



Recommendations for the Flu

In order to prepare for flu prevention and support this year, the following are some recommendations from our office.

Prevention:

Bio Immunozyyme Forte* – 1 tablet, 1 – 2 x per day
Sambucus (made by Nature's Answer) – 1 tsp daily, or
Nature's Way Sambucus Original Lozenges – 1 Lozenge daily

If you are exhibiting flu symptoms:

Bio Immunozyyme Forte* – increases immune function, 1 tablet 3 x per day with meals, may work up to 2 capsules 3 x per day. Wean off gradually as symptoms are gone.
Sambucus – anti-viral, damages DNA of virus so that it cannot replicate as well, 1 tsp 4 x per day (if taking for as long as 6 weeks, take 1-2 week break before restarting) (Natural Grocers or Srouts)
Rehydration* – use when dehydrated, 10 drops in a 16 ounce water bottle, if severely dehydrated take 1 drop per ounce of water.
Boiron Homeopathics – Oscillocoquinum – 1 vial into mouth 3 x daily until symptoms resolve. (Natural Grocers)
Medi-Natura "ReBoost" Nasal Spray – sinus congestion/virus/flu, 1-2 sprays into each nostril 3 x per day. (Natural Grocers)
Ester-C and flavonoids * – antioxidant to rid the body of free radicals / clean the cells of toxins, take 1 capsule 3 x per day with meals

The following supplements can be taken continuously throughout the year for immune support:

(Xymogen) ProBioMax Daily DF* - take 1 capsule daily upon rising (30-day supply)
(PureEncapsulations) Ester-C and flavonoids – 1 capsule 3 x day with meals (60-day supply)
(Vital Nutrients) Vitamin D3 5.000 iu * – 1 capsule daily with a meal (90-day supply)
(Xymogen) Xcellent A 3000 * – take 1 capsule 2 x day (30-day supply)
(RNA ReSet) PICO Silver*-take 1 tsp before bed (49 day supply)

Other safety tips:

Increase water intake, reduce sugar and processed foods, lower stress wherever possible, get plenty of rest, increase fruit and vegetable intake! Wash your hands regularly.

IF YOU ARE PREGNANT: DO NOT USE SAMBUCUS, BIO-IMMUNOZYME FORTE, or OSCILLOCOCCINUM. You may use acidophilus, Vit D3 (not exceeding 2,000 i.u./day), Vit B12/Methylcobalamin (not exceeding 2,000 mcg/day)

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*available at our office