



Immune Protocol for Preventing

and Prompt Home-Based

Treatments of COVID 19 and

Other Infections

The most important steps for optimizing our immune function are to effectively implement and daily optimize the natural remedies. These remedies include: **sleep, rest, water intake, fresh air, sunlight, moderate exercise, nutrition; avoiding harmful substances** like sugar, refined foods, and substances like nicotine and alcohol that impair immunity; **stress management, forgiveness and trust in God.**

Because community transmission of COVID 19 is now evident in the United States it is prudent for everyone to start **checking your temperature** 1 to 3 times daily. **Get a good thermometer.** A good prognosis with a full recovery is much more likely when the infection is diagnosed early and home isolation self-care management strategies are initiated promptly. The more symptoms progress before intervention is started the greater the risk of developing severe and even critical phases of this disease greatly increasing risk of death.

If you or a family member have a temperature of 100.4 F or greater, immediate isolation at home is critical to prevent spreading a potential viral infection to others but also in order to prevent the infection from progressing and becoming serious or critical - at which point hospitalization becomes necessary. But do not physically go to the hospital before first contacting your primary physician or local urgent care or hospital ER by phone. Once your condition is critical, COVID 19 has as much as a 49% case fatality rate. If natural treatments are initiated promptly while in home bedroom isolation there is a very high rate of complete recovery.

Research indicates that of those infected with COVID 19, 80% either have no problematic symptoms or have mild to moderate disease (much like a bad cold or flu) and recover fully. However, 14% of those infected develop severe disease that requires hospitalization. In severe disease, individuals typically experience one or more symptoms such as: shortness of breath, a bad cough, increased respiratory frequency taking 30 or more breaths per minute, blood oxygen saturation of 93% or less (every family should buy a \$20 **fingertip pulse oximeter for blood oxygen saturation monitoring**). A severe cough and especially a blood oxygen saturation of 93% or lower requires immediate medical attention and/or hospitalization; 6% of those initially infected with COVID 19 will eventually develop critical illness as determined by

respiratory failure (from fluid and pus filling up the grape like alveoli air sacks in the lungs), septic shock, and/or multiple organ dysfunction and possible failure.

The CDC and public health authorities are strongly encouraging us to avoid going to our doctor or hospital if our symptoms have not yet become severe. To date there are no good medical or drug therapies for mild to moderate COVID 19 illness. The natural interventions listed in this document are very effective especially when initiated soon after exposure or the earliest symptoms. Hospital care is restricted to those experiencing severe illness requiring IV fluids, oxygen and physician support; and especially for critical patients requiring treatment in an Intensive Care Unit (ICU) with respirator support.

If infected and especially if symptomatic with any respiratory virus like the flu or the new coronavirus, it is critical to immediately isolate yourself to your bedroom with complete bedrest (it is best to stay in a room that is away from the rest of your family or room mates), drink water frequently to stay well hydrated (enough to maintain clear urine throughout the day); avoid sugar, juices and junk food, and eat only wholesome food with an emphasis on greens and colorful vegetables, whole fruits and soups made of any type of beans or lentils; eat three times daily with at least 4 hours of no food between meals in order to optimize digestion and optimize healing potential; try to sleep and/or rest quietly between meals. Since relapse can occur and reinfections can be more serious the second time, it is strongly recommended that once a person has apparently fully recovered from symptoms, that person should stay isolated with bed rest for at least two more days and in many cases five days in order to give the immune system the necessary time to fully recover and continue producing antibodies needed to destroy the still active viral load.

Recent studies on COVID 19 have shown that the viral levels remain very high for days after an apparent full recovery. This means that the person is still infectious to others during that time and is also at high risk of relapse. Failure to stay isolated with full bed rest may result in needlessly infecting other family members, coworkers or other individuals you come in contact with.

Published studies indicate that infected individuals can transmit the virus to others for

up to 24 days before they have onset of symptoms. For this reason, everyone should seek to follow the universal precautions of frequent hand washing, coughing or sneezing into your folded arm and using disinfectants on commonly touched surfaces like doorknobs, desk and table surfaces etc.... It is also valuable to follow a preventive maintenance protocol in order to keep our immune system optimized in its ability to produce antibodies against the virus and to prevent replication of the virus in infected cells.

In addition, **hydrotherapy** - using hot-cold contrast showers, bathing or fomentations - can powerfully optimize immune function and greatly stimulate antibody production against viral and other form of infection. For more information on these natural remedies for optimizing our immune system, go to YouTube and search for [Wes Youngberg's YouTube channel](#).

The next step in optimizing our immune system to limit risk of illness, including viral respiratory infections, is to incorporate **simple remedies** that include the use of specific nutritional supplements. Listed below are a few of the nutritional and herbal products that could further boost immune support during periods of exposure to infections and as a way to potentially limit the severity of the illness. The following are the nutritional products that are often recommended by Dr. Youngberg for situations like this. These are typically the highest-grade products that are always sold less than the suggested retail price. If these products become unavailable or back ordered because of supply disruptions, you are encouraged to find reasonable alternatives wherever possible.

Vitamin D: Preventive/Maintenance – most need 5,000iu daily. In Fall and Winter many need 10,000iu daily. In the Spring and Summer most need about 5,000iu daily. **If infected** use up to 50,000iu once or twice daily for 3 to 5 days.

[Vitamin D3 drops - Liquid D3](#): At first sign of cold or flu take 1 full dropper or 25 drops (50,000iu) of Vitamin D Liquid. Alternatively, you may use [Bio D Mulsion Forte](#) which is a highly absorbable form of vitamin D3, at first sign of cold or flu take 25 drops (50,000iu). If using 5,000iu capsules, take 10 capsules all at once to equal 50,000iu. Depending on severity of symptoms an adult may take the 50,000iu dose one, two or even three times a day for 3 to 5 days only. This is only for a few days and then

resume the normal daily dose of 4,000 to 10,000iu daily.

*Medical experts have documented that individuals with a cold or flu may take up to 1,000IU of Vitamin D per pound body weight per day (for three days only). This natural supplementation protocol has the potential to significantly promote the activation of genes that stimulate the production of anti-microbial peptides and anti-viral chemotherapeutic compounds thus speeding the healing process. As an example: A 100-pound female notices symptoms of a cold or flu. She could take as much as 50 drops (100,000iu) of vitamin D daily for three days. However, most adults who are experiencing respiratory infections may benefit greatly from taking 25 drops/50,000iu (at 2,000IU per drop) twice daily for three to five days and then resume the maintenance dose. According to the late Dr. Robert Heaney, a world authority on clinical uses of Vitamin D and Professor of Medicine at Creighton University, **Children** should all be taking a minimum of 2,000iu of D3 daily but if infected with symptoms could use 1,000iu per pound body weight daily for three days as a way to further mobilize their immune system while it is under attack.*

Vitamin C: Preventive/Maintenance – most adults benefit from 1,000mg once to three times daily. Dose and frequency should always be increased slowly in order to avoid digestive distress while the body is adjusting. **If infected** the body can absorb much higher doses of Vitamin C without any gastro-intestinal distress. Many find that increasing doses up to bowel tolerance three times daily is helpful to support the immune system.

[Vitality C- Vitamin C and Ribose](#) contains 4,000mg of Vitamin C per scoop along with 2,000mg of Ribose. If high quality forms of vitamin C are not available, use any form that you have access to.

Adults start with $\frac{1}{4}$ scoop several times daily and may gradually increase dose up to full scoop (4,000mg Vit C) mixed with water or mixed in a smoothie three times daily. Start by taking only $\frac{1}{4}$ tsp once daily and increase to three times daily and then gradually increase dose to $\frac{1}{2}$ tsp and then a full tsp each time. This form of Vitamin C is formulated to be pH neutral and is non-acidic thus greatly reducing potential intestinal distress sometimes produced when initiating Vitamin C. Also contain methylated glycine and ribose for metabolism and liver support. Each individual needs to dose to their personal bowel tolerance. Gradually work up to larger doses in order to avoid intestinal upset of watery stool. Some may need to use lower doses than others.

If high grade brands are not available use any form of vitamin C that is available. **Children** can benefit as well by taking doses consistent with their bowel tolerance.

To support your microbiome and thus further optimize the immune system use high quality forms of Probiotics and Prebiotics. Nearly 70% of the body's immune system resides in the intestines (Gut Associated Lymphatic Tissue).

[OrthoBiotic](#) is a multi-strain, high potency probiotic (healthy bacterial flora). Each capsule contains a minimum of 20 Billion Colony Forming Units and eight different strains of healthy bacteria. Take one capsule daily.

[IAG](#) is an Arabinogalactan powder from the American Lark Tree and a very potent immune enhancer and prebiotic (food for the probiotic). **If infected** with a cold or flu or other immune system depression you may take up to 1 TBSP three times daily. **Maintenance dose** is 1 tsp daily with food. Mix with water or small amount of juice. IAG can be used for people of all ages, from infancy to the elderly.

To help kill viruses in your sinuses, lungs, skin, room air and any surface:

[Liquid Iodine Forte \(150mcg/drop\)](#): used as natural antiviral, antifungal and antibiotic. NOTE: as can happen with all foods, rare allergies occur to iodine and up to 1% of individuals have some level of allergy to iodine. When first using iodine put one drop on arm and evaluate after a few minutes for swelling, irritation or other signs of allergy. If none, take one drop on tongue. If no negative symptoms you are unlikely allergic.

To fight systemic or GI infections you may use 5 sprays in mouth and swallow three times a daily and re-evaluate as needed. If infected with a lower respiratory virus, bacteria or fungus you may spray the Liquid Iodine into your mouth and inhale into your lungs (3-5+ sprays three or more times daily). As a preventive or management strategy for sinuses, spray one or two sprits into each nostril 1-3 times daily or as needed to manage risk or symptoms. Iodine not only kills viruses and microbes but it, breaks up mucous congestion and supports the health of the cells lining the sinuses, throat and lungs. May also be use topically by spraying low dose iodine mist on any area of suspected exposure/infection including eyes, skin and or area surface. In 2009, Dr. David Derry, MD, PhD published "Iodine: The Forgotten Weapon Against Influenza Viruses" in the medical journal *Thyroid Science*4(9):R1-5,

2009 www.ThyroidScience.com. Dr. Derry documented that “Iodine was the most effective agent for killing viruses, especially influenza viruses. Aerosol iodine was found to kill viruses in sprayed mists, and solutions of iodine were equally effective. In 1945, Burnet and Stone found that putting iodine on mice snouts prevented the mice from being infected with lethal levels of live influenza virus in mists. They suggested that impregnating masks with iodine would help stop viral spread [ideally spray on the outside of N95 or N99 masks and let dry before use]. They also recommended that medical personnel have iodine-aerosol-treated rooms for examination and treatment of highly infected patients. Oral iodine might also boost body defense mechanisms in the upper oral and respiratory mucus. Conclusion:Iodine incorporated into masks, solutions, aerosols, and oral preparations could help to kill influenza viruses and fight off an H1N1 Pandemic.”

In addition to the more dilute form of iodine in the Liquid Iodine spray, Dr. David Derry recommends taking a 12.5 mg tablet of combined iodine and potassium iodide as found in [Iodizyme-HP](#). If you don't experience negative symptoms when using Liquid Iodine (some are sensitive to the detoxification reactions that occur as the iodine kills bacteria, fungi, parasites, and viruses; and stimulates the removal of toxins from the body) you may further benefit from the combination of iodine (5.0mg) and Potassium Iodide (7.5mg) found in each tablet of [Iodizyme-HP](#) (total iodine/iodide per tablet is 12.5mg which is equal to 12,500 mcg). Start with ½ tablet once daily for two weeks and then increase to one full tab daily. Take with or without food. *Dr. David Derry recommends using one tablet daily as a way to build up iodine levels in the body thus optimizing natural antiviral status in the mucosal tissues, sinuses, throat and lungs. If you are on thyroid medications, work with your family doctor and recheck TSH and thyroid panel after six weeks to see if your thyroid medication dose needs adjustment.* If the concentrated form of iodine/potassium iodide in Iodizyme is unavailable you may use Lugol's 2% solution which contains 2.6mg (2,600mcg) of the combined forms of iodine per drop. This form is not intended for use as a nasal or lung spray as it can be very irritating and can stain clothing. It can be used orally as an option to the tablet.

[ACS 200 spray](#): (a colloidal silver product – used as natural antiviral, antifungal and antibiotic.

To fight internal infections may use 5 sprays in mouth and swallow three times a daily

and re-evaluate as needed. For benefit to lungs may spray and inhale into lungs (5+ sprays three times daily). As a preventive or management strategy for sinuses, spray one or two sprits into each nostril 1-3 times daily or as needed to manage risk or symptoms.

May also use topically on any area of suspected infection including eyes and any skin area. Support natural antimicrobial qualities in skin. Studies show that nanoparticle forms of silver dramatically lower viral titers without negative side effects to normal cells (1). One study using intranasal silver nanoparticle “administration in mice significantly enhanced survival, lower lung viral titer levels, minor pathologic lesions in lung tissue, and remarkable survival advantage after infection with the H3N2 influenza virus (2).”

1. Trefry, J.C.; Wooley, D.P. Silver nanoparticles inhibit vacciniavirus infection by preventing viral entry through a macropinocytosis-dependent mechanism. *J. Biomed. Nanotechnol.* **2013**, *9*, 1624–1635.

2. Xiang, D.X.; Zheng, Y.; et al. Inhibition of A/Human/Hubei/3/2005 (H3N2) influenza virus infection by silver nanoparticles in vitro and in vivo. *Int. J. Nanomed.* **2013**, *8*, 4103–4113.

Purchase [nasal spray bottles with Snoot cap](#) that screws onto the liquid iodine and/or the ACS 200 bottles so that you can spray directly into your sinuses or lungs (by breathing in while spraying it). If someone is infected with any type of respiratory virus, they should have a separate spray bottle and Snoot cap in order to prevent contaminating family members. Most families should have one or two spray bottles that can be used to combine various therapeutic liquid products. Additionally, you can use **nasal spray applicator caps** (not currently in stock) that come without bottles and can be attached to the 2 once Liquid Iodine and/or the ACS 200 colloidal silver bottles.

[Biocidin TS](#) Advanced Formula Throat Spray. Spray 1-3 times in mouth towards back of throat one or more times daily as needed. This a potent immune supporting formula of herbs. If sensitive to new products start with only 1 spray and gradually work up.

[Zinc Lozenges](#) 10mg: *For sore throat, laryngitis, and colds.* Allow Lozenge to dissolve completely in mouth. Do not chew as the immune activation and antiviral activity is best while the Zinc Lozenge remains in the mouth. May take as often as every 2 hours

but do not exceed 10 per day. Do not use for more than 7 days in a row without consulting your doctor.

Eventually you will need to get these from wherever you can. For now, each of the above immune products are available for purchase individually or, as requested by many patients, in one of three Immune Support Kits. These include the Standard, the Basic, or the Sprays Only kits.

The [Immune Support Kit - Standard](#) includes one each of the following 10 products: Liquid D3, Vitality C, Orthobiotic, IAG, Liquid Iodine Forte, Iodizyme-HP, nasal spray bottle with a Snoot cap, Biocidin TS, ACS 200 spray, and Zinc Lozenges.

The [Immune Support Kit - Basic](#) includes one each of the following 5 products: Liquid D3, Vitality C, IAG, Liquid Iodine Forte, and a nasal spray bottle with a Snoot cap.

The [Immune Support Kit – Sprays Only](#) includes one each of the following 4 products: Liquid Iodine Forte, Biocidin TS, ACS 200 spray, and nasal spray bottle with a Snoot cap.

Each of the above kits would typically last about one month for one person who is using it regularly as a preventive or maintenance dose for mild symptoms. If you are ill you may want to use much higher doses as outlined in the above protocol. Each person may wish to get extra of any specific individual product in addition to this kit.

The above simple remedies have a secondary and supportive role to the more foundational natural remedies outlined at the top of this document. Do not neglect the natural remedies as they greatly enhance the functional benefits of these simple remedies.

NOTE: our office staff are understandably extremely busy addressing the clinical concerns of our patients, handling lab orders, phoning patients who are scheduled for consultations and making sure they are getting their orders in the mail. This document is intended to fully address most questions on this topic. Please do not call our office to ask general questions on this topic. You may email us if you have questions and we

will try to address them as time allows. First watch all the videos and study this document as it is very thorough. We will not be able to take orders over the phone. If you wish, you can easily order these and other products by clicking on any of the product names listed above as they are each linked to our website and on-line store.