

## Anti-Viral/Immune Support General Protocol Options

Dr. Leslie DeGasparis, ND

### **There are 4 Vital Components:**

1. **Anti-Viral herbal support** – Many herb have broad-spectrum anti-viral properties that work quite well. There are individual herbs and herbal formulas that can be used. Best to take a lower daily dose as a preventative, *then double the dose if feeling ill or feeling an onset of getting ill*. Good examples to choose from:
  - Host Defense “My Community” (1 daily for prevention, 2 daily for treatment). Host Defense also makes a formula called “Breathe” to take if you do get ill.
  - “X-Viromin” (1 daily for prevention, 2-3 daily for treatment)
  - “EHB” capsules (2 daily for prevention, 2 twice daily for treatment – with food)
2. Direct **basic immune support** (Vital vitamins & a good probiotic)
  - Vitamins **A, C, D3 & zinc** are most important. Taking a formula like “Akne-Zyme” with immune support, A & zinc is smart (2-3 daily) along with 5000iu daily of Vitamin D3, and 1000mg of vitamin C 2-3x daily for prevention. For treatment, double the doses. ALWAYS take vitamins containing zinc with food!! There are also good separate vitamin A & zinc options (if not using the Akne-Zyme).
3. **Adrenal support** (which improves stress tolerance and directly improves strength of immune system). Take these earlier in the day. Some excellent examples are...
  - “Adaptocrine” capsules – 1 daily for prevention, 2-2 daily for treatment. My favorite all-around adrenal support formula.
  - “ADR Formula” capsules (stronger; but not the best for anxious people) – 1 daily for prevention; 2-3 daily for treatment
  - **Your personal adrenal support formula** (if you already have one you take)
4. **Immune-support probiotics** – A good example is “UltraFlora Immune Booster”. Other good formulas that work for this are “Probiomed-50”, “Probiomed-100”, or “ProFlora Immune.” All these are shelf stable probiotics.
5. **“Bio-Active Silver Hydrosol Vertical”** nasal spray to clean out nasal passages and prevent the bacteria/virus from lingering. After the spray bottle is empty or discontinued use, clean well with alcohol and refill with Argentyn23’s refill bottles.

### **Controlling anxiety can be key in addition to protecting yourself from illness**

Healthy anti-anxiety support (helps to allow you to weather this storm with a cool, level, logical outlook). Keeping anxiety at bay can make a world of difference for a lot of us right now.

Some different ways to do this and some excellent examples are...

- **“Gabatone”** (for pure stress & anxiety) – Take 2 caps twice daily; may also improve sleep, but is not sedating. Allows you to be more calm, focused and logical about situation.
- **“Serotone”** or **“NeuroAmino”** (for stress, anxiety & sadness) – Take 2 caps twice daily; this often works well if a lot of crying is mixed with feelings of anxiety. Can also take with Gabatone.
- **“Cortisol Manager”** – Take this if you’re known to have high cortisol and an excessive stress response. Take up to 1 cap/tab 3x daily. Works very well with Gabatone.
- **“Valerian Complex”** or **“Kava Forte”** – Add to Gabatone (1 tab twice daily) if trying to control more severe anxiety such as symptoms of panic or panic attacks. Valerian is also mildly sedating and may help sleep.
- **Magnesium** – Don’t forget this calming vital mineral. Take 400-500mg daily of a bioavailable form such as Magnesium Glycinate.