

# Santa Barbara Wellness for Life

Supporting You in Creating a Lifetime of Wellness, Vitality and Longevity

## *Viral Protection Immune Protocols*

Below I have given you basic options, and add-ons if you feel the need, or fall into specific categories. If you have additional questions regarding any of this please call the office or email your doctor and we will get you an answer ASAP.

**The most recent strong recommendation** is from some SARS researchers in Europe. They found that Vitamin C was strongly indicated for that virus, and their projections are that it is equally important for COVID19. Our Immune Balancing Complex and Herbal Biotic both contain Vitamin C. However, if you are taking a Preventative dose of 2 - 3 per day, of either of those, **I'd recommend for the next 4-8 weeks additional high quality Vit. C.** My preferred version currently is either Stellar C or Bio C 1:1. Both are rich in Vit. C, plus critical co-factors for C, which are Bioflavonoids. An additional capsule at lunch and dinner is added protection, and then **at the first sign of any infection symptoms ramp up to as many as 2 with each meal in addition to the C in Immune Balancing Complex.**

**Vitamin D** is always important when it comes to our Immune System and almost all of our bodily systems. Taking 1 D3 5000 per day is a sufficient dose, and for those over 40 K2D3 is preferable for other key benefits for our cardio-vascular and bone health.

**At the onset of an infection it is beneficial to ramp up on Vit. D3 5000, by taking 3 caps, 3 times per day for 4 days.** Vit. D should always be taken with food.

**Melatonin, for all patients over 50.** The most beneficial article I have read since this outbreak was a very complex article based on much research following the SARS and MERS Coronavirus outbreaks. It very specifically outlined the pathways that clarified how Melatonin has an inhibitive affect on the severity of the virus's ability to impact us.

**Therefore I am recommending our 3 mg. capsule for all patients over 50,** taken at dinner or just before bed. I have taken Melatonin myself for many years now. This has also been associated with the dramatically different levels of Melatonin as we age. Younger children can make up to 10x's the amount of melatonin each night than older healthy adults. Our production of Melatonin gets lower and lower as we age.

### **My Current Prevention Program includes:**

- Humacel: 2-3 caps upon arising. If Humacel is on Back Order, then CompliVir at the same dosage.
- Immune Balancing Complex or Herbal Biotic: 2-3 caps with breakfast
- IG-26: 2-3 caps at breakfast
- **Vit. D5000 or K2D3 5000, 1 per day.**
- **Over age 50, 1 3mg. Melatonin capsule at dinner or before bed.**
- Stellar C, 1 lunch and 1 dinner.

**If you are someone who gets sick often or more severely, use our powder version of IG-26 and take 2 scoops per day. This is very effective at decreasing infection frequency and severity.**

### **My Active Viral Infection Protocol:**

The key here is to **be prepared**, have these on hand and ramp up as soon as you feel something coming on.

- **Humacel: 3 caps, 3x's per day away from food.** Upon arising, mid-morning and late in the day. **If we are out of Humacel the best back up is CompliVir at the same dosage as Humacel.**
- **Immune Balancing Complex: 4 caps, 3x's per day with food,** for 4 days then 3, 3x's per day.
- **IG-26: 2 caps, 3x's per day**
- **If Covid 19 is even suspected, add in QuercisorbSR at 2 breakfast and 2 dinner.**
- **If compromised breathing, or severe cough add in MuSolve at 2 upon arising and 2 late afternoon. This is a very effective product for Lung congestion or restriction.** At times we go up to as high as 3 x's 3.

Additional support for strong viruses or older and compromised individuals either:

- MonoLaurin: 1 cap per meal, or
- Silvercillin: 2 teaspoons, 3x's per day. Swish, Gargle deeply and swallow.

**Humacel** is a patented anti-viral product that I have used for many years with many, many patients.

**Immune Balancing Complex** is a combination of immune supportive vitamins, glandulars and herbs, designed to support your immune system in fighting infections of all kinds.

**IG-26** is a natural anti-bacterial formula rich in powerful antibodies.

**Note:** Although viruses do not respond to anti-bacterial formulas, viral infections disrupt our microbiome. This decreases our immune resistance, making a subsequent bacterial infection more likely, and demands more of our immune system's overall ability to respond to all infections.

**Note #2:** I use our water-based **Silvercillin Liquid** on a daily basis, swishing, gargling and swallowing a teaspoon or two, 1 - 2 x's per day. This is quite effective at killing many viruses and bacteria on contact. It also comes in a spray bottle.

**Note #3:** I take at least a preventative dose of Humacel every day of the year, first thing in the morning as a precaution.

#### **Increased anti-viral preventative options:**

If you want additional anti-viral/bacterial immune support, choose one of these:

- **MonoLaurin** is a specific anti-viral extract of coconut that is used to fight many strong viruses. For prevention, take 1 cap at breakfast, or 1 cap at breakfast and dinner.
- **Silvercillin** is a highly effective antimicrobial composed of pure silver complexed with purified water. Silvercillin utilizes a technological breakthrough allowing for the production of a silver particle small enough to enter a single red blood cell, enabling the silver to travel through capillaries, the tiniest blood vessels in the body, and inactivate viruses at the cellular level.

**If you are not noticing improvement within the first 3 days, call the office** and let them know what your primary symptoms are. We have many other immune products that may be necessary for you. **If necessary, we can set up a phone consult.**

**Children:** The three best products for children, both preventatively and for treatment, are Humacel, Congplex Chewable, ImmunoBerry Liquid and Silvercillin.

Congaplex Chewable is similar to Immune Balancing Complex, and you can literally have kids take some everyday. They like the taste of it also.

#### **Children under 4 years**

- Congaplex Chewable 1-2 tabs/day, 2 x's 2 if active infection.

#### **Children ages 4-8**

- Congaplex Chewable 2-4 tabs/day, 2 x's per day if active infection
- Humacel (if fever) 1-2 capsules, 2x/day (empty stomach)

#### **Children ages 9-12 (Over 12 follow adult protocols above)**

- Immune Balancing Complex: With food: 2-3 per day, if active infection 2 capsules, 3x/day,
- Humacel (if fever) 3 capsule, 2x/day (empty stomach).

**For children, If we are out of Humacel or you want additional support, add in ImmunoBerry** at 10 - 20 drops, 1 - 3x's per day (depending on the size of your child and the severity of symptoms). Or **Silvercillin** at a half teaspoon 1-3x's per day.