

# Sequential Immune System Upregulation

Begin by taking INF-Fighter (Order through Dr. Kroupa), 4 droppers in water twice a day. Do this especially if there is a suspected infection such as periapical tooth abscess. If no infection is suspected and this is being done to simply upregulate you can do this for up to 2 weeks.

Once you feel better, or after 2 weeks, you can decrease it to 4 droppers in water once a day. Continue at this level for at least three months.

At the same time begin with 5 [Cataplex AC](#) chewed, 5 [Thymex](#) chewed, and three [Sesama Seed Oil](#) three times a day. This should last for six days.

Also at the same time drink a daily smoothie made with [Whey Pro Complete \(IgG\)](#), eat a [low carb Mediterranean Diet](#), drink lots of water and get plenty of rest/sleep. When the AC, Thymex and SSO are done begin the following regimen:

[Congaplex](#) 90 count 3-3x/day until gone, then  
[Andogaphis](#) 40 count 2-3x/day until gone, then  
[Echinacea Premium](#) 40 count 3-3x/day until gone, then  
[Immuplex](#) 90 count 3-3x/day until gone, then  
[Allerplex](#) 3-3x/day until gone, then  
[Cat's claw](#) 2-3x/day until gone, then  
[Wormwood Complex](#) 1-3x/day

When you are done it is advisable to follow this with a Gut Reconditioning and/or a "Weed [Gut Flora Complex](#), Feed [Vitanox](#) and [ProSynbiotic](#) two hours apart"

