

Virus Replication Ideas

Given the right raw materials, the body can destroy viruses; however, if the virus replicates so fast that the immune system gets overwhelmed, sickness ensues. Dead viruses and the inflammatory cytokines that are secreted during the process of killing the virus are all part of the "fluish" process. Therefore any nutrient that can block or inhibit viral replication can be a therapeutic agent. There are a lot of things to consider in the list below.

If you have someone with a chronic virus or autoimmune condition, it may be worth the cost and hassle to take all these nutrients. However if someone has the basic flu, you can coach them from their nutrient cabinet at home to assist the healing process.

Most of the research on these nutrients was done using single nutrients, so a combination of them would create a synergistic effect and add to their effectiveness. Dr. Vasquez suggestions are always in addition to his [Five-Part Nutritional Wellness Protocol](#)

- 1) Paleo-Mediterranean Diet
- 2) **ProMulti-Plus** 2 tid
- 3) **Bio-D-Mulsion Forte** 1-2 drops
- 4) **Optimal EFAs** 2 tid
- 5) **BioDoph-7 Plus** 1-2 at bed or between meals.

Here are the nutrients highlighted from Vasquez webinar. You can see my ideas below.

Bio-Ae-Mulsion Forte - contains 12,500 IU per drop and contains approximately 700 drops per bottle. Dr. Vasquez recommends doses of 100,000-300,000 IU, (8-24 drops) for 3-10 days then a maintenance dose of 12,000-25,000 IU (1-2 drops) a day until the bottle is gone.

Bio-D-Mulsion Forte - contains 2,000 IU of vitamin D per drop. Use 10,000-50,000 IU (5-25 drops) for 3-10 days then cut back to maintenance dose of 4,000 (2 drops) per day.

Se-Zyme Forte - contains 100 mcg of selenium from a vegetable culture base. Use 600-800 mcg per day.

Lipoic Acid - 200-400 mg, two to four times a day. (Also supports Mitochondrial Health)

N-Acetyl-L-Cysteine - Biotics makes a 500 mg tablet called **NAC**. Use 1,000-1,500 mg (2-3 capsules) three times a day between meals. See [Tuesday Minute #198](#) for a more complete discussion on N-acetyl-L-cysteine. (Also supports Mitochondrial Health)

Zn-Zyme Forte - contains 25 mg of zinc per tablet, 25-50 mg either in a multiple or as a single nutrient.

CoQ-Zyme 100 Plus - Each capsule contains 100 mg of CoQ as well as the methylated B vitamins necessary for Krebs Cycle function. 1-3 capsules (Also supports Mitochondrial Health)

For chronic viral problems consider the following:

L-Glutamine - comes in powder or capsules. 1 tsp of L-Glutamine from Biotics contains 3 grams of L-Glutamine. Consider 6 grams (2 tsp) 2-4 times a day between meals.

Vitamin C as **Mixed Ascorbate Powder**- contains approximately 3 grams per teaspoon, use to bowel tolerance. One of the more common sense yet controversial ideas about infections is the Vitamin C Flush. Numerous physicians have championed the idea using enough vitamin C to wash the bowel of waste and noxious substances, especially for the chronically ill patient who is constipated. Dr. Vasquez suggests 1-2 tbsp of Mixed Ascorbate Powder in juice and water. Drink a cup of coffee before and after the vitamin C drink to assure maximum motility. See [Tuesday Minute # 223](#) for a further discussion on the Vitamin C Calibration Test.

Other viral inhibitors of viral replication and immune modulators:

Other valuable nutrients to consider are based on my personal experience and from feedback from other clinicians and speakers. Why so many variances? Biochemical

individuality! Everyone is different and has different nutrient deficiencies. These are the perfect nutrients to use with tender trigger points, pain or limited ranges of motion and then taste different nutrients to see which ones reduce the trigger points, pain or increase range of motion. Individual bio-feedback would tell which ones would give the greatest benefit. Make sure the patient can taste the nutrient before retesting the trigger point or range of motion.

1) **Nutrients that compliment or enhance T regulator cells.** Increasing T regulatory cells will reduce or cause TH17 to diminish. Reducing TH17 will naturally reduce autoimmunity.

Consider the following in any autoimmune compromised patient: vitamin A, vitamin D, green tea, omega-3 fatty acids, probiotics, and lipoic acid.

2) **Bio-Immunozyne Forte** - contains a wonderful foundation of nutrients to build cellular reserves particularly for the immune system.

3) **UltraVir-X** - 2 tid, developed by Dr. Gary Lasneski specifically to assist the immune system with viral problems.

4) **Cytozyme-THY** or **Cytozyme-SP**, 2 tid. If there is tenderness on the right side around the fifth intercostal space under the arm, use Cytozyme-THY. If there is tenderness under the left arm around the 7th intercostal space, use Cytozyme-SP, 2 tid. Also rub the tender points several times a day.

5) **Bio-FCTS** - The flavonoids in Bio-FCTS have viral replicating inhibitory effects. The quercetin has been shown to balance the relationship between TH1/TH2.

6) **IAG** - Larch arabinogalactans have been shown to increase natural killer cells.

7) **Detox-Virus #4** by 21st Century Homeopathics is used to help the body recover from virus on a homeopathic level