

PROTOCOL FOR FLU

Unda #s 2, 15: Adults take 5 drops each 4-5 times daily; children take 3 drops each 4-5 times daily
Mucococcinum 200K: 1 tablet dissolved under tongue once a day. No food or drink for 10 minutes.
Immuplex: 3 capsules three times daily
Epsom salt baths: 1 cup Epsom salts in warm bath daily. Shower afterwards. Wear cotton sweats and rest in bed.
Homemade chicken broth: Sip broth throughout the day. Use recipe from Nourishing Traditions.
Purple Lapacho (Pau d' Arco) tea by Wisdom of the Ancients
Warm sock treatment
Avoid grains, sugar and dairy. No fruit juices, other than lemon or lime juice.

PROTOCOL FOR FEVER

(The body's way of activating the immune system)

Calcium lactate or Congaplex: Children: 2 every hour, up to 12 per day. Double dosage for adults.
Unda #s 2, 15: Adults: 5 drops each 4-5 times daily; children: 3 drops each 4-5 times daily
Belladonna 30K (to break a high temperature) 3 pellets dissolved under tongue every 15 minutes. No food or drink for 10 minutes before or after.
Epsom salt bath
Castor Oil Pack
Warm sock treatment
Avoid grains, sugar and dairy. No fruit juices, other than lemon or lime juice.

PROTOCOL FOR SORE THROAT

Unda #s 2, 15, 37, 312: Adults: 5 drops each 4-5 times daily; children: 3 drops each 4-5 times daily
Salt water gargle
Sip warm lemon juice with 1 teaspoon raw honey
Congaplex: 2 capsules three to four times daily
Thymex: 2 tablets three times daily
INF Fighter: Adults: 30 drops in water 3 times daily; children: 10-15 drops 3 times daily
Hot/cold compress over neck
Avoid grains, sugar and dairy. No fruit juices, other than lemon or lime juice.

