



Tried and True Immune Boosters

Lifestyle becomes a predictor of infection outcomes, successful or poor, as it is a determinate of comorbidities which, in turn, predict prognosis of infectious disease. Comorbidities include, but are not limited to obesity, hypertension, and diabetes, and can be created by the drugs used to treat them. Patients with untreated menopause and andropause are also at risk for worse prognosis. Inflammation triggered by various infections is a significant contributor to mortality in people with infections, and unfortunately the Standard American Diet (SAD) is the most inflammatory diet in the world.

A strong immune system starts with well documented, common sense, everyday immune boosters that involve healthy foundational lifestyle tenets: a non inflammatory plant-based diet with nutritional supplementation, plenty of purified water and deep rest, moderate exercise 3 to 5 times per week, purpose and joy in life, and balanced hormones.

For more information on a lifestyle that promotes resiliency and vitality that promotes a strong immune system, as well as the importance of optimal hormone levels, visit lisaeverettandersen.com.

For more information about how hormones affect the immune system, see the article [Hormones in the Immune System](#).

Stellar immune systems are built with the addition of daily supplementation:

Adult:

ODA: 8 daily in divided doses (4 twice daily, etc.)
Body & Vision : 2 twice daily
Flax Oil : 1 Tbsp daily
Vitamin C 1000mg: 2 tablets 2-3 times daily
Vitamin D3 drops: 2-4 drops (enough to maintain avid D3 levels of around 50ng/ml) daily
Melatonin 3mg SL: 1-3 under tongue before bed
Balanced hormones

Children:

ODA Chewable, Body & Vision, Flax Oil, Vitamin C 500mg Chewable, and Vitamin D3 drops.
For Pediatric dosing, call the O'Brien Pharmacy Consulting Group.

Please call O'Brien Pharmacy Consulting Group for customized dosing, or more ideas for other supplements and remedies.

Extra help for prevention to add to everyday immune boosters:

Vitamin A drops: 1 drop daily
Vitamin C 1000mg: Add 1-2 tablets daily
L-Lysine: 1-2 capsules twice daily
Liquid Iodine Plus: 10 drops daily
Melatonin 3mg SL: Add 1 tablet before bed
Flu pellets: as directed for flu prevention (ask a member of our O'Brien Pharmacy Consulting Group for details)

Children can use the same supplements, but please call the O'Brien Pharmacy Consulting Group for dosing.



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Need help with overcoming a virus:

Adults:

Vitamin A drops: 4 drops daily
Vitamin C 1000mg: Add 2-4 tablets daily
L-Lysine: 3-4 capsules 3 times daily
Liquid Iodine Plus: 20 drops daily
Zinc lozenges: 1 lozenge up to 4 times daily
Citricidal Capsules Plus: 3 capsules 3 times daily
Aconite 30c: 5-10 drops every 15 minutes for 4 doses,
then 5-10 drops 3 times daily
Olive Leaf: 3 capsules 3 times daily
Inflamagesic: 3 capsules 2 times daily

Children:

Add more Vitamin A, Vitamin C 500mg Chewable,
Elderberry Syrup, L-Lysine, Iodine and Aconite 30c.

For Pediatric dosing, call the O'Brien Pharmacy
Consulting Group.

Flu; Can add to Need help with overcoming a virus:

Flu pellets: 5 pellets under tongue 3 times daily
Gelsemium 30c: 5-10 drops every 15 minutes for 4 doses, then 5-10 drops 3 times daily
Respiratory formula homeopathy: as labeled

Children can use the same remedies, but please call the O'Brien Pharmacy Consulting Group for dosing.

Help when it seems to be in the chest:

Adults:

Yin Chiao: 4 tablets 3 times daily
Old Indian Wild Cherry Bark Syrup: 1 Tbsp every hour for the 1st day, then 1 Tbsp 4 times daily
Chestal Honey: as labeled
Respiratory formula homeopathy: as labeled

Children can use the same supplements, but please call the O'Brien Pharmacy Consulting Group for dosing.