

Dear colleagues,

The corona crisis has profoundly changed our practises.

We are immersed in a wiper epidemic in healthy people with containers, telephones, triage and administration.

People often do not come in for consultations because of fear of contamination, many consultations are postponed. Home visits in retirement homes and care centres are scaled back.

The guidelines of the Belgian national health service Sciensano on the role of the general practitioner in symptomatic patients are currently very concise: prescribe paracetamol and cough syrups, take wipes and send worse cases to the hospital. As a professional group, we have always had the most experience with acute upper respiratory tract infections. We are the first patients address in case of complaints. There is well-substantiated information available about what a general practitioner can deploy in the first line of treatment for coronary complaints.

[For healthy people:](#)

Prevention is an important, insufficiently highlighted pillar: healthy, full-fledged nutrition, exercise in fresh air - without a mask - , stress reduction and nourishing emotional and social contacts.

Strengthening immunity: **Vit D [12](#), Vit C [34](#) and zinc [52](#)** – these are the basic building blocks for good immunity. Nearly all Belgians have a Vit D deficiency anyway in the dark period of the year!

[For sick people:](#)

Hydroxychloroquine

There are a number of misunderstandings about Hydroxychloroquine that need to be cleared up.

Hydroxychloroquine (Plaquenil) is a medicine that has been used for over 50 years. It is very inexpensive and has proven effective in SARS epidemics. [6789](#)

Professor Didier Raoult (world-renowned infectiologist), director of the IHU-Méditerranée in Marseille (<https://www.mediterranee-infection.com/>) achieved excellent results in March and April 2020 with the combination HCQ and azithromycin in a thousand corona patients. The end of the pandemic was in sight! [10](#)

When he wanted to set up a major clinical trial to confirm these results with a study, the French Ministry of Health blocked the supply of HCQ.

A medicine with proven effectiveness and virtually no side effects! Several legal complaints were filed.

Dr. Zelenko, a New York physician, cured about 1000 cases of COVID with the combination hydroxychloroquine, zinc and azithromycin, usually in a few days, with a success rate of almost 100 % and almost without side effects. [11](#)

Rob Elens is a Dutch general practitioner who followed the Zelenko protocol. The Dutch government forbade him to use this effective therapy on the grounds that it was unsubstantiated. [12](#)

Text by Rob Elens:

As a general practitioner, I noticed this in 10 patients who could be declared cured within three days.

This was after half a dozen previous patients I had sent to the hospital had died as a result of treatment there. The peculiarity of this medicine, a combination of hydroxychloroquine, azithromycin and zinc, is the colossal propaganda and censorship campaign that has emerged to block its use.

As a cure for both malaria and forms of rheumatism, HCQ has been in use for some sixty years, and in some countries, including France, it has been available over the counter without a prescription. But as part of the campaign against it, I was banned from administering this medication, which meant that I had to watch another patient die from this flu ...

Specialists in France, the U.S. and China have been able to cure the vast majority of patients with the above-mentioned combination.

It is obvious that with an effective medicine, there is no reason to talk about an emergency or crisis.

HCQ has been besmirched in an article published in **The Lancet** [13](#), which had to be withdrawn afterwards because of conflicts of interest and fraud, but which was quoted everywhere beforehand and therefore gave rise to doubts. Even in our government's reports, HCQ is swept away as "non-preventive and insufficient effect in the case of the seriously illness" and is not included in the recommendations.

And indeed, we can read on the website of the Belgian Centre for Pharmacotherapeutical Information (**BCFI**):

HCQ in prevention - administered to health personnel could not demonstrate a preventive effect for the development of disease symptoms (although the study may have been too short).

In a serious hospital setting, HCQ does not appear to be effective.

This is **incomplete information** - these are studies on prevention and at a final stage. **Nothing is said about the application to complaints themselves.**

It seems that our public authorities want to promote a forthcoming vaccine as the only solution. A hasty development of a Covid vaccine was announced almost immediately. Rules have been broken in this way. ***Such a fast-track procedure is only permitted if the disease is very dangerous and when there is no treatment with a medicine.***

The normal development of a vaccine can take 5-10 years. This means that for a vaccine developed in a hurry, safety testing procedures have to be skipped or shortened. The pharmaceutical industry has negotiated legal immunity - they cannot be held responsible for the health risks to our patients.

The forthcoming vaccine may have serious safety risks and totally unprecedented long-term effects. And this despite the availability of a working, inexpensive medicine and the fact that the majority of people (more than 95%) go through corona without or only with mild complaints.

Dear colleagues, at the moment our government seems to be mainly promoting big pharma, the directives seem to follow a financial / economic agenda.

To top it all off, the Belgian National Council of the Order of Physicians has now issued an opinion:

"The key point is that during the current exceptional period, therapeutic freedom and professional autonomy must temporarily give way, as far as necessary, to the emergency situation that has arisen".

This no longer seems to have anything to do with representing our interests and guarding the honour and dignity of our profession. Here we are being reduced to 'yes' nodding officials.

What exceptional emergency situation? Corona is not the killer virus originally mentioned - the IFR (infection fatality rate) recently released by the WHO is 0.23% ¹⁴, a mortality rate comparable to a bad flu year. There have never been measures such as oral mask requirements and quarantine for healthy people in previous epidemics. The risk group is well known. The trend is mild in 95% of the population or with very few complaints.

Therapy is available at low cost and with good efficacy.

As doctors, we are the only ones who can legally judge diagnosis and therapy. Administrative regulations can only serve as a directive, but can never be mandatory. Only doctors are authorised to provide these regulations.

Let us return to our rightful place as first line responders:

The Zelenko protocol (combination of hydroxychloroquine, zinc and azithromycin) cured about 1000 Covid cases, usually in a few days, with a success rate of almost 100 % , almost without side effects.

Hydroxychloroquine acts as a zinc ionophore (like e.g. quercetin²) and ensures that zinc enters the cells and can exert its protective effect.

Administration together with zinc is therefore recommended.

Ideally, this is applied to people at the beginning of a more severe course of illness; this treatment prevents hospitalisation. There are almost no side effects at the doses indicated.

In later, more severe stages of the disease, this treatment is less effective than blood thinners and dexamethasone (or budesonide nebulisation).

HCQ is therefore above all a medicine of the first line!

The Zelenko Covid-19 Early Treatment Protocol

Zelenko COVID-19 Early Treatment Protocol
<https://thezelenkoprocol.com/>

	Day 1	Day 2	Day 3	Day 4	Day 5
HCQ 2x 200mg daily	2 white oval tablets (HCQS)				
Azith 500mg 1x daily	1 red oval tablet				
Zinc 50mg 1x daily	1 white round tablet				

5 day treatment at a cost of about \$20 that MIGHT save a life!

Ivermectine

Ivermectine is an excellent alternative, which can also be used in front line.^{15 16} However Ivermectine is not available in Belgium as an os preparate.

Pro: the results turn out even better than with HCQ. Preventive use possible.

Contra: The cost is € 250,- Euro, not refunded.

References:

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Kind, collegial regards,

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