

## A Natural Approach to Cold and Flu Season

### What you can do to increase your immune system...

**Vitamin C:** Vitamin C has been shown to have specific antiviral effects in which it inactivates the RNA or DNA of viruses. Our bodies cannot make vitamin C, although most animals can. Most animals make the human body-weight equivalent of 5,000 to 10,000 milligrams a day. Very high doses, 30,000 - 200,000 mg in an IV is non-toxic and has been documented by physicians as curing viral diseases as various as the common cold, flu, hepatitis, viral pneumonia, and even polio! A daily oral dose of 3,000 – 5,000 mg can help keep the immune system strong. Up to 15,000 mg can be taken orally daily for acute colds and flu's, however, this can cause diarrhea and should be used to bowel tolerance.

**Vitamin D:** Studies show this nutrient decreases Acute Respiratory Infections by 50%! Activated vitamin D increases the antimicrobial protein, called cathelicidin, in bronchial (lung) cells. Take 2,000-5,000 IU/day for a strong immune system or up to 10,000 IU/day at onset of illness.

**Vitamin A:** A high dose, around 10,000 IU, for 3 days at the onset of illness increases the immune system and is a natural antibiotic. This vitamin CANNOT be used by pregnant women or be taken at high doses for long periods of time.

**Eat LOTS of RAW Garlic:** Garlic has long been used as a potent antiviral and natural antibiotic.

**Sleep at least 8 hrs/night:** Your body heals at night, if you're stressed or not sleeping well your body is left vulnerable to infections.

### Our natural flu protocol will get you feeling better days quicker! What NVMC offers...

**Vitamin IV:** A proprietary blend of high dose Vitamins, Minerals and Glutathione delivers the nutrients straight into the blood to fight infection.

**Nebulized Glutathione:** We deliver this potent anti-oxidant straight into the lungs using an in-office nebulizer. Treats bronchitis, asthma, and coughs .

**Herbal Anti-Viral Supplement:** We will send you home with the nutrients you need kill the virus, feel better and get your immune system in tip-top shape.