

Stan Williams's COVID 19 Summary
Written January 20, 2022
Novi, Michigan

I'm writing this in response to an article titled "Wife Stands Off With Hospital to keep her husband alive and wins." See link below.

I'm 74 and in good health. No serious comorbidities. My one "semi-serious problem is BHP which I've had for 10 years. I'm on a generic Avodart that keeps my prostate a reasonable size.

On Sunday December 19, 2021 I worked a little too hard on a treadmill as part of a aerobic weightlifting program. I had been going to the gym for 5-6 weeks, 3x/week for very hard aerobic and weight-lifting workouts that made me feel very good. I consider my good lung health a major contributor to my quick recovery from serious covid pneumonia.

Dec 20, the next day, a cold came on. It got worse quickly over 3 days with a bad sore throat and cough with clear phlegm.

On Dec 23 my doctor's office swabbed me for flu, strep, and covid 19. At 9 PM got a call from our doctor that only the covid 19 came back positive.

That night I started on Ivermectin (24 mg/day) and Azithromycin (500 mg/day) both a 5 days supply. I got these through America's Front Line Doctors and had them standing by for the last few months.

The Ivermectin helped over those five days but I did not get remarkably better. On Dec 28 my family doctor, via telemedicine calls, ordered me to the hospital for blood work and x-rays. They diagnosed me within an hour with covid pneumonia. They immediately put me on I.V. steroids that seemed to come every 8 hours around the clock.

Some detail that proved I was in a good hospital.

I was in the hospital for 3 days with covid pneumonia. Several times going through the Emergency admission process I was asked if I had been vaccinated. I had not and no one challenged my decision, until I saw the Lung Doctor who said that had I been vaccinated I would not be there. It was a mild chastisement that I disagreed with although there were times I wondered if it was true. We have known several people our age that have died within a week to a month after taking the jab or one of its boosters. To Pam and I, getting vaccinated was playing Russian roulette. We did not then, nor do we now trust the vaccine propaganda. We've been lied to too much over the past few years. As a result, today, we both have a strong complement of covid antibodies, not a weak mRNA experimental "vaccine."

I wish we had better access to alternative preventative medicines. The Ivermectin from AFLD was hard to get and I could not talk to them afterwards to ask for more or different meds. They were impossible to contact after that fist call.

Also, I started on Ivermectin several days after my cold symptoms and sore throat turned severe. My family doctor said I needed to go to Emergency and have them take an x-ray and do blood work. The hospital did that immediately on my arrival, and within an hour they were pumping steroids into me. I was never on a vent or oxygen while there, but I did have oxygen machine and tubes to my nose that followed me around the house after I came home for about 10 days.

I was very fortunate (it was Providential), that I was in a good Catholic hospital system here in Novi, MI (Accession Providence.) There was a crucifix hanging in every room I was in, including the CAT SCAN room. Very good care from everyone. Polite, good answers. Good food. Great staff, and the room was quiet and private.

A host of things saved my life, I am sure. And prayer of many was critical. We are faithful, praying, Catholics with an Evangelical background.

a. I had Ivermectin and Azithromycin on hand ready to take if symptoms appeared. I was three days late starting on these, however. I was in denial that I had covid.

b. For years Pam and I have been on Vit D3 (2,000 - 5,000 units daily).

c. For the past 6 months we had been on 50 mg of ZINC daily.

d. For the past few years we have been on 500-1000 mg of Vit C.

e. For the six weeks prior to my testing positive I was attending a weight-lifting aerobic class 3X a week. My lungs and legs were in very good shape for being 74 years old. After each session my recovery was within 10 minutes and I felt strong. So starting covid 19 I had very strong lungs for my age.

f. I have never smoked and my alcohol consumption over the years amounted to 1/2 glass of wine every other week. But no alcohol over the past several years due to my BHP.

h. Within nan hour of the hospital arrival (very quick Emergency admittance) they were injecting me with steroids and blood thinner. (Covid 19 causes blood clots they said). We had heard just two weeks prior that his hospital was overrun with covid patients. I had one doctor tell me that all MI hospitals were overrun with unvaccinated patients. Well, when I was in this major hospital the Emergency rooms were not busy. It was just me in admissions, although later Pam encounter 3 people that came in after me. But it wasn't clear they were covid cases. Tests for me were administered quickly. Results came within an hour. I believe I was lied to about the hospitals being overrun and being unable to get into one. It was not true of my situation.

i. At the hospital I was encouraged to walk around my room and get oxygen into my lungs. I was encouraged to do that same after being discharged. I later saw the CAT SCAN of my lungs. Right was clear, left was nearly fully taken over by covid 19 and pneumonia.

j. Although I came home after 3 days in the hospital, recovery was very slow. I felt terrible, high fatigue, hard to breath deeply. My brain was fogged, could not think. I did not know how to turn on my computer and I could not remember any ID or PWs. Bad news. I'm a writer. I could not write. The doctors (several) said it could take 3 months to recover from the pneumonia. I called my sister who lives about 3 hours away and sees alternative medicine practitioners in addition to an MD. She and they recommended some particular supplements. She drove them over to me in the middle of the night. Within 24 hours of starting on the following supplements, my discomfort was marketable lessened. My breathing dramatically improved. Within 3 days I started to noticeably recover. The supplements were designed (I was told) to get oxygen into my lungs. It worked, my body start to work normally again. The supplements were:

- Standard Process Cataplex E2 - 2 pills 3X/day.
- Standard Process Black Cumin Seed Forte - 1 pill 2X/day.
- N-Acethyl Cysteine 500 mpg - 1 capsule 3X/day.
- Liquid Vitamin D3 with K2 - 5 drops licked off the back of my hand for a total of 15 drops 1X/day.

Pam also got covid but not as bad as me. She used the same supplements and they helped her within a few days as well.

k. We had friends and relatives that brought us really good food that was already prepared or ready to eat. We ate very well.

l. One of our daughters brought Pam a diffuser for Essential Oils and some unknown oil for headaches, that within one night allowed Pam to sleep soundly. That was a big deal for Pam.

m. I was on blood thinner for two weeks after leaving the hospital (2 small pills per day), and Prednisone, starting at 40 mg and over two weeks cutting it down to 5 mg every other day. I'm now off both.

n. It's been just a month since I was tested positive for covid19. I am 95% recovered, except I fatigue when bringing in 1000 pounds of firewood or taking out the trash and a few other things that exert me. I have a very slight cough that occurs when I change positions. But I am back to work writing every day.

o. Pam is 97% back to normal, too.