IppocrateOrg

Naš protokol

Tem smernicam trenutno sledijo zdravniki, ki delajo v našem klicnem centru v Italiji in od nedavnega v Združenem kraljestvu. Naš terapevtski pristop je prilagojen načrt zdravljenja, ki temelji na trenutno dostopnih znanstvenih dognanjih, bioloških dejstvih in stanju bolnika. Vsa navodila so namenjena izključno zdravnikom.

Naš protokol: stopnje

Stopnje	Patofiziologija	Klinični simptomi
Stopnja 1: Zgodnja okužba	razmnoževanje virusa	gripi podobni simptomi (vročina, bolečine v sklepih in mišicah, glavobol, fizična šibkost)
Stopnja 2: Pljučna faza	težave s pljuči	kašelj, dispneja, polipneja stopnja 2A (brez hipoksije) stopnja 2B (s hipoksijo)
Stopnja 3: Prekomerno vnetje	citokinska nevihta	SARS, vaskulitis, mikroembolija, mikrotromboza, odpoved organov

Naš protokol: stopnja 0 (asimptomatska ob pozitivnem testu)

Zdravilo	Odmerjanje	Kontraindikacije
vitamin D3	50.000 IE/dan, več dni (razen pri preventivi) 10.000 IE/dan, 6 dni (razen pri preventivi) nadaljujte s 4.000 IE/dan z obrokom, ki vsebuje maščobe (npr. kosilom) Otroci: 200 IE/dan (do negativnega testa)	huda kronična ledvična bolezen (KLB), hiperkalcemija
vitamin C	začnite z 1g/dan, odvisno od oblike	huda KLB, pomanjkanje G6PD
cink pikolinat	30 – 50 mg/dan	
bromheksin	8 mg 3x dnevno	
pelargonija (*Pelargonium Sidoides*)	>12 let: 20 mg 3x dnevno, 7 dni 6-12 let: 13 mg 3x dnevno, 7 dni	hemoragična diateza pri bolnikih, ki jemljejo zdravila za redčenje krvi
razkuževanje prostora s 100% eteričnimi olji	3 krat dnevno	

hidroksitirosol in a-ciklodestrin	2-3 vpihe 3 do 4 krat dnevno v žrelo	

Naš protokol: stopnja 1 (gripi podobni simptomi)

Zdravilo	Odmerjanje	Kontraindikacije
acetilsalicilna kislina	do 100 mg/dan do prenehanja simptomov	
ivermektin	0,2 mg/kg telesne mase, najvišji odmerek 18 mg, po obroku drugi odmerek po 48 urah tretji odmerek (po potrebi) po 48 urah	
hidroksiklorokin (HCQ)	200 mg 2x dnevno, 7 dni	aritmija, retinopatija, pomanjkanje G6PD
azitromicin ali doksiciklin	500 mg/dan za 3 dni, prenehajte za 2 dni, nato ponovite	sindrom podaljšanje QT dobe
kolhicin	0,5 mg 2x dnevno, 14 dni	srčno popuščanje, bolniki s KLB naj ga ne uporabljajo skupaj s klaritromicinom

Naš protokol: stopnja 2A (težave s pljuči brez hipoksije)

Zdravilo	Odmerjanje	Kontraindikacije
enoksaparin	100 IU/kg/12 ur	
kortikosteroidi	NIKOLI NA ZAČEKU, vedno na koncu viralne faze! 6 – 7 dni, nato zmanjšajte odmerek na en odmerek zjutraj, 2 odmerka samo ob večjih težavah (vedno deflazakort, zaradi hitrega delovanja)	hipertenzija in hiperglikemija
ali deksametazon	6 mg zjutraj ali 3 mg 2x dnevno	Izberite samo enega od naštetih zdravil. gastropatija
ali betametazon	8 mg zjutraj ali 4 mg 2x dnevno	
ali metilprednizolon	32 mg zjutraj ali 4 mg 2x dnevno	
ali prednizon	40 mg zjutraj ali 20 mg 2x dnevno	
ali deflazakort	30 mg 2x dnevno	
amoksicilin/klavulanska kislina ali drug antibiotik	skupaj z azitromicinom v primeru hujše okužbe	
acetilcistein	600 mg do 3x dnevno, 7 dni	
levodropropizin	60 mg po potrebi, 3x dnevno	
enoksaparin	4.000 IU 1-2x dnevno 10 dni, če je telesna masa > 70 kg 6.000 IU 1-2x dnevno 10 dni, če je telesna masa 70-100 kg	hemoragična diateza in trombocitopenija

adenozin	30 mg v 5 ml fiziološke raztopine v razpršilu 2x dnevno, 6 dni	Bronhialna astma

Naš protokol: stopnja 2B (težave s pljuči s hipoksijo)

Zdravilo	Odmerjanje	Kontraindikacije
kisikova terapija	1-6 l/min, če je SpO2 < 92% v AA	
enoksaparin kortikosteroidi antibiotiki	Po presoji zdravnika	
če je raven kisika > 6 L/min ali SpO2 nenehno < 92% je NUJNA HOSPITALIZACIJA		

Zdrave navade

Uživajte hrano in zeliščna zdravila s protivirusnim delovanjem

Dodajajte vitamin D – mnogo bolje, če ga dobite s sončenjem (če ni prekomerno – razen v izjemno redkih primerih)

Bodite dnevno telesno aktivni in ohranjajte čustveno dobro počutje

Iz prehrane odstranite rafinirane sladkorje in ogljikove hidrate

Vse kar potrebujete za dvig imunskega sistema, najdete na seznamu prehranskih dopolnil, ki so navedena v naših smernicah za asimptomatske bolnike. Dobrega imunskega sistema ne potrebujete samo za obrambo proti kovidu, ampak za zaščito pred vsemi boleznimi.

Pred uporabo prehransih dopolnil se posvetujte s strokovnjakim s tega področja.

Preventivna medicina

1. Izobraževanje o dobrem počutju
2. Medicina po meri človeka
3. Biofizika
4. Ponovna vzpostavitev povezave med človekom, zdravjem in planetom.

Our Protocol

These guidelines are currently followed by physicians working at our Call Centre in Italy and more recently in the U.K. Our therapeutical approach is a customized treatment, based on the available scientific evidence, on the biological plausibility and on each patient situation. All the indications are for practitioners only.

Our Protocol: Stages

Stages	Pathophysiology	Clinic
Stage 1 Early infection	Virus replication	Flu-like symptoms (fever, joint and muscle pain, cheadache, weackness)
Stage 2 Pulmonary phase	Lung complication	Cough, dysponoea, polyponea
		Stage 2A (without hypoxia) Stage 2B (with Hypoxia)
Stage 3 Hyper inflammatory phase	Cytokine storm of hypercytokinemia	Sars, vasculitis, microembolism, microthrombosis, multi-organ failure

Our Protocol: Stage 0 (Asymptomatic with positive test)

Drug	Dosage	Contraindications
Vitamin D3	50.000 U.I/day for days (unless in prophylaxis) 10.000 U.I/day for 6 days (unless in prophylaxis) Continue with 4.000 U.I/day while eating a greasy meal (for example at lunch) Children: 200 U.I/Kg/day (until negative test)	Severe Chronic Kidney Insufficiency (CKD) Hypercalcemia
Vitamin C	Starting from 1 g/day, in consideration of formulation	Severe CKD, deficit G6PD
Zinc picolinate	30-50 mg/day	
Bromexine	8 mg x 3/day	
Pelargonium S.	>12 y-0: 20 mg x 3/day for 7 days 6-12 y-o: 13 mg x 3/day for 7 days	Hemorrhagic diathesis F.E. in patient in treatment with blood thinners
Suffumigation	3 times/day	
Hydrossitirosol and a-cyclodestrine	2-3 puffs x 3-4/day in the throat	

Our Protocol: Stage 1 (flu-like symptoms)

Drug	Dosage	Contraindication
ASA	Up to 100 mg/day till asympomatic	
Ivermectine	0,2 mg/kg of body weight, maximum PC 18 mg 2nd dose after 48 hours 3rd dose (eventually) 48 hours after	
Hydroxychloroquine (HCQ)	200 mg x 2/days for 7 days	Arrhythmias, Retinopathy, Def. G6PDH
Azythromycin or Doxycycline	500 mg/day for 3 days, stop 2 days, then repeat	LQTS
	100 mg x 2/day for 7 days	
Colchicine	0,5 mg x 2 day/day for 14 days	Cardiac insufficiency, CKD do not use with Clarithromicin

Our Protocol: Stage 2A (Lung complication without hypoxia)

Drug	Dosage	Contraindication
Enoxaparine	100 U.I./kg/12 hours	
Corticosteroidi	NEVER AT THE BEGINNING, but only at the end of the viral stage! For 6-7 days then diminish better one morning dose 2 doses if patient is suffering (always Deflazacort, for its fast action)	Hypertension and Hyperglycaemia
Or Desametasone	6 mg/morning or 3 mg x 2/day	Do not associate but use alternatively. Associate Gastropot.
Or Bethametasone	8 mg/morning or 4 mg x 2/day	
Or Metihlprednisolone	32 mg/morning or 16 mg x 2/day	
Or Prednisone	40 mg/morning or 20 mg x 2/day	
Or Deflazacort	30 mg x 2/day	
Antibiotics	According to practitioner's judgment	
Montelukast	10 mg 2 hours after dinner for 14 days	
Amoxi/Clavulanic acid or other antibiotics	876 mg+ 125 mg x 3/day for 8-10 days	
	In association with Azithromycin in case of superinfection	
Acetylcysteine	600 mg up to x 3/day for 7 days	
Levodropropizine	60 mg as needed, up to x 3/day	
Enoxaparin	4.000 U.I. x 1-2/day for 10 days if weight <70 kg 6.000 U.I. x 1-2/day for 10 days if weight 70-100 Kg	Haemorragic diathesis and thrombocytopenia
Adenosine	30 mg in 5 ml of saline in nebuliser x 2/day for 6 days	Brochial asthma

Our Protocol: Stage 2B (Lung complication with hypoxia)

Drug	Dosage	Contraindication
O2-therapy	1-6 L/min if SpO2 <92% in AA	
Enoxaparine Corticosteroid Antibiotics	At the discretion of the physician.	

In case Oxygen > 6 L/min
or
SpO2 persistently < 92%

HOSPITALIZATION IS MANDATORY

The correct habits

Use of foods and herbal medicines with antiviral action

The integration of vit. D - much better if through exposure to sunlight (when not in excess - extremely rare cases).

In the list of supplements recommended in our guidelines, for asymptomatic positive patients, you can find what you need to increase your immune defenses that are not only needed for Covid, but for every pathology.
However, I would like to emphasize that even supplements should only be taken after having consulted a doctor who is an expert on the subject.

Daily physical activity and emotional well being.

Elimination of refined sugars and reduction of refined carbohydrates

Preventive medicine

1. Wellness education
2. Tailored medicine
3. Biophysics
4. Restore the relationship between human being and the health of the planet earth