

# IMMUNE SYSTEM PROBLEMS CONDITION PROTOCOL

## Supplementation Regimen:

### Immune system care

- 3 Whole C chewables 3 times a day
- 2 Optimal Defense, morning and night
- 10 drops of Optimal Oxy-Pure in water, 3 times a day

### Maintenance

- Immune Custom Pak, 3 times a day
- Optimal Fruit & Veggie Complete



## Nutrition Regimen:

- Drink large amounts of fluids (preferably diluted vegetable and fruit juices, water and herbal teas).
- Foods high in antioxidants boost the immune system. Dark, bright colored fruits and vegetables are best.
- For example, blueberries, raspberries, pomegranates, broccoli, yams, etc. Foods that contain probiotics, such as fresh yogurt, without added sugars (mix in fruit for sweetening), kefir and kimchi.
- It is critical to stay away from creamy dairy products, refined sugars and flour because they slow down white blood cells for several hours after Consumption.

## Exercise Regimen:

- Moderate exercise to break a sweat for 20-30 minutes is sufficient. Excess exercise can burden the immune system.

## Additional Recommendations:

- If you do use a prescription drug, check to see if it is, or works like an antibiotic. Antibiotics destroy pathogenic bacteria but they also destroy your friendly bacteria and thus cause yeast infections and lowered immune system.
- 3 Flora Plus, morning and night during prescription usage and 10 days following