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## Renovare Immune Boosting Protocol

1. Ensure that you are getting enough quality sleep & drinking enough water.
2. Make sure your bowels are moving at least 2X/day.
3. Manage your stress level. Practice meditation or contemplative prayer and learn to say “no” as part of setting healthy boundaries in relationships. Learn to “Let go” and replace with gratitude as an antidote to worry.
4. Do your Vagal Stimulation Exercises. Avoid Sugar and Junk Food. EAT THE FRESH STUFF
5. Take the Core 4 supplements:
  - a. Mega Multi Pro or another high-grade multiple vitamin.
  - b. Vitamin K2-D3 Pro. A Vitamin K2-D3 boost is especially effective.
  - c. Magnesium
  - d. Omega 1300 Pro or another quality fish oil to help regulate inflammation.
6. High dose Vitamin C – I LOVE the Vitality C powder we have as a fully buffered form at 4 grams per scoop. Goal is bowel tolerance. I take 12 – 16 grams per day and increase further when sick.
7. Fiber. Yes, fiber is essential to feed our healthy microbiome.
8. Professional grade probiotic. The best available is now the spore-based like MegaSpore Biotic. 2/day is maintenance and then increasing to 4 or 6 per day when sick.
9. Biocidin – an awesome tool to boost immune function.
10. High dose Vitamin A – especially nice to boost lung and respiratory function.
11. X-Viromin – a blend of immune-boosting herbs and vitamins/minerals
12. Trizomal glutathione. Boosts immune function in multiple ways.
13. Colloidal Silver – I like the Silver Path brand
14. Immunoglobulin concentrates. Mega IgG 2000 is my favorite.

Spinal adjusting – especially the upper cervical atlas – has a proven history of immune boosting.

Low level healing lasers, especially our newest FDA approved anti-bacterial, anti-microbial (includes viruses) violet and red laser.

*Remember that a strong, balanced immune system can handle the coronavirus to keep you Well!*

**Ask us to customize a protocol to meet your immune support needs.**

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