

Santa Barbara Wellness for Life

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

Viral Protection Immune Protocols

Current Host Strengthening Program

- **Humacel:** 2-3 caps upon arising.
- **Herbal Biotic:** 3 caps with breakfast
- **IG-26:** 3 caps at breakfast
- **Vit. D3 5000 or K2D3 5000,** 1 per day.
- **Over age 40, One 3mg Melatonin** capsule at dinner or before bed.
- **Stellar C,** 1 with lunch.
- **Omega MonoPure EC,** 1-2 at breakfast or Omegagenics EPA/DHA 2400, 1 tsp.

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 all infection frequencies and severity.

Active Viral Infection Protocol

The key here is to **be prepared!** If you are taking the Host Strengthening Program then you have these on hand and can easily **ramp up as soon as you feel something coming on.** It is easy to **stop this infection from getting bad** if you are quick to respond with the below.

- **Humacel:** 3 caps, 3x's per day away from food. (Upon arising, mid-morning and late in the day)
- **Herbal Biotic:** 4 caps, 3x's per day with food for 4 days, then 3 caps, 3x's per day.
- **IG-26:** 3 caps, 3x's per day with or without food.
- **Vit. D3:** increase your intake to 3 caps, 3x's per day for 3 days then return to one per day.

If COVID-19 is even suspected, Add:

- **Quercisorb-SR:** 2 caps with your morning and afternoon Humacel.

If compromised breathing, oxygen levels or severe cough, Add:

- **MuSolve:** 2 caps upon arising and 2 late afternoon. This is a very effective product for Lung congestion or restriction. At times we go as high as 3 caps, 3x/day.

If loss of taste or smell, Add:

- **B-Active:** 1 breakfast, 1 dinner

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

- **MonoLaurin or CompliVir** 1 cap per meal, or
- **Silvercillin:** 2 teaspoons, 3x's per day. Swish, gargle deeply and swallow. (Preferred if loss of taste or smell).

Important Note: 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. Also, if necessary, we can set up a phone consult. You can also email your doctor (see footer).

www.santabarbarawellnessforlife.com

3888 State Street, Suite 203, SB, CA 805-687-0533

Dale Migliaccio, DC drdale@silcom.com / Niko Hall, DC nh@drnikohall.com

Mark Carnaghe, DC markcarnaghe@dc@santabarbarawellnessforlife.com

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