

# Enhance Immunity Before Cold & Flu Season

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Do you ever find that sometimes you make things more complicated than they need to be? I do. Take for example, the winter, cold and flu season. I probably have 30 different immune modulating nutrients at my finger tips. But guess what, "each of them won't be as effective unless the basic cellular building blocks are already in place."



For instance, clinically I have seen GREAT results raising white blood cell counts using a mixture of 2 powders: a superoxide dismutase product called Dis-muzyme Plus Granules and a larch arabinogalactan concentrate called IAG. But guess what, if the body doesn't have enough zinc or selenium, the white blood cells won't be able to perform at their capacity.

Which leads me to my next question; I wonder how

many clinicians are giving their patients the zinc "taste test?" I understand you're busy. But especially when cold and flu season approaches, it's a simple matter for one of your assistants to administer the "taste test" after they escort a patient to your treatment room. They can explain the test and why it's important; then you can make the recommendations based on the test results. I re-designed a flu shot alternative form that has instructions for

your staff and a place for therapeutic instructions for the patient.

In terms of therapy, according to the original research on zinc sulfate, use the liquid form of zinc, Aqueous Zinc at 6 or more teaspoons a day until the patient says it tastes like swamp water then switch to a tablet form like Zn-Zyme (10 mg) or Zn-Zyme Forte (25mg.) As an option, you could switch to a multiple vitamin mineral immune

enhancer that is fortified with Zinc. Bio-Immunozyne Forte, a broad-spectrum multiple designed to specifically support normal, healthy immune function, contains 15 mg of zinc per tablet.

Years ago, a medical doctor taught me an unforgettable lesson about the immune system. He would hand his patients a bottle of Bio-Immunozyne Forte and tell them to take 1 tablet twice a day to raise the foundational vitamins, minerals and food factors that are necessary for the immune system to work. In fact, he told them to take 2 tablets every day for the rest of their lives to combat viruses and cancer cells that our bodies fight continually. When I first heard that years ago I thought it was a little extreme; but as I have studied people's diets over the last 30 years, I realize long term, sustained, nutrient enhancement is very important.

Bio-Immunozyne contains the foundational nutrients in a glandular base of neonatal glands like thymus, spleen, adrenal, liver, pancreas, parotid and lymph. It also contains the anti-oxidants A, C, E and selenium as well as the bio-active forms of the B vitamins to enhance mitochondrial /energy production pathways.

Personally, I use a small dose for daily protection; and then if I do feel a cold coming on, I get more aggressive for a few days until symptoms pass.

Any cold and flu prevention program would be lacking if we didn't add vitamin D. Bio-D Mulsion Forte by Biotics Research Corporation contains 2,000 IU of vitamin D per

drop. Of all vitamin D supplements, Bio-D Mulsion Forte is currently the best value on the market. Not only is it in an emulsified form which goes right into the lymph system but for \$20.00 one receives over 700 drops per one ounce container. For a family of four taking 2-3 drops a day, one bottle would give them over 60 day's worth of vitamin D.

To help you with cold and flu therapeutics, I have also included a short discussion below on some of the other immune enhancing supplements and how they can be used clinically. For example, which supplements should be used for viral infections and which ones for bacterial infections. Included is also a section on lifestyle modifications.

Let me encourage you, each year as winter approaches and temperatures start to drop, to assess your patients before they get sick. We are all exposed to the same bugs; but if we can start early enhancing the soldiers that protect us against invaders, we will have a healthy winter.

Patients are looking for direction and with these simple strategies they will gain a better perspective that you are more than just someone who helps maintain their structure. You are someone that desires for them to walk in "a higher level" of health, a level they may not even be aware of. And as you continue to share ideas that are in their best interest, they will get the message that you care.

Thanks for reading this week's edition and I'll see you next Tuesday.