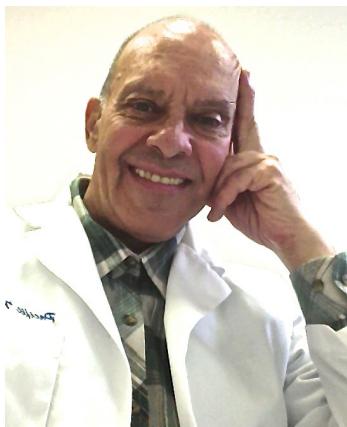


## ***Virus Prevention and Treatment 101 – Important Information!***

By Dr. Marcel



**The first and most important point to make is this -- whether or not you become infected with a virus depends on two factors:** the virulence of the offending virus and the state of your immune system. A powerful virus can overwhelm even the most vibrant immune system but a vibrant immune system can prevent many viruses from taking hold and generating an infection. If a virus does take hold, a vigilant and powerful immune system response can decrease severity of symptoms and hasten recovery.

### ***Prevention – Building and Maintaining a Vibrant Immune System***

1. Sleep well.
2. Avoid sweets.
3. Exercise.
4. Eat wisely.
5. Maintain body stores of essential nutrients through oral supplements and appropriate intravenous nutritional therapy.
6. Hydrate.
7. Practice stress management techniques, like yoga, meditation, prayer, martial arts.
8. Seek opportunities for laughter.
9. Cultivate nourishing and positive relationships.

### ***Treatment – Respond Immediately to a Viral Challenge***

1. Appropriate supplement response (see Dr. Connie's article, above)
2. All of the preventive measures mentioned above are also treatment strategies.
3. Intravenous therapy for prevention and treatment. (Myers Cocktail, Immune Support Cocktail, Mega C Anti-Viral Cocktail.)

### ***Intravenous Therapy***

Many of our patients depend on intravenous nutritional support to both prevent and treat viral infections.

With our Immune Support and Mega Vitamin C Cocktails, you receive a balanced electrolyte fluid with a high-dose of our proprietary formula of B-

Vitamins, Vitamin C, selenium and zinc -- powerful antioxidants and anti-inflammatory vitamins.

Our immune system is strongly influenced by what we take into our bodies. Vitamin C is important as it helps white blood cells perform their infection and disease-fighting abilities efficiently. Antioxidants add to our infection and disease-fighting ability by further stimulating cellular processes.

Our virus-fighting infusions can be as much as 20 times more potent than oral products. Oral medications are important and do help against viruses, but they have to be broken down in the digestive tract to be made bio-available. Even with perfect digestion, absorbability rates are less than perfect.

Receiving supplements through IV therapy means that your body receives 100% of the supplement. Because the supplement is administered directly into the bloodstream, your cells begin to receive the benefits almost immediately.

The effects of IV therapy anti-viral infusions last within the body for two to three days. Most patients experience no side effects and the response to infections can be quite profound. One powerful beneficial side effect of our anti-viral formulas can be an increase in energy and a decrease in musculoskeletal pain.

If you are new to IV therapy, a 30-minute intake is necessary before receiving your first infusion. Both can be done on the same day. For more information on intravenous therapy at Pacific Naturopathic, click

[http://www.pacificnaturopathic.com/iv\\_vitamins.html](http://www.pacificnaturopathic.com/iv_vitamins.html)

***To schedule an appointment or for additional information, please phone 650-961-1660.***