

Boulder Holistic

Functional Medicine

***To better support you during these unprecedented times, we are offering our recommendations for immune support, anti-viral and anti-inflammatory regulation, ideas for general self-protection, and what to do when you get sick! Please email us at info@boulderholistic.com if you have questions or would like us to put together a kit tailored to your unique needs. We are in this together.

Prevention: Immune Boosting Protocol

Use this protocol as your foundation then add anti-viral & anti-inflammatory products to build a comprehensive immune support system

- *Vitamin A: 10,000 - 30,000 iu/ day
- *Vitamin D: 5,000 - 10,000 iu/day
- *Zinc picollinate: 25-50mg/day with food
- *Vitamin C: 1,000-3,000/day as tolerated
- *High-dose, physician grade probiotics:
1 cap or packet per day
- *Allimed: 2 caps per day
- *Mega IgG: 4 caps per day



Anti-Inflammatories for Prevention:

(add in one or more of these to the immune-boosting protocol along with one or more anti-viral)

- *Curcumax Pro or Meriva: 2 caps twice/day
- *NRF2 Activator: 1 cap twice/day
- *Fish oil: 3000mg//day (ideally with GLA)
- * (GLA) Evening Primrose Oil: 1000mg/day
- *A.Flam (Byron White): Work up to 15 drops

Anti-Virals for Prevention:

(add in one or more of these to the immune-boosting protocol along with one or more anti-inflammatory)

- * **Oliverex:** 1-2 caps per day
- * **Cat's Claw:** 2 pumps, 2-3x per day, held under tongue for at least 30 seconds.
- * **Samento:** 1 dropperful in water per day
- * **Monolaurin:** 1-2 caps, 3x per day
- * **Anti-Viral tincture (made in house):** 2 dropperfuls 2x per day (8 dropperfuls every 3-4 hours if sick)



Resources: If you get Sick

If you think you may be infected, keep in mind there is limited testing currently available. Criteria outlined by the CDC is changing frequently, so please check the following link to learn if you meet criteria for testing:

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/clinical-criteria.html>

Testing locations also seem to change daily. For the most up-to-date information on where to get tested, check this site from the Colorado Department of Public Health:

<https://covid19.colorado.gov/testing>

What to take if you get sick:

If you do not meet criteria for testing, please stay home and get in touch with us via phone so we may guide you towards healing. Along with the recommended measures outlined by the CDC, we recommend adding these **in addition to 2 or more anti-viral products** to aid in your recovery: (Keep in mind that dosages change for anti-virals for prevention vs. acute illness)

***Bromelain (for wet cough, congestions, or runny nose):** 2-6 caps per day on empty stomach

***Ivy Calm Syrup (for dry cough):** as needed

***HistDao (for runny nose):** 4 caps every 4 hours as needed

***Wobenzyme (for congestion):** 2-4 caps daily on empty stomach

***Meriva (anti-inflammatory):** 2 caps twice daily

***Quercitin(anti-inflammatory):** 2 caps twice daily

***Biocidin:** 5-10 drops in sinus rinse 2x/day

Argentyn Nasal Spray: 10 sprays in each nare twice daily

Anti-Virals for acute illness:

***Oliverex:** 1cap 3x/day

***Cats Claw:** 2 pumps every 3 hours

***Samento:** 2 dropperfuls 3x/day

***Monolaurin:** 2 caps 3x/day