Introduction to the show

Early treatment approach

Personal recovery experiences

[Music] [Music] many are predicting that the worst is many are predicting that the worst is yet to come which is unfortunate said yet to come which is unfortunate said one person here one person here until now they've enjoyed the reputation until now they've enjoyed the reputation of being the nation's ice box of being the nation's ice box watched a burglar in his home this watched a burglar in his home this morning by webcam morning by webcam as a journalist of over 25 years stories as a journalist of over 25 years stories are what make my world turn reporting are what make my world turn reporting live from the dallas newsroom tonight live from the dallas newsroom tonight jeff crowley fox 4 news jeff crowley fox 4 news but in 2008 i took the jump from my but in 2008 i took the jump from my familiar life and started a pr familiar life and started a pr firm from my home we're talking about firm from my home we're talking about anyone with a camcorder like the one i'm anyone with a camcorder like the one i'm using becomes a television network using becomes a television network we started slowly growing the company we started slowly growing the company and we now have over a hundred clients and we now have over a hundred clients and we've branched into the world of and we've branched into the world of live live live digital broadcasting i now own eight digital broadcasting i now own eight different tv studios and have a huge different tv studios and have a huge team team team and the stories that i now get to share and the stories that i now get to share are sometimes the most important of my are sometimes the most important of my life life life life has a funny way of coming around life has a funny way of coming around full circle full circle this is the jeff krilley show this is the jeff krilley show when we first heard about this mystery when we first heard about this mystery illness coming over and making its way illness coming over and making its way ashore america we were all baffled well ashore america we were all baffled well we've learned some stuff in the last 12 we've learned some stuff in the last 12 months months months and to talk about that today dr peter and to talk about that today dr peter mccullough and dr al johnson mccullough and dr al johnson returning guests to our show both returning guests to our show both national thought leaders on this let's national thought leaders on this let's start with you dr mccullough start with you dr mccullough what have we learned about this what have we learned about this mysterious illness mysterious illness well we've learned a great deal over the well we've learned a great deal over the last year i'd say about a year ago last year i'd say about a year ago i think most doctors didn't have any i think most doctors didn't have any foundations foundations foundations on an approach for treatment and now on an approach for treatment and now early treatment early treatment has come really in full form we have an has come really in full form we have an array array array of uh drugs and treatments one of the of uh drugs and treatments one of the most powerful are the infusion most powerful are the infusion of the specific antibodies against the of the specific antibodies against the virus followed by virus followed by other drugs that reduce the infection other drugs that reduce the infection itself itself itself the inflammation so we use the inflammation so we use corticosteroids corticosteroids corticosteroids and then following the blood clotting we and then following the blood clotting we use forms of blood thinners these use forms of blood thinners these principles are used in the hospital principles are used in the hospital and we extend them now to early at home and we extend them now to early at home to prevent hospitalization to prevent hospitalization and death and that really is key is in and death and that really is key is in the document that if you treat the document that if you treat them early enough often they never have them early enough often they never have to go to the hospital sure there are now to go to the hospital sure there are now published studies one from new york one published studies one from new york one from from from dfw area showing early multi-drug dfw area showing early multi-drug treatment treatment treatment has an 85 percent reduction in has an 85 percent reduction in hospitalization and death and so we hospitalization and death and so we don't want to see don't want to see any high-risk patient go with no any high-risk patient go with no treatment for two weeks at home treatment for two weeks at home and then be hospitalized on their last and then be hospitalized on their last gas but doesn't need to happen gas but doesn't need to happen it's a very important public health it's a very important public health message that covet 19 message that covet 19 is a treatable illness well all three of is a treatable illness well all three of us had covered 19 and we don't mind us had covered 19 and we don't mind sharing that with the sharing that with the viewer and each one of us has different viewer and each one of us has different experiences experiences experiences dr johnson you you contracted it a month dr johnson you you contracted it a month ago

ago ago yes and what was your experience well yes and what was your experience well my experience was uh significant my experience was uh significant i started with fatigue i started with fatigue kind of chills i started early treatment kind of chills i started early treatment i i i contacted and knew dr mcculloch prior contacted and knew dr mcculloch prior and and and we i began early treatment with we i began early treatment with in my case uh zithromyosin in my case uh zithromyosin hydroxychloroquine hydroxychloroquine hydroxychloroquine the nutrients zinc lysine the nutrients zinc lysine vitamin d and then as soon as vitamin d and then as soon as i got my positive pcr test back i got my positive pcr test back for covid from a sputum pcr test for covid from a sputum pcr test uh i applied and was accepted to get the uh i applied and was accepted to get the monoclonal antibody infusion with dr monoclonal antibody infusion with dr mccullough talked about mccullough talked about unfortunately i got it a little fast and unfortunately i got it a little fast and had a cytokine reaction had a cytokine reaction which exacerbated my symptoms which exacerbated my symptoms and i was hospitalized for a couple days and i was hospitalized for a couple days on oxygen on oxygen for 24 hours and then i was for 24 hours and then i was fine received from this severe iv fine received from this severe iv in the hospital and then discharged on in the hospital and then discharged on after two night stay so i after two night stay so i feel real fortunate that dr mccullough feel real fortunate that dr mccullough is here is here promoting early treatment promoting early treatment i then because of some pope continued i then because of some pope continued pulmonary problems that he was talking pulmonary problems that he was talking about about about i was short of breath had pulmonary i was short of breath had pulmonary infiltrates on ct scan infiltrates on ct scan continued on hydroxychloroquine continued on hydroxychloroquine continued on some prednisone continued on some prednisone um and every day i um and every day i uh became better i was uh became better i was pcr negative sputum pcr negative sputum for covid on day 12. uh so for covid on day 12.

Advocacy and policy

Addressing misinformation

Herd immunity and outcomes

uh so i was not carrying it any longer i was not carrying it any longer which has helped my body cells which has helped my body cells lungs brain tissues recover and we'll lungs brain tissues recover and we'll talk about that in a little bit but talk about that in a little bit but that's uh basically my story and i'm that's uh basically my story and i'm grateful for dr mccullough and those grateful for dr mccullough and those that that that are proponents of early treatment it are proponents of early treatment it works it's important that it started works it's important that it started early early early i started it with first symptoms and i started it with first symptoms and frankly i'd been on preventive frankly i'd been on preventive with all the nutrients and with with all the nutrients and with hydroxychloroquine hydroxychloroquine hydroxychloroquine on a weekly basis before if i hadn't on a weekly basis before if i hadn't done that done that i'm sure my case would have been a lot i'm sure my case would have been a lot worse yeah dr mccullough just worse yeah dr mccullough just observations on observations on dr johnson's experience and had he not dr johnson's experience and had he not been on been on supplementation and had not gotten early supplementation and had not gotten early treatment treatment treatment his result could have been much his result could have been much different different different sure so i think what the listeners sure so i think what the listeners really should uh understand really should uh understand is that the outcomes are very tightly is that the outcomes are very tightly related to age so related to age so not to put dr johnson on the spot but he not to put dr johnson on the spot but he is older than we are is older than we are and um he faced uh almost certainly and um he faced uh almost certainly uh going on the mechanical ventilator uh going on the mechanical ventilator with his degree of pulmonary involvement with his degree of pulmonary involvement and he faced a very high mortality i and he faced a very high mortality i mean the stakes are very high here mean the stakes are very high here people heard about these statistics we people heard about these statistics we have 550 000 americans who have lost have 550 000 americans who have lost their lives their lives our estimates are if treatment would our estimates are if treatment would have been started early have been started early we could have prevented about 85 percent we could have prevented about 85 percent of those deaths but it takes about four of those deaths but it takes about four to six drugs to six drugs used in sequence and as dr johnson used in sequence and as dr johnson pointed out it's it's rough now pointed out it's it's rough now uh i've had patients and in the hospital uh i've had patients and in the hospital for four and five weeks we for four and five weeks we he did uh require hospitalization but it he did uh require hospitalization but it was just a couple days was just a couple days and we did use a lot of drugs to be and

we did use a lot of drugs to be intensive with our therapy intensive with our therapy is rewarding now you have been called on is rewarding now you have been called on to to speak in austin we've got some to to speak in austin we've got some video from that video from that why don't you tell us about your why don't you tell us about your testimony in austin well i was testimony in austin well i was one of two physicians i was along with one of two physicians i was along with dr richard urso dr richard urso who's an esteemed doctor from baylor who's an esteemed doctor from baylor college of medicine college of medicine down in houston and we testified to the down in houston and we testified to the importance of early treatment importance of early treatment and one of the points we wanted to make and one of the points we wanted to make is there's been such a is there's been such a a focus on masks and a focus on masks and and contagion control now a focus on and contagion control now a focus on vaccination what we've said is that vaccination what we've said is that we've lost focus we've lost focus on the problem right in front of us on the problem right in front of us which is the sick patient which is the sick patient we still have 45 000 americans getting we still have 45 000 americans getting sick every day sick every day in my view is they should they should in my view is they should they should have always been and should be today have always been and should be today our main focal point we should be having our main focal point we should be having updates on the news continuously updates on the news continuously with respect to how to get medical with respect to how to get medical treatment what patients should do treatment what patients should do because treatment at home reduces spread because treatment at home reduces spread of the illness because patients don't go of the illness because patients don't go out and panic and spread it all over out and panic and spread it all over it reduces hospitalization and death and it reduces hospitalization and death and so what came out of the testimony so what came out of the testimony is proposed legislation that as each is proposed legislation that as each patient gets a positive cova test result patient gets a positive cova test result they get some information on treatment they get some information on treatment not only the at-home nutraceuticals not only the at-home nutraceuticals risk stratification who would need risk stratification who would need treatment based on aging medical treatment based on aging medical problems problems problems and then where to get that treatment and then where to get that treatment with respect to prescription with respect to prescription medications and antibody infusions dr medications and antibody infusions dr johnson let's bring you back in uh it johnson let's bring you back in uh it seems like there's been a lot of seems like there's been a lot of confusion over advice i mean in the confusion over advice i mean in the early days i remember dr thompson was early days i remember dr thompson was saying don't wear a mask and now we're saying don't wear a mask and now we're supposed to wear a mask supposed to wear a mask and where does the all of the and where does the all of the misinformation misinformation misinformation come from that's a very good question come from that's a very good question i think you're dealing with a i think you're dealing with a group of researchers that group of researchers that really hadn't been in the clinical really hadn't been in the clinical forefront on how to take care of forefront on how to take care of patients patients patients what really matters as he was talking what really matters as he was talking about about about and so they were trying to and so they were trying to come up with ways to tell people how to come up with ways to tell people how to protect themselves protect themselves even though they really didn't have good even though they really didn't have good data to base it on data to base it on and so you get a bunch of misinformation and so you get a bunch of misinformation change change change of information change of ideas and of information change of ideas and change of thought processes change of thought processes you know it was a crisis but they got you know it was a crisis but they got defocused as he was saying defocused as he was saying not on early treatment this is the only not on early treatment this is the only disease process in my lifetime i disease process in my lifetime i practiced in 45 years practiced in 45 years that early treatment was not there that early treatment was not there there was no one saying we need to treat there was no one saying we need to treat these people early need to figure out these people early need to figure out what's going what's going on and it wasn't there just this week i on and it wasn't there just this week i had a patient come in had a patient come in with gi complaints he said i feel with gi complaints he said i feel horrible my stomach's all upset horrible my stomach's all upset i've went to the urgent care they ran a i've went to the urgent care they ran a covet test on me it was a quick cover covet test on me it was a quick cover test test test said i was negative i said well you said i was negative i said well you sound like you have covet sound like you have covet i ran an antibody test and sure enough i ran an antibody test and sure enough he was igm igg he was igm igg antibody positive and all he had was gi antibody positive and all he had was gi symptoms symptoms symptoms and just feeling bad so a high level of and just feeling bad so a high level of suspicion suspicion suspicion running appropriate test and in early running appropriate test and in early treatment is treatment is important and it got important and it got waylaid with all these other extraneous waylaid with all these other extraneous factors factors factors and not paying attention to common sense and not paying attention to common sense you know you don't put sick coed you know you don't put sick coed patients back with healthy

patients once patients back with healthy patients once they get they get you know when they're sick so uh you know when they're sick so uh that's a big problem yeah yesterday we that's a big problem yeah yesterday we heard the heard the representative from the cdc uh saying representative from the cdc uh saying that uh she has a that uh she has a really bad feeling that maybe slipping really bad feeling that maybe slipping back into back into uh you know another wave uh and you have uh you know another wave uh and you have these states like texas where it's like these states like texas where it's like commandments commandments commandments let's get out let's let's go to the let's get out let's let's go to the movies again uh you know movies again uh you know what should we believe well i think one what should we believe well i think one of the shortcomings of the shortcomings has been i i think we have i agree with has been i i think we have i agree with dr johnson the the our federal agencies dr johnson the the our federal agencies uh really been driven by fear and uh really been driven by fear and uncertainty you can't blame it it's uncertainty you can't blame it it's human nature human nature you know doctors there's no checkbox for you know doctors there's no checkbox for doctors doctors doctors to to assess our courageousness when we to to assess our courageousness when we go to medical school and what we found go to medical school and what we found out is some doctors are very courageous out is some doctors are very courageous they stepped out of the box they became they stepped out of the box they became leaders in treatment leaders in treatment and a lot of doctors and even big and a lot of doctors and even big medical centers went to the sidelines medical centers went to the sidelines they honestly have not they honestly have not uh promulgated any uh treatment uh promulgated any uh treatment protocols we don't hear about any protocols we don't hear about any world-class us world-class us institutions and having uh you know the institutions and having uh you know the the the the blue ribbon treatment protocol it's blue ribbon treatment protocol it's really the american association of really the american association of physician and surgeons physician and surgeons guided by myself dr johnson and others guided by myself dr johnson and others that have devised the that have devised the outpatient treatment program for the outpatient treatment program for the country now country now among the cdc nih fda white house task among the cdc nih fda white house task force force force they haven't had a sing or media doctors they haven't had a sing or media doctors they haven't had a single doctor that's they haven't had a single doctor that's actually ever treated a single covet actually ever treated a single covet patient patient patient so if they if they are lacking that so if they if they are lacking that expertise of course they're going to be expertise of course they're going to be focusing on masks or focusing on some focusing on masks or focusing on some other issue and not focusing on the other issue and not focusing on the patient patient patient right in front of you so we get a lot of right in front of you so we get a lot of uh confusing information uh confusing information with respect to the future we know that with respect to the future we know that we have we have uh 330 million americans uh 330 million americans and maybe there's another 30 more that and maybe there's another 30 more that are daca or not are daca or not so well documented we've had so well documented we've had uh i believe 30 million proven uh i believe 30 million proven infections infections infections the cdc multiplier is about six meaning the cdc multiplier is about six meaning there are six-fold as many people who there are six-fold as many people who have had covet have had covet that in fact never got the test and the that in fact never got the test and the experts believe about 15 experts believe about 15 of the population truly are not of the population truly are not susceptible so when you put all those susceptible so when you put all those fractions together i testified fractions together i testified in texas for the texas senate on march in texas for the texas senate on march 10th at that time 10th at that time i testified based on that cdc equation i testified based on that cdc equation that we are at eighty percent hurt that we are at eighty percent hurt immunity immunity immunity so that means that only twenty percent so that means that only twenty percent of people really could get it on twenty of people really could get it on twenty percent percent percent a big number and but that means the a big number and but that means the spread is going to start to slow down spread is going to start to slow down that do we still need to be cautious and that do we still need to be cautious and prudent prudent prudent yes but if we continue texas is an early yes but if we continue texas is an early treating state we have 35 treating state we have 35 early treatment centers here in texas early treatment centers here in texas we've been way ahead of the curve we've been way ahead of the curve and even though we have a large state and even though we have a large state and we never lock down and we never lock down our current ranking in terms of cases our current ranking in terms of cases and deaths per million population in the and deaths per million population in the us us us is right at 24. you know florida never is right at 24.

Viral mutations and immunity

Long COVID and recovery

you know florida never shut down either shut down either and they're about middle of the pack so and they're about middle of the pack so the states that had draconian lockdowns the states that had draconian lockdowns really weren't rewarded with better really weren't rewarded with better statistics what do you statistics what do you see for how the virus keeps mutating and see for how the virus keeps mutating and we hear about different strains and we hear about different strains and is that something to be concerned about is that something to be concerned about will will we ever put this in the will will we ever put this in the rearview mirror rearview mirror we will and i think what the listeners we will and i think what the listeners should understand is that it's very hard should understand is that it's very hard to find the entire virus to find the entire virus in the nose so a lot of people listening in the nose so a lot of people listening to the show have actually had the test to the show have actually had the test in their nose and mouth in their nose and mouth we can only pick up fragments of the we can only pick up fragments of the virus there the fragment the virus is virus there the fragment the virus is recovered in in this complete form in recovered in in this complete form in the gi tract believe it or not so the the gi tract believe it or not so the chinese chinese chinese do anal swabs believe believe it or not do anal swabs believe believe it or not and there are and there are research programs that test it in the research programs that test it in the stool stool stool and in fact what's been shown is we've and in fact what's been shown is we've always had maybe always had maybe six to ten different strains circulating six to ten different strains circulating around the united states so so around the united states so so the strain that you got you mentioned the strain that you got you mentioned you were pretty mild he had a more you were pretty mild he had a more severe case i was middle of the road i severe case i was middle of the road i needed some medications and had some needed some medications and had some lung involvement lung involvement we may have had different strains we may we may have had different strains we may have had different inoculum meaning a have had different inoculum meaning a different dose different dose that we breathed in to get the virus but that we breathed in to get the virus but we've always had different strains we've always had different strains so there is a robustness to natural so there is a robustness to natural immunity immunity immunity so even if a different strain comes into so even if a different strain comes into the united states the united states once you've already had the infection uh once you've already had the infection uh you're there there is a resilience to you're there there is a resilience to reinfection reinfection reinfection um we've only got a couple minutes left um we've only got a couple minutes left dr johnson dr johnson just in terms of going forward uh do you just in terms of going forward uh do you recommend mass do you recommend recommend mass do you recommend kind of preventatively taking lysine and kind of preventatively taking lysine and vitamin c vitamin c and vitamin d yes that all makes sense and vitamin d yes that all makes sense definitely to help your body's immune definitely to help your body's immune system system system uh to be uh to be at its maximum function aspect one of at its maximum function aspect one of the other things that we want to talk the other things that we want to talk about just briefly and do another about just briefly and do another program on program on is what they call the long haulers those is what they call the long haulers those people who have people who have coveted and continue to have symptoms coveted and continue to have symptoms uh you know i was discharged from the uh you know i was discharged from the hospital and said hospital and said kind of good luck if you need uh your kind of good luck if you need uh your auction sack goes down you need option auction sack goes down you need option calls calls calls and a lot of people i talk to have that and a lot of people i talk to have that same experience but they continue to same experience but they continue to have headaches have headaches they continue to have fatigue they they continue to have fatigue they continue to have shortness of breath continue to have shortness of breath and what do you do about that and what do you do about that over my 40 years of treatment of people over my 40 years of treatment of people i've treated chronic disease i've treated chronic disease and one of the things when you're and one of the things when you're hypoxic low in oxygen hypoxic low in oxygen your cells shut down they're damaged your cells shut down they're damaged they aren't dead but they're damaged they aren't dead but they're damaged and the only way to recover those is and the only way to recover those is with hyperbaric oxygen treatment with hyperbaric oxygen treatment we use it for carbon monoxide poisoning we use it for carbon monoxide poisoning we use it for near drownings we use it we use it for near drownings we use it for diabetic wounds for diabetic wounds um and i've done it myself i've treated um and i've done it myself i've treated other covid patients other covid patients in the recovery phase where in the recovery phase where they get marked improvement they get marked improvement with the hyperbaric oxygen and then we with the hyperbaric oxygen and then we add other add other physical rehab modalities to it whether physical rehab modalities to it whether it's lung exercises it's lung exercises walking dr mccullough is a big proponent walking dr mccullough is a big proponent of getting outside of getting outside uh getting fresh air getting your lungs uh getting fresh air getting your lungs clear clear clear so those are things that we'll be so those are things that we'll be talking about at a later date talking about at a later date on on repair retrain the body on on repair retrain the body and then re-evaluate on a weekly basis and then re-evaluate on a weekly

basis how that rehab program is going how that rehab program is going uh dr mccullough we'll give you the uh dr mccullough we'll give you the final word uh you know a lot of people final word uh you know a lot of people talk about having coveted range it's a talk about having coveted range it's a little brain fog little brain fog i hear things about could possibly i hear things about could possibly damaging your heart damaging your heart um are there some things that people um are there some things that people need to worry about if they've had covet need to worry about if they've had covet and you know can they get back to 100 and you know can they get back to 100 again again again well those are real observations so well those are real observations so everything you said is true everything you said is true but the risk predictors are severe but the risk predictors are severe symptoms symptoms symptoms and hospitalization and that happened and hospitalization and that happened with dr johnson and i think with dr johnson and i think long untreated periods so what we don't long untreated periods so what we don't want to see is a patient develop covid want to see is a patient develop covid go for two weeks at home and then go go for two weeks at home and then go into the hospital gasping for air that into the hospital gasping for air that person person person is a set up to develop these long is a set up to develop these long coveted syndromes about 50 coveted syndromes about 50 of them based on blood testing for a of them based on blood testing for a blood test called troponin blood test called troponin actually have some evidence of cardiac actually have some evidence of cardiac injury injury injury we don't know how to treat long covet at we don't know how to treat long covet at this point in time this point in time uh using various anti-inflammatory uh using various anti-inflammatory steroids immune modulating drugs steroids immune modulating drugs hyperbaric oxygen all are being hyperbaric oxygen all are being developed developed developed there are clinics opening at major there are clinics opening at major medical centers medical centers in order to try to tackle the issue of in order to try to tackle the issue of long covet i think patients and doctors long covet i think patients and doctors should take it seriously it's a it's a should take it seriously it's a it's a new post new post infectious syndrome we have a lot to infectious syndrome we have a lot to learn but i think the outcome is bright learn but i think the outcome is bright i'm predicting we are going to close out i'm predicting we are going to close out this pandemic this pandemic we probably will be wearing masks and we probably will be wearing masks and taking taking taking prudent measures for quite some time in prudent measures for quite some time in the future and the future and i'm personally fine with that as we move i'm personally fine with that as we move forward outstanding we're going to have forward outstanding we're going to have to have you both back soon let's to have you both back soon let's end with our website aaps online.org end with our website aaps online.org it's a it's a it's a it's a website that both of you recommend for website that both of you recommend for the most current information the most current information thank you both for coming on the show thank you both for coming on the show thank you that's it thank you that's it we'll see you next time we'll see you next time [Music]