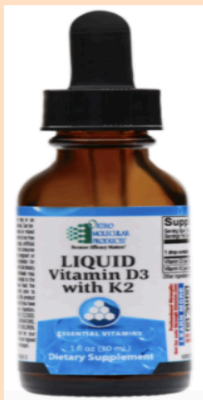


COVID Recommendations

We are all anticipating that this winter it will be particularly challenging to sort out the usual winter illnesses from COVID.

Important: If your child is in any kind of group setting such as preschool or school, and they become ill with a sore throat, cough, cold, fever, diarrhea or conjunctivitis PLEASE call us right away, so we can determine if you need to come to the office for testing. We are fortunate to have in the office a very sensitive machine that can test for Influenza A and B, Strep and RSV. If these tests are negative then we will help you arrange for COVID testing right away.

The basic supplements COVID and all winter illnesses



Liquid Vitamin D3 with K2 by Ortho Molecular – 1000 IU's per drop

As always, Vitamin D is especially important. In the winter in northern California, as everywhere, it's very difficult to get Vitamin D from the sun so we recommend supplementation. From October to March we don't get enough UVB rays to make any Vitamin D. Eating an array of delicious, nourishing foods that lead to a natural balance of vitamin D with its partners, vitamins A and K2, and getting outdoors on a regular basis, even in the winter, are good for our mental and physical health. Our

diets should include a range of pastured animal foods and wild seafoods: egg yolks, butter and cheese, organ meats, whole fish and shellfish, and animal fats such as lard; like us, animals obtain vitamin D from the sun and store it in their bodies and in their fat. The addition of a high-vitamin cod liver oil is highly recommended too.

Vitamin D dosage:

0–6mo 400 iu/day,
6–12mo 800 iu/day,
12mo–2 years 1000 iu/day,
2–12 yrs 2000 iu/day
12 and up 5000 iu/day

Perque Zinc and Throat Guard Lozenges 15mg/lozenge

Zinc has three major effects on immunology. First, it affects cell-mediated immunity; second, it is an antioxidant; and third it works as an anti-inflammatory agent.

Vegetables high in zinc include shiitake mushrooms, green peas, spinach, lima beans, lentil sprouts, asparagus, beet greens, broccoli, okra, and sweet corn.

Zinc dosage:

Kids 10–15mg/day (Equivalent to 1–2 zinc lozenges)
Adults 30mg capsule daily (Must take with food!) or equivalent in lozenges.



At first sign of any illness start Vitamin C

Vitamin C is a water soluble vitamin and is very safe. You know if you're getting too much if the stools become soft. Then it's time to back off.

50–100 mg/lb of body weight/day spread out over the course of the day

20 lbs: 1000–2000mg/d

30 lbs: 1500–3000mg

50 lbs: 2500–5000mg

100 lbs: 5000 – 10,000mg/day

Adults: 8000–10,000 mg/day for adults

Homemade Lemonade (or limeade). **A High Vitamin C Recipe:** For each quart of water add ¼ cup fresh squeezed lemon or lime juice plus ⅛ cup grade B maple syrup (or your favorite sweetener). To this you can add the Sodium Ascorbate powder for a big boost of vitamin C.



NutriBiotic Sodium Ascorbate powder. Gluten free • Made without GMOs

Vitamin C has several beneficial purposes including providing support to the body's immune system. At the first sign of a cold or flu mix some of this powder in juice or homemade lemonade and sip throughout the day. The dose to start with is 100 mg/pound. For example, a 20 pound child can take about 2000 mg/day (~ ½ tsp.) Vitamin C is non-toxic so you really can't take too much. However, it will cause diarrhea if the dose is too high so if this happens just give less.

Sufficient-C – High Dose Lemon Peach Immune-Ade Drink Mix – This great tasting concentrated Vitamin D provides 4000 mg/two scoops. This is a better tasting alternative to Sodium Ascorbate Powder.

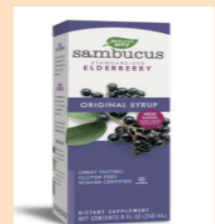


V-clear (Umcka) syrup or tincture : Dr. Sarabnet's favorite for colds in young children and our herbal best-seller. Clinical studies showed this sweet tasting cherry syrup actually reduced the duration and severity of the common cold. Can be taken at the first sign of a cold and continued until symptoms are gone. Most effective if

started early and continued three times a day for 5 days. Dosing instructions are on the box.

Sambucus Elderberry Syrup – Nature's Way Original

The efficacy of elderberry syrup has been proven in clinical trials to boost the immune system and fight influenza. It can be used for coughs, colds, flu, bacterial and viral infections and tonsillitis. People with the flu who took elderberry juice reported less severe symptoms and felt better much faster than those who did not. Take this good tasting syrup at a low dose all winter to prevent illness and increase the dose if an illness does occur. Dosing instructions are on the package for all ages.





Elderberry Syrup by Wise Woman Herbals – This very concentrated high quality elderberry syrup also has echinacea, vitamin C, zinc and osha for broad spectrum immune support. Dosage is 1/4 tsp 1–3 times/day.

Homeopathic Influenzinum 2020–21 will arrive soon!

We are pleased to offer you again homeopathic Influenzinum by Boiron as flu prevention. Over the years we have found this homeopathic medicine to be very effective in preventing influenza. And if you already had a flu shot, Influenzinum will provide an extra layer of prevention. Stop by the office to pick up vials for the whole family.



Fragrant Forest Decongestant Chest Rub – by local herbalist Catherine Abby Rich

We are so happy to again offer you this lovely herbal chest rub, safe and effective for everyone in the family. For congestion and cough rub a bit on the chest, back, behind the neck, on bottoms of the feet and even a little bit under the nose for a good night's sleep. For small babies, under 6 months, apply only to the bottoms of the feet and back.

Quercetin by Pure Encapsulations 500mg/tablet –

Quercetin is a plant pigment with potent antioxidant properties. It's present in many common foods, such as onions, apples, grapes, and berries. The beneficial effects of flavonoids like quercetin come from their ability to function as antioxidants inside your body aiding in reducing inflammation in both infection and allergies. Kids who can swallow tablets take one per day and adults 2 per day



Ten Mushroom Formula by EcoNugenics – Take 1–4 capsules, 3 times daily before meals This product is designed to be taken on an empty stomach, at least 30 minutes before or after food.