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Homeopathic Family Medicine & Nutritional Therapy

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Nutritional Support for Colds & Flus

- 1) **ProBoost Thymic Protein A 4 mcg**: 1 packet dissolved under tongue every 8 hours.
- 2) **Zinc Lozenges** (#897): slowly dissolve 2 lozenges in mouth at the first sign of sore throat or cold, then slowly dissolve 1 lozenge every waking hour and 1 lozenge at bedtime.
- 3) **Argentyn-23 Colloidal Silver**: $\frac{1}{2}$ to 1 teaspoon gargled and swallowed every 4 to 6 hours.
- 4) **Bee Propolis Standardized Extract**: 2 capsules every 3 to 4 hours.
- 5) **Broad Spectrum Probiotic**: 1 to 2 tablet(s) twice daily.
- 6) **C Aspa Scorb**: $\frac{1}{2}$ tsp. in water every 3 to 4 hours.
- 7) **Oliver 500 mg**: 1 to 2 capsule(s) every 4 hours.
- 8) **Cat's Claw**: 1 to 2 capsule(s) every 4 hours.
- 9) **Bio-D-Mulsion Forte**: 3 drops daily with meals.
- 10) **Cytozyme-Thy**: 2 to 3 tablets three times daily.
- 11) **Neutrophil Plus**: 2 capsules twice daily.
- 12) **UltraVir-X**: 2 capsules three times daily.
- 13) **IAG**: 2 teaspoons in water, diluted juice or applesauce twice daily.
- 14) **XLEAR nasal spray**: 2 sprays in each nostril four or more times daily for prevention and increase to every $\frac{1}{2}$ hour for acute care of colds & flus.
- 15) **Advanced Biocidin Throat Spray** (#BIOC9): 3 to 5 sprays in throat every 4 hours (adults and children over 12 years old) or 1 to 3 spray(s) in throat every 4 hours (children under 12 years old)
- 16) **Rapid Immune Response** (#RX-AD): 2 capsules every 4 hours.
- 17) **MGO 550+ Manuka Honey** (#MK109): 1 tablespoon every 3 to 4 hours; immune support for sore throats.
- 18) **Mucolyxir**: 2 drops under the tongue every 15 minutes for 4 doses, then 2 drops every 1 to 2 hours.
- 19) **Umcka Cold Care** (#UMCK6): 1 ml every four hours (adults and children over 12 years old) or $\frac{1}{2}$ ml every four hours (children under 12 years old); proven effective for 'strep throat' and bacterial respiratory tract infections.
- 20) **Sambucus Original Syrup** (#SAMBU): 2 teaspoons four to six times daily; shortens duration and diminishes severity of viral illnesses and influenza.
- 21) **Immuno-Max**: 3 to 6 capsules twice daily.
- 22) **Red Marine Algae**: 3 to 6 capsules daily.
- 23) **Vir-U-Sure**: 3 to 6 capsules twice daily.

Children's dosage: give $\frac{1}{2}$ of the above recommended adult dosages.

Resources:

- ❖ Obtain the above nutraceutical agents #1 through #8 from **PGL** at (800) 527-9512, use #7876 to order.
- ❖ Obtain the above nutraceutical agents #9 through #13 from **Biotics Research** at (800) 524-5183, use #VA-1896 to order.
- ❖ Obtain the above nutraceutical agents #14 through #20 from **Emerson Ecologics** at (800) 654-4432, state Dr. Fleisher's name to order.
- ❖ Obtain the above nutraceutical agents #21 through #23 from **Purium** at (888) 747-6733, use #54787 to open a lifestyle member account to order at a 30% discount.

Go to www.alternativedrmcare.com for many other natural medical self-care protocols.