!</p>

get exercise by walking say 5000 - 7000 steps when I can, most days.

I use Dr Myhill's protocol ( ascorbic acid & lugol's ) also have all the herbs in the infection game but not used them yet ! I nod towards low carb but have excellent quality home cooked nutritious diet and have a raft of high quality supps. I self-inject B12, take extra D3, boron, zinc, Q10, oregano oil etc

Sooooooo my question.. 1) am I in a high-risk group? Despite being cussedly active I feel I am.

2) if My husband and I self-Isolate for 2 weeks on protective protocol and my daughter, partner and baby self-isolate and IF we are all still well after this period of self-isolation..... here's the biggie

3) can I then see and cuddle my Granddaughter and Daughter & partner (not cuddling partner lol ) in our home or theirs ?

I am pining for her. It physically hurts me.

I do love them enough to not see them if this keeps them and us well.

I wanted Dr Myhills opinion please.

If you are both doing the regimes, then cuddle away!

I need daily, nay hourly, cuddles with my Nancy!

The advice below and the diagram has been doing the Facebook round - is it sound advice?

POTENTIALLY LIFESAVING ADVICE

If you end up with pulmonary symptoms of corona virus pneumonia... there can be lethal damage from effusion (mucous filling lungs) or cytokine storm (body over-reacts with more effusion).

This seems like a sensible and biologically plausible treatment.

AND you cannot beat clinical experience!

I would combine this with the nebulised vit C, Mg and iodine salt pipe as detailed above

This kills people... ESPECIALLY when the number of patients is greater than the number of ICU beds or ventilators. You will be left to drown in your mucous. That mucous can also be infected by other germs during your struggle. That is happening in Italy where there are 5x more patients than they have hospital beds. And the UK has far FEWER beds per population than does Italy.

Many years ago, physical therapists have successfully treated this with POSTURAL DRAINAGE... where the patient is tipped over a wedge to tilt the lungs and bronchial tubes upside down... to allow the mucous to flow out, where it can be coughed out. Google it. It is EASY to do for yourself and family members.

Simply get in position and let it flow, helping it along with breathing techniques that emphasize full, prolonged exhale, while puffing your cheeks and you blow out long and steady.

Start as soon as you feel lungs getting filled. Don't wait until you are too sick to bother. 3-5 minutes several times per day.

I did this inside a nursing home in VT during the 1976 flu epidemic for resident patients. We did not lose anyone, while other nursing homes lost dozens. It is an old PT technique that has faded away since we have ventilators and related machines. BUT this time, we will NOT have nearly enough ventilators, not the ICU beds where they are provided.

One easy way to get into position is to lie over an EXERCISE BALL.

PLEASE SHARE

 <p>Lateral basal segment of the right lower lobe</p> <p>ALTERNATIVE METHOD OF POSTURAL DRAINAGE</p> <p>Postural drainage over towels</p> <p>Postural drainage over chair</p>	
<p>I keep reading that high dose vitamin D (and possibly A) might be dangerous where covid is concerned as it enters the body via ACE receptors, and Vit D upregulates the expression of ACE receptors. Should we stop taking? Ben Lynch was previously advocating 50k IU of each at first sign of illness.</p>	<p>Vit D is of PROVEN benefit Take at least 5,000iu up to 10,000iu daily</p>
<p>My colloidal silver (Higher Nature) says it is 10 parts per million. Is this sufficient? Thanks.</p>	<p>Dunno. KISS. Iodine and vit c of PROVEN benefit <b>NB – KISS – Keep It Simple Sweetheart</b></p>
<p>DIRECT MEMBER QUERY - Dr Myhill suggested that I take LaboLife INFLAM (micro immunotherapy) to help with chronic inflammation and I have some now but haven't started it yet. As the INFLAM is designed to reduce immune system overactivity, could this suppression go too far and put me at greater risk from coronavirus?</p>	
<p>Conversely, might restoring immune function to a more normal level and reducing inflammation actually give me more protection, alongside iodine and vit</p>	<p>Yes – this is the correct explanation</p>

<p>C? Any thoughts/advice would be very welcome!</p>	
<p>DIRECT MEMBER QUERY - Could I ask please about information relating to the recovery of CV patients that fell between the two extremes of had it briefly, recovered in a week and now have a spotless house to admitted to Hospital seriously ill. I and many others seem to be around the three-week mark, over the worst but if we try and do anything the fever/chest burning/ lung pains/breathlessness and palpitations return. Obviously keeping up the full Dr M regime but would love to know if anything else could help beyond rest. Or any early research that could provide reassurance to the recovery pattern. Grateful as ever</p>	<p>That is a typical post viral syndrome. The immune system needs energy and raw materials to recoup. It is called convalescence. Even Boris Johnson's dad has worked this out....</p>
<p>Can one person in a relationship test positive for Covid 19 and their partner test negative? This person was thinking of Prince Charles and Camilla. Why do some people get it [i.e. contract the virus, not why do they show symptoms -I get that - it's down to the state their immune system is in] and others don't.</p>	<p>At present we do not know BUT at the end of the day all those who have been in contact with CV 19 (either overt infection or sub-clinical) should have positive IgG antibodies</p>
<p>Does Dr Myhill think, given her hypothesis that we have heart failure secondary to mitochondrial dysfunction, that we are in the high risk of complications group? Apart from the obvious relapse potential that is. Especially those of us with particularly low scores in the MF test</p>	<p>You will be susceptible simply because to function well the immune system too needs energy and raw materials</p>
<p>I have had asthma since a baby that is controlled with inhaled steroids but has me back and forth to A&amp;E up to 8 weeks after a regular cough, on prednisone and nebulisers, that I'm so worried about coronavirus. I also have M.E. I really want to know how to protect myself</p>	<p>If you have had asthma since a baby almost certainly you are dairy allergic Do the PK diet ALSO do the Vit C and iodine protocol</p>
<p>What part does the lymphatic system play in Covid? What I am asking is, would something like dry body brushing help the body to cope with the virus? Thoughts? TIA AND Another thought: If soap kills Covid19, then could we look at developing some</p>	<p>Use the KISS principle. Keep It Simple Sweetheart Concentrate your resources on the known and effective DO NOT USE SOAP IN THE AIRWAYS! Destroys lung surfactant and the lungs</p>

<p>kind of soap-derived medicine for our airways?</p>	<p>collapse <b>NB KISS = Keep It Simple Sweetheart</b></p>
<p>Can the Magnesium liquid used for injecting be used in a nebuliser as I have spare and find the injections very painful?</p>	<p>Yes! Some find they get as good an effect as injection from administering Mg by nebuliser</p>
<p>I have a question about COVID-19 and those of us with ME/CFS who have chronic low in-range FT3 levels but who are not considered by the medical profession as having hypothyroidism. Therefore, we are not on any medication. A relatively recent paper advocates T3 supplementation, but this is impossible through the usual medical channels: <a href="https://www.frontiersin.org/articles/10.3389/fendo.2018.00097/full?fbclid=IwAR3p1XvIwf1kRGOs9LUGsxKO_otOhSzOZOoO8NHBBPcwJXQiriKghXx5U3g">:https://www.frontiersin.org/articles/10.3389/fendo.2018.00097/full?fbclid=IwAR3p1XvIwf1kRGOs9LUGsxKO_otOhSzOZOoO8NHBBPcwJXQiriKghXx5U3g</a> I wonder if those with low FT3 levels are more at risk than those with optimal levels when it comes to COVID-19?</p>	<p>Indeed yes! You need T3 for the immune system to work at its best. This is simply because the immune system is greatly demanding of energy and thyroid hormones play a central part in energy delivery mechanisms. This means there is an even greater imperative to do all else really well! The PK diet, vit C, vit D and a basic package of supplements</p>
<p><b><u>"Could-MMR-vaccine-help-protect-against-coronavirus-complications"</u></b> I've seen this and wondered what Dr Myhill's take is on it, especially as it's the MMR vaccine and there could be a safety issue with having this vaccine? My research shows that the single Rubella vaccine is no longer available, now replaced by a 2-in-1 Rubella and Measles but only a few private clinics across the UK offer this. Would the 2-in-1 carry the same potential risks as the MMR?  <a href="https://www.dailymail.co.uk/news/article-8242007/Could-MMR-vaccine-help-protect-against-coronavirus-complications.html?fbclid=IwAR1c1oHB5c-603WsfkPcy_4AAIsrJItYyniYDTINLCys64plhdplIEPvOhpQ">https://www.dailymail.co.uk/news/article-8242007/Could-MMR-vaccine-help-protect-against-coronavirus-complications.html?fbclid=IwAR1c1oHB5c-603WsfkPcy_4AAIsrJItYyniYDTINLCys64plhdplIEPvOhpQ</a></p>	<p>The reasons given for this are purely theoretical. Indeed, it is possible that other vaccines increase risk of CV 19 <a href="https://www.infectiousdiseaseadvisor.com/home/topics/respiratory/influenza/increased-risk-for-acute-respiratory-illness-following-influenza-vaccine-in-children/">https://www.infectiousdiseaseadvisor.com/home/topics/respiratory/influenza/increased-risk-for-acute-respiratory-illness-following-influenza-vaccine-in-children/</a></p>
<p>What is the best route to get a Rubella vaccine? Thank you.</p>	<p>I would not recommend this. Use the KISS (Keep It Simple Sweetheart) principle. The nutritional interventions, reducing the loading dose interventions and using vit C, vit D and iodine in effective doses are highly effective! Do not take your eye off the ball!</p>

I am genuinely interested too, and pretty sure it is of concern to many. (For context, I have an unruptured untreated brain aneurysm and am on watch & wait - told very low risk - and am on Losatran and Indapramide for slightly high BP... but am otherwise fine and get no symptoms from the aneurysm (found incidentally on an MRI scan), and my partner is bed bound with severe M.E, so I'm her carer).

I've been taking vit c for a while, along with Lysine, proline, and sometimes hyaluronic acid, which along with moderate exercise I'm hoping IT will sort my arteries out and get me off BP meds in time!

The BP drugs of concern are the ACE inhibitors.

The body responds to ACE inhibitors by increasing the number of ACE receptors. ACE receptors are the mechanism by which Covid 19 gets into cells

[https://www.thelancet.com/journals/lanres/article/PIIS2213-2600\(20\)30116-8/fulltext](https://www.thelancet.com/journals/lanres/article/PIIS2213-2600(20)30116-8/fulltext)

ACE receptors also increase in diabetes and those treated with angiotensin II blockers All the more reason to do a PK diet and home monitor blood pressure. A PK diet can cure diabetes and reduce blood pressure

See our books "Diabetes – delicious diets not dangerous drugs"

<https://www.hammersmithbooks.co.uk/product/prevent-cure-diabetes/>

"The PK Cookbook"

<https://www.hammersmithbooks.co.uk/product/pk-cookbook/>