

# Cold and Flu Protocol

|                   | Morning  | Afternoon | Evening   | Notes           |
|-------------------|----------|-----------|-----------|-----------------|
| <b>Adults</b>     |          |           |           |                 |
| C Complete Powder | 1 Scoop  |           | 1/2 Scoop |                 |
| Immuplex          | 4        | 4         | 4         |                 |
| Liqua D           | 5 Drops  |           |           | 10,000 IU Daily |
| Antronex          | 2        | 2         | 2         |                 |
| Cardio Plus       | 3        |           | 3         |                 |
| NAC               | 1        | 1         | 1         |                 |
| <b>Kids</b>       |          |           |           |                 |
| Flu-Tone          | 20 drops |           | 20 drops  |                 |
| Drainage-Tone     | 20 drops |           | 20 drops  |                 |
| D-Hist Jr         | 1        |           | 1         |                 |

**Povidone Iodine Mouth Wash:** Add 5 drops of Povidone Iodine in a juice glass of water. Gargle for 30 seconds twice daily or more if sick. (DO NOT SWALLOW) This can also be used as a nasal rinse by adding several drops to a nasal rinse spray. This should be used when in large groups of people or when there is a confirmed exposure. It is ok to use this preventatively on a daily basis.

Povidone Iodine can be purchased on Amazon or your local pharmacy.

**Chest Rub:** 2-3 Drops of Eucalyptus/Peppermint, Lemon/Citrus, Oregano, Tea Tree, Frankincense in a carrier oil (Coconut Oil, Olive Oil, or Avocado Oil). Mix well and apply to neck and chest multiple times daily.

**Nebulizer:** If congestion symptoms are present use a nebulizer with distilled water, 5 Drops of Food Grade Hydrogen Peroxide and 5 Drops of Colloidal Silver (Pico Silver).

## **Worsening Symptoms:**

Purchase a pulse oximeter reader to monitor your blood oxygen level, making sure it does not fall below 90.

Try to stay somewhat active (walking up and down stairs or walking around your house). This helps exercise the lungs and prevents fluid from settling in the lungs. It is ok if this causes you to cough as this is your body helping to clear your lungs.

If you have severe or worsening symptoms, please CALL us at 952-236-7610, TEXT at 844-899-9470 or if after hours EMAIL us at askdrmorgan@gmail.com for more information and resources.