



NEBULIZER TREATMENT INSTRUCTIONS.

Provided by Rita Shimniok, Purely Living Wellness, LLC

Nebulize Peroxide and Iodine

Dr. David Brownstein, whose clinic is just outside of Detroit, Michigan, has successfully treated over 200 patients with what has become an excellent intervention for COVID-19 and other upper respiratory infections - namely nebulized hydrogen peroxide. You are encouraged [to read the details](#) before getting started. His recipe has also been discussed for asthma.

An accessory you may wish to have in your home first aid cabinet as well is a **Fingertip [Pulse Oximeter Blood Oxygen Saturation Monitor](#)**, which you can use to track improvement of oxygen levels after a nebulization treatment.

Brownstein's Covid Treatment Formula

Saline is needed for the treatment. If you do not have access to saline solution you can make your own at home – see below.

Saline solution is a mixture of **salt** and water. Normal **saline** solution contains 0.9 percent sodium chloride (**salt**), which is similar to the sodium concentration in blood and tears. ***Do not use table salt!*** Brownstein recommends Selina naturally Celtic Sea Salt. Finely ground preferred.

Additional resources:

A free app called Podbean offers podcasts by several favorites, such as [The Dr Tenpenny Files](#). You can find frontline doctors and virologists interviewed on Rumble, which is currently not censored and providing life-saving information.

[Variations on nebulizing treatment for viruses:](#)

[Brownsteins blog on nebulizer treatments.](#)

Nebulizers should only be used in conjunction with your doctor's advice. I am not directing anyone to nebulize anything on their own. Anything can be harmful, both natural items and synthetic drugs.

To make the saline...

In a **sanitized** jar mix together ¼ c **distilled** water and ¼ tsp [Celtic salt](#) – stir and wait for it to dissolve. In the nebulizer medicine cup add the saline and food grade 3% hydrogen peroxide as follows:

- 7 ml saline solution
- 1 ml [3% food grade hydrogen peroxide](#)

Add the iodine to the medicine cup after you have the 8 ml of combined solution in it.

- 2 drops [Lugol's 2% iodine](#)

The nebulizer holds 8 ml of medicine, which is standard and should accommodate the recipe. ML syringes simplify measurement. If you're using 5% Lugols solution, simply add one drop to your diluted peroxide solution. **Store any unused saline in the refrigerator.**

Please [watch instructions on proper use](#) by this respiratory therapist.

If you are experiencing symptoms, the treatment should be done minimum three times a day, or more.

You may wish to purchase Brownstein's book, "[Holistic Approach to Viruses](#)".

How to Set it Up an Use-

<https://youtu.be/rJitnKowVBg>

<https://youtu.be/eqs8DSThvlk>

How to get the most out of your medication - Respiratory Therapist lesson -

<https://youtu.be/ckwHswmzuO8>

How to use and clean your nebulizer

<https://youtu.be/d9UN8r2bd7g>

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