

Dr. Rashidi Nutritional Support Recommendations II

IMMUNITY AND DEFENSE AGAINST COLDS AND RESPIRATORY INFECTIONS

Wellness Essentials: Convenient packets use 1 am and pm supplies Multivitamins and Minerals, Omega 3 Fatty Acids, and Advaclear Detox formula.

UltraPotent C: a powerful form of vitamin C that has faster absorption, is 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.

Andrographis Plus: Balanced herbal formula to promote healthy function of the immune system, Use 1-2 tabs every 2 hours for 12 hours, then 1 tablet 3 times daily for 5 days when needed for short term boost to the immunity.

UltraFlora Plus: 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.

EPA-DHA: 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.

Mycelized A: Vitamin A 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 drop daily with food.

Dry Cough Remedy: Homeopathic formula designed to relieve dry cough and loosen congestion. Use 15 drops every 30 minutes until improved, then 3 to 4 times daily

Sore Throat Remedy: Homeopathic formula designed to relieve swollen glands or tonsillitis. Dissolve 4 tablets in mouth every 30 minutes until improved, then 3 to 4 times daily until cold cleared.