

Natural Health Improvement Center

4466 Heritage Ct. SW, Suite D • Grandville, MI 49418 • Phone: 616.301.0808 • Fax: 616.301.7887

Immune Support for Viral Illness

If you become sick with viral illness, call our office at 616-301-0808 for further instructions, AND we will decide if you also need any prescription medications.

For **FIVE DAYS** take:

1. **Increase Vitamin C** - 2 methods (**FOR VITAMIN C, stay on these doses until you are well**):
 - a. Take any form of Vitamin C (ascorbic acid or buffered C): 5,000mg/day (or less if loose stools).
 - b. If you are taking Liposomal Vitamin C, it will not cause gut distress or diarrhea so increase it to **6,000-8,000 mg per day**. After 5 days take 2,000mg/day of either type of vitamin C.
2. **Increase Vitamin A** (real Vitamin A, aka, Retinyl Palmitate, not beta-carotene) if you become ill to **10,000 units per day for five days**, then back down to the regular daily dose, or 2,000iu/day.
 - a. Increases for children: **4,000 IU per day in infants, toddlers, or children under 100 lbs for five days.**
 - b. If pregnant, 6,000iu per day.
3. **Increase Vitamin D** - **If you start to get sick, take 50,000 IU of vitamin D3 per day for five days.** Then stay on **5,000 IU/day until you are well.**
 - a. If pregnant, only 10,000 iu/day
 - b. Infant/toddler only increase to 5,000iu/day.
4. **Zinc** - **25 mg twice per day, then 25 mg per day should be enough after you are well**, although 50 mg per day is okay to stay on for most adults.
 - a. This is safe for pregnancy.
 - b. Infants or toddlers can take 25mg/day.
5. **Quercetin**- **1,000mg (at least 250mg) twice per day until well** (not needed in infants/toddlers).

***NOTE: Pregnant women CANNOT take the high loading doses of Vitamin D! I also would not recommend these high loading doses for infants or children.**

6. **Adults with any history of cardiovascular issues or blood sugar problems, take baby aspirin 81mg per day until illness resolved.**
7. Hydrogen peroxide + Lugol's iodine nebulizer treatments 3 x per day (See instructions on page 2).

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8. Stay on one of the Immune Boosting Supplements as well.
 - Monolaurin: 3/day
 - Biocidin (liquid or pills): 2/day or 1 pump per day (double if start getting ill)
 - Argentyn 23 hydrosol silver: 1 teaspoon twice per day (double if start getting ill)
 - ImmunoKinoko750: 1 twice per day (double if start getting ill)
 - Transfer Factor Multi Immune 1 twice per day (double if start getting ill)
 - Immune Defense: 1 twice per day (double if start getting ill)
 - Congaplex: 2 twice per day (double if start getting ill)
 - Immuplex: 2 twice per day (double if start getting ill)
 - Echinacea: 1 twice per day (double if start getting ill)
 - Lactoferrin: 1 twice per day (double if start getting ill)
 - Iodine (I-Throid or Iodoral): 1 daily

How to Nebulize with Hydrogen Peroxide and Lugol's Iodine

***There are many ways to nebulize with Hydrogen Peroxide and Lugol's Iodine. All of the below methods have been shown to work. Please use the method that you can locate, as some ingredients may be harder to find than others.*

*Ingredients can be purchased from your local health food store or online (ie: Amazon).***

Options: (#1 and #2 are the easiest to prepare and what we recommend most often)

1. Over the counter hydrogen peroxide 3% in the brown bottle, 1 TBSP into 8 ounces water. This is your base solution. Use 5mL (1 teaspoon) and add 1 drop of Lugol's iodine.
2. Nebulize 3mL of 3% peroxide and 3mL saline, add 1 drop Lugol's iodine.
3. Dilute 0.1 to 1 mL of 3% peroxide in 100 mL of saline. Use 5mL (1 teaspoon) and add 1 drop of Lugol's iodine.
4. Dilute 3mL of 3% peroxide in 250 mL of Normal saline and nebulize 3 mL of that mix with one drop of Lugol's Iodine **OR** alternate nebulizing between H2O2 and iodine, not more than 3 times per day.
5. Dilute food grade—35%—peroxide down to 3% using clean, sterile water. Then, 3cc of that diluted mixture is further diluted in 250 cc of normal saline. Finally, 3 cc of the saline-diluted mixture can be nebulized, with 1 drop of Lugol's iodine.

If you don't have a nebulizer, you can use a cool vapor humidifier in your face, but the nebulizer works better. You can buy one on Amazon for about \$60.