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# Dallas Buyers Club

## How to get access to healthcare



Long  
Haul  
Wiki

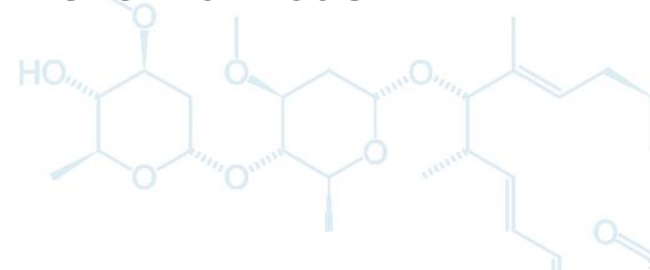
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# What is *Dallas Buyers Club*?



*Dallas Buyers Club* is a 2013 Hollywood movie about AIDS patients who illegally imported drugs into the US so that they would have access to treatment.

Nowadays, it is much easier to get access to healthcare. Even if your country/state/province is persecuting doctors who treat chronic illness patients, it **IS** possible to get access. This presentation will go through the various options.

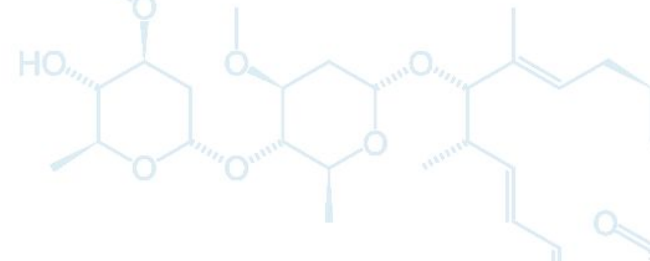


# Start with the 'normal' methods first



The [Start Here guide](#) on the Long Haul Wiki Odysee channel has lists of doctors internationally. It explains how to find doctors who are friendly to chronic illness patients. It explains how support groups can help you find helpful and/or knowledgeable prescribers.

Once you've exhausted the normal options, you may realize why experienced chronic illness patients start becoming their own doctors. They may have tried almost everything or they could not get access to experimental treatments. This guide is for the more advanced patient.

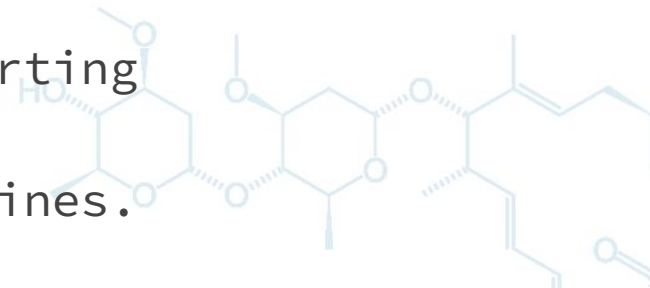


# DISCLAIMER



You are on your own! If you act as your own doctor and buy drugs without medical supervision, you need to take responsibility for your actions and any medical/legal/financial mistakes that you make.

You should check the laws in your country regarding what's legal and illegal. Importing drugs can be illegal, especially for controlled substances such as benzodiazepines.



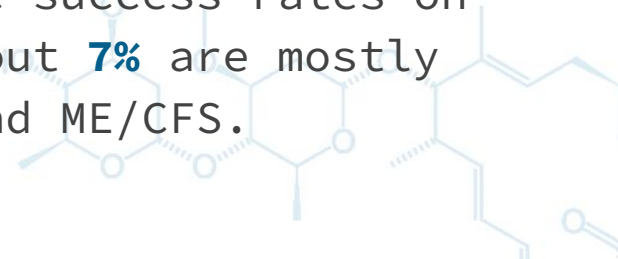
# This is how I mostly recovered



While being your own doctor is **not for everybody**, it was the only sensible option for me because I live in Ontario Canada.

Treatment with **cheap, repurposed drugs** is a viable path to getting your life back. I spent less than \$2,000. **I want you to know that barriers can be overcome.**

The only obstacle that you cannot hurdle over is whether or not you respond to treatment. Unfortunately, the success rates on individual treatments are very low. Only about **7%** are mostly recovered from vaccine injury, Long COVID, and ME/CFS.





# Accessing prescription drugs legally

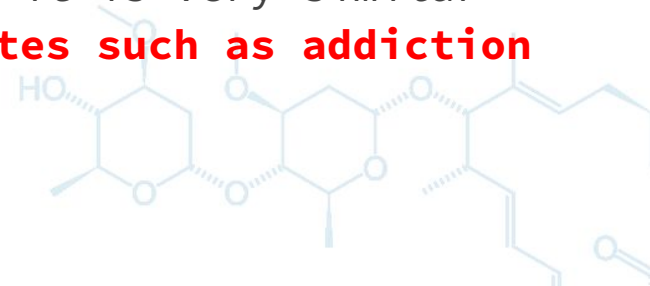


# Loopholes



There are a few prescription drugs that can be purchased through normal channels.

- **Ebay** - for drugs sold over-the-counter in one country but not another. (\*This may not necessarily be legal.)
- **Lovastatin**: found in red yeast rice supplements.
- **Methylene blue**: also used for non-medical purposes. Please buy high-quality dye suitable for human consumption.
- **O-DSMT** - This opiate is not approved for human use but its pro-drug, tramadol, is used in humans. So, it is very similar to tramadol. **Has the same problems as opiates such as addiction and withdrawal.**
- **Kratom** - Naturally-occurring **opiate**.



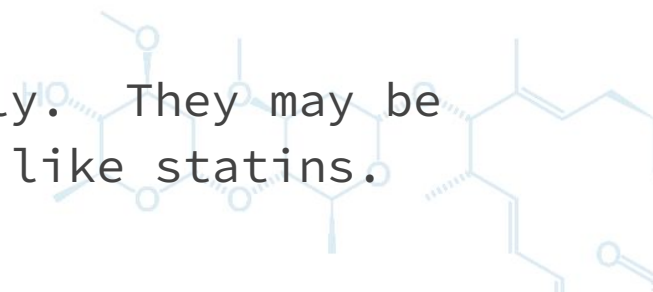
# Incidental use



Another way to get a course of a prescription drug is to seek treatment for a different condition that is treated with the *same* drug. However:

- Most chronic illness patients react to many drugs. Because drugs are rarely tested in chronic illness patients, the standard dosing protocols may not necessarily be the best idea.
- Is it worth your time?

Another option is to ask your doctor nicely. They may be open to prescribing ‘safe’, popular drugs like statins.







Accessing prescription drugs without a prescription



# Learn from the ME/CFS patients

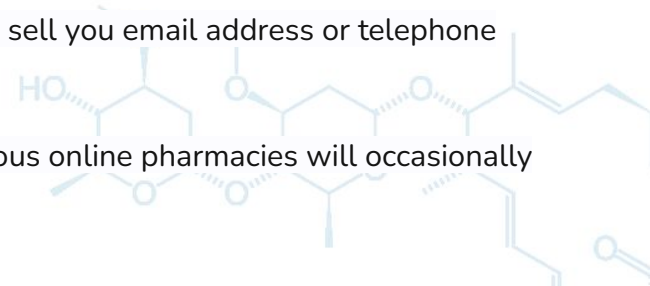


The Phoenix Rising forum has a thread with [tips for finding reliable and trustworthy prescription-free online pharmacies](#). Example tips:

## What Is a Reliable Prescription-Free Pharmacy?

When looking for a prescription-free online pharmacy, we want one that is trustworthy and reliable, which means that the pharmacy:

- (1) **Supplies genuine drugs** (although fake drugs often contain the same active ingredient as legitimate drugs).
- (2) **Reliably mails the drugs to you** (we don't want pharmacies with reports of drugs paid for but not arriving).
- (3) **Does not pass on your personal details to spammers**. Some online pharmacies will sell you email address or telephone number to spammers, and you will then receive nuisance marketing.
- (4) **Does not use your credit card number fraudulently**. Some very low end, unscrupulous online pharmacies will occasionally pass on your credit card details, leading to fraudulent use of your card.

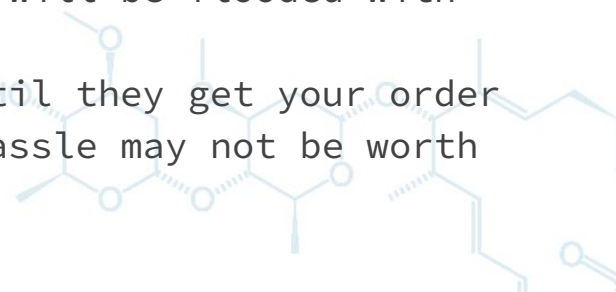


# Buying drugs from India



[AllDayChemist.com](https://alldaychemist.com) makes it easy to purchase from India as it is an online store that takes credit cards. There may be slightly cheaper alternatives (e.g. Indiamart sellers) if you shop around. Some key points:

- **Pay with credit card so that you have protection.** Do not pay with wire transfer, Western Union, crypto, etc. because the seller may take your money and not send anything.
- **Tips on using Indiamart:**
  - Do not use your real email address because you will be flooded with spam.
  - Expect to go back and forth with the vendor until they get your order right. Because time is money, the Indiamart hassle may not be worth it.



# Credit card payment can protect you from online scams



If something goes wrong with your purchase, you can file a chargeback with the credit card company. You will win this chargeback because usually the seller can't prove that they delivered the goods/services as promised. For example, if the seller has a tracking number, they still can't prove that they did not ship you a brick.

However:

1. After a certain number of months, you can no longer file a chargeback.
2. If you want to be nice to the seller (or to save time), ask for a refund first. The seller will give you a refund to avoid chargeback fees.

# Countries with strict customs



AllDayChemist has [a list of countries that it does not ship to:](#)

Switzerland  
Belgium  
Germany  
Austria  
Belgium  
Canada  
Finland  
Greece  
Italy  
Luxemburg  
Netherlands  
Poland  
Czech Republic  
Sweden  
Denmark  
Norway  
Ireland  
New Zealand  
Israel  
South Africa  
Nigeria  
Ivory Coast

Togo  
Bolivia  
Afghanistan  
Albania  
Libyan Arab  
Jamahiriya  
Algeria  
East Timor  
Andorra  
Ecuador  
Liechtenstein  
Angola  
Egypt  
El Salvador  
Anguilla  
Lithuania  
Equatorial  
Guinea  
Eritrea  
Latvia  
Jamaica

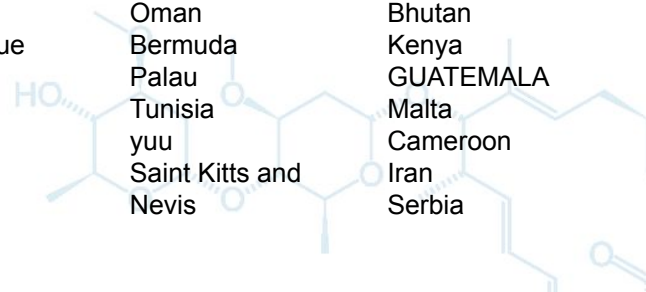
Antarctica  
Estonia  
San Marino  
Ethiopia  
Sao Tome and  
Principe  
Antigua and  
Barbuda  
Luxembourg  
Saudi Arabia  
Senegal  
Argentina  
Seychelles  
Macau  
Armenia  
Macedonia, The  
Former  
Yugoslav  
Republic of  
Falkland Islands  
(Malvinas)

Madagascar  
Aruba  
Sierra Leone  
Faroe Islands  
Malawi  
Slovakia  
Fiji  
Slovenia  
Mali  
Solomon Islands  
Somalia  
South Africa  
Marshall Islands  
South Georgia  
and the South  
Sandwich  
Islands  
Martinique  
Azerbaijan  
St. Pierre and  
Miquelon

Bahamas  
Suriname  
Mayotte  
Bahrain  
Svalbard and  
Jan Mayen  
Islands  
Barbados  
Swaziland  
Belarus  
Sweden  
Monaco  
Mongolia  
Montserrat  
Morocco  
Mozambique  
Tajikistan  
Myanmar  
Namibia  
Nauru

Tanzania(United  
Republic of)  
Belgium  
Netherlands  
Antilles  
Togo  
Nicaragua  
Niger  
Niue  
Tokelau  
Norfolk Island  
Northern  
Mariana Islands  
Tonga  
Oman  
Bermuda  
Palau  
Tunisia  
yu  
Saint Kitts and  
Nevis

Saint Lucia  
Saint Vincent  
and the  
Grenadines  
Tuvalu  
Bosnia and  
Herzegovina  
Zimbabwe  
Zambia  
Zaire  
Yemen  
Western Sahara  
Wallis and  
Futuna Islands  
Bhutan  
Kenya  
GUATEMALA  
Malta  
Cameroon  
Iran  
Serbia



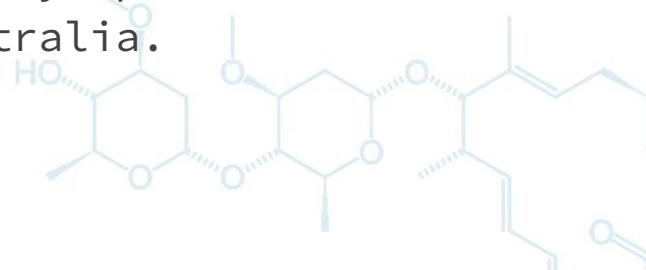
# Countries with strict customs (continued)



If you live in one of those countries, it is likely that the country has strict customs that makes it difficult, but not impossible, to import drugs into that country.

The Phoenix Rising thread has [recommendations](#) on alternative suppliers who specialise in shipping to countries with strict customs.

The [Long Haul Wiki page on ivermectin](#) has country-specific ivermectin information for Canada, US, and Australia.



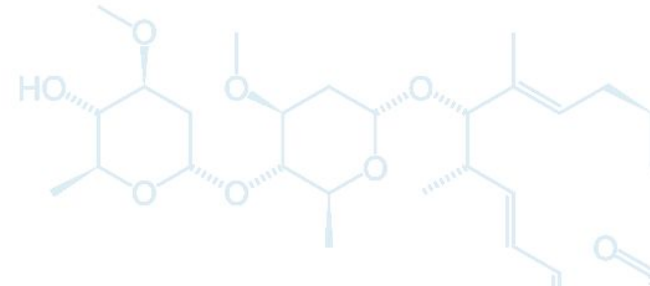
# Goldpharma.com



They sell German-quality drugs at a higher price than Indian suppliers. These drugs ship from Germany so they can more easily get past customs in certain restrictive countries.

They will 'provide' you with a prescription.

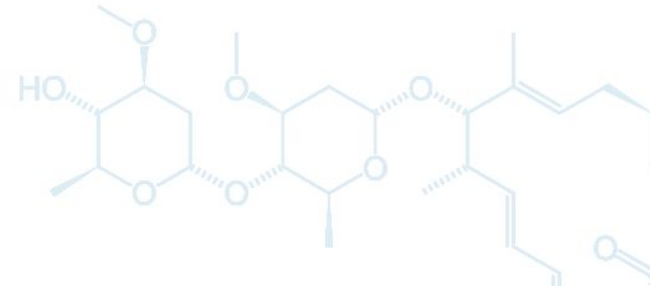
You may find that some of the alternate suppliers like Goldpharma don't sell ivermectin. [OKDermo.com](https://www.okdermo.com) is one supplier that does sell ivermectin.



# Recap



- If your country has lax customs, first look at online pharmacies such as [AllDayChemist.com](https://www.AllDayChemist.com).
- If your country has strict customs, then you will need to look at more expensive online pharmacies that are willing to deal with your country's customs.



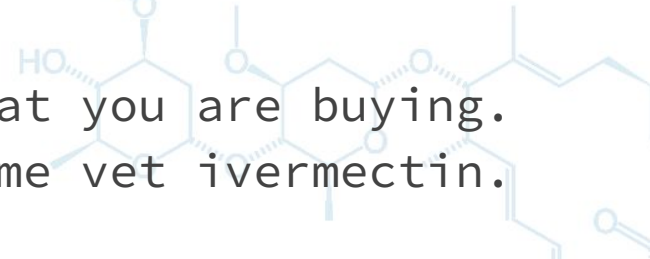


# Veterinary drugs (not convenient)



Many veterinary suppliers in the Western world will block sales of ivermectin for human use. They may discriminate based on urban addresses, ask for proof of ownership, etc. The Ukrainian supplier [HomeLabVet.com](https://www.HomeLabVet.com) will sell to anybody. Ukraine's air mail is functioning despite the war there.

Ingredients in veterinary medications **are not always approved for human use**, e.g. glycerol formal in liquid versions of ivermectin. Please check the excipients/ingredients in the products that you are buying. The [wiki](#) has excipient information for some vet ivermectin.



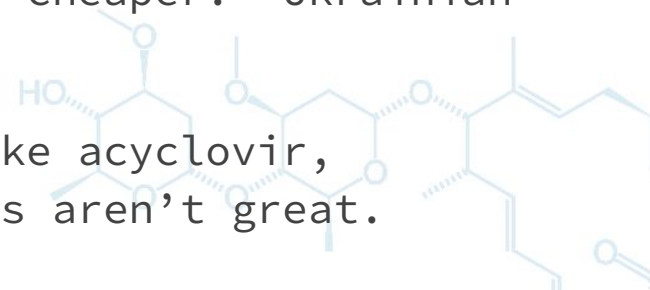
# Drugs from former Soviet countries



Ukraine and Russia have drugs not approved in the west such as the antivirals [tilorone](#), **Arbidol** (Umifenovir), Amizon ([enisamium iodide](#)), and certain forms of **interferons**.

Certain websites will resell these drugs, e.g. [PharmasStore.com](#) from Ukraine (charges about twice the retail price) and [RuPharma.com](#) from Russia. These English-language websites will let you know what's available. If you connect with a chronic illness patient in Ukraine (e.g. Discord, forums), they can drop-ship you drugs from Аптека 9-1-1 / [apteka911.com.ua](#). This may be slightly cheaper. Ukrainian origin may help your shipment get past customs.

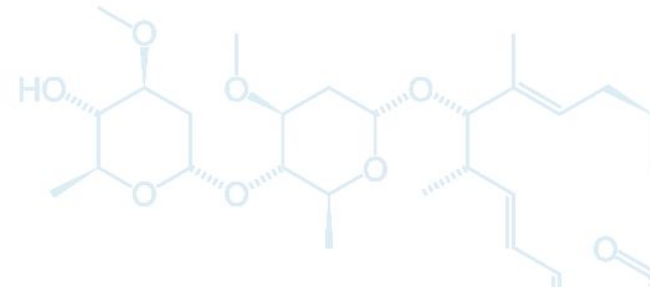
This is also another way to buy normal drugs like acyclovir, hydroxychloroquine, and antibiotics. The prices aren't great.



# Medical tourism



You can travel to another country for better healthcare. Usually, chronic illness patients only do this because a specific treatment (e.g. certain forms of apheresis) is not available in their country.





# Custom-made drugs

Where there's a will, there's a way `\\_(\ツ)\_/`

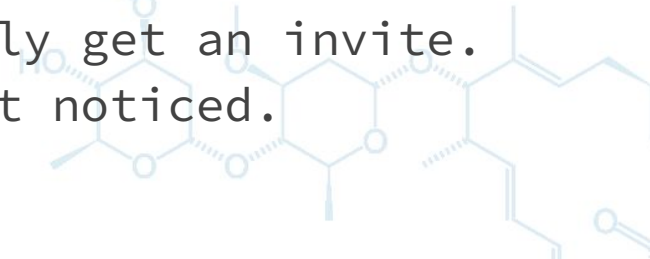


# ME/CFS patients are getting access to experimental treatments



Some groups of chronic illness patients are getting drugs custom-made for them. They may be approved drugs such as ivermectin (raw powder form, very cheap). Or, they may be unapproved treatments such as the remdesivir metabolite GS-441524, BC007, auto-vaccines, etc.

These groups are secret. However, if you participate in ME/CFS forums (especially in threads where experimental drugs are discussed), you should eventually get an invite. Productive contributions will help you get noticed.





# Closing thoughts



# You get to decide your fate



The world is changing and medical gatekeeping is a relic of the past. The medical establishment can try to block access to healthcare but there are ways around it.

Right now, this path may be a lot to ask. You are responsible for being your own doctor, pharmacist, and 'distributor'. However... **obstacles can be overcome**. This is what I had to do to get my life back.

