

Three Phase Cold/Flu Virus Defense and Attack Plan

I. Prevention - Keep Your Immune System Tuned Up

Habits: Getting plenty of sleep, eating well, and staying hydrated are your first line of defense. Also, avoid or at least minimize alcohol and sugar as they both undermine your immune system.

If Traveling: Wear a Curad® or similar anti-viral mask. Don't worry about looking silly! It's a small price to pay to avoid getting and spreading a cold or flu.

Daily Supplements: These are the supplements I advise my patients to take every day to keep their immune system in fighting shape:

- Vitamin C Plus: Take one per day with food to avoid stomach upset.
- Classic Zinc: Take one per day with food to avoid stomach upset.
- Vitamin D3: Take at least 1,000 IUs Monday to Friday; skip the weekend. (If you're already taking more, keep it up; don't cut back.)
- SBI Guard: Mix one scoop with water. Since your GI tract is a key battleground in your defense against viral invaders, keeping it healthy is critical!
- Immuno-Boost: Take one capsule per day.
- Probiotic: Routinely take a probiotic. We carry Probiotic Daily – either the 30 billion or 100 billion. Since 70% of your body's immune cells circulate in your gut, it's essential to keep it healthy. For best results, rotate your probiotics every few months. One option is Trenev Trio which we can drop ship to you.

II. Rapid Response

I tell my patients if they have even the slightest hint they may be coming down with something, it's time to up their game with the following:

- Vitamin C Plus: Increase; take 2 to 3 times a day with food.
- Classic Zinc: Increase to 1 twice a day. Take with food to prevent nausea.
- Vitamin D3 5,000 with K2: Take 2 daily for 3 to 5 days. Taking a total of 10,000 IUs of Vitamin D for a few days will help your body fight off an impending virus.
- Vitamin A: Another antiviral supplement. Take 100,000 IUs per day for 3 days. We don't carry this product but you can get it at your local drug or health food store. It usually comes as 10,000 IUs so, no, the 100,000 for 3 days is not a typo.
- SBI Guard: Continue one scoop daily in water.
- Immuno-Boost: Increase to 2 capsules per day.
- Probiotic: Continue as above.

III. All-Out War

If a viral infection does set in, I advise my patients to add the following as soon as possible.

Habits: Make sure you are getting extra sleep; avoid sugar and alcohol. Minimize caffeine and stay well hydrated.

Supplements: Continue as in Phase II and add:

- Oregano Oil: Take 2 capsules twice a day.
- Grapefruit Seed Extract: Take 7 drops in a small amount of warm water 3 times a day. Caution: Be careful with GSE if you are taking prescription medication that grapefruit may counter. If you are unsure, ask your prescriber.
- Echinacea: Take one dropperful of GAIA Echinacea with or without GoldenSeal® extract; mix with warm water or swallow as is. You can also drink Echinacea tea throughout the day.

Nasal Rinse: This one's not much fun, but it sure works. Use a "neti pot" with a small amount of sea salt in warm water to rinse your nasal passages. Do one side, blow your nose, repeat. Here's a brief how-to video:

<https://www.yogajournal.com/videos/nasal-irrigation>

This all may sound like a lot to do when you're sick, but it really works!

Get Ready Now!

Pretty much all of the immune boosting, anti-viral supplements I use are available at www.DrSchwarzbein.com. For your convenience, I have even put together a [Cold and Flu Bundle](#).

Health is a Choice!

Diana Schwarzbein, MD