

Dr. Rashidi Nutritional Support Recommendations I

IMMUNITY AND DEFENSE AGAINST COLDS AND RESPIRATORY INFECTIONS

Wellness Pack: provides over 200 nutrients for excellent general nutrition and overall support of the immune system, including multivitamins and minerals, antioxidants, essential fatty acids, enzymes, fiber, protein and green superfood to help nourish and energize the body's cells, and assist protective detoxification systems in the body.

Magnum C: provides patented Ester C ascorbate with bioflavonoids and magnesium/potassium as intracellular ion carrier for a powerful form of vitamin C that has faster absorption, is 4 times more bioavailable, and longer acting. Vitamin C boosts cellular immunity by activating the white blood cells, which defend against bacterial and viral invasion. It works best when taken 1-2 daily, and increase to 1-2 every 2-3 hours at the first sign of a cold (tickly, scratchy throat or sneezy, twitchy nose), continue for 4-5 days until symptoms pass, then usual dosing. Viruses multiply from 1 to 1million in the first 24 hours that is why high doses immediately will be most effective.

Probiotics: 1-2 capsules daily will keep gut immunity high by restoring normal friendly bacteria that compete against yeast and harmful bacteria. This is especially important if antibiotics have been used, which destroy gut immunity.

New Life: Omega 3 fatty acids support healthy mucosal regeneration of the lining of the nose, mouth, and lungs, which produce protective antibodies (IgA) for secretory immunity. Usual dose is 1-2 daily with food.

M.U. Tene: concentrated beta carotene, safe vitamin A precursor stimulates the immune system, aids in production of IgA antibodies which reside in the mucous lining of the nose, throat, and lungs to defend against respiratory pathogens. Take 1-2 daily with food.

Therapeutica Tea: Chinese herbal formula with antibacterial and antiviral effect, use 1 dropperful in cup of hot water plus **Magic Fruit** to reduce cough and loosen congestion.

Defense: Balanced herbal formula to enhance the immune system, includes astragalus, shown in studies to increase the number of antibodies in the blood and to induce interferon production; and the reishi mushroom which increases T-cells and macrophage activity, all very important ways the immune system defends. Use 1-2 caps 3 times daily when needed for short-term boost to the immunity.