

Immune Support Suggestions with the New Virus

- Get plenty of sleep. Our immune system does the heavy lifting when we are sleeping. Get a minimum of 7 & 1/2 hours of sleep.
- Stay hydrated – drink half your body weight in water.
- Eat lower carb. Avoid sugar and alcohol. Higher protein, healthy fats, lots of veggies.
- Ginger helps with digestion, is anti-inflammatory and tempers nausea.
- Allicin – from garlic

Recommendations for immune support:

1. **Zinc Supreme --DFH-** This has molybdenum and other supportive nutrients. Normally 1 day. Protection for this virus, one two times 2x/day. Decrease to once a day after the risk is past.
2. **Vitamin D3-Metagenics** - 5000IU with K – One a day. See information in the blogpost.
3. **Tocotrienols - DFH** - (Vit E as tocotrienols) – protects cell membranes in lungs, cardiovascular protection, anti-inflammatory. 1 gelta, 2x/day during the risk may increase to 3/day.
4. **Curcum-Evail – DFH** - curcuminoids – 1 twice a day OR **Inflavonoid IC – Metagenics-** 2 capsules 2x/day. I really like this product as it has highly bioavailable curcumin and xanthohumol with boswellian spices AND ginger. Amazingly anti-inflammatory.
5. **Mag Glycinate – Metagenics** -200 mg/day Magnesium. This form is calming and most everyone is deficient. Used in more than 300 biochemical reactions in the body. In addition to supporting the immune system, it's functions in nerve and muscle function, It is needed for healthy immune system, for cardiovascular function, for blood sugar control and energy production and bone density.
6. **Candibactin BR - Metagenics** - BERBERINE - antimicrobial, anti-inflammatory, and antioxidative effects. Nrf2 translation, increases glutathione Maintenance is 1 tab/2x/d. Protective dosing up to 2 tabs/ 2x/day Additional metabolic benefits, blood sugar and cardiovascular.
7. **N-Acetyl Cysteine (NAC)** - DFH - once a day OR **S Acetyl Glutathione Synergy – DFH** (NAC and B6 for and exponential increase in glutathione)
8. **SulforaClear – Metagenics** -broccoli extract increases Nrf2 and supports glutathione, anti-inflammatory. Contains a unique combination of broccoli ingredients that supply standardized amounts of glucoraphanin and active myrosinase enzyme to help support sulforaphane production. Sulforaphane is a potent activator of the body's own antioxidant and detoxifying enzymes and is responsible for many positive health benefits associated with broccoli consumption.*
9. **Lipotain – Metagenics** - (Niacin). 500-1000 mg/day
10. **Vitamin C – (LivOn Labs)** can help fight a viral infection by causing oxidative bursts to kill the pathogen in the blood. Inhibits killer cells shortly after consuming. Order online, although it is hard to come by right now. **Metagenics has Vit C as Ultra Potent C** in chewable, tablet or powdered form. See information in blogpost.
11. **Beta-glucan/ Mushrooms/** immune support- Mushrooms contain beta glucans. Consume mushrooms as food. Also as supplement.
 - **Immunoberry - DFH** - This has some elderberry as well, so good to prevent virus attachment to the cell receptor. Potentially stop elderberry if confirmed infection (see my elderberry post)
It is an antiviral good for clients with a high viral burden and low innate immune response. Good for the flu but after infected, not good for this virus as it may contribute to the cytokine storm.
 - **Immunocore – Metagenics** -Mycotaki mushroom
12. **Melatonin SRT –DFH** – This is a timed-release version. 6 mg. One at night, but if taking higher dosing to fight viral conditions, this will work nicely. Anti-inflammatory, antioxidant, scavenges free radicals. Sunlight during the day can increase melatonin at night. Good sleep hygiene with a completely dark room helps melatonin production. If infected, you can take much higher dosing during the day. See more detailed information in blogpost
13. **EPA DHA 1000 – Metagenics** – powerful fish oil. 2 gelta/day minimally, for better inflammation protection double that dose. If on back order, try **EPA DHA 720**.
14. **Endura – Metagenics** – electrolyte balance support. (potassium)
14. **Bone Builder PRIME or Forte – Metagenics.** For bone health support with proper Ca:Phosphorous ratio.
15. **Ostera – Metagenics** . Supportive bone building nutrients taken with Bone Builder.

AVOID


Vitamin A - is highly antiviral and many cases can prevent entry of viruses into the cells. Right now for this virus I am not recommending supplementation, but get your intake from good food sources.

Selenium – critical for immune function. Strong anti-oxidant. But not recommended for this virus.

Excess calcium. If needed for bone health take a blend that has proper calcium phosphorus ratio.

NSAIDS -NSAIDs will increase Th1 that is involved in cytokine storm. Use curcumin for inflammation - get a good brand of curcumin that has bioprene and a lipid base or I use Metagenics Inflammation IC blend which contains ginger and anti-inflammatory spices as well (see above).

ELDERBERRY – after infection it may increase the inflammatory cytokine IL-6 that combines with the high TGF Beta in the cytokine storm to damage the lung, kidney, and heart vasculature. Prior to infection it seems to prevent entry of the virus into the cell, so may be protective. After infection AVOID. See my post To Elderberry or Not with CV-19? My Take https://www.youoptimalhealthsolutions.com/wellness-blog/To-Elderberry-or-Not-with-COVID-19--My-Take_AE24.html

Stay healthy and watch for more posts on my FB page  LIKE US ON FACEBOOK!!
<https://www.facebook.com/youoptimalhealthsolutions/>

Ordering Instructions

You may find other products to use but you can setup your own account for Metagenics and Designs for Health (DFH). These are pharmaceutical grades supplements with high quality and production standards.

METAGENICS

Please follow the instructions below to access your Metagenics online store

1. Open your internet browser and go to: nancylark.metagenics.com . *DO NOT type in www before the web address*
2. The practitioner code is **NancyLark**
3. Click on “Create an Account” link found towards the top of the page
4. Under the green “Patient Account” section, follow the “Sign Up” link. (your practitioner code will automatically insert)
5. Enter in your personal information
6. Complete the registration process
7. Click on the “Products” section
8. You’re now ready to select your supplements and place your order.

Your first order from the new site will receive a 20% discount for the total purchase

DESIGNS FOR HEALTH

Go to www.designsforhealth.com Click on REGISTER in the upper right hand corner. Find the REGISTER button on the bottom of the page. Click on that. Select that you are a PATIENT. Fill out required info and when they are for the practitioner code, put NANCYLARK all caps, no space.
They will email you when your account is up shortly.
Products are drop shipped to your home

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