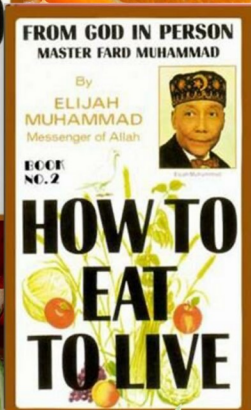
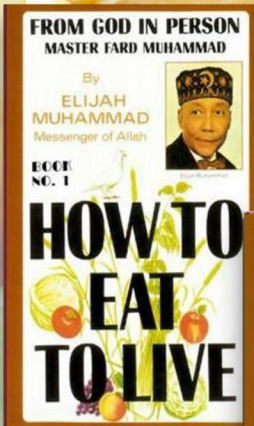


**Our God-Given  
Immune System:  
The Best Defense  
Against Covid-19**

**HOW TO EAT TO LIVE  
BOOKS 1 & 2  
by the Honorable  
Elijah Muhammad  
[finalcallstore.noi.org](http://finalcallstore.noi.org)**



"If we eat the proper food and eat at the proper time, the food will keep us living a long, long time."

The Hon. Elijah Muhammad

# Covid-19: Practical Steps for Self-Care: What You Can Do to Protect Yourself

[www.noi.org](http://www.noi.org)

## Anti-Viral & Antiseptics Prevention and Treatments

- **IVERMECTIN**
- **NIGELLA SATIVA (BLACK CUMIN SEED)**
- **ANTISEPTIC GARGLE MOUTHWASH**

## IMMUNE BOOSTERS

- **FRESH AIR**
- **EXERCISE**
- **VITAMIN D3**
- **VITAMIN C**
- **QUERCETIN**
- **ZINC**

FOR DETAILED INFORMATION: VISIT THE FRONT LINE COVID-19  
CRITICAL CARE ALLIANCE @[HTTPS://COVID19CRITICALCARE.COM](https://COVID19CRITICALCARE.COM)