



WHAT TO DO FOR A COLD OR THE FLU!

*These are all ADULT dosages and should be taken for the duration of the cold/flu only. Contact Dr. Christy for pediatric dosages.

1. For prevention:
 - a. Immune Strength Formula: 60 drops (2 squirts) twice/day. Stop taking if you have acute symptoms.
 - b. Vitamin C: at least 2 grams a day. Strengthens immunity. Allergic or cold/flu prone people need more.
 - c. Vitamin D: depends on your Vitamin D status. Most people need at least 2,000 a day in the winter months. Vitamin D boosts levels on endogenous antibiotics.
 - d. InFluenzum 200c homeopathic: You can take this as a prophylactic for the flu. Works on the same premise as the flu-shot. 3 pellets under the tongue once only.

2. For acute cold/flu (no more than 7 days):
 - a. Vitamin A: 50,000 IU twice/day. This is directly anti-viral.
 - b. Vitamin D: up to 100,000 IU a day.
 - c. Vitamin C: To bowel tolerance, which means that you take it until your stools loosen. For example, take 2 grams every 2 hours. Back off on the dosage if your stools become loose. We can also do I.V. Vitamin C up to 50 grams a day!
 - d. Gan Mao Ling: a great formula for colds and flu in the initial stages. Works best if you take 1 squirt (30 drops) every 2 to 3 hours at the onset of symptoms.
 - e. Zhong Gan Ling: more for flu with heat symptoms (fever, sweating, thirst, delirium). Can be used prophylactically if exposed to the flu virus. Take 1 squirt (30 drops) every 2 to 3 hours.
 - f. Antiphlogistic: For more severe symptoms, like thick yellow discharge, bronchitis, severe sore throat, body aches, diarrhea and swollen lymph nodes (i.e., more deep-seeded symptoms). 1 squirt (30 drops) every 2 to 3 hours.
 - g. Oscillocochinum: For flu symptoms take 1 tube three times/day.
 - h. Ipecacuana 30 c homeopathic: For nausea and vomiting. 3 pellets under the tongue 3 times/day.
 - i. InFluenzum 30 c homeopathic: For flu-like symptoms. 3 pellets under the tongue 3 times/day.
 - j. Podophyllum 30 c homeopathic. For diarrhea. 3 pellets under the tongue 3 times/day.

THESE TREATMENTS ARE ONLY SUGGESTIONS AND IN NO WAY SUBSTITUTE PROPER DIAGNOSIS AND TREATMENT OF ANY ACUTE ILLNESS! The treatments in the acute section are to be used for the acute phases of illness only, and should not be used more than a week, unless otherwise prescribed by your physician.