

# INTEGRATIVE NATURAL HEALTH PROGRAM FOR FLU ELIMINATION SUPPORT

RECOMMENDATION	DOSE	RATIONALE
Noni Juice	1 to 2 ounces, 3 to 5 x/day	For nutrient supplementation and overall immune support
Echinacea/golden seal extract	2 to 3 dropper fulls, 2 to 3 times a day	Infection elimination and overall immune support
Stabilized Allicin	500 to 1,000+ mg, based on capacity, requirements, acuteness of onset	virus elimination and overall immune support
Vitamin C with rose hips or other bio flavonoids	2,000 to 5,000 mg/day based on capacity and acuteness of symptoms	For overall immune system support
Vitamin D3	50,000 mg first 3 days, then 5,000 mg day	For immune enhancement and antiviral support
Flax seeds or oil	2 Tablespoons/day	Essential fatty acids for central nervous system and essential fatty acid omega-3 support
Hydrotherapy	Hot bath, foot bath or contrast shower, 1 to 2 times/day	Fever therapy and immune enhancement support
Fruit and vegetables	All kinds including avocados, as much as practical, should be the basis of the diet during the healing process; include garlic, onions and tomatoes	Profound immune system enhancement and healing properties; should be organic as much as possible to avoid problematic pesticides, additives, etc.
Hot Vegetable broth with garlic, onions, ginger, pinch of cayenne	8 or more ounces/day	Nutritional support, warmth
Avoid animal products, including dairy, and all sugary and processed foods as much as practical	If animal products eaten, it should be organic, clean meats and cold water fish, antibiotic and hormone free and eaten with fresh vegetables only; free range chickens or eggs are ok on a rotational basis ... <b>Best to avoid.</b>	Fatty acids, hormones, antibiotics, preservatives, heavy metals, etc are systemically problematic and compromises functional integrity of the immune and central nervous systems

Dry brush treatment	Once/day	Lymphatic movement for toxic elimination
Water ... add lemon, if available	80 oz. total required/day; 2 to 8 glasses per day based on diet and activity level - cooked food diet has approx. 32 ounces; raw food diet twice or more as much water content. 1/2 hr before or 2 hrs after meals	Flushes released toxins from the system; Almost every cell and tissue of our body not only contains water but is continually bathed in fluid and requires water to perform its functions! Indispensable to optimal health ...
Sunlight	Minimum 20 to 30 minutes exposure per day, as practical, even in winter; stay warm without sweating or getting chills	Powerful immune modulator; emotional, mental balancer; sleep enhancer, metabolic enhancer ...
Rest	6 to 9 hrs per day including sleep, relaxing music, prayer, meditation, entertaining activities; Avoid TV, stimulants as practical	Supports anabolic tissue, organ and nerve rebuilding functions and enhanced healing capacity
<b>OTHER</b>		
Humidifier, wet towels	As required	humidify home air
Activated charcoal	1 to 3 times/day	toxin elimination support
Water Purification	Purify bathing/drinking water	
Other Immune Enhancing and Antimicrobial herbs	Boneset, cat's claw, elderberry, olive leaf, elecampane, mullein, etc as available	Overall immune enhancement and antimicrobial support