

BOOST YOUR IMMUNE SYSTEM



How to protect yourself and boost your immune system during these uncertain times!

Disclaimer: The below information is not designed to diagnose, heal, treat, cure, prevent or mitigate any diseases. The information is purely for educational purposes only. It does not replace the information from your GP or your Health Practitioner.

The above image sums it up beautifully. I personally believe, it is vital to turn off the TV and remove yourself from fear mongering and gossip. Surround yourself with likeminded people who are open to education and growth.

Vitamins | Minerals | Activation

Before you get started...

Ideally it would be great if you could request your GP to do a blood draw and test your Zinc Plasma, Vitamin D3, Vitamin A so a Functional Doctor or Nutritional Therapist can analyse the results. Please note a Functional Dr, Health Professional will read the results differently to a mainstream doctor.

If you cannot get tested, start taking the below supplements ASAP.

Daily Protocol

Ideally you will follow this protocol throughout the season.

- **300mg of Vitamin C:**
- <https://au.iherb.com/pr/nutricology-micro-liposomal-c-4-fl-oz-120-ml/51677>
- **4000 - 10 000IU Vitamin D:**
- <https://au.iherb.com/pr/thorne-research-vitamin-d-k2-1-fl-oz-30-ml/23517>
- Or [contact](#) me directly
- **75-100mg Zinc Citrate:**
- Available at good pharmacies or health food stores. Or [contact](#) me directly

- **1 Tab Protandim Nrf2:**
2 Caps Protandim Nrf1:

[Click here to receive \\$16.50 off your first order](#)

Recommended to take the Protandim Activators with good fats, avo, eggs, coconut etc
Drink lots of water to help flush any toxins from the body.



Dosage for Children

Children - As per Chief Paediatrician Dr Neil Goodman recommendations

Protandim Nrf2 (Yellow Tablet)

- 31kg and above - 1 Tab
- 22kg to 31kg - 1/2 Tab
- 17 to 22kg - 1/4 Tab
- Under 17kg to be discussed per case – Let's chat

Protandim Nrf1 (Capsules)

Dosage: Follow directions on the bottle. Do not take without Nrf2

Children

- 31kg and above - 1 Capsule
- 22kg to 31kg - 1/2 Capsule
- 17 to 22kg - 1/4 Capsule
- Under 17kg to be discussed per case
- **Vitamin A 10 000 IU** (can usually get this from a good local pharmacy or health food store):
<https://au.iherb.com/pr/life-extension-two-per-day-multivitamin-120-capsules/86453>
- Or contact me to order
- Dose is 1 cap am 1 cap pm

Ensure bowels are moving daily. If not...1 tab x pm Swisse Magnesium Citrate



Drink at least 2-3 L of filtered water daily.

First Signs of Illness...

- **Increase** Protandim Nrf2 (Yellow Tablet) to 1 tab in the morning and 1 tab in the evening. Once well revert back to just 1 tablet per day
- **Add** in 500 - 1000 mg Quercetin daily
- **Golden Seal** – Follow directions on the bottle
- **Eye Bright** – Follow directions on the bottle
- Lemon and Manuka Honey Tea
- Soups, Bone Broths, Smoothies
- **Remove** Dairy and Sugar for 7-10 days until symptoms improve. It is inflammatory and feeds mucous.
- **Nebulizer** mask over nose and mouth to help breath. Ensure you have separate masks for each person.
- **3% Hydrogen Peroxide and Saline** for Nebulizer
- **1% Colloidal Iodine** in Nebulizer along with diluted Hydrogen Peroxide
- **Preservative Free, Non Medicated, Saline Nasal Spray** – 1 for each person



Contents for Nebulizer: 3% Hydrogen Peroxide (HP), 1% Colloidal Iodine (CI) and Saline

Available at all good pharmacies and health food stores. It is really important to dilute the Hydrogen Peroxide with Saline to get a 0.1% solution. 99.9% of what you are inhaling is literally harmless saline not peroxide. Saline may even have distinct health benefits of its own.

Approx 1tsp (5ml) of 3% Hydrogen Peroxide to approx 120ml of normal saline, equates to 0.5%. Use 2-3 drops of the 1% Colloidal Iodine in Nebulizer along with the diluted Hydrogen Peroxide. Recommended to keep it in the fridge. When refrigerated it will last a very long time. Label the jar. Treatment times... only need to last 5 to 10 minutes in most circumstances. Repeat 3 times per day. Nebulisers can hold about 10ml of fluid. You only need about 2.5 to 5ml of the final 3% hydrogen peroxide diluted with the Saline.

Preservative Free, Non Medicated, Saline Nasal Spray 30ml – Add ¼ tsp HP & 1 Drop CI

Essential Oils - put on feet to help clear respiratory system.

If you would like further information on which oils I use please contact me directly.
[Free 15-30 Immune Support Call](#)

Below is additional information should you like further explanation on the supplements etc!

If you would like any additional resources or support, please feel free to contact me for a quick chat simply click the link below

[Free 15-30 Immune Support Call](#)

VITAMIN C

Vitamin C contributes to immune defence by supporting various cellular functions of both the innate and adaptive immune system. Vitamin C accumulates in phagocytic cells, such as neutrophils, and can enhance chemotaxis, phagocytosis, generation of reactive oxygen species, and ultimately microbial killing. Supplementation with vitamin C appears to be able to both prevent and treat respiratory and systemic infections. Vitamin C has been used in hospital ICUs to treat serious viral infections.

VITAMIN D

Activated vitamin D, 1,25(OH) D, a steroid hormone, is an immune system modulator that reduces the expression of inflammatory cytokines and increases macrophage function. Vitamin D also stimulates the expression of potent antimicrobial peptides, which exist in the different types of white cells in our body, and epithelial cells of the respiratory tract. Vitamin D increases anti-pathogen peptides through defensins and has a dual effect due to suppressing superinfection. Evidence suggests vitamin D supplementation may prevent upper respiratory infections and may help to mitigate morbidity from viral infection.

ZINC

Zinc contributes to immune defence by supporting various cellular functions of both the innate and adaptive immune system. There is also evidence that it suppresses viral attachment and replication. Zinc deficiency is common, especially in those populations most at risk for severe viral infections, and is challenging to accurately diagnosis without a blood draw. Supplementation with zinc is supported by evidence that it both prevents viral infections and reduces their severity and duration. Moreover, it has been shown to reduce the risk of lower respiratory infection, which may be of particular significance in the context of current circumstances.

PROTANDIM NRF2

The Nrf2 Pathway was identified more than 20 years ago, and the subject of over 8100 published papers, Nrf2, or nuclear factor (erythroid-derived 2)-like 2, is a very important redox-sensitive transcription factor in all mammals. It has been referred to as the activator of cellular defence, the master antioxidant switch and the guardian and gatekeeper for health and longevity.

Activation of Nrf2 creates a downstream production of proteins and antioxidant enzymes, which provide benefits beyond direct-acting antioxidants (food sourced or supplementation). Glutathione, Super Oxide Dismutase and Catalase are 3 of the most powerful antioxidant enzymes produced via the Nrf2 Pathway. Several pieces of evidence reported from biochemical analysis suggest that low levels of glutathione could be one of the major causes of the excessive inflammatory response linked to severe viral symptoms and indicate that increasing levels of glutathione in the body could reduce the number of symptomatic patients.

Protandim increases Glutathione in the body by 300%. A US study showed it also reduces oxidative stress by 40% in 30 days and is the most potent Nrf2 Pathway activator on the market as proven by independent scientific studies.

Protandim Nrf2 Synergiser (Yellow tablet) - backed by independent scientific studies
- 5 herbs - formulated synergistically to make it 1800% more effective than if you took the ingredients on its own.

The ingredients are turmeric, bacopa, ashwagandha, green tea and milk thistle.

- **Turmeric** is a powerful anti-inflammatory,
- **Bacopa** is super brain food, it helps with memory and learning,
- **Ashwagandha** helps to balance your adrenal system and moods, it is regarded a brain calmer,
- **Green tea** is a potent antioxidant and
- **Milk thistle** is a liver cleanser and detoxifier.

Protandim is all natural, gluten and dairy free.

All these 5 herbs are metabolised via the liver and assist to detoxification - especially helpful for immune, moods, fatigue.

Free radicals turn into Oxidative Stress, which = Oxidative Damage - Cellular, Internal Rusting, Inflammation. It is linked to 100's of conditions. There are over 260 diseases linked to high levels of oxidative stress.

If you google Oxidative stress and any disease or illness or condition name, you will most likely find that they are linked.

Don't take my word for it... go to pubmed.gov (national library of medicine) - search bar - type in 'Oxidative Stress', last time I checked there were over 270,572 studies/results.

HOW CAN I REDUCE OR MANAGE MY OXIDATIVE STRESS?

- We can live a healthy lifestyle and eat lots of fruit and vegs.
- We can take antioxidant supplements.

- However this is not nearly enough to reduce oxidative stress.
- One tub of blueberries has 6500 antioxidants molecules. This will only counteract 6500 free radical molecules.
- Our body has millions of free radicals at any one time.
- But scientists have discovered a pathway in the body called Nrf2.
- This Nrf2 pathway is responsible for producing antioxidants in the body.
- At the age of around 22-25 our Nrf2 pathway is damaged by our environment and it starts switching off.

LifeVantage discovered that this Nrf2 pathway can be switched back on by taking one tablet a day (Protandim Nrf2 Synergiser) which then reactivates our body to start producing our own antioxidants again... one million antioxidants!! Like it did when we were children... it's why this is classified 'Anti-Ageing'

What's the link between Low Antioxidants and Poor Immune or COVID?

Go to pubmed.gov and type in:

- COVID + Glutathione,
- COVID + Catalase ,
- COVID + Superoxide Dismutase...

Again a plethora of studies linking low antioxidants to these issues.

Protandim Nrf2 (Yellow tablet) is scientifically proven to help us make our own Antioxidants again, way more powerful than supplementing. Check out what happens 120 days after taking this mighty little yellow activator (Protandim Nrf2 tablet)

- **Glutathione** Increased by 300% in the first 120 days.
- **Superoxide Dismutase** increased by 30%
- **Catalase** by 54%

PROTANDIM NRF1

Mitochondria. Mitochondria is in every cell except red blood cells, it is responsible for energy in our body - inflates our lungs, makes our heart beat etc... Bad bacteria, paracetamol, nurofen, free radicals, etc damage our mitochondria. Mitochondria replicate themselves, so if dysfunctional, they become more and more damaged over time. Mitochondria is also directly linked to Melatonin. All cells with healthy mitochondria have the capacity to produce melatonin. Melatonin protects mitochondria by scavenging Free Radicals.

Melatonin is another mighty antioxidant, it is a hormone that your brain produces in response to darkness. It helps with the timing of your circadian rhythms (24-hour internal clock) and with sleep. However when the Mitochondria is damaged it will also impair Melatonin.

Protandim Nrf1 Reactivates mitochondria and cleans out all the junk, so it can start to heal and regenerate. Supports Energy, motivation, focus and brain function.

Click [here](#) to watch Doctor explain in more detail - 19 Minute Video

The ingredients of Protandim Nrf1 are Acetyl L-Carnitine, Quercetin, Alpha-Lipoic Acid, Grape Extract, Coenzyme Q10.

Acetyl L-Carnitine is an amino acid naturally produced in the body and, combined with alpha lipoic acid, boosts mitochondria production, supports healthy cellular aging, and protects against normal oxidation of RNA and mitochondria.

Quercetin is a polyphenol that helps to protect the mitochondria and their function—which supports ATP synthesis.

Alpha-Lipoic Acid called ALA, it's made in the body and helps turn glucose into energy that the cell can use and can protect all parts of the cell (including the mitochondria) from free radicals.

Grape Extract contains powerful natural stilbenoids (resveratrol and viniferin) known to support healthy aging by activating the NRF1 protein and other age-related cell-signalling pathways.

Coenzyme Q10 made in the body and plays a key role in ATP production and, combined with alpha lipoic acid, supports cellular energy levels, healthy stress response, and antioxidant defence mechanisms.

VITMAIN A

Vitamin A is a micronutrient that is crucial for maintaining vision, promoting growth and development, and protecting epithelium and mucus integrity in the body.

Vitamin A is known as an anti-inflammation vitamin because of its critical role in enhancing immune function. Vitamin A is involved in the development of the immune system and plays regulatory roles in cellular immune responses and humoral immune processes through the modulation of T helper cells, secretory IgA, and cytokine production. Vitamin A has demonstrated a therapeutic effect in the treatment of various infectious diseases.

QUERCETIN

Quercetin has been shown to have antiviral effects against both RNA (eg. influenza and coronavirus) and DNA viruses (eg. herpesvirus). Quercetin has multiple roles as an antioxidant and anti-inflammatory, plus it has beneficial role in assisting the body with post-viral healing.

Service Offerings

Explore our services here