

## Immune Protocol for Prevention and Management of Viral Exposure or Infection Updated 2/24/2020 by Youngberg Lifestyle Medicine Clinic

**The most important steps for optimizing our immune function are to effectively implement and daily optimize the natural remedies.** These remedies include: **sleep, rest, water intake, fresh air, sunlight, moderate exercise, nutrition; avoiding harmful substances** like sugar, refined foods, and substances like nicotine and alcohol that impair immunity; **stress management, forgiveness and trust in God.**

In addition, **hydrotherapy** - using hot-cold contrast showers, bathing or fomentations - can powerfully optimize immune function and greatly stimulate antibody production against viral and other forms of infection. For more information on these natural remedies for optimizing our immune system, go to YouTube and search for Wes Youngberg's YouTube channel.

The next step in optimizing our immune system to limit risk of illness, including viral respiratory infections, is to incorporate **simple remedies** that include the use of specific nutritional supplements. The following list includes a few of the nutrients that could further boost immune support during periods of exposure to infections and as a way to potentially limit the severity of the illness.

Mix the following three powders and drink with water three times daily. Do this for two weeks or until feeling well and then take once daily for maintenance.

1. **Vitality C - Vitamin C and Ribose** that contains 4,000mg of Vitamin C per scoop along with 2,000mg of Ribose. If high quality forms of vitamin C are not available, use any form that you have access to.

*Adults start with ¼ scoop several times daily and may gradually increase dose up to full scoop (4,000mg Vit C) mixed with water or mixed in a smoothie three times daily. Start by taking only ¼ tsp once daily and increase to three times daily and then gradually increase dose to ½ tsp and then a full tsp each time. This form of Vitamin C is formulated to be pH neutral and is non-acidic thus greatly reducing potential intestinal distress sometimes produced when initiating Vitamin C. Also contains methylated glycine and ribose for metabolism and liver support. Each individual needs to dose to their personal bowel tolerance. Gradually work up to larger doses in order to avoid intestinal upset of watery stool. Some may need to use lower doses than others. If high grade brands are not available, use any form of vitamin C that is available.*

2. **IAG** is an Arabinogalactan powder from the American Lark Tree and a very potent immune enhancer and prebiotic (food for the probiotic). If you have a cold or flu or other immune system depression, you may take 1 TBSP three times daily. Maintenance dose is 1 tsp daily with food.
3. Optionally or in addition, you may use **ACE+ Aloe Vera Powder**: A prebiotic with potent support of the immune system - one scoop 2 to 3 times daily or even larger doses if sick. This powder tends to clump but it is a great prebiotic and immune booster to include.

For optimizing Probiotics and Prebiotics use: **OrthoBiotic** is a multi-strain, high potency probiotic (healthy bacterial flora). Each capsule contains a minimum of 20 Billion Colony Forming Units and eight different strains of healthy bacteria. Probiotics are the key in regulating over 70% of the immune system that is located in the intestines.

**Vitamin D3 drops - Liquid D3**: At first sign of cold or flu take 1 full dropper or 25 drops (50,000iu) of Vitamin D Liquid. Alternatively, you may use **Bio D Mulsion Forte** which is a highly absorbable form of vitamin D3. At first sign of cold or flu take 25 drops (50,000iu). If using 5,000iu capsules, take 10 capsules all at once to equal 50,000iu. Depending on severity of symptoms you may take the 50,000iu dose one, two or three times a day for 3 to 5 days only. **This is only for a few days** and then resume the normal daily dose of 4,000 to 10,000iu daily.

*Medical research has shown that individuals with a cold or flu may take up to 1,000IU of Vitamin D per pound body*

*weight per day (for three days only). This natural supplementation protocol has the potential to significantly promote the activation of genes that stimulate the production of anti-microbial and anti-viral chemotherapeutic compounds thus speeding the healing process. As an example: A 100 pound female notices symptoms of a cold or flu. She could take **50 drops of vitamin D daily for three days**. Taking 25 drops (at 2,000IU per drop) twice daily for three days is a peer-reviewed protocol.*

### **To help kill viruses in your sinuses, lungs, skin, room air and any surface:**

**Liquid Iodine:** used as natural antiviral, antifungal and antibiotic. NOTE: as can happen with all foods, rare allergies occur to iodine and up to 1% of individuals have some level of allergy to iodine. When first using iodine put one drop on arm and evaluate after a few minutes for swelling, irritation or other signs of allergy. If none, take one drop on tongue. If no negative symptoms you are unlikely allergic. To fight internal infections may use 5 sprays in mouth and swallow three times a daily and re-evaluate as needed. For benefit to lungs may spray and inhale into lungs (5+ sprays three times daily). As a preventive or management strategy for sinuses, spray one or two sprays into each nostril 1-3 times daily or as needed to manage risk or symptoms. Iodine not only kills viruses and microbes but it, breaks up mucous congestion and supports the health of the cells lining the sinuses, throat and lungs. May also use topically by spraying iodine mist on any area of suspected exposure/infection including eyes, skin and or area surface.

In 2009, Dr. David Derry, MD, PhD published "Iodine: the Forgotten Weapon against Influenza Viruses" in the medical journal *Thyroid Science* 4(9):R1-5, 2009 [www.ThyroidScience.com](http://www.ThyroidScience.com). Dr. Derry documented that "Iodine was the most effective agent for killing viruses, especially influenza viruses. Aerosol iodine was found to kill viruses in sprayed mists, and solutions of iodine were equally effective. In 1945, Burnet and Stone found that putting iodine on mice snouts prevented the mice from being infected with lethal levels of live influenza virus in mists. They suggested that impregnating masks with iodine would help stop viral spread. They also recommended that medical personnel have iodine-aerosol-treated rooms for examination and treatment of highly infected patients. Oral iodine might also boost body defense mechanisms in the upper oral and respiratory mucus. **Conclusion:** Iodine incorporated into masks, solutions, aerosols, and oral preparations could help to kill influenza viruses and fight off an H1N1 Pandemic."

In addition to the more dilute form of iodine in the Liquid Iodine spray, Dr. David Derry recommends taking a 12.5 mg tablet of combined iodine and potassium iodide as found in **Iodizyme**. If you don't experience negative symptoms when using Liquid Iodine (some are sensitive to the detoxification reactions that occur as the iodine kills bacteria, fungi, parasites, and viruses; and stimulates the removal of toxins from the body) you may further benefit from the combination of iodine (5.0mg) and Potassium Iodide (7.5mg) found in each tablet of **Iodizyme** (total iodine/iodide per table is 12.5mg): Start with ½ tablet once daily for two weeks and then increase to one full tab daily. Take with or without food. This may help alkalize the blood and remove various toxins. Dr. David Derry recommends using one tablet daily as a way to build up iodine levels in the body thus optimizing natural antiviral status in the mucosal tissues, sinuses, throat and lungs.

*If you are on thyroid medications, work with your family doctor and recheck TSH and thyroid panel after six weeks to see if your thyroid medication dose needs adjustment. Ask Sylvia at our clinic for a **nasal spray bottle** that includes a **Snoot cap** that screws onto the iodine and/or the ACS 200 bottle so that you can spray directly into your sinuses or lungs (by breathing in while spraying it).*

**Biocidin TS** Advanced Formula Throat Spray. Spray 1-3 times in mouth towards back of throat one or more times daily as needed. This is a potent immune supporting formula of herbs. If sensitive to new products start with only 1 spray and gradually work up.

**Zinc Lozenges** 10mg: *For sore throat, laryngitis, and colds.* Allow Lozenge to dissolve completely in mouth. Do not chew as the immune activation and antiviral activity is best while the Zinc Lozenge remains in the mouth. May take as often as every 2 hours but do not exceed 10 per day. Do not use for more than 7 days in a row without consulting your doctor.