

# **FLU PREVENTION** **PACKAGE**

Every winter I treat more people for side effects and consequences from the flu vaccine than I treat people with the flu. My best recommendation for flu prevention is stimulating and supporting the immune system.

Easy things that you can do for yourself include:

- Frequent hand washing with regular soap and water, especially when returning home from public contacts, for instance, after touching cash, or door handles.
- Maintaining an optimal diet with little sugar and plenty of fruits and vegetables. More fruits and vegetables, less sugar and grains and not over-doing the protein makes for an ideal alkaline environment, where it's tougher for microbes to gain a foothold.
- Exercise to improve your metabolism and immunity.

My suggestions for **maximizing your immune system** include the following:

- Vitamin C
  - Dosage:
    - **Adults: 1,000 mg twice daily.**
    - **Children: 500 mg twice daily.**
  - Functional Benefits:
    - Helps regulate immune function through increased white blood cell activity.
    - Acts as an antiviral agent during a cold/flu.
    - Powerful antioxidant in the body.
    - Contributes to the normal development and maintenance of bones, skin and gums.
- Zinc-copper
  - Dosage:
    - **15 mg daily WITH FOOD!**

- Functional Benefits:
  - A mineral used by the body to enhance the function of the immune system.
  - Excellent antioxidant and helps support other antioxidants.
  - Necessary for healthy healing.
- Vitamin D
  - Dosage:
    - Adults: 2,000 – 3,000 mcg daily.
    - Children: 1,000 mcg daily.
  - Functional Benefits:
    - Known as the “sunshine” vitamin, vitamin D helps increase calcium absorption in the body.
    - Helps support the immune system.
    - Powerful flu fighter.
- Echinacea
  - Dosage:
    - Adults: 30 drops three times daily.
    - Children: 10 drops three times daily.
  - Functional Benefits:
    - Enhances immune function.
    - Echinacea has very strong antiviral properties.
- Probiotics
  - Dosage: 4 billion live cells three times daily.
  - Functional Benefits:
    - Beneficial bacteria in the body that acts as a natural antibiotic by destroying or keeping harmful microorganisms in check.
    - Helps break down undigested fiber.
    - Involved in the manufacturing of some vitamins and amino acids.
- Boiron-Dolisos Flu Prevention Kit
  - Dosage:
    - Adults: 1 tube of Thymuline and 1 tube of Influenzinum on an empty stomach once per week.
    - Children (under 12 years old): ½ tube of Thymuline and ½ tube of Influenzinum on an empty stomach once per week.
  - Functional Benefits:
    - Helps protect and support the immune system from the flu.

**Be healthy!!!!**