



Planning for the Next Plandemic Checklist of Items to Stock

by Debug Your Health, February 2022

Herbal / Mineral Remedies:

- Windbreaker
- Kick Ass Immune
- Old Indian Syrup
- Lypospheric Vitamin C
- Fulvic Humic Minerals
- Salt
- Vitamin D3
- Zinc
- Colloidal Silver (also as Nasal Spray)
- Samento
- Banderol
- CSA Tincture
- Mora
- Enula
- Chlorella
- Iodine
- Dulse / Kelp
- E3 Live
- Activated Charcoal
- Yarrow
- Goldenseal
- [S. Purpurea tincture](#)



Prescription Medications:

- Ivermectin
- Mebendazole
- Praziquantal
- Pyrantel Pamoate
- Tinidazole
- Hydroxychloroquine
- DMSA
- Antibiotics - any, like Amoxicillin, Clindamycin, etc

Ozone Equipment:

- Generator
- Oxygen tank
- Ear insufflation
- Nose insufflations
- IV capabilities (I'm still working on this one personally...)

Supply Shortage :

- N95 masks
- Rubber Gloves
- Hand sanitizer
- Bottled water
- Water purification tablets and/or filter system
- Rubber garbage can(s) to collect rain water
- Vegetable seeds for planting & pots to plant them in
- Freezer full of meat and other foods, always keep the freezer stocked
- Direct Relationships with local meat / vegetable farmers
- Car(s) full of gas
- Extra freezer always stocked with meat
- A positive attitude, daily inspirations or whatever you need to keep that positive attitude going



Grid Blackout :

- N95 masks
- Rubber Gloves
- Buddy propane tank heater if you live in a cold area, or a generator
- Water purification tablets and/or filter system
- [LuminAid](#)
- Flashlights, extra batteries
- Gas camping stove with extra gas, or grill with extra propane tank / extra charcoal
- Extra Cash, Precious Metals
- Full Gas Canister for cars

