

# AK Medical Freedom Symposium



**ILONA  
FARR, MD**

**FAMILY  
MEDICINE**

**[www.alaskacovidalliance.com](http://www.alaskacovidalliance.com)**

The background features abstract, overlapping pink and magenta geometric shapes, primarily triangles and polygons, creating a modern and dynamic aesthetic. The colors range from light pink to deep magenta.

# **Covid-19: Dispelling Fear through Early Treatments - Updates for Fall of 2022**

Ilona Farr MD

# Brief Covid Timeline

- ▶ 4/6/2020
  - ▶ Started first patient on Z-pack and HCQ dramatically better in 5 days after 5 weeks of illness 25 years old “saved his life”
  - ▶ Dr. Zelenko Protocol
- ▶ 5/2020
  - ▶ Mentioned Ivermectin on radio as possible Covid treatment- asked Governor when we would open up
- ▶ 8/2020
  - ▶ Dr. McCullough protocol adopted AAPS( American Association of Physicians and Surgeons)

# My Covid Experience

- ▶ 11/2020
  - ▶ Firsthand experience with Covid: I used everything on McCullough protocol and aspirin to keep myself out of the hospital. Symptoms: 102.5 fever, deep cough, brain fog off and on, lack of taste and smell, no appetite, myalgias, & Pulse Oximeter reading low of 86%. Still lack of smell/fatigue/tremor
- ▶ FLCCC protocols integrated and still being actively used
- ▶ Over 2000 patient encounters for covid - 100% survival for those who were able to obtain and take medications, and/or supplements listed on [alaskacovidalliance.com](http://alaskacovidalliance.com) (over 44,000 visits to website) or FLCCC website
- ▶ Use UV light between patients to sterilize rooms

# Covid-19 protocol

- ▶ Hydroxychloroquine 200mg 2 pills twice daily for one day then 200mg twice daily for 5 days with food
- ▶ Azithromycin 250mg two pills with food daily for 6 days or Doxycycline 100 mg twice daily for 10-14 days
- ▶ Ivermectin original weight-based .2mg/kg/day protocol April 2021 from FLCCC 3mg (4 to 10) pills all at one time with food daily for 5 days (150 lbs dose =15mg/day; 240 lbs dose = 24 mg/day) -- 71% higher levels with food! (if no HCQ- double dose)
- ▶ Have them wait 4 hours between medications and take with food - use Ginger, Pepcid and Zyrtec if nausea
- ▶ Ivermectin hard to come by after government actions-- with combination patients got at least some treatment as each work but together better - also less GI side effects with lower doses
- ▶ No severe long Covid with these protocols in my practice

# Supplements when ill with Covid

- ▶ Vitamin D3 10,000iu-20,000iu/day times 5 days then 10,000iu/day x 14 days
- ▶ Aspirin adult 325mg with food daily for 1-3 months (until gums bleed or bruising or GI upset) or 81 mg if sensitive to aspirin - Do not take if aspirin allergic, at same time as NSAIDS or with other anticoagulants
- ▶ Vitamin C 1000mg twice daily (EmergenC)
- ▶ Zinc 50-100 mg once daily with food for two weeks
- ▶ Quercetin 250 mg two to four times daily with food for two weeks
- ▶ Melatonin 1-40 mg/day at bedtime
- ▶ Pepcid 10mg up to four times daily
- ▶ Zyrtec or Claritin once daily

# More supplements

- ▶ NAC 1,500-2,000mg per day for three days then 1000mg daily for 14 days
- ▶ Turmeric (curcumin) 500 mg twice daily for 14 days
- ▶ Iodine rinses -add 2 tsp povidone iodine to 8 oz water mix then use 1-2 tsp each nostril to rinse out nasal cavity then tilt head forward to drain extra out. Can use this up to 6 times daily and also use as gargle for treatment but also after exposure or can get 1% nasal spray
- ▶ Gargles with yellow Scope or Listerine
- ▶ Nigella Sativa 80mg/kg/day with 2 tsp honey/day
- ▶ B vitamins, Black Elderberry, Selenium, Magnesium, Probiotics, Dandelion, Garlic, etc?????.

# Useful Websites

- ▶ FLCCC website -- [covid19criticalcare.com](https://covid19criticalcare.com) -frequent updates on new treatment protocols for covid, long covid, covid vaccine injuries, prevention, hospitalization, etc
- ▶ [drugs.com](https://www.drugs.com) --drug interaction checker can list up to three medications at a time
- ▶ [alaskacovidalliance.com](https://alaskacovidalliance.com) -- supplement sheet for prevention and treatment of covid
- ▶ DHSS website has current approved EUA treatments available in Alaska
- ▶ <https://c19early.com/>



## Other treatments

- ▶ Maintain hydration and nutrition as covid suppresses desire to eat and drink
- ▶ Deep breathing exercises as covid suppresses desire to take deep breaths
- ▶ Nebulizers or inhalers with albuterol, budesonide, ipratropium
- ▶ Oral prednisone six day taper, colchicine, fluvoxamine, singulair, spironolactone, dandelion, others per FLCCC protocols
- ▶ Supplemental oxygen/ AREDS original vitamins for lungs
- ▶ Disease seems to be getting milder in people who have had Covid before, but can be bad in people who have not had Covid



# COVID-19

## Alaska Clinical Update

### COVID-19 Alaska Clinical Update Wednesday, August 25, 2021

- ▶ **Ivermectin is not effective at preventing or treating COVID-19**
- ▶ In addition, the FDA has recently created a webpage further explaining [why you should not use ivermectin to treat or prevent COVID-19](#) and the potential harms of taking a veterinary formulation of this medication.
- ▶ **FDA approves Pfizer-BioNTech mRNA COVID-19 vaccination**
- ▶ On August 23, the [FDA approved the Pfizer-BioNTech mRNA COVID vaccine](#) for persons aged 16 and older. The vaccine will be marketed under the brand name Cominarty. The vaccine is still available under emergency use authorization to persons aged 12-15 years and for the administration of a third dose for immunocompromised individuals. This is the first COVID-19 vaccine fully approved by the FDA.
- ▶ (New vaccine against two strains covid 8 mice studied could not find human trial- also 2 MDs on panel wanted 3 months gap to decrease myocarditis were overruled as would increase liability if change EUA ( CDC hearings Fall 22))

# Ivermectin and Disinformation Battle Continues

- ▶ Regular Use of Ivermectin as Prophylaxis for COVID-19 Led Up to a 92% Reduction in COVID-19 Mortality Rate in a Dose-Response Manner: Results of a Prospective Observational Study of a Strictly Controlled Population of 88,012 Subjects (Brazil) Cureus Aug 31.2022
- ▶ Talked to MD on FDA advisory panel 9/22 about my success with Ivermectin His comment "I never said it didn't work"
- ▶ **California Passes Bill to Punish Doctors Who 'Disseminate Misinformation' on COVID --AB 2098 -- Sept 1, 2022**

# Paxlovid

- ▶ Paxlovid is an oral antiviral drug for patients who are at least 12 years old and weigh at least 88 lbs. This treatment needs to be started within five days of symptom onset. (DHSS)
- ▶ Newer oral experimental treatment for Covid only used on about 15 patients with 3 treatment failures- two intolerant of drug. Take three pills twice daily for 5 days- Leaves very bad taste in mouth for most people
- ▶ Can not be used in people with kidney or liver disease so must have recent labs. Has lots of drug interactions.
- ▶ Must have positive Covid test to obtain this
- ▶ Because of failure rate/rebound with this drug with some am using with ivermectin and/or reduced dose of hydroxychloroquine
- ▶ Originally 90% efficacy now about 51% on Pfizer website (June 2022) due to resistance developing/rebound (examples: President Biden/ Dr Fauci who had all the covid vaccines!)

# Molnupiravir and Evusheld

- ▶ (Molnupiravir newer oral experimental treatment for covid less effective than Paxlovid some studies suggest only 30-50 % effectiveness and expressed concerns about birth defects so not to be used in pregnancy)
- ▶ Molnupiravir is an oral antiviral drug for patients 18 or older. This treatment needs to be started within five days of symptom onset(DHSS)
- ▶ Tixagevimab plus cilgavimab (EVUSHELD) is an FDA-authorized monoclonal antibody to prevent infection for moderately to severely immunocompromised people who may not mount an adequate immune response to COVID-19 vaccination. EVUSHELD is not a substitute for vaccination in individuals for whom COVID-19 vaccination is recommended. This product is given by injection and may help prevent infection for up to six months(DHSS)

# Remdesivir and Bebtelovimab

## ▶ **Remdesivir**

- ▶ [Remdesivir](#) is an antiviral drug for patients of all ages who weigh at least 7.7 lbs. Unlike oral antivirals, remdesivir is given by IV infusion. Doses are given over three days and needs to be started within seven days of symptom onset. (DHSS)

## ▶ **Bebtelovimab**

- ▶ [Bebtelovimab \(PDF\)](#) is a monoclonal antibody treatment for patients who are at least 12 years old and weigh at least 88 lbs. Bebtelovimab is given as a single dose by IV injection. This treatment needs to be started within seven days of symptom onset. (DHSS)
- ▶ Have not used any of these 4 medications as my treatments are safer and more effective

# Monoclonal Antibody Treatments

- ▶ Seemed to be very effective initially then saw waning effectiveness with some of them-- since never got any information back after the 100-200 referrals do not know which ones worked
- ▶ Side effect rash or no improvement in a few people
- ▶ Expensive IV or SQ treatment did save lives
- ▶ Unknown long term effects
- ▶ Unknown if just helps for a short time or may interfere with long term immunity development as several patients developed Covid again months later
- ▶ No longer available in Anchorage in outpatient clinics

# Spike Protein Injury

- ▶ Occurs with both natural Covid infection, and with introduction of Covid particles into the body estimates of one out of every 8 people to one out of every 500 people
- ▶ Impacts can be on the Neurological, Circulatory, Musculoskeletal, GI, ENT, Dermatological, Immunological, Reproductive, and Psychiatric body systems
- ▶ Many Providers do not acknowledge this as a problem
- ▶ Symptoms can be brief or can last years
- ▶ When recognized and treated early can improve symptoms but many left with chronic disability or can die SADS
- ▶ FLCCC website has good protocols that are constantly updated October mtg
- ▶ World Council for Health has some good ideas especially supplements
- ▶ Dr Bruce Patterson's group out of Texas
- ▶ Dr Luke Liu in town Stellate Ganglion Blocks



# Future

- ▶ Covid new variants will be here -Virus changes too rapidly for vaccines to keep up - best to keep body healthy, immune system prepared and a Covid kit
- ▶ Since ivermectin, hydroxychloroquine, zpack work well along with supplements, and covid disease for most getting milder we must adapt to it being a chronic endemic disease like strep or flu - quit fearing it and destroying society - especially our children - because of it
- ▶ Marburg, nipah (60% mortality) and other viruses are being experimented with that have much higher mortality --must work on identification and early treatments for these and other potential threats
- ▶ Be aware of what is coming-- pray, work together and get prepared!

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# Emergency Covid Kit

Ilona Farr MD

# The Kit

- ▶ HAVE ON HAND WHEN YOU GET SICK
- ▶ Two thermometers w/batteries \$40 or less.
- ▶ Blood pressure monitor \$40.
- ▶ Oximeter \$20-40
- ▶ Nebulizers online \$40-100?? [www.nebulizers.com](http://www.nebulizers.com) or Costco?
- ▶ Blood Glucose Monitor with batteries, lancets, and strips!
- ▶ Home COVID Test Kits Fred Meyer, Walmart, Walgreens, etc. - \$15-\$25
- ▶ 2 tsp povidone-iodine to 8 oz water for nasal rinse; do 1 tsp each nostril up to 6 times daily; Do not swallow! Do not use if iodine allergy!
- ▶ Favorite teas/juices/cough drops/nasal sprays/Tylenol/NSAIDS/decongestants/ginger/food and water for 1-3 months, etc.
- ▶ Home oxygen concentrators for those with COPD/CPAP Machine

# Prescriptions

- ▶ Order ahead of time and have ready to go especially if have not had Covid!
- ▶ Ivermectin weight based 3 mg pills will need 4 to 10 per day for 5 days ( example 150 lbs =15mg/day= 5 of the 3mg pills/day)
- ▶ Hydroxychloroquine 200mg- 14 pills
- ▶ Azithromycin 250 mg -12 pills or Doxycycline 100 mg - 28 pills
- ▶ 3 months of regular medications (cash with goodrx coupons)  
blood pressure frequently increases with Covid
- ▶ If needed inhalers such as albuterol and those with steroids and Nebulizer solutions albuterol and budesonide and tubing!
- ▶ If History Asthma/COPD/Pneumonia-- Prednisone pack
- ▶ Singulair 10 mg daily 30 pills helps esp. if history asthma

# Supplements

- ▶ Aspirin 325mg daily w/food to prevent blood clots do this for 2 weeks to 3 months then decrease to 81mg/day unless contraindicated (on other anticoagulants or allergy!)
- ▶ Vitamin D3 10,000-20,000 iu/day for 5 days then decrease to 10,000 iu/day x 2 weeks-- 5,000 iu /day for maintenance
- ▶ Vitamin C 1,000 mg/ TWICE a day [Emergen-C packets have B complex vitamins] may irritate bladder!
- ▶ Zinc 50-100 mg/day once a day depending on GI tolerance for two weeks -Long term maintenance MVI with zinc and copper
- ▶ Quercetin 250 mg 2-4 times/day w/food for two weeks
- ▶ Melatonin (slow release) as tolerated (1-40 mg/day) at bedtime;
- ▶ Pepcid 10 mg up to 4 times/day,
- ▶ Zyrtec 1/day.

# Additional Ideas

- ▶ NAC 1,500-2,000 mg/day for 3 days then 1,000/day for 2 weeks- may also help with Long Covid/spike protein injury?
- ▶ Turmeric (Curcumin) 500 mg twice daily for 14 days also.
- ▶ Nigella Sativa 80mg/Kg w/2tsp honey/day
- ▶ NAD plus to help with Long Covid/spike protein injury?
- ▶ K2 to help with Long Covid/spike protein injury?
- ▶ Lactoferrin in study- May help with Covid/hemorrhagic viruses?
- ▶ Regular first aid kit with bandages, etc.
- ▶ Potassium Iodide to be taken only if Radiation exposure -single dose is age related and given within 4 hours of exposure  
/https://www.cdc.gov/nceh/radiation/emergencies/ki.htm
- ▶ AREDS vitamins original blue bottle helps lungs heal
- ▶ FLCCC website or alaskacovidalliance.com
- ▶ <https://health.alaska.gov/dph/Emergency/Pages/prepared/kit.aspx>

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# Insights into Alaska Clinical Practice

Ilona Farr MD

# Rapid Changes

- ▶ New Disease Covid! Now Long Covid/spike protein injuries/SADS!
- ▶ New treatments/ repurposed old safe treatments and dosages/supplements
- ▶ Information from overseas success stories -censored!
- ▶ Telehealth from 0 to 16,500 minutes/last two years overloaded with people needing Rxs not able to see everyone worked lots of overtime! Many MDs retired!
- ▶ Saved lives-Hailed as Hero Dr Malone(I did not know who he was ? Relative) Thanks to all of you for your support, prayers, and wisdom of medical board! Their decision avoided tens of thousands patients without MDs, more Covid deaths, and lawsuits everywhere! Sent gifts to make peace --as we need to all work together to solve these problems!

# Reflections

- ▶ Identifying new syndromes- long Covid/spike protein injuries/SADS and finding treatments and causes.
- ▶ Getting information out to save lives! Difficult as gmail, texts, videos, facebook all censored!!! Licenses threatened/lives changed.
- ▶ Trying to find out how to obtain both hydroxychloroquine and ivermectin two of the worlds safest and most used medications. People are being forced into taking experimental treatments and some are blocking access to safe early treatments!
- ▶ Cured Covid vaccine injury uncontrolled muscle spasms -IVM, Prednisone, Mirapex -letter from insurance not to use these meds to treat covid sent picture of horse to me.
- ▶ 96, 97, and 98 year old unvaccinated/COPD successfully treated Covid with ivermectin/supplements from information given out last year! Team effort proud of all patients and others who listened!