



Immune System Builders and Helpers

By Jacqueline Fields, MD and founder of Dr. Fields' Sacred Skin | December 2015

Below are Dr. Fields' suggestions on products in the store that will help one build their immune system and/or be supportive when treating an acute illness. These products are truly helpful to have in your natural medicine cabinet, not just for this season but anytime your system needs a bit of help staying or getting back to health.

To Build Immunity

Immucare 1: 2 caps per day as prevention, use 2 caps three times a day if sick.

FlewAway: 2 caps per day as prevention, increase to 4 per day if symptomatic.

Del-Immune or Russion Choice: 1-2 caps each morning to stimulate immune function. Increase to 2 caps twice a day for illness.

Viracid: 2 caps per day as prevention, up to 1-2 caps per hours for immediate immune support.

IgG 2000: 2-4 caps per day to stimulate immune function

WholeMune: 1 cap a day to boost immune function.

Pair with

Probiotics to keep the intestinal track strong such as **ProbioMax DF Daily, Spectrum Orthobiotic, Children's Ultraflora**

AntiVirals to Prevent Infection

Prolive: 1 cap each a.m. with Vitamin C to prevent illness or 2 caps three times a day for illness.

Can affect good bacteria so take a probiotic with this between doses.

Oregano Oil: 1-3 caps per day to prevent infection

Elderberry syrup: 1/4-1 teaspoon per day (dose depends upon age) to prevent infection. Can increase to 2 times a day if symptomatic.

Kid Friendly Options: Immuneberry, Lauricidim

Sore Throat, Early Throat Symptoms, or if Traveling on an Airplane

Throat and Gland spray: Spray in back of throat daily, up to 4 times a day
Throat Defense: 1/4 teaspoon per day for immune defense, can be used more frequently for active symptoms.

Homeopathic Remedies

Winter Balance Plus and Winter Tonic: 4 pellets once per week. Increase to 4 pellets every four hours when symptomatic.
Oscillocochinum; 1 tube under tongue every 6 hours for three doses starting asap after flu type symptoms start.
For Children: 1/3 tab under tongue every 6-8 hours for up to three doses

Nutritional Remedies

Myers infusion: Important for known deficiencies or if a person is feeling fatigued or run down.
Oral Supplements: optimize all nutrients, especially antioxidant and vitamin levels.
Vitamin D: Most patients need 5,000 i.u. every day in the winter. Children can do 1,000 i.u. three times a week.
Alka-C: 1 teaspoon 1-2 times a day to stimulate immune function.
For Children aged 2-6: ¼ tsp a day
For Children over 6 years: ½ tsp a day

Respiratory Support

Lung and Bronchial Tonic: Soothes bronchial passages and promotes drainage of mucus. Provides antimicrobial support. 1 teaspoon 2-5 a day
Sinusin Spray: homeopathic nasal spray for nasal congestion. Two sprays each nostril 3 times a day.
Notatum-Quentans Spray: Homeopathic spray for nasal congestion. Two sprays each nostril 3 times a day.
Muca-Plex: Low dose Guaifenesin that helps thin and loosen mucus. 1-2 tablets every 4 hours (200mg per tab)
Elderberry-Thyme syrup: Promotes a healthy respiratory system. Soothing effect in times of temporary coughs, congestions and other generally winter related challenges. 1-2 teaspoons 2-3 times a day.
Quinton Isotonic: Ocean minerals created to nutritionally replenish biological

terrain. Soothing and balancing for respiratory system. Use 1/2 a vial in nasal spray, neti pot, or nebulizer.

Kid Friendly: Decongest Homeopathic – 5-10 drops one to three times per day.

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