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Treatment of Viral Infections

I recommend the following over-the-counter products to help boost your immune system and shorten your viral infection. Don't take them all together! Each person's body chemistry responds differently, and so I'd recommend using one of the following products next time you get a cold. If you don't notice a difference, try a different product the next cold infection. It is best to start taking when you first feel an infection brewing in your body and continue until improvement. It is not beneficial to take on a daily basis when you are feeling well.

- ✓ Zinc lozenges. Look for dosing between 13-23mg per lozenge.
- ✓ Andrographis with Siberian Ginseng.
- ✓ Vitamin C. Use 500-1000mg a day.
- ✓ Echinacea purpurea
- ✓ Elderberry may help specifically for the Flu but not the common cold

Prevention of Viral Infections

- ✓ Adequate vitamin D. I recommend supplementing with 2000 IU daily.
- ✓ Probiotics with *Bifidobacterium* and *Lactobacillus*
- ✓ Garlic supplements have potential to prevent colds during the winter season. However, they are not recommended if you are on a prescription blood thinner or on a prescription medicine that is metabolized by P450.
- ✓ American Ginseng 200mg twice a day over a 3-4 month period may reduce number of viral infections