

Dr. Laura's

IMMUNE PROTECTION GUIDE



RECIPE TO FIGHT A VIRUS

Let's face it, we will always share our planet with unfriendly and opportunistic viruses. They aren't going anywhere! What we can do is stop them from getting the upper hand. Lately, there's been a lot of focus on vaccines and treatment, but not enough attention to boosting our natural immune defense. We were born with the ability to fend off viruses, and this ability can always improve, given the right ingredients.

The part of your immune system that fights viruses is called your innate immune system. It makes natural killer cells that attack viruses. It's ideal to have natural killer cells at the ready, so you can start kicking a virus into the dust immediately!

This simple guide gives you the ingredients you need for a robust innate immune response. These are appropriate for prevention, as well as during infection and recovery.



STEP 1: THE VITAMINS AND MINERALS

Start with the vitamins and minerals that are essential for your innate immune system to function properly. This includes sufficient amounts of:

- **Vitamin A** as retinol - anti-inflammatory, enhances immune function and supports the lining of the respiratory tract.
- **Vitamin D** - enhances immune system function, reduces viral growth, and can reduce upper respiratory infections.
- **Vitamin C** - contributes to immune defense by supporting various cellular functions of the immune system.
- **Zinc** - A large body of research shows that Zinc has strong anti-viral properties against many viruses.

What are sufficient amounts?

For our patients, we test these nutrients on bloodwork and we target levels in the upper quartile (1/4) of the lab reference range. We strive for optimal levels, not levels that barely get you by. Break

If you don't have access to testing, these are the conservative RDA amounts to take daily:

- Vitamin A 700 iu
- Vitamin D 600 iu
- Vitamin C 75 mg
- Zinc 15 mg



STEP 2: PROTECT YOUR AIRWAYS with the “1-2 Punch”

The **1-2 Punch** is an approach to stop viruses from getting into your body in the first place! It uses two products to stop viruses in their tracks right at the point of entry—your mouth and nose. These are especially useful to use before and after traveling or exposure to crowds, kids, or sick people. You can read about the **1-2 Punch** protocol [here](#).

Punch #1: Biocidin®Throat Spray

Use three sprays in the back of your throat before and after travel or exposure.

Punch #2: Xlear Nasal Spray

Use two sprays in each nostril before and after travel or exposures.



STEP 3: ADD-ON NUTRIENTS

These specifically help your innate immune response and natural killer production in different ways. There are more options beyond these four, however, these are the biggies and my favorites.

Quercetin

This bioflavonoid has antioxidant, anti-inflammatory, and anti-histamine properties. It helps get Zinc into your cells (which is also what Chloroquine does), and it blocks viral replication.

Astragalus

In Chinese medicine, astragalus is the top herb to boost your immune defense. It shows high efficacy for preventing and treating viruses in many clinical trials and boosts your natural killer cells.

N-acetylcysteine (NAC)

NAC promotes the production of glutathione, a potent antioxidant that supports immune function. It also reduces the severity of the flu and lubricates respiratory mucus membranes.

Reishi Mushroom (Ganoderma)

Reishi has been used in Chinese medicine for thousands of years. It has antiviral properties, activates natural killer cells, and downregulates inflammatory cytokines in human alveolar (lung) epithelial cells.



IN A NUTSHELL

Step 1

Take your four essentials: D, A, C, and Zinc. Test them if you can, to optimize your levels.

Step 2

Protect your nose and throat with the 1-2 Punch: XLearn and Biocidin Throat Spray

Step 3

Add on one to four of the specialty products Quercetin, Astragalus, NAC, or Reishi.

Where to get these ingredients?

You can get my handpicked high-quality products on my Fullscript Pharmacy with a 15% discount here:

[CLICK HERE](#)

Meanwhile, if you do get sick, this protocol changes to an immune *defense* protocol, when you take higher doses of some of these things plus layer in anti-viral herbal medicine. Please reach out for help with a customized immune defense protocol!

Peace, love, and immune health to you,

Laura