

Flu Shot Alternative

The purpose of the flu shot is to assist the body's ability to fight specific strains of flu. Why not strengthen the body's natural ability to fight any bacteria, virus, or microbe?

For _____ Date _____

Take the following supplements until your re-evaluation on (date) _____

First ensure sufficient zinc levels using the zinc taste test below.

Aqueous Zinc Taste Test: Patient's mouth should be free of strong tastes and they should refrain from eating, drinking or smoking for at least 30 minutes before test. Place 2 tablespoons of liquid zinc in the mouth for up to 30 seconds. Swallow and then evaluate.

Zinc Scoring

Excellent	1. Strong and unpleasant taste is noticed immediately.
Sufficient	2. A definite, though not strongly unpleasant taste is noted almost immediately and tends to intensify with time
Deficient	3. No Immediate taste is noted, but in 10 -15 seconds, a slight taste variously described as "dry", "mineral", "furry" or "sweet" develops
Extremely Deficient	4. No specific taste or sensation is noticed even after the solution has been held in mouth for up to 30 seconds. "Tastes like water"

Deficient and **Extremely Deficient** individuals should supplement with Aqueous Zinc @ 2 tablespoons per day until the taste is strong, almost offensive then switch to Zn-Zyme Forte at 1 tablet twice a day or as otherwise recommended by your physician.

Purpose	Supplement	per day	with breakfast	with lunch	with dinner	before bed
FLU PREVENT	Bio Immunozyne Forte	2	1		1	
	Bio-FCTS	2	1		1	
	Bio D Mulsion Forte	2 drops				

BACTERIAL INFECTION	Bio Immunozyne Forte	4 -8	1-2	1-2	1-2	1-2
	IAG	1-2 tsp	1-2 tsp	1-2 tsp	1-2 tsp	1-2 tsp
	ADP	4--12	1-3	1-3	1-3	1-3

VIRUS	Bio Immunozyne Forte	4 -8	1-2	1-2	1-2	1-2
	IAG	4-8 tsp	1-2 tsp	1-2 tsp	1-2 tsp	1-2 tsp
	UltraVir-X	3-9	1-3	1-3	1-3	

Often clear mucus is indicative of a viral condition whereas green mucus often indicates a bacterial condition. Lower dosage levels are for lighter weight people under 80 lbs and for mild symptoms, higher doses are for heavier people and more severe symptoms. **In all cases reduce all forms of sugar as much as possible.**

Flu Related Products

Aqueous Zinc

Liquid Zinc

Zinc is needed for over 100 enzymatic reactions but essential for healthy white blood cells. Therefore; Deficient and Extremely Deficient individuals should supplement with Aqueous Zinc @ 2 tablespoons per day until the taste is strong, almost offensive then switch to Zn-Zyme forte at 1 tablet twice a day or as otherwise recommended by your physician.

Bio-Immunozyne Forte

Vitamin, Mineral, Glandular Support

If key nutrients are deficient, the body's ability to fight infections is compromised. BioImmunozyne Forte provides nutritional support for all of the key deficiencies related to the immune system. At low doses it is a foundational supplement providing key nutrients in balanced ratios and can be used to bolster the body's natural *preventative* function. It can also be used at *higher doses* to activate or support the body's fight against the microbial kingdom.

UltraVir-X

Botanical, Herbal Support

UltraVir-x is a high tech product designed to feed the cells which attack viruses. Synergistic vitamins and minerals provide support for this proprietary blend of powerful botanicals. These botanical agents serve as antioxidants, immune modulators, and as anti-inflammatory agents.

IAG

Immune Modulating Powder

This highly refined powder contains up to 99% pure arabinogalactans. Arabinogalactans function as immune modulators, enhancing or decreasing the immune function as needed. It is the arabino- galactan content of Echinacea which is responsible for its anti-microbial reputation, and it *only* contains

about 6% of these arabinogalactans, IAG contains up to 99%! One researcher calculated that 1 tsp of IAG has the power of 3-5 bottles of commercially available liquid echinacea. This powder mixes well with juice; it is the perfect immune enhancing food for children with chronic or acute infections.

ADP

Natural Antibiotic, Antifungal, Antibacterial

Oregano Oil has been used in Europe as an antibiotic and antifungal agent. Recently it has also been shown to assist in the elimination of certain strains of amoebas. Many reports by physicians have shown that ADP has even been effective in preventing dysentery when traveling abroad.

Bio-FCTS

Anti-viral bioflavonoids to tone the immune system and prevent viral replications. Also contains vitamin C, Quercetin, Neonatal thymus & spleen.

Bio-D Mulsion Forte

Studies have found the influenza virus is present in the population year-around; why is it a wintertime illness? Vitamin D (which we get from the sun) blood levels are at their highest in the summer but reach their lowest levels during the flu and cold season. Vitamin D has profound effects on human immunity, it increases production of antimicrobial peptides while simultaneously preventing the immune system from releasing too many inflammatory cells, called chemokines and cytokines.