

# Flu Prevention and Treatment

*This 3 tier approach allows the body to begin the process of fortifying and balancing its innate healing mechanism. The therapeutic levels are aggressive and to be used at the discretion of the treating physician*

## Prevention Foods and Lifestyle

Everybody wants more immune competence. How about limiting our “immune suppressors?” Let’s reduce the things that slow our natural immune system down. Three immune suppressors that you have direct control over are dehydration, stress, and sugar.

So much has been said about sugar but here is a quick reminder about the importance of reducing sugar intake. One sugar related study showed that immune cells in a “no sugar” group destroyed 14 times more bacteria than the “high sugar” group. Reducing sugar consumption is critical and this includes the reduction of simple carbohydrates.

We also hear about supporting the immune system with botanicals or antiviral drugs. Let’s review some basics that go a long way to augment the body’s ability to fight disease. One of the greatest immune enhancers is sleep. Sleep is nature’s greatest repair mechanism. I heard one researcher say the greatest antioxidant we possess is a good night’s sleep.

Another thing we often forget about is to assure that the superhighway of the lymph system is open to carry immune fighting WBC’s and remove toxins. We can do that by increasing movement or exercise. Finally, every day we learn more about the phytochemical effects of foods particularly fruits, vegetables, and spices. Basic foods can be more powerful than pharmaceutical agents and without the side effects.

So increase water, reduce sugar and processed food intake, get sufficient rest, reduce stress, use movement to keep the fluids moving, increase fruits and vegetables to 10 servings a day. Increase the amount of color you consume in foods, ditch the white, increase the color. Also, boost consumption of garlic, ginger, and green tea.

## Prevention Nutraceuticals

use lower doses with lighter patients

**Bio-D- Mulsion Forte®** Each drop contains 2,000 IU. Increase levels of vitamin D to optimal blood levels 50-70 ng/dl. If blood levels are unknown, 50,000 IU daily for one week and reduce to 2-3 drops per day. Many pieces are circulating on the internet claiming vitamin D will prevent flu. This may not prevent the flu but



will help reduce what many researchers are calling the “cytokine storm”, where the body’s innate immune system attacks the body. This is part of the pneumonia cycle that has been shown to cause the deaths during the 1918 flu epidemic. Jordan EO. **Epidemic influenza, A survey**. Chicago: American Medical Association; 1927.

**Bio-Immunozyne Forte™** - 1-2 tid provides basics the immune system requires to function efficiently. Minerals like zinc, selenium, or magnesium make a huge difference when the body is deficient. Bio-Immunozyne provides a broad spectrum of vitamins, minerals, botanical and glandular nucleoproteins that can help to fine tune the immune system rather than over stimulate it.

**UltraVir-X™** - Treatment, 1-2 capsule three times per day. UltraVir-X is an herbal formula developed specifically to orchestrate the immune system against viral like infections.

**Mixed Ascorbate Powder™** or **Bio C-Plus 1000™**- 3000 to 6000 mg

**NitroGreens™** – 1 scoop mixed in berry juice. The need to alkalize the system and provide raw materials for nitric oxide is essential for optimal health. NitroGreens provides organic, heirloom seeds either sprouted or juiced to supply minerals and food factors necessary to make Nitric Oxide. Nitric oxide has anti-viral properties. Dr. Qutab recommends adding Dismuzyne Granules 2 tsp and IAG 2 tsp to NitroGreens.

## Treatment

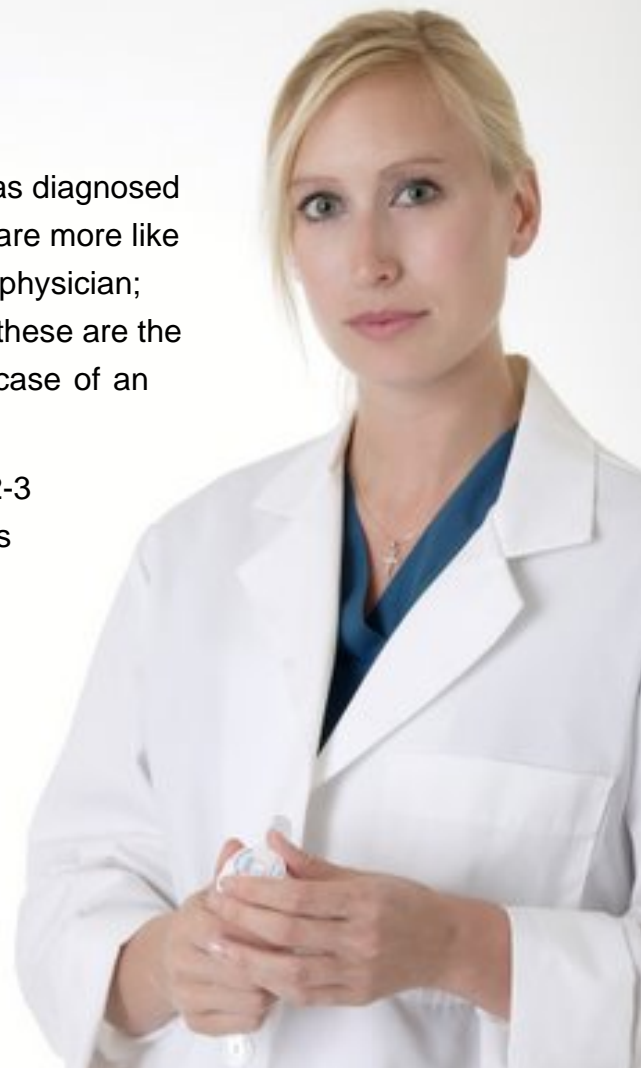
### Nutraceuticals

The third line of suggestions refers to what I would do if I was diagnosed with any type of flu-like infection. These recommendations are more like a shopping list and are at the sole discretion of the treating physician; however after consulting with Abbas Qutab MD, DC, PHD, these are the plans both he and I have planned for our families in the case of an outbreak. Products are listed in order of importance.

**Bio- D-Mulsion Forte®** - See notes above and reduce to 2-3 drops per day or whatever is necessary to raise blood levels to 50-70 ng/ml. Vitamin D will not only help the body to orchestrate antiviral activity but the main influence is to balance an over activation of cytokines and or an overstimulation of mast cells

**Bio-A-E Mulsion Forte®** - Each drop contains 12,500 IU 6 drops or 72,000 units every 4 hours for 5-7 days

**KappArest™** - 3 capsules every 4 hours. Helps to balance an over activation of cytokines



**Cytozyme-THY™ (Neonatal Thymus)** - 4 tablets every 4 hours. A neonatal form of thymus tissue helps food to regulate or orchestrate the immune system.

**Bio-Immunozyme Forte™** - 2 tid

**N-Acetyl-L-Cysteine** 1 bid - (NAC) is often discussed to naturally raise glutathione levels. However in a study of 262 people, led by Silvio De Flora, MD, at the University of Genoa, Italy, found that NAC dramatically reduced flu symptoms. Of those people taking 600 mg bid of NAC for 6 months period, who had the active flu virus, only one in four people developed symptoms, and those were generally mild. In contrast, four out of five people taking placebos who had the flu virus had far more debilitating symptoms.

**UltraVir-X™** - 2 capsules tid

**Dismuzyme Plus™ Granules** - 2 tsp twice a day mixed in juice or added to food. Vegetable based superoxide dismutase, an enzyme necessary to reduce free radical pathology.

**IAG™** - 2 tsp twice a day in juice or added to food. A source of arabinogalactans which are long chain polysaccharides immune modulating substances. Mix with Dismuzyme Plus Granules in berry juice.

**Mixed Ascorbates Powder™ or Bio C Plus 1000™** - To bowel tolerance and reduce by 1000 mg.

**ADB5 Plus™** - 3-6 tablets. One of the areas to be aware of is the extreme fatigue caused by the flu. This is where the Ragland blood pressure assessment (to determine adre originated.... during a major flu epidemic. If fatigue sets in consider ADB5 Plus support energy and recovery.

## Clinical Perspective On Products

**Bio-Immunozyme Forte™** - A broad-spectrum product containing vitamins, minerals, enzymes, as well as neonatal and adult bovine glandular and organ components known to support immune function. Product is in a base of SOD, catalase, echinacea, methyl-donors and chlorophyll. In the acute phase use 2-3 tablets, 3-4 times a day with food. In the chronic phase use 1 tablet, 3 times a day with meals. For Hepatitis A, B or C, use with **Cytozyme-THY™** - 4 tablets, 3 times a day with meals; **Livotrit Plus®** - 1 tablet twice a day with meals; **BioProtect™** - 1 capsule, 3 times a day with meals; **Dismuzyme Plus™ Granules** - 1 teaspoon, 3 times a day with meals; **IAG™** - 2-6 tablespoons daily; **Beta-TCP™** - 2 tablets, 3 times a day with meals; and **Cytozyme-LV™** - 2 tablets, 3 times a day with meals.



**N-Acetyl Cysteine** - NAC is a more stable form of L-Cysteine because it has an acetyl group (CH<sub>3</sub>CO) attached. NAC has all of the properties of L-Cysteine, but is more water-soluble and according to the literature is more bio-available. NAC is probably the most cost effective way to boost systemic levels of glutathione. NAC plays a protective role against a variety of toxins such as cigarette smoke, auto exhaust, certain herbicides and acetaminophen. It is also used extensively with bronchitis, calcium oxalate stones, metal body burdens and in the treatment of glue ear. 1-3 capsules per day.

**UltraVir-X™** - A broad-spectrum herbal and nutrient product with anti-viral and immune stimulating properties has been shown to be effective with chronic and acute viral problems. Use with **IAG™**, **Bio-Immunozyne Forte™**, and **21st Century Homeopathic Remedy #HR-4 (Detox-Virus)**. For adults use 3-4 capsules, twice per day; children under 12 years of age use 1 capsule, twice per day. Not to be used by pregnant or lactating females.

**IAG™** - (Arabinogalactans derived from the Western Larch Tree). This is an excellent product for chronic immune dysfunction, virus, inner ear infections (children), free-radical pathologies, allergy, fibromyalgia, decreased secretory IgA, chronic fatigue syndrome, etc. Product should be considered along with **Bio-C Plus™** (1-2 tablets daily) and **Liquid Iodine Forte™** (10 to 15 drops daily). Consider 1-2 teaspoons, 3 times a day for chronic problems and up to 6 teaspoons, 3 times a day in the acute phase. For children consider 1/2 teaspoon, 1-3 times a day.

**Cytozyme-THY™** - Source of neonatal bovine thymus. Use with viral or bacterial infections, immune insufficiency, decreased gamma globulin, sensitivity to milk products, croup, inflammation, thyroid hyperfunction, healing, lymph edema, and myasthenia gravis. 1-2 tablets, 3 times a day with meals. Increase to 4 tablets, 4 times a day during the acute phase of any infection and with Hepatitis A, B or C.

**Dismuzyne Plus™ Granules** - Vegetable culture source of SOD and catalase. Use with chronic pain, sunburn, free radical problems, viral or bacterial infections, rheumatoid arthritis, systemic inflammation, and immune insufficiency. 2-3 teaspoons, 2 times a day on an empty stomach. Useful where higher amounts of SOD and catalase are required and for the treatment of animals where the supplement can be mixed into their food.

**Bio-C Plus 1000™** - Contains mixed ascorbates (100 mg) and 100 mg of citrus lemon bioflavonoids. Because the product contains mixed ascorbates, it is less likely to cause digestive distress. Use with inflammation, colds, flu, fever, fatigue, adrenal stress, healing, and as a long-term vitamin C supplement. 1-2 tablets, 3 times a day.

**Bio-D-Mulsion Forte®** – Same as **Bio-D Mulsion®** except each drop contains 2000 IU per drop). In addition to the uses indicated under **Bio-D Mulsion®**, higher levels of vitamin D are often indicated with polycystic ovary disease, MS and other autoimmune diseases, breast, prostate and skin cancer, obesity, metabolic syndrome / syndrome-X, and increased C-reactive protein (inflammation). Product is also effective in some cases of psoriasis when applied topically. Caution should be exercised when using high levels of vitamin D over an extended period of time.

**Immuno-gG®** (Product formerly called Aminogen) – Two capsules contain 240 mg of immunoglobulin G (from bovine colostrum), 120 mg of L-Lysine HCl, and 60 mg of L-Arginine HCl. This product was formulated to provide immune support for viral conditions, immune compromise in the small intestine (leaky gut, reduced secretory IgA), and other immune problems. 2 capsules, 3 times a day just before meals. When used with gastric immune problems, product should be considered with **IAG™** and **IPS®**.

**POA-Phytolens®**– Each capsule contains 250 mgs of a proprietary blend of Uncaria tomentosa (Cat's Claw containing 1.5 pentacyclic alkaloids from bark) and a special Lens esculenta extract (husks). The Uncaria tomentosa in POA-Phytolens is virtually free of tetracyclic alkaloids. Uncaria tomentosa alone has been used successfully with free radical pathology, viral infection, acne, allergies, fatigue, depression, and PMS. When combined with Lens esculenta extract (Phytolens) initial investigation has shown the product to be excellent adjunctive support with diverticulitis, gastritis, Crohn's disease, colitis, and other problems resulting in severe gastrointestinal inflammation. 1-2 capsules, 1 to 3 times per day. POA-Phytolens is not recommended for pregnant or nursing women or for women that are attempting to conceive.

**Bio-FCTS™** – Each capsule contains 400 mg of sprouted buckwheat culture, 75 mg of vitamin C, 100 mg of quercetin, 10 mg of citrus bioflavonoids, 25 mg of green tea extract, 10 mg of neonatal thymus, 5 mg of neonatal spleen in a base of Oorganik-15, SOD and catalase. Use with virus (helps to prevent reverse transcription), diabetes (block sorbitol pathway), capillary fragility, tinnitus, vascular headaches, hemorrhoids, and macular degeneration. 2 capsules, 3 times a day.

**ADB-5 Plus™** – Two tablets contain 75 mg of vitamin C, 5 mg of B-1, B-6 and B-2 (phosphorylated forms), 25 mg of niacinamide, 200 mcg of folic acid, 6 mcg of vitamin B-12, 75 mg of pantothenic acid, 500 mcg of iron, 35 mg of magnesium malate, 2.5 mg of zinc, 1 mg of manganese, and a 635 mg proprietary blend of malic acid, porcine adrenal concentrate, citrus bioflavonoids, choline, SOD and catalase, N-Acetyl-Cysteine, bovine pituitary/hypothalamus, bovine parotid, tyrosine (mushroom source), Rhodiola rosea and copper (less than 2 percent of the blend). Use with adrenal dysfunction (primarily hypofunction), postural hypotension, ligament laxity, reactive hypoglycemia, and low blood pressure. 2 tablets in the a.m. and 2 at noon. Product contains a small amount of iron and should be kept out of the reach of children.

