

Are You Prepared for Cold & Flu Season?

Dr. K's Top 7 Recommended Supplements for Colds & Flu

<u>Immune Complex</u> 90 caps	Boosts Immune System Body Cleanser	*2 caps, 3-4 times a day	\$20.00
<u>Monolaurin •</u> 90 caps	Natural Anti-viral (<i>Lauric acid and Glycerol</i>)	*8 caps a day, 1 at a time, if possible	\$20.00
<u>Lauricidin •</u> Pellets	Natural Anti-viral, anti-fungal, anti-bacterial (<i>Lauric Acid and Saw Palmetto</i>)	1/2-1 scoop pellets, 3 times a day	\$32.00
<u>Mycoferon •</u> 1 fl. oz. bottle	Super strength mushroom complex for immune system support	*1/3 dropper, 3-4 times a day (Let solution sit in throat before swallowing)	\$41.00
<u>Thymic Synergy</u> 60 tabs 180 tabs	Nutritional support to energize the immune system (<i>Thymus glandular, vitamins A & C plus zinc</i>)	*1-2 tabs, 3 times a day	\$17.00 \$44.00
<u>Sunny-C •</u> 90 tabs	Patented formula provides high levels of vitamin C in a short period of time 1000 mg of buffered C in tabs	*Find your therapeutic dosage of Vitamin C**	\$34.00
<u>Ultra Potent C Chewable</u> 90 tabs	Natural Orange Blast Flavor 1 tablet is equivalent to 4 oranges	*Your daily dose of vitamin C is 1/3 of therapeutic dosage.	\$25.00
<u>Extra Strength •</u> <u>Oil of Oregano</u> 30 ml drops	Super Strength Oregano Oil Potent Germ Killer and Pain Reliever	Ask for Detailed Handout on dosage	\$85.00

• Ask for Detailed Handouts available for these supplements



Cold vs. Flu: What is it?

The Common Cold. The primary symptoms of a cold are centered around the nose (stuffy, runny nose and sneezing) and can spread throughout the head. Throat irritation without redness can be involved. Adults and older children can have a fever of 100 to 102 degrees. Depending on the virus, headache, cough, burning eyes, some muscle aches and decreased appetite can also be involved.

Symptoms will occur within 1 to 5 days of exposure and last for about 7 days. If symptoms last longer consider sinusitis or allergies.

Flu symptoms come on more suddenly, are more intense and originate from a single family of influenza viruses. Flu symptoms classically include fever of 102 to 106 degrees, with children experiencing the higher temperatures. Chills, muscle aches, exhaustion, flushed face, headaches and vomiting or diarrhea can occur.

Symptoms will commonly appear in 2 to 3 days of exposure, usually from inhaling airborne droplets from coughs or sneezes. Primary symptoms last 4 to 7 days with a lingering cough and tiredness that may last for weeks.

****To reach your optimal therapeutic dosage of Vitamin C, take 1000 mg the first day. Increase each day by 1000 mg; the goal is to saturate your body with Vitamin C. When you experience low level symptoms (i.e. upset stomach), you've reached bowel tolerance. Decrease dosage by 1000 mg daily until these symptoms pass. Take this dosage until fully recovered from illness.**

***Recommended daily dosages. Always consult the doctor for dosages that pertain to your particular illness and health issues.**