

# Natural Health Improvement Center

4466 Heritage Ct. SW, Suite D • Grandville, MI 49418 • Phone: 616.301.0808 • Fax: 616.301.7887

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## **Immune Boosting for Illness Prevention**

### **For Adults or anyone 100 lbs or more in body weight:**

Bio C Plus 500mg, 2 twice per day or C-1,000mg 1 bid

D3-5 (Vitamin D - 5,000IU), 1 daily

BioAeMulsion Vit A drops, 1 drop twice per day (that is 4,000 iu per day)

PLUS AN IMMUNE BOOSTER OF CHOICE (see below)

Zinc 20 mg – 1-2 per day is also an option and recommended by many holistic doctors because of its known anti-infective and immune boosting properties.

### **THE FOLLOWING ARE ALL IMMUNE BOOSTERS available at the NHIC, which help your body fight off foreign invaders and modulate immune function:**

- Monolaurin 3/day
- Biocidin (liquid or pills) 2/day or 1 pump per day (double if start getting ill)
- Argentyn 23 hydrosol silver 1 teaspoon twice per day (double if start getting ill)
- ImmunoKinoko750 1 twice per day (double if start getting ill)
- Transfer Factor Multi Immune 1 twice per day (double if start getting ill)
- Immune Defense 1 twice per day (double if start getting ill)
- Congaplex 2 twice per day (double if start getting ill)
- Immuplex 2 twice per day (double if start getting ill)
- Echinacea 1 twice per day (double if start getting ill)
- Lactoferrin 1 twice per day (double if start getting ill)
- Iodine (I-Throid or Iodoral) 1 daily

### **Kids or people who cannot swallow pills (adults: double dose):**

- Imu-Max 1 teaspoon per day (Echinacea) (double if start getting ill)
- Natranix 1 teaspoon per day (Elderberry) (double if start getting ill)

Below are some Immune Booster packages and kid's liquid Immune Booster package recommendations

### **IMMUNE BOOSTER BASIC:**

Bio C Plus, 2 twice per day or C-1,000mg 1 bid

D3-5, 1 daily

BioAeMulsion Vit A drops, 1 drop twice per day (that's 4,000 iu per day)

Monolaurin, 3 daily taken all at once

### **IMMUNE BOOSTER PLUS:**

Bio C Plus, 2 twice per day or C-1,000mg 1 bid

D3-5, 1 daily

BioAeMulsion Vit A drops, 1 drop twice per day (that's 4,000 iu per day)

Argentyn 23, 1 teaspoon twice per day

S:/Patient Handouts/Immune Support Recommendations

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## **IMMUNE BOOSTER SUPREME:**

Lipo C (liposomal = 5 x absorption), 1 teaspoon per day

D3-5, 1 daily

BioAeMulsion Vit A drops, 1 drop twice per day (that is 4,000 iu per day)

ImmunoKinoko OR Transfer Factor Multi Immune, 1 twice per day

For children, or those under 100 lbs in body weight (or those who cannot swallow pills, double the doses of the C, D and A)

## **KID'S liquid IMMUNE BOOSTER:**

Lipo C (liposomal = 5 x absorption) ½ teaspoon per day

BioDMulsion, 1 drop daily (that's 2,000 iu per day)

BioAeMulsion Vit A drops, 1 drop per day (that's 2,000 iu per day)

ImmuMax 1 teaspoon per day (Echinacea)

Natranix 1 teaspoon per day (Elderberry)

## **More information about these amazing natural treatments:**

Why am I recommending Vitamins A, C and D on all these programs?

- Most people have suboptimal vitamin A, C and D levels.
- All of these nutrients have antiviral abilities and are able to support the immune system when it is under viral attack.
- VITAMIN C: If you are not ill, take at least 2,000 mg of vitamin C daily and up to 5,000 mg/day of vitamin C. If you're taking the Liposomal Vitamin C, remember, you are going to absorb about 4-5 times more at the cellular level and it won't cause any gut distress (gas, bloating, diarrhea). In addition, at the first sign of an illness, you can take any form of Vitamin C (ascorbic acid or buffered C) 1,000 mg every hour until diarrhea develops, then back off from the dose that caused the loose stools by about 500 mg per day and that gives you an indication of your daily need. Remember, Liposomal Vitamin C will not cause gut distress, so if you get up to 2,000 mg per day it's like taking 8-10,000 mg of regular vitamin C.
- For vitamin A (real Vitamin A, aka Retinyl Palmitate, not beta carotene), use 4,000-6,000 Units/day if you are not sick (children 2000 iu/day). If you do become ill, take 10,000 Units/day for four days at the first sign of an illness.

**\*NOTE: Pregnant women *cannot* take these high loading doses! I also would not recommend these high loading doses for infants or children.**

- Also, vitamin D is very important for fighting infections. I just reviewed a scientific article summarizing the functions of Vit D and it has amazing mechanisms at the cellular level to turn on the antibacterial and antiviral capacity of white blood cells, in addition to setting in motion anti-inflammatory and antibody producing functions. **Everyone should be on a bare minimum of 2,000 IU of Vitamin D3 daily, although it's actually best to have a blood test and take a dose to get your blood levels up to 50-80 (up to 100 is very safe). If you can't get tested, 2,000 iu per day is always safe, and I would recommend 5,000 iu per day to boost immunity during any global outbreaks like the Coronavirus or flu season.** 2,000 iu per day is actually a safe dose for any age, although in infants, I usually suggest 1,000 iu per day or 2,000 iu every other day. Studies in children 2-10 years old show that 2,000 iu per day is never toxic and has shown reduction in the incidence of juvenile diabetes in this age group. **If you start to get sick, take 50,000 IU of vitamin D3/day for *four days*. Then stay on 5,000 iu/day until you are well.** Studies show that much higher doses (100-200,000 iu per day) *in critically ill patients* (do not take this amount!) is safe and improves long term outcomes. See my video about vitamin D and its many benefits.

S:/Patient Handouts/Immune Support Recommendations

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## **Monolaurin info:**

Monolaurin is an extract made from lauric acid, which is found in coconut milk and breast milk, therefore, it is safe in children and pregnant women as well. Monolaurin is used for preventing and treating colds (the common cold), flu (influenza), swine flu, herpes, shingles, and other infections. This product has been found to have antiviral activity against 14 common viruses.

The supplement has also been found to be useful for keeping in balance both Helicobacter Pylori (the most common cause of stomach ulcers) and candida overgrowth in the gut. Monolaurin has been found to incorporate itself into the cell membrane of gram-positive bacteria and viruses and has the net effect of disturbing the integrity of the cell membranes of these pathogens, blocking replication and making it an easier enemy for your immune system to take care of.

## **Argentyn 23 (Silver hydrosol) info:**

### **Can Argentyn 23 Silver Fight Viruses?**

Yes, Argentyn 23 Silver uses very small nanoparticles that can pierce the very small virus cell membrane, making it an antiviral product.

### **Is Argentyn 23 Silver A Natural Antibiotic?**

Yes, Argentyn 23 silver is a natural antibiotic! In fact, silver is the only metal with antimicrobial properties that is not toxic to humans. Silver has antiviral, antimicrobial, antifungal and antibacterial properties. This hydrosol contains 99.999% pure silver in purified water and contains one of the smallest particle sizes ever used in a colloidal silver product (0.8 nanometers), which speeds the body's rapid absorption of the silver, killing the bacteria faster.

### **What is the benefit of using Argentyn 23 rather than my normal household antibacterial products?**

While most antibiotics and antibacterial indiscriminately kill bacteria, Silver attacks bad pathogens while avoiding damage of the friendly bacteria. It is also available in a variety of forms for easy absorption and/or application, including a spray, gel, nose spray, dropper and dietary supplement. Argentyn 23 does not cause the development of resistance as seen with other antibiotics.

### **How Does Argentyn 23 Silver Have Antibacterial/Antimicrobial Properties?**

The antibacterial and antimicrobial properties of Silver are well established. In fact, many wound dressings, household bandages and medical equipment is made with silver. Argentyn 23 professional grade Silver stops the production of bacteria and disrupts the protein structure and integrity of the bacteria cell. When bacteria comes into contact with silver, the cells cannot survive or reproduce.

## **Another option:**

**If you cannot take some of the other immune boosters noted in these programs, iodine is another option.**

**Iodine is essential to not only fighting off an infection, it is necessary for proper immune system functioning.**

**There is no bacteria, virus, parasite or fungus that is known to be resistant to iodine.**

For immune boosting, I recommend a dose of 12.5 mg per day.

If illness starts, I recommend a dose of 25 mg per day.

Here, at the NHIC, we have two forms of this, tablet form (Iodoral) and capsule form (I-thyroid).

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## **Additional notes:**

To prevent becoming ill and to avoid having a poorly responding immune system, it is vitally important to **eat a healthy diet free of all sources of refined sugar and high fructose corn syrup (HFCS)**. Refined sugar and HFCS has been shown to negatively alter the functioning of the white blood cells for hours after ingestion and in some cases, depending on the amount and the person, days! It's also important to maintain optimal hydration—drink water! Take your body weight in pounds, at least 60 ounces of clean water daily. Dehydration ensures you will be much more likely to suffer serious problems from any infectious process.

Conventional medicine has little to offer to prevent or treat coronavirus and influenza infections. Hopefully, the Coronavirus Outbreak has been a wake-up call for the masses to get their health in order and improved the host (you!!) so it has the ability to fight infections of any kind, and by the way, reduce your chances of cancer and many other diseases, as well as slow down aging. It is time for you to take the initiative and learn what other therapies are out there. Your conventional doctor simply has no truly effective tools in his/her toolkit for this and most doctors are practicing crisis management medicine. What about some real prevention and scientifically proven immune boosting? We've been saying this for decades in the field of functional medicine (aka integrative or holistic medicine).

As a functional medicine practice, the Natural Health Improvement Center can provide you with nutritional IVs when you become ill. Vitamin C, hydrogen peroxide, Ultraviolet Blood Irradiation and Ozone IVs can help anyone suffering from an infection, and for that matter, many chronic or acute illnesses. To find a holistic doctor near you go to:

[www.icimed.com](http://www.icimed.com).

## **References:**

<https://icimed.com/icim-expanded-position-statement-on-2020-coronavirus-covid-19-outbreak-with-references/>

<https://www.argentyn23.com/>

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