

Viral Resiliency: Prevention, Active Illness, and Recovery Support

SUPPORT ITEM:	INDICATION & DOSING for PREVENTION* † :	INDICATION & DOSING for INITIAL SYMPTOMS* † :	INDICATION & DOSING for ACTIVE ILLNESS* † :
	<i>To be taken daily for general immune support or under stressful periods. Take with or without food, unless otherwise noted</i>	<i>To be taken for immune response when not feeling quite well but not sick or when concerned about becoming ill. Take with or without food, unless otherwise noted, until symptoms fully resolve</i>	<i>To be taken for a robust immune response when actively sick with or without significant symptoms. Take with or without food, unless otherwise noted, until symptoms fully resolve</i>
A-Mulsion (Vit. A)	10,000IU (1 drop = 3,000mcg = 10,000IUs)	20,000IU (1 drop = 3,000mcg = 10,000IUs)	200,000 IU for 7 days, if respiratory symptoms arise then decrease to 10,000IU (3,000mcg = 10,000IUs)
Vitamin C	2000mg	4000mg	2000mg every 2-4 hours while ill (or until loose bowels, then decrease frequency)
D-Mulsion/Vitamin D3	5,000IU (1 drop = 25mcg = 1,000IUs)	20,000IU (1 drop = 25mcg = 1,000IUs)	total BODY WEIGHT in IU's for 3 days (if 150 lbs., this is 150,000IU for three consecutive days) then decrease to 10,000IU until symptoms fully resolve. (1 drop = 25mcg = 1,000IUs)
Elderberry or Fruit Anthocyanins	1 tbsp/15mL daily—do not take Elderberry if you have an autoimmune disorder	1-2 tbsps/15-30mL—do not take Elderberry if you have an autoimmune disorder	2 tbsps/30mL—do not take Elderberry if you have an autoimmune disorder
Fish oil/Omega 3	2000-3000mg	3000mg daily with a meal	3000mg up to three times daily
Mucococcinum	1 tab once every 10 days on a clean palate	1 tab daily on a clean palate	1 tab up to three times daily on a clean palate
Probiotic (any type)	1-2 caps	2 caps (double normal dosage)	2-4 caps (double normal dosage)
Zinc (any form except oxide)	30-60mg with a meal	90-150mg with a meal	150-250mg with a meal
Fibrenza , Inflaquell , or Vascuzyme :	1 cap 60-90 minutes AWAY from any meals—take if you have a known personal/ family history of asthma, respiratory, circulatory, or other excessive clotting disorder	1-2 caps 60-90 minutes AWAY from any meals—take if you have a known personal/ family history of asthma, respiratory, circulatory, or other excessive clotting disorder	2-3 caps 60-90 minutes AWAY from any meals up to twice daily—take if you have a known personal/family history of asthma, respiratory, circulatory, or other excessive clotting disorder
NAC/Glutathione	1-2 caps	2-3 caps	4-6 caps

Argentyn-23	X	1 tsp of silver mixed in the nebulizer medicine cup and add 1 tsp/5mL distilled water. Nebulize until all liquid is gone approx. 15 minutes if mild respiratory symptoms arise	1 tsp of silver mixed in the nebulizer medicine cup and add 1 tsp/5mL distilled water. Nebulize until all liquid is gone approx. 15 minutes up to 3 times daily for acute respiratory symptoms
Glutathione Plus Thera Naturals Brand is only brand appropriate for this!	X	1 capsule opened in the medicine cup and mixed with 1 tsp/5mL distilled water. Wait until fizzing dissipates before turning on the nebulizer. Nebulize until all liquid is gone, approx. 15 minutes if mild respiratory symptoms arise	1 capsule opened in the medicine cup and mixed with 1 tsp/5mL distilled water. Wait until fizzing dissipates before turning on the nebulizer. Nebulize until all liquid is gone, approx. 15 minutes. up to 3 times daily for acute respiratory symptoms
Helleborus 6X	X	Nebulize 1 vial every other day if having mild breathing or asthma-like symptoms	Nebulize 1 vial daily until moderate or severe difficulty breathing or asthma-like symptoms resolved entirely

RECOVERY SUPPORT to address Long-Hauler Syndrome, Post-viral fatigue, difficulty breathing, loss of smell, etc...:

Continue with the above recommendations in addition to any of the following for post-illness support †:

SUPPORT ITEM:	INDICATION & DOSING for RECOVERY
	<i>To be taken AFTER acute illness subsides but continues to have lingering symptoms</i>
Fibrenza , Inflaquell , or Vascuzyme :	3 caps 60-90 minutes AWAY from any meals for additional respiratory or clotting support—take if you have a known personal/family history of asthma, respiratory, circulatory, or other excessive clotting disorder.
Ubiquinol	3 caps twice daily, taper by 1 cap every week if fatigue is improving
PolyMVA	1-3 tsps daily
Resveratrol	2 caps twice daily
ION Nasal Spray	1-2 sprays up nasal passages daily or as needed to help with residual sinus pressure & drainage
Smell the Roses Bundle Liposomal B12 Zinc Citrate Stramonium 6C	This bundle specifically targets mineral deficiencies to replenish the senses of taste and smell after an illness. Included is a homeopathic remedy that assists in bringing back the senses, however, there are more remedies that we are able to suggest, if need be, for support in repairing the senses.
Liposomal Glutathione/Glutathione	3-4 caps daily

UNDA** 3, 18, 32, 370, 710	10 drops in 1L of water to sip on all day for post-illness fatigue, congestion, sinus pressure, GI symptoms
*Homeopathics**: Arnica, Hypericum, Cinchona,, Kali phos, Bryonia, Scutellaria, Mercurius sol., Zinc met	5 pellets in 1L of water to sip on all day for post-illness fatigue, congestion, muscle aches, insomnia, lightheadedness

Hydrotherapies: To be done daily or as frequently as needed for symptoms resolution

SUPPORT ITEM:	INDICATIONS
<u>Warming socks</u>	For achy muscles, congestion, fever, restless sleep
<u>Throat compress</u>	For sinus and throat congestion, sore throat, voice hoarseness
<u>Steam Inhalation</u>	For sinus congestion, runny nose, or headaches

*Dosages are suggestions for persons 12 and older. Those individuals aged 3-12 or weighing between 50-100lbs typically can do 25-50% suggested adult dosages

** This is a limited selection of homeopathic remedies and UNDA's, more can be recommended based on symptoms

† For more individualized recommendations or for infants to 3 year old children, please schedule an acute 15 minute visit. Be advised that these visits are \$50.00 per 15 minutes spent with the doctor and/or formulating your unique plan.