

THE COLD AND FLU PROTOCOL

We have found a specific combination of supplements, when started at the first sign of a cold and flu, are particularly helpful for preventing and/or reducing the length of the illness. The main goal is to help the immune system do its job effectively (It's actually good to get sick. It's how our immune systems develop). By maintaining a healthy lifestyle and a diet that supports wellness (low in sugar and refined foods, high in fiber and nutrients) most individuals will enjoy a superior level of wellness. When that individual also takes the supplement program based on Dr. Bonnet's recommendations they will be able to achieve an even higher level of wellness. However, colds and influenza can affect even healthy individuals. At the first sign of a cold or flu, follow these recommendations:

- First and foremost, get plenty of rest and drink extra fluids.
- If there is a fever (you feel chilled), do not take antipyretics (e.g., aspirin, Tylenol, ibuprofen, etc.) to reduce it because fevers help us fight infection. Instead, take a hot bath or shower to bring out the fever.
- Start these supplements at the first sign of cold or flu and continue until symptoms are gone:
 - **Vitamin C to bowel tolerance.**
Bowel tolerance is the point at which the body is fully saturated with vitamin C and the bowels become loose (not quite diarrhea). More is needed if you are very sick.
 - To do this, take 500 mg. of buffered Vitamin C every 15-30 minutes until your gut becomes grumbly, you may even have a loose stool. Once this is achieved take Vitamin C every 30-60 minutes as needed to keep your gut slightly grumbly.
 - **Astragalus 470 mg. 2 capsules, 3-4 times a day.** Astragalus is a Chinese medicinal herb that helps to enhance immune function.
 - **Monolaurin 300 mg. 1 capsules, 3-4 times per day.** Monolaurin is the brand name for monoester of lauric acid, an anti-viral fatty acid extracted from coconut oil.
 - **Immune Advantage 450 mg. 3 capsules, 3-4 times per day.** ImmunoLin, the active ingredient in Immune Advantage, is a complex of passive immune factors fractionated from bovine serum. It has twice the IgG of Colostrum, a well-known immune-boosting supplement.
 - **Zinc (gluconate) lozenges 23 mg. 1 lozenge every few hours, up to 4 times per day.** Zinc lozenges have demonstrated antiviral effects, reducing the length and severity of cold symptoms.
- If symptoms are still present after 4 days add:
 - **Astragalus 470 mg. 2 capsules, 3-4 times per day.** Astragalus is an immune enhancing herbal supplement extracted from the root of a well-known Chinese herb.
 - **Olive Leaf Extract 250 mg. 2 capsules, 3 times per day.** Olive leaf has anti-viral and anti-bacterial properties than has proven helpful for a number of

illnesses.

■ For a sore throat:

- **Zinc (gluconate) lozenges 23mg. up to 4 times a day is helpful.**
- **Gargle with salt water (use 1 tsp. salt with 6 oz. lukewarm water);**
alternate with hydrogen peroxide (3% if tolerable).
- **For children under 12 years old:**
 - Use $\frac{1}{2}$ to $\frac{1}{3}$ the adult dose depending upon body weight.
 - Do not use chewable Vitamin C (sorbitol interferes with bowel tolerance).