



## IMMUNE BOOSTING PROTOCOL FOR AIDING CORONA VIRAL INFECTION PREVENTION/RECOVERY

These suggestions are based on products Carpathia practitioners frequently use for:

1. Supporting cell membrane integrity and function
2. Blocking viral entrance and replication, and
3. Supporting immune system balance, particularly boosting the innate immune system and decreasing Th1/Th2 inflammation to help with prevention and recovery from viral illnesses.

See the [Covid 19 Immune Boosting Strategy webinar](#) for in depth details on understanding the immune response in this and other viral illnesses. Please check with your own physician or functional medicine practitioner for modifications or contraindications or substitutes. Discounted supplies available for next month on [Fullscript](#) or by going through direct links to those products listed below not on Fullscript. [Purchase supplements on Fullscripts here.](#)

### Are You at Risk?

Persons with compromised cell membranes, especially in lungs, gut and cardiovascular system are more susceptible to severe consequences of virus infection. How do you know your cell membranes are compromised or damaged? If you have any one of the following conditions, they involve impaired or damaged cell membranes which may increase susceptibility to the Covid 19 Virus.

- Obesity
- Cardiovascular disease
- Respiratory diseases - COPD, asthma, bronchitis, sinusitis
- Seasonal allergies/Toxic Mold exposure
- Dysbiosis/SIBO/IBS- bloating, gas, belching due to bacterial or fungal overgrowth
- Auto-immune diseases
- Fibromyalgia
- Neuro-degenerative disease - ALS, Parkinson's, ALZ, ADD
- Cancer
- Gets sick more often and stays sick longer than the average person
- Biotoxin illness- mold/Lyme co-infections, heavy metals, chronic viral infections

# COVID-19 Protocol

## FIRST THINGS FIRST:

1. Wash your hands frequently, don't go out if you're sick!
2. NO toxic products on your body that trigger inflammation in the tissue/cell membrane. Hair products, skin care, make-up, fragrances etc.
3. Non-toxic cleaning/laundry products and NO synthetic air fresheners, plug-ins, Febreze etc
4. DIET: Follow ideally **Organic** Whole 30 or plant based Paleo.
  - a. If you GET SICK then switch over to a LOW AMYLOSE DIET.
  - b. Add Kimchi/Raw Sauerkraut to diet daily (anti-viral properties)
5. **Sinus Rinse by Neil Med daily**- add **Biocidin liquid** 2- 6 drops for history of sinus infections or if you are sick- it's like taking a shower inside your nose- no different than washing your hands!
6. Turn OFF your WiFi at night, minimize cell phone exposure, Airplane mode, learn about role of EMF/RF in chronic illnesses and need to stop 5G rollout.  
**\*Note:** If you are currently a Carpathia Collaborative client please check with your practitioner for specific recommendations- you may already be doing appropriate diet/nutrients for you!

## MEMBRANE PROTECTION AND REPAIR

1. **TOCOTRIENOLS (form of Vit E) Unique E 125mg capsules**  
(Not to be confused with Tocopherol). Potent fat soluble cell membrane anti-oxidant
  - maintenance for a healthy adult =1 capsule daily is sufficient
  - impaired membranes= 1 capsules for every 40 lbs of body weight for 3 months (scrubs the membrane/interstitial spaces, protects the lipid portion from free radical damage so as to minimize damage done by the virus)
  - For a COVID-19 infection 1 capsule for every 40 pound of body weight 2- 3x/d
2. **LIPOSOMAL GLUTATHIONE – potent antioxidant + cell detoxification**
  - **ESSENTIAL PRO caps**  
1 maintenance,  
2/day for impaired membranes or  
2 3x/day for active infection
  - or
  - **TRIZOMAL GLUTATHIONE**  
1/2 tsp daily for maintenance for a healthy adult  
For impaired membrane protection and repair 1 tsp. daily.  
For a COVID-19 infection 1 tsp 3 x daily.
3. **VITAMIN C 500MG 2 x day – anti-oxidant protection**
  - 1000 mg/day maintenance for a healthy adult.
  - impaired membranes, 1,000mg twice daily.
  - For COVID-19 infection 1,000mg oral every 4 hours while awake
  - Consider IV Vit C at higher doses 10-30K + in Biotoxin illness, Cancer support.
  - Liposomal Vit C can be made with Vit C powder + liquid Phosphatidyl choline
4. **ImmunoThrive**  
**(Moringa, PineBark, Curry Leaf, Turmeric, Spirulina)**
  - No need if healthy
  - 3 capsules daily to provide inflammasome protection to the cell membrane, improve

1. tissue oxygenation, and to help regulate the immune response. No increased dosing recommendations for infection. [Purchase Here at ImmunoThrive.com](#)
2. **VITAMIN A & D - (Apex AD Pro capsules or Liqua A drops + Liqua D drops)**
  - Prevention: 1 daily AD Pro cap, or 5 drops Liqua A, 2 drops Liqua D
  - For a COVID-19 infection or other serious illness: (Take no longer than 4 weeks) 2 capsules AD Pro daily or 10 drops LiquaA + 5 drops Liqua D
3. **PHOSPHATIDYL CHOLINE- BODY BIO** for repair of damaged cell membranes
  - Health maintenance /brain health 2 day w a meal
  - Impaired membranes 2 2-3 x day with meals
  - Severe biotoxin illness 1 tsp+ of Liquid BodyBio PC 2-3 x day with meals
  - Consider IV phosphatidylcholine PK protocol for high toxin burden

## IMMUNE OPTIMIZATION:

If you have any of the above conditions then you can optimize your immune function with any one or more of these options- similar ingredients in options A and B just different products.

### 1. Berberine Balance 500mg –

This is to help prevent too many immune cells from entering the tissue creating tissue damage, also helps with blood sugar regulation and has anti-viral and bacterial properties.

- A healthy person 1 daily.
- An immune impaired person take 1 capsule twice daily.
- For COVID-19 infection 2 capsules twice daily.

### 2. Option A:

**Pro Colostrum LD** [Sovereign Labs](#) powdered or capsules ([Purchase here](#))

- if healthy no need unless concerned for prevention
- if impaired membranes- 2 caps or 1/2 tsp powder 30 min prior to meals 2 x day
- If severely ill- 1 tsp 30 min prior to meals 3 x day

+

**Transfer Factor Multi-Immunity -Researched nutritionals**

([Purchas here and Use physician code CHRMD](#))

- Healthy no need unless interested in prevention
- Impaired 1-2/day
- Very sick – 2 2 x day

### 2. Option B:

**Innate IMMUNE-**(Pure Encapsulations) (atragalus, andrographis, reshi beta glucan)

- 1 capsule daily for maintenance for a healthy adult.
- For an impaired immune system 1 capsule 2x daily.
- For COVID-19 infection 2 capsules 2 x day twice daily.

+

**Th1 Support (Pure Enacpsulations)** (zinc, berberine, skullcap, broccoli extract, ginger)

- A healthy person can probably skip this one.
- For an impaired immune system 2 capsules daily.

# COVID-19 Protocol

## ANTI-VIRAL:

By blocking receptors/decreasing replication/enhancing cell energy production

1. **Vit A** as above and Zinc 15mg/day are highly antiviral
2. **SPIRULINA** - for COVID-19 infection 4 capsules every 4 hours
3. + **IMMUNOKINOKO** – AHCC – (SPECIAL FERMENTED MUSHROOM RHIZOZOMES) for COVID-19 infection 2 capsules twice daily

**Note Spirulina + ImmunoKinoko(AHCC)** - together these two have high anti-viral activity by competitively binding at a site on an enzyme that the virus needs for replication. This can stop the virus from proliferating and hold down the fort until your own immune system can eliminate the virus from your system.

4. **NIACINAMIDE SR** 500mg -Helps energy production inside cells to fight off virus  
A healthy person probably doesn't need to supplement.  
An immune impaired person may benefit from taking 1 daily for fatigue, then reduce to twice weekly.  
For COVID-19 infection escalate the dose to 4 tablets immediately upon symptoms, then 2 every 4 hours. Don't exceed this high dose for more than 3 days.
5. **Colloidal silver** 1 tsp 3 x daily if infected.
6. **Viralox PRP** spray. [Sovereign labs](#)- 2 sprays 1-4 x day (prevention vs your sick)
7. **Biocidin Throat Spray**- carry around with you 2-3 sprays 2-6 x day depending on prevention vs you're sick

## AIR QUALITY Concerns

It is helpful to use a mask if you travel on commuter trains, buses or airplanes

[A personal air ionizer device can be useful as well here](#)

[At home we recommend that all bedrooms have a HEPA air filter](#)

Other Carpathia Options available at clinic

[IV nutritional therapies Ozone + UV light, Immune Boost IV \(with Vit C and glutathione\)](#)

[Vit C IV's, Hyperbaric Oxygen, Ear ozone](#)

CHILDREN over age 14 - same dosing as adults

CHILDREN 10-13 - 2/3 dose of adults

CHILDREN 6-9 - 1/2 adult dosing

CHILDREN 2-5 - 1/4 Adult dosing

CHILDREN < 2 years - Check with pediatrician before adding any of these supplements