

Santa Barbara Wellness for Life

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

Be Prepared: Immune Protocols

Infection Prevention		
If cold symptoms arise while following this protocol, increase dosage to the Cold Protocol described below. Instead of Colostrum or Probiomax IG, continue taking 2 scoops of IG 26 DF powder per day.	Immune Balancing Complex	3 capsules at breakfast
	IG 26 DF Powder	2 full scoops per day
	D3 5000 or Vit. D3/K2 Emulsion	1 capsule or 5 drops at breakfast
Active Infection: Begin treatment at first sign of symptoms		
Cold	Immune Balancing Complex	With food: 4 capsules, 3x/day for 4 days, then 3 capsules, 3x/day
	IG 26 DF Caps or Powder / Colostrum-IgG	2 capsules, 3x/day or 2 scoops/day / 2 capsules, 3x/day
	D3 5000 or Vit. D3/K2 Emulsion	3 capsules or 15 drops, 3x/day for 3 days
Flu <i>Instead of Cold Protocol</i>	Immune Balancing Complex	With food: 4 capsules, 3x/day for 4 days, then 3 capsules, 3x/day
	Humacel (empty stomach)	3 capsules upon arising, 3 at 5:00pm, 3 before bed
Sinusitis <i>Cold protocol above, plus</i>	Para Biotic Plus	2 capsules, 3x/day
	ACS Nasal Spray Extra Strength	2 pumps in each nostril 3-4x/day
Tendency to Bronchitis /Pneumonia <i>Cold Protocol plus</i>	ViraCon	3 capsules, 4x/day, away from food
Gastrointestinal Infection <i>Instead of Cold Protocol</i>	Herbal Biotic	3 capsules, 3x/day
	Saccharomycin DF	1 capsule, 3x/day

Dosages listed above are adult doses. The following are Kids' Immune Protocols		
Children under 4 years	Congaplex Chewable	1-2 tabs/day
Children ages 4-8	Congaplex Chewable	2-4 tabs/day
	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 capsules, 3x/day
	Humacel (if fever)	2 capsule, 2x/day (empty stomach)

IMPORTANT NOTE #1: To prevent your infection from resurfacing, continue the above protocols for 2 weeks after you think it is over.

IMPORTANT NOTE #2: It is very important to avoid all sugars and milk products while fighting an infection.

IMPORTANT NOTE #3: The above protocols work very well, especially if you get started as soon as your symptoms begin. If you began right away and your symptoms are still escalating by the third day, then call for an appointment right away. If you started the protocol late, your symptoms should begin to respond by the 3rd day. If they are not responding, please call for an appointment right away. At times, for certain individuals or certain bugs, we have to modify the protocol to get the best result.