

Introduction: This is something I always shared with my patients. This was last updated in 2009, and I can see that more revision is needed because of the problems created by Fukushima. For the most part, this information is nothing new and is common to most folk's understanding of common ills and unpleasantness but it is conveniently compiled in a single paper. Patients: call me if you can't figure out what to do. If it is your child, call me. All non patients - you are directed to call your physician before beginning any self care program. Read disclaimer elsewhere on this site. PADBMD

Self Care Instructions

OR

COMMON SENSE CARE © 1993 - 2011 Rev.-2009

ACTIONS TO TAKE BEFORE CALLING OR SEEING THE DOCTOR

for ALLERGIC REACTIONS ESPECIALLY RASH OR HIVES

If a new or recent medication or supplement is suspect:

YOU SHOULD STOP THE MEDICATION

and use BENEDRYL 25 TO 50 mg each 6 hours for 6 doses, or until you see the doctor.

A colorless liquid is available over the counter (OTC), being 12.5 mg./tsp.

A child of 6 to 12 years might need 1 tsp..

Those older than 12 year would use 2 TSP.

An adult could use 2 to 4 TSP. (25 to 50 mg)

50 mg. would make many an adult sleepy

With 25 mg. one can usually drive and be up and about safely. You can judge. If sleepy, NO.

Use your own judgment at first, then use your experience here.

Our treatment in the office will likely be an IV. Rarely a steroid injection.

CRITICAL NOTE: If you have difficulty breathing, wheezing, swelling throat: go immediately to the closest emergency room.

for WASP, BEE, ETC. STINGS (Hymenoptera)

Put on some ice and steroid cream.

but then go and find someone with a cigarette or quickly buy some snuff. Mix the raw tobacco with water to make a poultice and apply to the sting. Burned coconut husk works well in Hawaii, but is not available here. Charcoal of another type might work. Copper pennies *do not appear* to work .

CRITICAL NOTE: If one has had a really serious reaction before - either asthma, hoarseness, spreading or generalized rash, UNCONTROLLABLE ITCHING - use Epi-Pen (self-injecting epinephrine) and go to the nearest emergency room.

If one starts to react this way with a sting, for the first time, go directly to the nearest doctors office or emergency room.

for WOUND CARE: BURNS, CUTE SCRAPS, SCRATCHES

clean the wound with soap and water. Scrub it if necessary to get out sand dirt, grass, etc.

My old method: Put Sulfasilvadine, Silvadine^{fx} cream on the wound about 1/8 inch thick, with a clean kitchen table knife, and wrap with porous gauze wrap or flats. Repeat the cleaning and cream/wrap each 6 to 8 hours. You must debride (clean) the wound of dead tissue and pus even if it makes it bleed.

My newer method: Have on hand Essential Oil of Lavender, of very high pure, organic quality. Put one drop on a small wound (more if larger) and rub in with a very clean finger tip, 4 x daily. Do not cover. It will help pain, infection, and usually heal without a scar.

for SORE THROAT, SINUS, and NOSE INFECTIONS AND BRONCHITIS

A. Stay decongested: there are herbals and homeopathic for this, but OTC *Sudafed* (a decongestant) will do.

There are decongestants and antihistamines and combos of the two.

Buy liquid, separate types, and plain without coloring if available.

1. the decongestants may keep you awake and ticking faster (and irritable) .

They address the swelling of the tissue that block up the passages.

2. the antihistamines may make you sleepy and sluggish, but will stop the sneezing & wet runny conditions (Benedryl, an example)

Use the least effective dose. If an adult uses 1-2 tsp. on the bottle, try 1.

Go up or down on the next dose to get an effect.

If 1 tsp. did it, try $\frac{3}{4}$ next time.

If 1 tsp. had no effect, try $\frac{1}{2}$ more in 30-40 minutes.

No need to wait 6-8 hours to take a next dose, if the first did not take effect.

B. Use herbals as antibiotics very early on, right from the start.

Most of them are: antibacterial, antiviral, and antifungal.

Most of them have few to any side effects.

1. Goldenseal: use high end of dose, but no longer than 3 weeks
2. Ecchinacea: increases your immune response, may not kill the organism
3. Combo of the two above
4. Olive Leaf Extract
5. Grapefruit see extract
6. Lavender - essential oil - topical only
7. Uva-ursi

C. Use adequate vitamins and minerals every day, but increase these with infection:

1. **Vitamin C:** Up to 8 grams first dose then tapering 1 gram each 2-3 hours until taking 500 mg each 4 hours. through the day. Also, read separate paper on Vitamin C usage.

There is bowel tolerance. If diarrhea occurs, you have reached saturation.

Daily: take 2 to 3 grams and you might not even get infected.

2. **Vitamin A & the B vitamins:** increase by double for a week or dose by the Braun pH chart.
3. **Vitamin D3:** 5000IU, 2 - 3x/day or dose by the Braun pH chart
4. **Zinc Lozenges:** used orally prevent viral adhesion to the oropharyngeal lining. Usual 15 mg. and use each hour, several times.
5. **Manganese:** 15 mg
6. **Selenium:** if taken daily at 200 micrograms twice daily, you have "birth control for viruses"
7. **Iodine:** your drops of SSKI may be increased when you are sick. (see web site on Periodic table under I (iodine), or ask for handout sheet, or dose by the Braun pH chart.
8. **pH:** Keep your urine and saliva within the 6.2 - 6.5 range. Refer to the Braun pH chart.

D. Use oral Ionic Silver with the above: up to 2 weeks. See separate paper.

E. if nothing is working, see your doctor.

With the above, you expect improvement and not continued worsening in the first 24 hours.

If not improved, change your approach.

Likewise, when used in time, prescription antibiotics start to work in 24-36 hours, so that you can tell they are helping. If not, reconsider their appropriateness.

for FEVER OF INFECTION TWO QUESTIONS, OR THREE

1. DO we attempt to control the fever (The fever may be therapeutic, but there is a fine line between therapeutic and too much.)
Yes. Many cells of the body go dysfunctional when temperature exceeds 100.°F.
(e.g. odontoblasts that lay on enamel and repair it on the teeth: some white blood cells, fibroblasts, that heal wound, and repair joints, etc.)
2. Do we use Aspirin (ASA) or Acetaminophen (Tylenol) or the NSAID's, Ibuprofen etc.. ?
3. Generally use Tylenol, except in severe liver illness (hepatitis)
Never use ASA if there is a virus!
Never use any combination of Tylenol and Aspirin!
I never use the NSAID's, as it is hepto-renal and gastro toxic.
4. Judging the degrees to treat:

- 99^o-100^o - no treatment
- 101^o-102^o - Tylenol
- 102^o-103^o - Tylenol and tepid bath
- 103^o + - Tylenol, tepid bath, and see the doctor.

4. Could we use Feverfew, the herb? Yes, and some homeopathics. Study your texts.

for REPAIR OF SOFT-TISSUE INJURY - CONNECTIVE TISSUE REPAIR :

acute disc and ligament strain, or sprain and tendon strain, or sprain

A. For any musculo-skeletal injury, (muscle or bone) twist, strain, sprain, or break:
do this for the first 24 hours

- a. Elevate injured part above heart level
- b. Immobilize with wrapping bandage to keep in normal relaxed position and disallow joint motion.
Use a sling if the shoulder, arm, or hand are injured. Make a sling from an old bed sheet or towel.
- c. Ice: day and night, for 24 hours. Do not start heat too early.
- d. After the first 24 hours, begin alternate ice and heat, 15 minutes each, each 3-4 hours while awake in daytime. At least 3x daily to have any effect.
- e. Moist heat is better. Get a waterproof electric heating pad, wrap the part in a hot towel and add the pad, securing with an Ace elastic wrap, if necessary.

B. Same day begin this 8 week protocol **of oral nutritional supplements**

- 1. **Collagenics** tabs (Metagenics Brand) for **8 weeks**: 1, 3 x daily.
- 2. **Collagenics Intensive Care** tabs (Metagenics Brand) for **3 weeks**: 2, 3 x daily
when done with Collagenics Intensive Care, use
- 3. **Glucosamine Sulfate** tabs (several brands) for the remaining **5 weeks** 1, 3 x daily.

C. After pain and swelling subside, which may take 1/2 day to 1 week - begin

- 1. **Moist Heat** - 15 minutes, 4 x daily. Hot soaks are beneficial.
- 2. **Exercise**: limited range of motion to tolerance. If it hurts, move it just to the point of feeling the hurt.
Do not allow it to cause pain! Next day, move it a little more.

D. for Disc injury, osteoarthritis:

- 1. Rebound **exercise** 30 per day working up to 1 hour per day then other exercise as able, like walking,
- 2. **Chiropractic care** for negative pressure in degenerative areas to pump nutrients into the disc spaces and joint fluids. This is not exactly self-care: you may consider it a referral.
- 3. **Oral supplements**
 - 1. Collagenics as above
 - 2. Collagenics Intensive Care for 2 weeks, at least.
- 4. After pain and swelling subside, which may take 1/2 day to 1 week - begin
Exercise: limited range of motion to tolerance progressing to walking etc.
- 5. If the above is not helping, consider that a series of Colchicine IVs will often help a disc to heal.
This is an office procedure.

for STOMACH AND BOWEL DISTRESS CRAMPS, VOMITING, DIARRHEA

(if present frequently, come in for a discussion and lab work.)

For occasional, or, on a sudden, basis do this before you visit the doctor:

A. ANTINAUSEANT SUPPOSITORIES: Use your family supply of antinauseant suppositories
e.g., Phenergan, or Tigan.

(Examples of a prescription to keep in the refrigerator and every family should have it. I will prescribe it for your family.)

You are allowed to vomit once: then get it under control! It is not beneficial to "get it out of your system", it is already in the circulation and not still in the bowel.

- 1. Kids need 12.5 to 25 mg. of Phenergan

Adults about 25 mg..

2. **warning:** do NOT use if there is a fever (over 102) and rash together, WITHOUT calling.
do NOT use with Benedryl as above for a rash that is also present, or if sleepy ALREADY.
3. Reuse each 4 to 6 hours (just before nausea might recur) for up to 3-4 doses, for up to 24 hours if needed to control nausea, After 6-8 hours of this, you might want to see the doctor!

B. IMMODIUM CAPS OR LIQUID, O.T.C. or RX LOMOTIL for bowel cramps and diarrhea

1. BEGIN 20 MIN. *AFTER THE NAUSEA IS BETTER.* Oral meds may not stay down if you are nauseated, so use suppositories to control nausea first, then the Immodium or Lomotil it WILL HELP THE DIARRHEA / CRAMPS SUBSIDE.
- 2 Dose as on the bottle:
E.g. adults: 2 caps at first. Then 1 each 6 hours, if diarrhea/cramps persist.

C. PEPTO BISMOL is usually helpful. *CONTAINS ASPIRIN. Bismuth turns stools black.*

Tablets: to use only if going to Mexico, to carry with you as they do not have Pepto B. in Mexico, or if the liquid nauseates you.

Use as on the label. *Read every word.*

NOTE: SF 743 capsules (we have) are better for long term use.

D. Do *not* use Kaopectate, clays, and such.

E. Do not eat solids until symptoms are under control: under control means - diarrhea better, nausea less.

F. **FLUIDS:** After nausea is controlled begin to give about ½ cup each 20-30 minutes for an adult:
¼ to ½ cup for children.

This is to ensure voiding (urination) *each 1 hour, at least.* We do mean plenty of fluids!

In short, we are forcing fluids for a while to keep you out of the IV chair.

G. CLEAR FLUIDS (can you see through them?)

No milk products, fats, oils, no roughage, no bulk raw vegetables, no fruit except banana
Dilute sweet juices with ½ distilled water. Sprite and 7-up (sickness is the only time to use them) will need the bubbles stirred out. Gatorade, etc. is fine.
See list at the end of these papers.

H. Use Aloe vera juice: 1/4 cup each 4 hours while awake.

I. If still suffering vomiting or diarrhea: come to the office for identification of the problem and probable IV therapy, or **go to the E.R.** if we are not in the office.

for BURNING STOMACH PAINS: ULCER OR GASTRITIS.

1. Cabbage juice will heal ulcers. *Helicobacter pylori is killed by cabbage juice; we are trying kale & mustards!*

Quarter a small head of green cabbage each day.

Grind it up in your juicer or blender, and get cabbage water.

Strain it off

Drink 1/4 cup, 4 x daily, after meals (10-20 min after)
for 2 to 6 weeks.

That takes about 14 to 84 heads of cabbage. Why the variation? Mostly noncompliance!

It kills Helicobacter, and soothes.

Doesn't taste good.

Chase it with a little distilled water.

Swish and spit water out a few times,

then drink 1/4 cup water, in 20 minutes. Do not dilute the cabbage juice.

2. USE PEPTO BISMOL (LIQUID) at first, and then go to capsules of **SF 734:** 2 caps, 3 x day.

Use the whole bottle: more if necessary.

With both PeptoB and SF734 stools may become black. That is OK. You may also get constipated.

- 3. USE BUFFERED DIGESTANT**, to help digest (instead of fighting the acid problem)
use 1-2 during each meal. Continue that for 3-4 months. Then switch to digestant with HCl.

- 4. DRINK ALOE VERA GEL**: 1/4 cup between meals, 4 x daily.

- 5. Stop smoking, alcohol and caffeine.** This is mandatory for any gi (stomach/intestinal) condition

- 6. Sometimes if there is no improvement, a prescription of Metronidazole** (generic for Flagyl, etc.) is prescribed for *Helicobacter pylori* : 250 mg prescription caps, 4 x daily, with meals and h.s. (bedtime)
NO ALCOHOL while taking this. Absolutely!
You should come in for instruction, if # 1-5 above have not helped.

for **REESTABLISHING NORMAL FLORA - THERE IS ALSO A 2 PAGE HANDOUT ON THIS
(CRITICAL AFTER ANY ANTIBIOTIC FOR ANY REASON)**

- A.** The flora in the bowel should be primarily bifidobacter, along with the familiar lactobacillus acidophilus, and several others.

- B.** With any antibiotic treatment you **kill off the good ones you may have had.** They are absolutely vital because :

1. they finish digesting your food into the lowest common denominator, i.e., simple fats, simple sugars, and amino acids.

2) make the short chain fatty acids that actually feed your own colon cells (see below)

- C. replacing the flora (friendly bacteria) - my strategies are still developing - improving)**

1. Trenev Trio: 2 x between meals (go through one bottle of this)

+

Proflora: 1 dropperful 3 x day

2. Bifidobacter: (Bifidofactor powder, a brand name) 1/2 tsp. in room temp water 3 x a day between meals

+

Proflora: 1 dropperful 3 x day

3. (then repeat # 1, 2, over and over for at least 3 months total)

4. Other Lactobacilli brands : and bacillus subtilis, etc. Bulgarius, normal bowel yeasts, etc are used.

NOTE: some brands are better than others.

- D. After the bacterial infection is gone, you may be left with yeast.** Use one of these as prevention.
we have both here and also found at health food stores.

1. **Tanalbit** 1 bottles, in 1 week , 4, 4 X DAILY 16 each day)

2. **Uva-Ursi** 2, 3 x daily, about 40 days.

NOTE ON THE IMPORTANCE OF POTASSIUM:

With vomiting and/or diarrhea, one loses body potassium, causing weakness. That particular element needs to be replaced, or one can't recover: thus read the list at the end of the following chart.

for FOODS, OR DIET AND FLUIDS, following gastroenteritis:

YES	NO
1 cup yogurt (not frozen) or Buttermilk every 4-6 hours Ginger ale, 7-Up, Sprite (stir bubbles out) Apple Juice, grape juice: dilute with water Weak Herbal Tea (no cream) Clear broth and soups, bouillon Gatorade, sports drinks Nectars, Hawaiian Punch, etc. Chicken (lean, no skin), boiled or baked Rice, especially brown (no butter) Boiled/Poached Egg (no butter) Mashed potatoes and sweet potato Jell-O, unjelled, iced, or jelled Bananas (Potassium)* Watermelon* Paprika**: sprinkle on all Tylenol (acetaminophen), if needed Potassium tablets (3-4 in 12 hours) Ginger capsules (for nausea) Pepto Bismol Liquid or SF 734 (bismuth)	Stimulants: caffeine Coffee, Colas, Chocolate Strong black Tea Butter, Margarine, Fats, Oils, Cream Nothing fried Pork, Ham, Fatty Beef Skin, Sauce, gravy Roughage, Bulk Cereal, Bran, Whole Grain Breads Raw Vegetables or Bulky Vegetables Fruits (i.e. bulk), of laxative quality Alcohol Aspirin Spices Acids Kaopectate

While Bananas are touted as a rich source of potassium, the potato actually is richer in potassium content. One large baked potato contains 844 mg of potassium, compared to 451 for one medium banana. One-half cantaloupe comes in second with 825 mg, followed by 8 ounces of prune juice (706 mg.); one half avocado (602 mg); one medium slice of watermelon (559 mg); one half cup raisins (545 mg); ten medium dates (541); eight ounces of tomato juice (536 mg); four medium apricots (482 mg); eight ounces of orange juice (473mg.)

for VITAMIN C USAGE IN ACUTE ILLNESS (especially VIRAL)

OBTAIN A small jar¹ OR CAN OF POWDER OR CRYSTALLINE VITAMIN C ASCORBATE, FROM YOUR LOCAL HEALTH FOOD STORE, OR DOCTOR. ¼ tsp. = 1000 mg.

USE ACCORDING TO THIS SCHEDULE:

- ¼ tsp. each 15 minutes x 3 doses
- ¼ tsp. each 30 minutes x 3 doses
- ¼ tsp. each 1 hour x 3 doses
- ¼ tsp. each 2 hours x 3 doses
- ¼ tsp. each 3 hours x 3 doses
- ¼ tsp. each 4 hours x 3 doses.

MAINTENANCE DOSE: ¼ tsp. 4 x daily.

If you develop diarrhea, skip your next dose. It does not mean you cannot tolerate Vitamin C: only that you have absorbed as much right now as you can. Rinse your teeth well with clear water after each dose.

Conversely, (this is what I personally do after I have to make a trip to The Big City, or elsewhere) you may take 6 grams at once as soon as you feel you are getting sick; 5-6 grams in 3 to 4 hours, and taper downward as you get well. The sicker you are, the more you tolerate!

INFLUENZA (FLU, COLD, URI) PROTOCOL

¹ If you get too great an amount, it will oxidize before you use it up. If it's brown, it's oxidized.

These nutritional protocols are based on clinical experience and a review of the nutritional literature.

1. **IN OFFICE: IV Vitamin C**, 50-75 grams ascorbic acid in 500 cc sterile water over two-three hours Oxidative as appropriate. It may take 150 mg/day, i.e. 2-3 bottles, meaning 3-6 hours.
2. **Oral vitamin C** as the ascorbate (not ascorbic acid) form to bowel tolerance : see page on dosage instructions.
3. **Zinc gluconate lozenges** every two hours, 15-23 mg 4-6 times per day, short term only but not for more than one week as the immune system may be depressed.

This must be *on the oral mucous membranes* to have the effect of blocking viral attachment.
Do not chew and swallow. Let it dissolve.

4. **Echinacea, astragalus, and goldenseal:** herbs which boost the immune system, the extracts of which can be purchased at the health food store. Use in tablet form is an alternative
NOTES: (1) take echinacea only when you have symptoms.
(2) **ONLY** use goldenseal for 10-12 days. Remain off for 3 weeks before using again.
5. **Vitamin A** 100 - 150 thousand IU daily for 3-5 days only, then taper to 25-30 thousand
6. **L-Arginine** 6000 mg. per day *The Ulster Med J* Oct. 1994;63(2):193-200 (not if you have cancer)
7. **Elderberry elixers**, etc. (probably newest and of great effectiveness; though I have heard of failures)
8. **Juice Therapy:** Cranberry, kumquat, lime, raspberry
Encyclopedia of Healing Juices by John Heinerman — for methods of preparation, see this book.

NATURAL TREATMENTS FOR COLD, COUGH, FLU

9. HOT CAYENNE:

daily to prevent cold type symptoms. Either seasonally or year round.

Adults: take 3 or more drops 3 x daily or more often in 2 oz water.

Children: begin with 1 drop, 3 x daily in 2 oz. water and work up to 3 drops if desired.

10. LOBELIA: cough suppressant, reducing cold and fever symptoms. Beneficial in bronchitis, flu, viral infection.

ONLY when symptomatic, and not on ongoing basis.

Adults: 1-3 drops in 2 oz water 3 x daily, and no more.

Children: begin with 12 drop 3 x daily and work up to 3 drops if needed. Limit is 3 x daily and only when ill.

IF THERE IS AN EPIDEMIC OF SERIOUS PROPORTION E.G. SMALL POX, SARS, WEST NILE, AND SO FORTH

read the next page, but call the office for the latest protocol

ADDENDUM FOR WEST NILE VIRUS, Swine flu, etc.

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1. Have Doctor give you 50-75-100 gm Vit C IV's daily, until your crisis is over. This may require from 6 to 9 hours for 3-4 consecutive days.
2. Add Monolaurin (Luricidin) caps: take 3 each 4 hours while awake.
3. Ask your doctor for two Rx, fill and hold until needed:

- (1) Rx Amantadine (Symmetrel) 100 mg caps. Use 1 q 12 hours. (50 mg liquid 2 x daily for kids
It works for Influenza A virus, sometimes for perhaps for some others.
Warning: Makes wart virus grow!
 - (2) Rx Zovirax 400 mg caps. Use up to 4 daily. (There is liquid for kids).
This works for Herpes type viruses such as oral and genital Herpes, Shingles, Chicken pox, and
Mononucleosis (EBV), Cytomegalo virus (CMV), and maybe others. (Small pox? unknown)
4. Vitamins A: 50,000-150,000 IU daily, divided doses.
 5. Vit E: 400 IU 2-3 x daily
 6. Vit D: 5,000-50,000 IU daily. You must know your pH to use this properly. You will probably be VERY acid.
If not, call me. check your pH each 2 hours and take a full dose of calciums and the Vit D according to
chart
 7. Calcium Citrate: 1200 mg daily: IF you have learned pH, see the pH chart and use the columns to
determine all the types of calciums and their dosages. Even take the pH during the night if you are really sick!
 8. Selenium: 200 mcgm 4 x daily
 9. Beta carotene : 50,000 IU daily
 10. Ionic silver: 1 tsp 4 x daily, at first sign of illness
 11. B complex caps: 75 mg per type 2 x daily
 12. Olive Leaf Extract caps: 500 mg 3 x daily (some have great response with this. I have not)
 13. Chew apricot kernals (pits, from inside the seed case): 20/day. Keep in the freezer and count # out each
AM
 14. Thymus extract (frozen, Nat-cell Brand or other) 1 vial every other day until crisis is over, or 1 envelope
powder.
 15. Adrenal extract (liquid or dried in caps): 1, 2 x daily during illness: 1 daily for 1 wk: then every other day 3
weeks.

**ADDENDUM to COMMON SENSE CARE
FOR
NEW VIRUSES.
WEST NILE, SARS, Bird Flu, EBOLA, HEMORRHAGE FEVERS, ETC. © 2003-9 PATRICIA A.D. BRAUN, M.D.**

These nutritional protocols are based on clinical experience and a review of the nutritional literature.

IV or oral prescription antibiotics may be used, along with Vitamin C -- IV; *the IV C increases the intracellular delivery, acting like a sugar to tease the cell into opening receptor sites.*

NOTE: DO NOT GET THE VACCINE OFFERED! In fact, do not get any future vaccines for any purpose !
Read the articles if attached.

1. Have your Doctor give you 50-75-150 gm Vit C IV's daily, until your crisis is over. This may require from
6 to 9 hours for 3-4 consecutive days.

IN DR. B's OFFICE: IV Vitamin C, 50 grams ascorbic acid over two-three hours
Oxidative IV's as appropriate.

2. Other IVs : Read the literature attached if provided

- 3 Add Monolaurin (Luricidin) caps: take 3 each 4 hours while awake.
4. Ask your doctor for two Rx, fill and hold until needed:
 - (1) Rx Amantadine (Symmetrel) 100 mg caps. Use 1 q 12 hours. (50 mg liquid 2 x daily for kids
It works for Influenza A virus, sometimes for perhaps for some others.
Warning: Makes wart virus grow if you have it already!
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This works for Herpes type viruses such as oral and genital Herpes, Shingles, Chicken pox,
and Mononucleosis (EBV), Cytomegalo virus (CMV), and maybe others.
(Small pox? Unknown)
NOTE: We Have on hand a limited quantity of *antiviral prescription* medication.. It *may or may not*
be effective. Ask our current experience with such.
5. Vitamins A: 50,000-150,000 IU daily, divided doses.
- 6 Vit E: 400 IU 2-3 x daily (800-2400mg more like it)
7. Vit D: 5,000-50,000 IU daily. You must know your pH to use this properly. You will probably be VERY acid. If not, call me. check your pH each 2 hours and take a full dose of calciums and the Vit D according to the calcium/pH chart
8. Oral vitamin C as the ascorbate form to bowel tolerance : see page on dosage instructions.
9. Calcium Citrate: 1200 mg daily: IF you have learned pH, see the pH chart and use the columns to determine all the types of calciums and their dosages. Cal II is stronger and liquid Lime-stone water is even better. Even take the pH during the night if you are really sick!
10. Selenium: 200 mcgm 4 x daily (Selenium is a "*birth-control pill*" for virus)
11. Zinc gluconate lozenges every two hours, 15-23 mg 4-6 times per day, short term only but not for more than one week as the immune system may be depressed
This must be on the oral mucous membranes to have the effect of blocking viral attachment. (lozenges to hold in the throat, early one, are effective). Later use 30-90 mg daily
12. Beta carotene : 50,000 IU daily
13. Ionic silver: 1 tsp 4 x daily, at first sign of illness, or spray the back of the throat via an atomizer filled with the ionic silver.
14. B complex caps: 75 mg- 100mg per type, 2 x daily
15. Olive Leaf Extract caps: 500 mg 3 x daily (some have great response with this. I have not)
16. Chew apricot kernels (pits, from inside the hard seed case): 20/day. Keep in the freezer and count # out each AM. You can buy these at health food stores, but they may need to order them special for you.
17. Thymus extract (frozen, Nat-cell Brand or other) Take 1 vial every other day until crisis is over, or 1 envelope powder, holding either under the tongue until totally absorbed; or caps, tablets, etc.
18. Adrenal extract (liquid or dried in caps): 1, 2 x daily during illness: take 1 daily for 1 wk: then every other day 3 weeks.
19. Mushroom extracts or capsules.

20. Echinacea, astragalus, and goldenseal: herbs which boost the immune system, the extracts of which can be purchased at the health food store. Use in tablet form is an alternative
NOTES: (1) take echinacea only when you have symptoms.
(2) ONLY use goldenseal for 10-12 days. Remain off for 3 weeks before using again.
21. L-Arginine 6000 mg. per day *The Ulster Med J* Oct. 1994;63(2):193-200 (not if you have cancer)
22. Elderberry elixers, etc. (probably newest and of great effectiveness)
23. Juice Therapy: Cranberry, kumquat, lime, raspberry, grape - *Encyclopedia of Healing Juices* by John Heinerman — for methods of preparation, see this book.
24. Remember ESSENTIAL OILS are proven as effective as antibiotics:
 - a. Oil of oregano is antibacterial antiviral, antifungal and is an anti-inflammatory. Dr. Braun uses ADP tabs from Biotics Research
 - b. Hot Cayenne: put powder into capsules: take 6-8 daily *to prevent* cold type symptoms. Either seasonally or year round or use liquid drops (as in Tabasco sauce)
Adults: take 3 or more drops 3 x daily or more often in 2 oz water.
Children: begin with 1 drop, 3 x daily in 2 oz. water and work up to 3 drops if desired.
 - c. Lobelia: cough suppressant, reducing cold and fever symptoms for bronchitis, flu, viral infection.
ONLY when symptomatic, and not on ongoing basis.
Adults: 1-3 drops in 2 oz water 3 x daily, and no more.
Children: begin with 12 drop 3 x daily and work up to 3 drops if needed. Limit is 3 x daily and only when ill.