

# Viral Infections Protocol

The common medical narrative follows that viruses are pathogens however this is a debated subject. It is thought by some that some viruses are important for our genetic diversity and upgrading the human genome. They may stimulate the body's natural immune and detoxification response, in some people (who are not already immuno-compromised) and this may have a positive impact on the body by clearing away toxins, stuck energy and activating the immune system .

This protocol is for those who want to either prevent a viral infection, or who want to support the body as it experiences a viral response.

All of the suggestions below can be used as preventative measures as well as in treating an infection.

The suggestions on this protocol do not constitute medical advice and it is advisable that you contact your doctor to seek guidance on the use of these interventions, especially if you are pregnant, having medical treatment, or are immuno-compromised.

You must also check for any interactions with medications you are taking or medical treatments you are undergoing.

## Nutrition

- Eat nutrient dense whole foods rather than packaged or processed foods.
- Eat a rainbow of fruits & vegetables that are full of phytonutrients and antioxidants (all the good stuff you want to fight off to support your process!)
- Get in plenty of detoxifying foods such as dark leafy greens, cruciferous vegetables (broccoli, cauliflower, Brussels Sprouts, kale), herbs (like moringa, peppermint, coriander, parsley, rosemary ginger, dandelion, milk thistle, mugwort) and dark fruits such as blueberries and blackberries. This helps cleanse the body and fluids.
- Eliminate refined carbohydrates, alcohol, sugar (all raises blood sugar levels), dairy, meat (both may contain growth hormones and toxins), yeast and anything else that may activate the immune system and/or cause digestive congestion.
- Stimulate digestion to help eliminate toxins by incorporating healthy bacteria probiotics (which also protects the immune system) and having bitter green foods like peppermint, coriander, parsley, thyme, moringa and Mugwort.

- Foods rich in Betacarotene foods which are mostly yellow and orange such as carrots, squash, broccoli, tomatoes, Lettuce, spinach. Betacarotene creates vitamin A which is needed for a strong immune system and fighting off infections.
- Garlic and ginger are potent natural antivirals & antibiotics used for thousands of years.
- Eliminate processed foods/ junk foods which can activate the immune system.
- Drink plenty of fluids - filtered water herbal teas, freshly pressed Juices that will cleanse the body. Drinking tea and coffee does not count!
- Herbal teas to support antiviral activity are Liquorice, Green Tea, Lemon Balm, Ginger, Milk Thistle, Rosemary, Pine Needle Tea.
- Pine needle tea has been shown to have very strong preventative and antiviral benefits.
- Adding in Manuka honey to the diet boosts immune function

## Lifestyle

- Developing good energy hygiene helps support the immune system - ideally one cultivates the energy points, centers and channels of the body through regular practice and therapy.
- Reiki is a great way to boost the immune system and Stimulate cleansing (detoxing).
- Yogic breathwork (pranayama), Chi Gong, Tai Chi and kriya to shift old energy, move toxins, energise and improve vitality.
- Make sure you are getting adequate rest and good sleep to allow the body to heal and recuperate
- Get plenty of fresh air and into nature to absorb negative ions that support the immune system.
- Stimulate detoxification through movement, manual lymphatic drainage, intensive breathwork, nutrition (see above), supplements (see below) and energy work (see above).
- Reduce your workload, stop work or heavy mental or emotional commitments where you can that can stimulate an unnecessary stress or anxiety response, as stress is known to negatively impact the immune system, healing process and recovery time.
- Choose activities, hobbies or schedule therapies that help you reduce stress, regulate your emotional and energy system and bring you into a deeper state of self energy.

- Avoid strong practices, deep tissue massages, runs or any other intense activity that may move too many toxins in the body too quickly as this may be very uncomfortable.
- A gentle, soft, nurturing, nourishing approach to your life at this time is very much needed.
- Listen to music that is healing for the body.
- Avoid intense movies or TV programmes that may unknowingly bring your body to experience stress or anxiety.

## Supplements

It's important to research or find reputable supplement companies such as Biocare and Viridian. The following supplements are suggested, please take the recommended dosage or see below:

- Functional medicinal mushrooms such as Maitake, Shiitake, Reishi, Cordyceps, Chaga, Oyster, Lion's Mane - working on numerous immune and detoxification pathways.
- Glutathione - superior antioxidant and liver detoxifies.
- NAC (N Acetyl Cysteine) - liver detoxifies, boosts Glutathione and regulates the immune system.
- Supergreens powders like Chlorella, Spirulina, Wheatgrass help detoxify the liver and supports immunity.
- Multi Strain Probiotics - boost the microbiome (healthy bacteria in the body) and supports the immune and hormone system.
- Vitamin D3 with K2 regulates the immune system. Dosage below.
- Vitamin C is an antioxidant and supports the immune system in a number of ways. Dosage below.
- Zinc - preserves natural tissue barriers such as the respiratory epithelium, preventing pathogen entry, for a balanced function of the immune system, may reduce viral replication and therefore reduce the severity or length of an infection. Dosage below.
- Vitamin A - plays a critical role in enhancing immune function. Dosage below.
- Methylated multivitamin complex - supports general health, the immune and detoxification systems.
- Quercetin - stimulates the immune system, has antiviral activity, inhibits histamine release (runny nose, mucus production, shortness of breath, inflammation, headaches and other symptoms) and reduces inflammatory responses. Dosage below.

- Melatonin - helps to regulate sleep, detoxifies the liver and is a superior antioxidant.
- Manuka honey and bee pollen - has antiviral functions and boosts the immune system.

Dosage:

Nutrient	Dosage	Timing	Comments
Vitamin A			
Vitamin C	2000mg	4 times per day	
Zinc	30 - 60mg	Once per day	Can be hard on your stomach, so gauge
Melatonin	Always start with a low dose - 500mcg and increase by 500mcg every couple days for sleep.  Viral dose probably between 3-6mg	In the evening, as the sun sets	
Quercetin	500 -1000mg	4 per day	
Vitamin D3	10000iu	4 or 5 x per day - Only for 3-4 weeks then retest or reduce	Vitamin D3 stores build in the body so it's not necessary to keep taking it once your stores are replenished. Testing before you start taking and then after 4 weeks will guide you to adjust your dosage
Vitamin K1 (as phytonadione)	1500 mcg	Once per day	
Vitamin K2 (as menaquinone-4)	1000 mcg	Once per day	
Vitamin K2 (as trans menaquinone-7)	100 mcg	Once per day	

Tinctures

- Mullein - is an expectorant, which means it helps the body expel excess mucus, usually by helping make your coughs more productive, to bring up mucus that may be settling in the chest or in the throat. It is also a demulcent and studies show that demulcents create a soothing anti-inflammatory coating over mucous membranes.
- Elderberry - contains a whole host of immune-boosting antioxidants, including vitamins A, B, and C that can help keep your immune system strong and allow you to better fight off infections.
- Echinacea - is an immunomodulator and increases the number of white blood cells, which fight infections.

### Other Medicines / Products

Ivermectin - follow a protocol suggested by Naturopathic Doctor.

Colloidal Silver nasal & throat spray.

Homeopathic remedies /medicines as guided by a practitioner.

### References & Articles:

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