

WINTER LIFE STYLE ACTION STEPS...

1.

Drink lots of filtered water and warm liquids; hot teas (herbal), vinegar, honey water, soups and vegetable broths.

2.

Keep your body warm, avoid getting chilled, wear a hat with ear covers (30% - 55% of body heat is released through the top of the head). Wear gloves and maintain adequate foot warmth and dryness.

3.

Exercise out in nature daily (body adaptation). This revitalizes the endocrine system. Exposure to sunlight (no UV sunglasses) is a part of this process.

4.

Take one or two hot baths a week (add Dead Sea Salt from Aveeno). This releases toxins through the largest organ of elimination, the skin.

5.

Get plenty of sleep. 8-10 hours a night. Best hours are from 10:00 PM - 2:00 AM (greatest healing occurs), 2:00 AM - 4:00 AM (highest cellular repair). Go to bed with the sun - wake up with the sun.

6.

Reduce caffeine, sugar and alcohol intake, increase organic vegetables and fruit consumption. Avoid restaurant food. Prepare your own meals. Only use high quality oils.

7.

Keep your organs of elimination at their optimum, the bowels and kidneys especially. Don't let the system become stagnant and build up toxins.

8.

Be kind and listen to your body: don't eat unless you're hungry, avoid overeating, avoid packaged and processed foods. Choose whole grains and proteins carefully. If you are tired, rest. Give to your system the highest quality of care you know is possible.

9.

Nurture yourself: monopolize your time with happy people who you find solas in. Avoid intense interactions. Reduce your social activities, rest and relax, quiet the outer world. Sing, chant, whistle. Use deep breathing to stimulate your Chi.

10.

Spend time alone, pray, meditate, light candles, journal, listen to quiet music, create space for introspection and enlightenment. Think less, love more!

Preventing Systemic Infections

(may be used from November - March)



Products listed in order of importance

PRODUCT	FUNCTION	DOSAGE
Calcium Lactate powder	engages phagocytosis vitalizes tissues during healing and infection	6-8 tabs daily 1-2 Tbsp daily
Echinacea Premium liquid	boosts white cell count during infection encourages immune modulation source of akylamides (root)	2-6 tabs daily 1-2 tsp daily
Congaplex	promotes Lymphatic drainage increases interleukin activity prevents lowered resistance maintains integrity of epithelial cells and mucus membranes	3-6 caps daily
Immuplex	supports immune function strengthens anti viral and antibacterial processes	3-6 caps daily
Cataplex F	increases metabolic activity (thyroid support) source of unsaturated fatty acids diffuses ioizble calcium into tissue	3-6 caps daily
Zymex	antagonist to foreign bacteria in gut intestinal detoxicant balances Ph of intestines	3-6 caps daily
Allerplex	mucosal solvent (fenugreek) expectorant for respiratory system lung, adrenal and liver support	3-6 caps daily

" We know that glucose and Vitamin C have similar chemical structures, so what happens when the sugar levels go up? They compete with one another upon entering the cells. And the thing that mediates the entry of glucose into the cells is the same thing that mediates the entry of Vitamin C into the cells. If there is more glucose around, there is going to be less Vitamin C allowed into the cell. It doesn't take much: a blood sugar value of 120 reduces the phagocytic index by 75%. So when you eat sugar, think of your immune system slowing down to a crawl."

" In adults, cell mediated immunity is significantly depressed after sugar ingestion (75% grams). A 100g portion of sugar can significantly reduce the capacity of white blood cells to engulf bacteria. Maximum immune suppression occurs 1-2 hours after ingestion and remains suppressed for up to 5 hours after feeding. In other words, drinking a soft drink or eating a candy bar can partially knock out your immune system for up to 5 hours."

- from www.chronicprostatitis.com/sugar

- from *Sugars Effect on Your Health* by Marc Leduc

Arresting Active Infections

(use for 3-7 days only)

high fever (102+) lasting for 3 days, see physician



Active Infections

Products listed in order of importance

PRODUCT	FUNCTION	DOSAGE
<i>Andrographis Complex</i>	<i>natural antibiotic</i>	<i>1 tab every 2-3 hours</i>
<i>Congaplex</i>	<i>congestion, lymphatic drainage</i>	<i>2 caps every 2-3 hours</i>
<i>Cats Claw Complex</i>	<i>antifungal and bacterial</i>	<i>1 tab every 2-3 hours</i>
Sore Throat:		
<i>Herbal Throat Spray</i>	<i>reduces pain</i>	<i>4 sprays every 2-3 hours</i>
Upper or Lower Respiratory Infection:		
<i>Allerplex</i>	<i>clears mucus in respiratory system</i>	<i>2 caps every 2-3 hours</i>
<i>Broncafect</i>	<i>respirator pathway support</i>	<i>1 tab every 2-3 hours</i>
<i>Calcium Lactate Powder</i>	<i>reduces fever</i>	<i>1 tsp every 2-3 hours</i>

Children's Supplements for Winter

PRODUCT	DOSAGE
<i>Calcium Lactate Powder</i>	<i>1 tsp AM - 1 tsp PM</i>
<i>Chewable Catalyn</i>	<i>1-2 tabs AM - 1-2 PM</i>
<i>Chewable Congaplex</i>	<i>1-2 tabs AM - 1-2 PM</i>
<i>Lact-Enz or Zymex</i>	<i>1-2 caps AM - 1-2 PM</i>
<i>Echinacea Purpurea Glycetract</i>	<i>1/2 tsp AM & PM if needed</i>



Optional Care

Winter herbal liquid blend

PRODUCT	FUNCTION	DOSAGE
<i>Echinacea Premium</i>	<i>antiviral</i>	<i>45 mls</i>
<i>Cats Claw Liquid</i>	<i>antibacterial</i>	<i>45 mls</i>
<i>Burdock Liquid</i>	<i>Lymphatic drainage</i>	<i>45 mls</i>
<i>Pau d'Arco Liquid</i>	<i>antifungal</i>	<i>45 mls</i>
<i>Mix in 200 ml bottle, take one Tbsp in AM as maintenance</i> <i>Add additional Tbsp only if you sense a drop in immunity</i>		
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Hot Taughty (only if you are getting sick) not for children. Take before bed, after hot bath (Dead Sea Salt by Aveeno)		
<i>Calcium Lactate powder</i>		<i>1/2 Tbsp</i>
<i>Chewable Congaplex</i>		<i>6-12 tabs</i>
<i>Fresh Squeezed Lemon</i>		<i>1/2</i>
<i>Black Berry Brandy</i>		<i>1 shot</i>
<i>Tupelo Honey</i>		<i>1 tsp</i>
<i>Hot water - do not boil</i>		<i>3-4 ozs</i>
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Vinegar Honey Water		
<i>Water (filtered)</i>		<i>4-6 ozs</i>
<i>Apple Cider Vinegar</i>		<i>1-2 Tbsp</i>
<i>Tupelo Honey</i>		<i>1 tsp</i>

" Serious study of Vermont Folk Medicine leads to the matter of the taking in and giving out of fluid by the bodies cells. The taking in is referred to as hydration, and the giving out as dehydration. Vermont Folk Medicine holds that bacteria needing moisture with which to maintain themselves get it by taking moisture from the bodies cells. But if there is enough potassium in each bodies cell it will draw moisture from the bacteria, instead of the bacteria taking moisture from the bodies cells. The constant between bacteria and body cells, therefore, determines whether the cells attraction for water is strong enough to take it from the bacteria, or whether the moisture-attracting ability of the bacteria is strong enough to withdraw moisture from the bodies cells. It is by taking care to eat foods which are a source potassium, such as fruit, berries, edible leaves, edible roots, and honey, and by the use of apple cider vinegar, that the bodies cells are provided with the moisture-attracting potassium needed to win the contest with bacteria."

- from Vermont Folk Medicine by D.C. Jarvis, MD