

Immune Health Report

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To support the innate immune system's prevention of viral syndromes our clinic recommends the following health support regimen:

Vitamin D 5000 IU daily, 5 days per week from October to March in Northern hemisphere climates, or at least 20 minutes of direct sun btwn 10 am and 2 pm - shoulders, arms, legs, minimum skin exposure during April-Sept or year round in tropical climates.

Kamu Kamu powder for whole-plant vitamin C source – 1 tsp take twice weekly

ION*Gut Health 1 ounce three times daily

ION*Sinus 4 sprays each nostril with deep inhale twice daily

Zinc 100 mg 1 capsule twice daily, brand not critical

Daily movement to point of muscle ache during rapid burst exercise (see 4 minute workout <https://youtu.be/PwJCJToQmps>)

Healthful eating is critical, eliminating processed foods sugars, artificial sweeteners is critical. Increase nutrient variety with 6-8 unique veggies/fresh herbs per day. High zinc sources include pumpkin seeds, oysters.

Adjuvant Immune Support to Improve outcomes in Viral Syndromes

IF you develop symptoms, such as severe fatigue, headache, cough, loss of taste or smell, fever, shortness of breath, or otherwise diagnosed with symptomatic COVID, our clinic would typically use the following health support regimen that you can review with your physician or care team.

We recommend you use this regimen for two weeks from first symptoms even if symptoms resolve early. Acute and Residual inflammation from abnormal immune response is responsible for all viral syndrome symptoms, the virus is already on decline within hours of symptom onset and gone within 2-3 days of symptom onset, regardless of continued clinical syndrome.

Aspirin 81 mg daily

Zinc lozenges every few hours

ION* Gut Health immune support 1-2 ounces three times daily

ION*Sinus 2-4sprays each nostril twice daily

Vit D10,000 IU daily

Lysine 2 capsules three times daily

Rest and sleep a lot

(continued)

Hydrate with plenty of herbal teas and add a daily prep of 12 oz water, 1/2 lemon squeezed and 1/4 tsp sea salt- if you can get it, optional to add a few drops of whole leaf stevia - looks like molasses, and has additional anti inflammatory compounds, take the daily aspirin with one of these lemonades. If in doubt, just swallow the aspirin along with the first sips of lemonade. I recommend food intake before or with the lemonade/aspirin intake to reduce risk of gastric irritation.

Finally, for the first week, or until symptoms resolve, add the following:

Get a nebulizer like this and put ION*(restore) in the reservoir for inhalation.

MAYLUCK Handheld Mesh Atomizer Nebulizer, Portable Nebulizer Machine for Home Daily Use



<https://www.amazon.com/MAYLUCK-Handheld-Nebulizer-Vaporizer-Atomization/dp/B085S66BX>
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**Always consult your health care provider before implementing. This general information is not intended to diagnose, treat, or prevent any medical condition or to replace your healthcare professional.*

