COMMON SENSE LIFESTYLE MEASURES

• Frequent hand washing
• Sufficient sleep
• Eat to regulate blood sugar
• Adequate exercise—avoid overtraining
• Stress management
• Parasympathetic nervous system support with peripheral nerve stimulating treatments

VITAMIN D
Crucial for a well-regulated immune system. Do not assume, have your 25-OH Vitamin D level tested.

COLD & FLU PREVENTION

**Silvercillin:** 2 teaspoons, 2x/day. *(This is not colloidal silver.)* For treatment of an established cold or flu with Silvercillin contact us.

**Black Seed:** take 2 capsules, 2x/day with meals of this pure cold-pressed *Nigella sativa* oil.

**Guna-Flu:** Fever, headache, minor aches and pains. **Prevention:** 1 tube per day for 1 week, then 1 tube per week. **Treatment:** 1 tube every 6 hours, 3x/day (6 years or over).

**Immune Essentials:** naturally derived beta 1,3/1,6 glucan that stimulates production of the defensive antibody sIgA plus standardized olive leaf extract which has antimicrobial properties. Take three caps with water on an empty stomach, short term in the midst of contagion.

**Flu vaccination:** worthwhile for most?

AGGRESSIVE THERAPY

**Viragraphis:** 2-4 caps, 3-6x/day. *(Pharmaceutical grade Andrographis-Isatis+Licorice formula. Contact us before using this.)*

**Immunotix 500:** 1 cap, 2x/day, apart from meals with a glass of water. *(Potent stimulator or Immunoglobulin A. Contact us before using this.)*
**ADDITIONAL SUPPORT**

**Citomix**: additional immune support when resistance is low. 12 years to adult: 5 pellets 3x/day. 6-12 years old: 3 pellets 3x/day. Under 6 years: 1 pellet 3x/day dissolved in a little water.

**Guna-Virus**: upper respiratory congestion, sore throat. 12 years to adult: 5 pellets 3x/day. 6-12 years: 3 pellets 3x/day. Under 6 years: 1 pellet 3x/day dissolved in a little water.

**Virasara**: bio-typed essential oils with antiviral, antibacterial and antifungal properties. 1 to 3 caps per day (in divided doses).

**Pure Defense w/NAC**: 2 capsules, 2x/day apart from meals. Immune non-polar, increases production of sIgA. Particularly for respiratory infections.

*Numerous other remedies are available that depend on individual indications*. Contact Lapis Light if you are one of our patients and need help with a more complex or persistent condition.

- **Antibiotics for clinically diagnosed acute rhinosinusitis in adults**
- **Inappropriate Antibiotic Use Still High**
- **American Academy of Pediatrics guidelines for acute bacterial sinusitis**
- **A physiologically based pharmacokinetic model for ionic silver and silver nanoparticles**
- **Silver Enhances Antibiotic Activity Against Gram-Negative Bacteria**
- **Particle-Cell Contact Enhances Antibacterial Activity of Silver Nanoparticles**
- **Antimicrobial activity of stable silver nanoparticles of a certain size**
- **Nanosilver: Weighing the Risks and Benefits**
- **Novel microfilaricidal activity of nanosilver**
- **Effectiveness, safety and cost-effectiveness of homeopathy in general practice - summarized health technology assessment.** [Swiss government report.]
- **Homeopathic medicine for acute cough in upper respiratory tract infections and acute bronchitis: A randomized, double-blind, placebo-controlled trial**