



LAPIS LIGHT COLD & FLU SELF-HELP 2016-17

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 vagal 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.

MyCommunity Comprehensive Immune Support: take 2 capsules, 1x/day for prevention; 2-3x/day with exposure.

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).

ClearLung: very effective formula from Wei Labs for treatment of lower respiratory infections; 2 caps, 3x/day. (Complicated or persistent conditions require consultation and further support.)

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

ProbioMax ENT: a chewable probiotic for ear, nose and throat resistance to opportunistic infections. 1 tablet per day before bed for prevention, up to 5 tablets per day for treatment.

Black Seed: take 2 capsules, 2x/day with meals of this pure cold-pressed [Nigella sativa](#) oil.

[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.

Guna-Sinus Nose Spray: low dose cytokine therapy for upper respiratory infections; 2 sprays in each nostril, 3-4x/day.

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](#)