

IMMUNE BOOSTING PROTOCOL FOR AIDING CORONA VIRAL INFECTION PREVENTION/RECOVERY

1. Supporting cell membrane integrity and function
2. Blocking viral entrance and replication
3. Supporting immune system balance, particularly boosting the innate immune system and decrease the inflammatory cytokines



Coronavirus Disease 2019 (COVID-19)

See the COVID-19 Immune Boosting Strategy webinar at drleiladoolittle.com. Discounted supplies available on Fullscript by going to <https://us.fullscript.com/welcome/drleiladoolittle>

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
- Mature Age (60+)
- 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
- Individuals that get sick more frequently and stay sick longer than average
- Biotxin 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 plant-based diet, ideally the Phytonutrient Plan with recipes from Dr. Doolittle.
 - a. 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.

***Note:** If you are currently a client please check with Dr. Doolittle or your primary practitioner for specific recommendations- you may already be doing appropriate diet/nutrients for you! Also consult with your doctor about taking the supplement recommendations in conjunction with your conventional medication

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
 - Prevention: maintenance for a healthy adult =1 capsule daily is sufficient
 - Prevention with impaired membranes/ immunocompromised individuals(listed on pg 1): 1 capsule for every 40 lbs of body weight for 3 months (cleans and protects the membrane/ interstitial spaces, protects the lipid portion from free radical damage so as to minimize damage done by the virus)
 - COVID-19: 1 capsule for every 40 pound of body weight 2- 3x/d
2. **Glutathione Recycler – potent antioxidant + cell detoxification**
 - 2 capsules x 1
 - 2 capsules x 3
3. **Liposomal Vitamin C – anti-oxidant protection**
 - Prevention: 1 tsp x 2
 - COVID-19: 1 tsp oral every 4 hours while awake
4. **Vitamin AD Pro**
 - Prevention: 1 capsule x 1
 - COVID-19: 2 capsules x 2
5. **Phosphatidyl Choline**
 - PHOSPHATIDYL CHOLINE- BODY BIO for repair of damaged cell membranes
 - Prevention + Health maintenance/brain health: 2 x 1 with a meal
 - COVID-19: 2-3 x day with meals
6. **Omegas 3:6**
 - 4:1 ratio of Omega 3:6

IMMUNE OPTIMIZATION:

*Only needed if you fall in the category of any immunocompromised individuals (as listed on pg 1)

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

- Prevention: 1 capsule x 2
- COVID-19: 2 capsules 2 x 2

ANTI-VIRAL:

To block receptors/decreasing viral replication/enhance cell energy production
Take these if you have been out in public settings where or around someone who has flu-like symptoms

1. **ZINC (anti-viral and helps protect against harmful effects of STRESS)**
 - a. Prevention: 15mg x 1
 - b. COVID-19 15mg x 3
 2. **SPIRULINA - for COVID-19 infection 4 capsules every 4 hours**
 - a. Prevention: 500mg x 1
 - b. COVID-19: 500mg x 3
 3. **X-VIROMIN**
 - a. Prevention: 1 capsule x 2
 - b. COVID-19: 2 capsules x 3
 4. **BLUPEURUM ROOT - 2 tablets twice per day**
 5. **N-Acetyl-Cysteine (NAC) - 2,400mg daily, 6,000mg with COVID-19 infection**
 6. **Lipsomal CoQ10**
 - a. Prevention: 5 oz x 1
 - b. COVID-19: 5oz x 2
 7. **Colloidal silver**
 - a. Prevention: 1 tsp x 1
 - b. COVID-19: 3 x daily if infected.
 8. **Biocidin Throat Spray**
 - a. Prevention: 2-3 sprays before entering any public setting
 - b. COVID-19: 2-6 x day
 9. **L-Lysine**
 - a. Prevention: 2,000mg daily
 - b. COVID-19: 6,000
- OPTIONAL:**
10. **+ 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.

COVID-19 Protocol

PEDIATRIC DOSING:

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

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

At home I recommend that all bedrooms have a HEPA air filter

WATER QUALITY Concerns

I recommend using a BERKEY water filter or another filter type that is capable of filtering out contaminants the size of a virus, which is much smaller than bacteria and protozoa that most filters are capable of removing from water. Most virus species range between 0.01-0.3 microns in size. The size of the Coronaviruses in humans are between 0.1-0.2 microns having an RNA genome of approximately 30 kilobase genomes.