



Citizens' Council for Health Freedom

Health Freedom Minute

January 12, 2022

Use Povidone-Iodine Nasal Rinse to Stop Covid

You've heard of early treatment for Covid, but there's a cheap, easy to access, effective prophylactic and early treatment that can stop viral replication: diluted povidone-iodine nasal rinses.

Everyone now agrees that Covid is airborne. The infection happens when you breathe in the virus. The interesting thing, given how Covid is thought of as a lung disease, is that the virus you breathe in stops in your nose and nasopharynx region, and there it replicates for three to five days. This presents a golden opportunity to kill the virus before it starts to go down into the lungs and do damage.

Bangladesh used this rinse to shut down the virus, according to Dr. Peter McCullough. Read about it in our updated Covid Guide on our home page: cchfreedom.org

"Covid-19 Quick Reference Guide," Twila Brase, Citizens' Council for Health Freedom, Updated January 2022: bit.ly/CCHFguide

Presented daily by Twila Brase, President and Co-founder
Citizens' Council for Health Freedom.

*The Health Freedom Minute is now heard in 48 states:
Mon-Fri on more than 850 radio stations nationwide*

cchfreedom.org / info@cchfreedom.org / 651-646-8935