

# Cold and Flu Protocol

	Morning	Afternoon	Evening	Notes
<b>Adults</b>				
Andrographis	1	1	1	2 at onset and then 3/day
C Complete Powder	1 Scoop		1/2 Scoop	
Immuplex	2	2	2	10,000 IU Daily
Liqua D	5 Drops			
<b>Add ons:</b>				
Antronex	2	2	2	sinus congestion
NAC	1	1	1	chest congestion/cough
Broncafect	2	2	2	cough
Pico Silver				3 capfuls/day if sore throat
Herbal Throat Spray				as needed
Calcium Lactate				fever - take 1 every 30 minutes until fever breaks then 2/day until feeling better
<b>Kids</b>				
Flu-Tone/Viru-Chord	20 drops		20 drops	
Drainage-Tone	20 drops		20 drops	
D-Hist Jr	1		1	Max of 6 for cough/congestion

**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 or TEXT at 844-899-9470 for more information and resources.