

Immune Support Protocol

Lakefront Chiropractic Center

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Eliminate all refined sugars including corn syrup, corn sweetener, modified food starch, fructose, high fructose corn syrup, maple sugar, turbinado sugar, and any other sugars. Sugar will slow the white blood cells and then they will not be able to attack the virus and bacteria effectively.

Eliminate alcohol

Eliminate caffeine

Eliminate dairy products including milk, cheese, ice cream, and yogurt. Butter is okay. Causes mucous formation NOTE 2 ounces of milk can cause several ounces of mucous formation. You may use rice milk or soymilk.

Eliminate all white and whole-wheat flour products including bread, pasta, and bagels. NOTE semolina and durum flour is wheat. NOTE causes mucous as milk products. Rice flour is all right and sprouted grain breads are all right such as Ezekiel Bread.

Eliminate food additives including food dyes, artificial preservatives such as BHT, BHA, Sodium Nitrate and Nitrite, TBHQ, Sodium Benzoate, and any others

Eliminate hydrogenated oils and trans-fats such as Partially Hydrogenated Soybean Oil, Cottonseed Oil, Crisco, Shortening, fried foods, and others

Drink one quart of water for every 50 pounds of body weight

Do not eat any foods or take supplements if you have lost your appetite and do not begin again until you start to regain some appetite. NOTE Some virus and bacteria become stronger when you give them nutrients from food or supplements that is why your body has lost it's appetite. TRUST YOUR BODY'S WISDOM

Avoid taking aspirin, Tylenol, Advil (Ibuprofen) to lower fever if temperature is below 103 degrees. NOTE Fever helps your white blood cells attack your infection and fight it off. Fever also makes your body inhospitable for the bacterial or viral infection. TRUST YOUR BODY'S WISDOM

For sinus congestion - Use a salt water mixture of 4 ounces water to 2 tablespoons salt or Tea Tree oil 2 drops to 4 ounces of water and use as an inhalant to clear sinus. Take some of the water into your palm and sniff the water into your sinus cavity NOTE You actually sniff the water into the sinuses so some will drain down the back of your throat. Do this minimum 3 time's day and may be done more often as needed. You may also use a device called a Nedipot available at many drugstores.

For Sore Throat Use the same mixture mentioned for sinus congestion but use it as a gargle. Be sure to gargle the mixture deep into the throat. You may also use chilled apple cider vinegar as a gargle. The virus or bacteria HATE these mixtures and will want to leave your body.

Be sure to wear a coat (zipped or buttoned), hat, gloves, and scarf. Make sure the throat, head, chest, feet, and groin are covered

Take the following supplements

Vitamin C	_____mg/day	___ tabs	_____day
Zinc Plus	_____mg/day	___ tabs	_____day
Zinc Drink		___ tsp.	_____day
Echinacea Synergy		___ tabs	_____day
Essential Defense Chinese Remedy		___ tabs	_____day
Children's Immune A		___ drops	_____day
Super Garlic 3x		___ tabs	_____day
Colustrum		___ caps	_____day
Ultraflora Plus		___ tsp.	_____day
Prodophilus Tabs		___ tabs	_____day
Torrence Super Strength Acidophilus		___ tsp.	_____day
Pharmax Fish Oil liquid		___ tsp.	_____day
Mullein Garlic (USED FOR EARS)		___ drops	_____day
Adrenogen		___ tabs	_____day
Silimax Milk Thistle (PRL)		___ drops	_____day
Homeopathic Support			
Lymphatic Drainer		___ drops	_____day
Lymphatic Immune		___ drops	_____day
Drain Par		___ drops	_____day
Gentle Drainage		___ drops	_____day
Gripp Heel		___ tabs	_____day
Lymphomyosot		___ drops	_____day
Acute Rescue		___ drops	_____day
Loose Cough Remedy		___ drops	_____day
General Cough (Hoarse Cough)		___ drops	_____day
Loose Cough		___ drops	_____day
Yeast Fungi Drops		___ drops	_____day

Note take all homeopathic remedies under tongue and do not touch remedy. Pour tablets into cap and then put into your mouth without touching them. Place drops directly under tongue or with young children use distilled or filtered water to eliminate any bad taste.

Also for children, try to disguise supplements using grape juice, soy yogurt, orange juice, applesauce, or make a smoothie drink using juice, banana, ice cubes, and some rice milk or soy yogurt. Sometimes you may need to use less of the supplements initially to disguise the taste or not mix them all together. Each child is individualized in his/her taste preferences.