

# Santa Barbara Wellness for Life

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

## Be Prepared: Immune Protocols

Infection Prevention		
<i>If cold symptoms arise while following this protocol, increase dosage to the Cold Protocol described below. Instead of Colostrum or Probiomax IG, continue taking 2 scoops of IG 26 DF powder per day.</i>	Immune Balancing Complex	3 capsules at breakfast
	IG 26 DF Powder	2 full scoops per day
	Colds & Flu Homeopathic	3 sprays each morning (See Important Note #3)
	D3 5000 or Vit. D3/K2 Emulsion	1 capsule or 5 drops at breakfast
Active Infection: Begin treatment at first sign of symptoms		
<b>Cold</b>	Immune Balancing Complex	With food: 4 capsules, 3x/day for 4 days, then 3 capsules, 3x/day
	Colostrum-IgG / ProbioMax IG 26	2 capsules, 3x/day
	Cold and Flu Homeopathic	3 sprays, 6x/day until you are 50% better, then 3 sprays, 3x/day (see Important Note #3)
	D3 5000 or Vit. D3/K2 Emulsion	3 capsules or 15 drops, 3x/day for 3 days
<b>Flu</b> <i>Instead of Cold Protocol</i>	Immune Balancing Complex	With food: 4 capsules, 3x/day for 4 days, then 3 capsules, 3x/day
	Humacel (empty stomach)	2 capsules upon arising, 2 at 5:00pm, 2 before bed
	CompliVir (empty stomach)	2 capsules upon arising, 2 mid-morning, 2 evening
<b>Sinusitis</b> <i>Cold protocol above, plus</i>	Para Biotic Plus	2 capsules, 3x/day
	ACS Nasal Spray Extra Strength	2 pumps in each nostril 3-4x/day
<b>Tendency to Bronchitis /Pneumonia</b> <i>Cold Protocol plus</i>	ViraCon	3 capsules, 4x/day, away from food
<b>Gastrointestinal Infection</b> <i>Instead of Cold Protocol</i>	Herbal Biotic	3 capsules, 3x/day
	Saccharomycin DF	1 capsule, 3x/day

### Dosages listed above are adult doses. Adjust dosage down for children.

Children's dosages can be a portion of a capsule or powder mixed in food or juice.

Children under 4 years Rule of thumb 1/4 adult dose

Children ages 4-8 Rule of thumb 1/3 adult dose

Children ages 9-12 Rule of thumb 1/2 adult dose

**IMPORTANT NOTE #1:** To prevent your infection from resurfacing, continue the above protocols for 2 weeks after you think it is over.

**IMPORTANT NOTE #2:** It is very important to avoid all sugars and milk products while fighting an infection.

**IMPORTANT NOTE #3:** For best results with the Cold and Flu homeopathic, take doses between meals, at least 10 minutes before or after eating, drinking or brushing teeth. If I have prescribed other homeopathics for you, allow a few minutes between dosing multiple formulas.

**IMPORTANT NOTE #4:** The above protocols work very well, especially if you get started as soon as your symptoms begin. If you began right away and your symptoms are still escalating by the third day, then call for an appointment right away. If you started the protocol late, your symptoms should begin to respond by the 3rd day. If they are not responding, please call for an appointment right away. At times, for certain individuals or certain bugs, we have to modify the protocol to get the best result.

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