

Immune Support

Being intentional about immune support is always good during the flu and cold season. All of the following recommendations are for proactive measures and do not replace common sense recommendations of staying hydrated, washing your hands and remaining home if ill. Eating a diet of fruits and vegetables provides extra antioxidants to support the immune system and avoiding sugar is helpful. Just one teaspoon of sugar will suppress the immune system for 6 hours! We also recommend a quality multiple vitamin with zinc. If ill, increase the dosage of the supplements below and contact your healthcare provider.

Vitamin C

Vitamin C impacts immune function by influencing multiple processes in your body. One thing it does is stimulates natural killer (NK) cell activity. It also acts as an antioxidant. We recommend using liposomal Vitamin C (liquid or capsules) with enhanced absorption and taking 1000 mg. twice per day.

Vitamin D (5000 mcg)

Vitamin D may be known as the sunshine vitamin, but increased levels of vitamin D could strengthen people's innate immunity against viral infections. We recommend NuMedica micellized Vitamin D (1200 iu) for enhanced absorption and we suggest 1-5 drops per day. (<https://www.sciencedaily.com/releases/2012/04/120430105402.htm>)

Sambucus Syrup

Sambucus (Black Elderberry) Syrup has been used historically to support the immune and respiratory systems. We recommend Integrative Therapeutics Sambucus Syrup.

Viralox or Immuno-G PRP Spray

Viralox or Immuno-G PRP supports and balances immune function and promotes a healthy response to immune threats. Take 4 sprays in the morning as preventative support and protection. When dealing with infections take 2 sprays every 2 hours. (Refrigerate after opening and use within 30-45 days.) ProColostrum IC is an alternative for those with autoimmune concerns.

NSP VS-C

This viral immune formula combines several different herbs to enhance and support the immune and respiratory systems. It is available in capsule or liquid and can be used as prevention or during an active immune threat. Take according to bottle recommendations and double dosage if immune health is threatened.

doTERRA OnGuard

On Guard protects against environmental and seasonal threats with essential oils known for their positive effects on the immune system when ingested. doTERRA On Guard can be taken internally on a daily basis to maintain healthy immune function. It can also be used on surfaces throughout the home as a non-toxic cleaner. When diffused, doTERRA On Guard helps purify the air.

NSP Silver Shield

Silver Shield with Aqua Sol Technology features pure silver particles suspended in pure water for powerful support. Offers broad-spectrum immune support. Is composed of nano-size particles to ensure maximum bioavailability and potency. Provides 20 ppm of pure silver (100 mcg per serving).