**COVID PROVIDERS, PHARMACIES, AND PROTOCOLS**

This document was created to educate Lawrence citizens and healthcare professionals about safe and effective ways to prevent and treat COVID-19.

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 **IMPORTANT NOTICE AND DISCLAIMER:**

* **This list of doctors and medical providers is ONLY a collection of information offered as a convenience.**
* **It is neither a recommendation of the provider nor a verification of the provider’s qualifications or practices, medical or otherwise.**
* **KSHF has not undertaken any investigation of the medical providers, nor the accuracy of the information provided herein.**
* **Your independent investigation and evaluation are therefore strongly advised.**
* **Neither the KSHF or its members is responsible or liable for the use or misuse of the information provided herein.**
* **Your use thereof, or of these websites, acknowledges and accepts these terms.**
1. **Where to get a prescription for Hydroxychloroquine, Ivermectin, Budesonide, and/or Azithromycin online:**

Telemedicine Providers: <https://covid19criticalcare.com/ivermectin-in-covid-19/how-to-get-ivermectin/> (This extensive website is from **the Front Line COVID-19 Critical Care Alliance**, which was founded by Dr. Pierre Kory and Dr. Paul Marik, among others.)

Dr. Stella Immanuel, one of the Frontline Doctors (<https://frontlinemds.com/>)

My Free Doctor (<https://myfreedoctor.com/>)

Speak with an MD, America’s Frontline Doctors (<https://speakwithanmd.com/americasfrontlinedoctors/>)

Health Recovery Ministry: <https://www.healthrecoveryministry.org/> (This is a Private Member Association which charges a $25 annual membership fee, which allows you access to purchase COVID-19 treatment kits w/ivermectin included. They follow the protocols used by the **Front Line COVID-19 Critical Care Alliance.**)

**2. Kansas** **doctors who will prescribe medicines for covid:**

Brooks Family Care, Olathe, KS: <http://brooksfamilycare.com/>

Atma Clinic, Lawrence, KS: <https://www.atmaclinic.com/>

Optimal Health and Wellness, Leawood, KS: <https://ohwkc.com/>

Dr. Jesse Lopez, Overland Park, KS: <https://inspiration.health/>

Vance Lassey, MD, Holton, KS: <https://www.holtondirectcare.com/>

Tara Pridgett, MD (Pediatrics), Topeka, KS: <https://www.wonderfullypeds.com/>

\*Nancy Russell, MD/Naturopath, Kansas City, MO: <https://nancyrussellmd.com/>

\*Ann Riggs, Platte City, MO: <https://directmedicalcare.net/>

\*Rodney Malisos, MD, Liberty, MO: <https://libertymedcenter.com/drmalisos/>

\*Ted Williams, MD, Stanley, KS: <https://collegeparkfamilycare.com/service/functional-medicine>

\*Regan Tilley, DO, Manhattan, KS: <https://wholehealthmhk.com/dr-regan-tilley>

\*Suzanne Rowden, MD, Kansas City, MO: <https://holisticfamilydoctorkc.com/>

\*Douglas Knox, MD, KC, MO: <https://www.stjosephkc.com/find-a-provider/douglas-b-knox-md/>

Tristyn Pierce, MD (pediatrics), Wichita, KS: (316-729-9100)

James Seberger, MD, PhD, Wichita, KS: <https://www.cognitiveperformancehealth.com/>

\*KC Naturopathic (Multiple Providers), Overland Park, KS: <https://www.kcnaturopathic.com>

1. **Pharmacies who will fill prescriptions for ivermectin &**

**hydroxychloroquine**:

**LOCAL**

King Pharmacy, 784-843-4516 (Lawrence, KS)

Costco, 913-217-2052 (Overland Park, KS)

**ONLINE** – no prescription required

*Disclaimer: These can be expensive, and the products can take some time to ship.*

<https://evo-pharmacy.com/order-stromectol-online-en.html?key=ivermectin>

<https://www.ziverdokitstore.com/>

1. **Alternative Medicine Practices**

**Why should I choose an Alternative Medicine practice?** Given the option, many people prefer to be healthy and wish to avoid illness. Alternative medicine can help achieve health and wellness goals while avoiding chronic use of pharmaceuticals and surgery.

Alternative Medicine (also referred to as **complementary medicine** or **integrative medicine**) refers to alternative medical systems other than allopathic or traditional (conventional) western medicine. These systems can include any range of medical therapies that are not regarded as orthodox by the medical profession. The goal of alternative medicine is help people achieve and maintain optimal health without requiring invasive treatments such as surgery. Alternative medicine is used in place of traditional or conventional medicine, although some people use them together. They include things like acupuncture, Ayurvedic, chiropractic services, energy healing, herbalism, homeopathic remedies and therapeutic healing. These all require certification, and the practitioner is referred to as a doctor. These doctors might carry the title of “Naturopathic Physician” or “Doctor of Chiropractic.”

**Holistic Medicine** is another term which tends to embrace the larger definition of a system of treatment and practitioners who do not work within the system of conventional medicine. A more precise definition of the term is that holism is a philosophy that believes in treating the whole person and in the integration of mind, body and spirit. Holism promotes the belief that these three elements of a human being must be treated together in order to achieve any notion of ‘healing,’ rather than simply treating a person for a specific illness or injury.

**Functional Medicine** is a medical practice that focuses on optimal functioning of the body and its organs, usually involving systems of holistic or alternative medicine. Functional medicine seeks to heal your body’s core problems rather than simply relieve the symptoms of the problem. This is achieved through a customized diet and exercise plan coupled with dietary supplements and laboratory testing. It emphasizes the importance of improving your health in an effort to reduce the risk of or reverse chronic disease, unlike conventional medicine, which focuses on attempting to treat disease or its symptoms once it occurs. Functional medicine offers a unique way to provide pain relief for many types of conditions, including diabetes, hypothyroidism, rheumatoid arthritis, fibromyalgia, autoimmune diseases, inflammatory pathologies, and more. Pain relief and disease prevention are two of the reasons functional medicine has become so popular.

**How do I know what method is best for me?**

Everybody and every body is different. One form of healing may work well for one person, but that same method may not work well for another individual—and that’s okay! We are all different. It’s called bio-individuality. That’s why there are a variety of forms of healing to choose from.

The Janssen Clinic of Natural Medicine, Lawrence, KS: <https://www.thejanssenclinic.com/>

Atma Clinic, Lawrence, KS: <https://www.atmaclinic.com/>

Functional Medicine Naturopaths near Lawrence, KS: <https://www.healthprofs.com/us/naturopaths/functional-medicine/ks/lawrence>

The Epigenetics Healing Center, KCMO, Overland Park, Prairie Village KS: <https://drgoodbinder.com/>

1. **Prevention & Treatment Protocols for COVID-19**

**Early Treatment Protocols:**

<https://c19protocols.com/>

***DISCLAIMER:******The information contained or presented in this document is for educational purposes only. Information in this document is NOT intended to serve as a substitute for diagnosis, treatment, or advice from a qualified, licensed medical professional.******Any treatment protocol you undertake should be discussed with your physician or other licensed medical professional. Seek the advice of a medical professional for proper application of ANY material listed here.***

Early Ambulatory Multidrug Therapy, McCullough et al: <https://rcm.imrpress.com/article/2020/2153-8174/RCM2020264.shtml>

The I-MASK+ Early Outpatient Treatment Protocol for COVID-19: <https://covid19criticalcare.com/wp-content/uploads/2020/11/FLCCC-Alliance-I-MASKplus-Protocol-ENGLISH.pdf>

I-MASS Prevention & At Home Treatment Mass Distribution Protocol for COVID-19: <https://covid19criticalcare.com/wp-content/uploads/2021/06/FLCCC-I-MASS-Protocol.pdf>

MATH+ Hospital Treatment Protocol: <https://covid19criticalcare.com/wp-content/uploads/2021/01/FLCCC-Alliance-MATHplus-Protocol-ENGLISH.pdf>

Zelenko Early Treatment Protocol: <https://vladimirzelenkomd.com/treatment-protocol/>

Protocol used by Dr. Fareed and Dr. Tyson for their COVID-19 patients: <https://www.thedesertreview.com/health/drs-george-fareed-and-brian-tyson-update-treatment-for-delta-variant/article_33835a28-472d-11ec-b838-07d39a4e8d01.html>

IppocrateOrg “At Home Therapy” Protocol: <https://ippocrateorg.org/en/2020/12/15/how-to-treat-covid-19/>

The Fleming Directed CoVid-19 Treatment Protocol (FMTVDM): <http://c19protocols.com/wp-content/uploads/2021/01/fleming-protocol.pdf>

Budesonide (Pulmicort) dosing for outpatient COVID per the Oxford RCT: <http://c19protocols.com/wp-content/uploads/2021/03/COVID_Budesonide_Oxford-Based_Dosing_Guidance.pdf>

Budesonide-focused Treatment Protocol: <https://secureservercdn.net/45.40.145.151/umz.e26.myftpupload.com/wp-content/uploads/2020/11/Full-Protocol_withOTC.pdf>

 from <https://budesonideworks.com/>

Prophylaxis and Treatment for COVID-19 in Nursing Homes <https://covexit.com/prophylaxis-and-treatment-for-covid-19-in-nursing-homes-video-highlights/>

Government of India Ministry of Health & Family Welfare Revised guidelines for Home Isolation of mild /asymptomatic COVID-19 cases: <https://www.mohfw.gov.in/pdf/RevisedguidelinesforHomeIsolationofmildasymptomaticCOVID19cases.pdf>

COVID-19: THERAPEUTIC PLAN AND POTENTIAL THERAPIES. Aguirre-Chang, Gustavo; Trujillo F,Aurora; Córdova M, José Aníbal. February 2021 – <https://www.researchgate.net/publication/348268812_TABLE_2021_COVID-19_THERAPEUTIC_PLAN_AND_POTENTIAL_THERAPIES_January_2021>

Early ambulatory outpatient sequenced antiviral multidrug COVID-19 treatment (including for Delta or similar variants) for high-risk children and adolescents – <https://earlycovidcare.org/wp-content/uploads/2021/09/Early-Child-Treatment.pdf>

**Prevention Protocols**

The I-MASK+ Prophylaxis Protocol for COVID-19: <https://covid19criticalcare.com/i-mask-prophylaxis-treatment-protocol/i-mask-protocol-translations/>

Zelenko Prophylaxis Protocol: <https://vladimirzelenkomd.com/prophylaxis-protocol/>

Indian Council of Medical Research (ICMR) – <https://www.mohfw.gov.in/pdf/AdvisoryontheuseofHydroxychloroquinasprophylaxisforSARSCoV2infection.pdf>

Prophylaxis and Treatment for COVID-19 in Nursing Homes <https://covexit.com/prophylaxis-and-treatment-for-covid-19-in-nursing-homes-video-highlights/>

I-MASS Prevention & At Home Treatment Mass Distribution Protocol for COVID-19 – <https://covid19criticalcare.com/wp-content/uploads/2021/06/FLCCC-I-MASS-Protocol.pdf>

Vaccine Side-effects Protocol: <https://earlycovidcare.org/otc-medicines-nutraceuticals-to-prevent-reduce-covid-post-vaccination-side-effects/>

The Fleming Method (<https://www.flemingmethod.com/best-available-published-evidence>)

Dr. Brownstein’s Nebulizing Hydrogen Peroxide Protocol (<https://stevenyager.org/there-is-still-hope-out-there-more-about-nebulizing/>)

1. **Information About the COVID Monoclonal Antibodies**

WHAT ARE MONOCLONAL ANTIBODIES?

<https://combatcovid.hhs.gov/possible-treatment-options-covid-19/monoclonal-antibodies-high-risk-covid-19-positive-patients>

COVID-19 Monoclonal Antibody Eligibility: Treatment & Post-Exposure Prophylaxis:

<https://www.phe.gov/emergency/events/COVID19/therapeutics/Pages/mAb-eligibility-treatment-and-post-exposure-prophylaxis.aspx>

Monoclonal antibody treatment for COVID-19 can be done right at home, pharmacist says:

<https://www.wral.com/coronavirus/monoclonal-antibody-treatment-for-covid-19-can-be-done-right-at-home-pharmacist-says/20028618/>

1. **Other Therapies**

**Nebulizing food-grade hydrogen peroxide**

(for sudden onset of acute respiratory infection**)**

Severe illness in people with COVID-19 typically occurs approximately 1 week after the onset of symptoms. The most common symptom is **dyspnea** (difficult or labored respiration), which is often accompanied by **hypoxemia** (deficient oxygenation of the blood; blood oxygen saturation <90%). An Sp02 of <90& is considered to be a stand-alone criteria for hospital admission.

Patients with severe disease typically require supplemental oxygen and should be monitored closely for worsening respiratory status, because some patients may progress to acute respiratory distress syndrome (ARDS). In a typical hospital setting, patients having such severe shortness of breath would be promptly intubated and given mechanically-assisted ventilation on respirator machines.

In an attempt to avoid hospitalization, a dilute, nebulized hydrogen peroxide/saline mixture with trace amounts of Lugol’s 5% liquid iodine treatment added can be given for advanced infections where severe respiratory difficulty is apparent.

Dilute 1 part 3% Hydrogen Peroxide with 4 parts distilled H20. Fill the nebulizer’s medication cup with 1-2 teaspoons, or 5-10 ml of this mixture. Add one drop of 5% Lugol’s solution, and nebulize for 3-5 minutes every 3-4 hours.

If the patient cannot tolerate this treatment, dilute to a 1:9 ratio of Hydrogen Peroxide/distilled water and nebulize every two hours.

You can nebulize a dilute solution of 3% hydrogen peroxide in normal saline. Start by mixing ¼ tsp of Sea Salt in a cup of clean water (distilled, reverse osmosis, or something like that).  Stir the solution, and let the particulate matter fall to the bottom.

The optimal oxygen saturation (SpO2) in adults with COVID-19 who are receiving supplemental oxygen is unknown. However, a target SpO2 of <**92%** seems logical based on clinical trial data in patients with pneumonia.

**Where to buy Food Grade Hydrogen Peroxide:**

Spirit of Health, 5901 Main St., Grandview, MO, 816-492-5648

<https://store.spiritofhealthkc.com/essential-oxygen-food-grade-hydrogen-peroxide/>

And, of course, Amazon. There are many options:

[https://www.amazon.com/Certified-Hydrogen-Pre-filled-Recommended-Peroxide/dp/B07BYZPLLD/ref=sr\_1\_9?dchild=1&keywords=food+grade+hydrogen+peroxide&qid=1626290614&sr=8-9](https://www.amazon.com/Certified-Hydrogen-Pre-filled-Recommended-Peroxide/dp/B07BYZPLLD/ref%3Dsr_1_9?dchild=1&keywords=food+grade+hydrogen+peroxide&qid=1626290614&sr=8-9)

[https://www.amazon.com/Viva-Doria-Hydrogen-Peroxide-Percent/dp/B08LT25ZK8/ref=sr\_1\_15?dchild=1&keywords=food+grade+hydrogen+peroxide&qid=1626291020&sr=8-15](https://www.amazon.com/Viva-Doria-Hydrogen-Peroxide-Percent/dp/B08LT25ZK8/ref%3Dsr_1_15?dchild=1&keywords=food+grade+hydrogen+peroxide&qid=1626291020&sr=8-15)

**Where to buy Lugol’s 5% Solution:**

<https://www.lugolsnaturals.com/products/liquid-iodine-5>

**Where to by a Nebulizer**:

<https://www.carewell.com/product/power-neb-ultra-nebulizer-kit/>

https://justnebulizers.com/collections/nebulizer-systems/products/innospire-essence-nebulizer-compressor

https://www.vitalitymedical.com/medneb.html?feed\_special=bing&utm\_source=bing&utm\_medium=cpc&utm\_campaign=\*\*LP%20-%20Shop%20-%20%27Respiratory%20Therapy%27%20-%20(%2430-%24250)%20-%20General&utm\_term=4581596235171712&utm\_content=MQPMQ5600\_ea%20%7C%20MedNeb%20MQ25600%20Nebulizer%20by%20Drive%20Medical%20%7C%20%2430.78

**Where to buy a fingertip Pulse Oximeter:**

<https://www.mibeststore.com/collections/oled-oximeters>

Where to buy extra nebulizer tubing:

<https://www.carewell.com/product/mckesson-oxygen-tubing/>

**Last-ditch alternatives if none of the above options are possible:**

Injectable Ivermectin (veterinary grade, found at most farm stores)

1cc per 100# of body weight

Take internally for 3-4 days (like you would the Ivermectin tablets)

Pour-On Invermectin

1cc per 100# of body weight

Rub on fatty part of body once a week as a preventative