

For everyone who's been asking us about protocols for prevention of RSV:

**My RSV Protocol (PREVENTION):** ~Firstly, the majority of children, and adults for that matter, that we see with RSV are "LYMPHATIC" Constitutions (the blue-eyed / green-eyed individuals). What does this mean? It means that the highest susceptibility in the body is Lymphatic system stress and congestion as well as respiratory susceptibilities (there are many variations of lymphatic constitutions but all have a susceptibility to the lymphatic system issues).

So, the question is WHAT allows lymphatic individuals who develop these issues? I mean, it doesn't just happen because it's a susceptibility... You still have to live a lifestyle and/or consume a diet that allows such stress.

ALL lymphatic individuals have a special sensitivity to dairy products so, it is essential to avoid cow-based dairy products.

The other foods that are not tolerated well are: refined wheat (think soft, fluffy breads, pastries, pastas, cookies, crackers, etc), refined sugar, and SOME are sensitive to food borne allergens (yeast, peanuts, mushrooms, corn, eggplant, tomatoes, etc).

It is important that ALL lymphatic individuals get daily exercise. Alternatives to this: lymphatic massage, dry skin brushing, infrared sauna treatments, etc.

So, how does the PARENT of a lymphatic constitution child implement such things? Firstly, you must lead by example- you can't expect a child to avoid junk foods if you consume them.

Secondly, for parents of infants, the mother - if breastfeeding - needs to avoid the above foods if the baby is susceptible or already developing mucous, rashes, inner-ear problems, upper respiratory stresses, etc. All of these are signs that the baby is already compromised in the lymphatic and/or respiratory regions.

It is also very important to remember that Lymphatic individuals stay health not only with nutrition, they also need exercise (rebounding, jump roping, HIIT, etc) and 1/2 their body weight in pure water.

Other helpful lymphatic therapies are: lymphatic massages, dry skin brushing, and spending time in an infrared sauna. Sweating and movement are essential.

### **Supplementation by age group:**

Infants (12months or younger) if exclusively breastfed -

Vitamin D3 - 1,000iu's per 35lbs of body weight

Food-based vitamin C - look for camu camu powder or amla powder. Both are wonderful sources of vitamin C!

\*Probiotics for infants (make sure they are guaranteed to the time of expiration!)

probiotics are especially important for children born via Caesarean (LOOK FOR THESE STRAINS: B. bifidum, B. infantis, and L. reuteri)!

Daily Immune forKids by Wishgardens - take as recommended

Infants (12months or younger) if not exclusively breastfed-

Colostrum (Mt Capra - goat milk based)

Vitamin D3 - 1,000iu's per 35lbs of body weight  
Food-based vitamin C - look for camu camu powder or amla powder. Both are wonderful sources of vitamin C!

\*Probiotics for infants (make sure they are guaranteed to the time of expiration!)  
probiotics are especially important for children born via Caesarean!  
Daily Immune for Kids by Wishgardens - take as recommended

Toddlers (1-3 years) and Children (3-12 years / by weight)-  
Wellness Herbal Kids Liquid (take as recommended).

Vitamin D3 - 1,000iu's per 35lbs of body weight  
Food-based vitamin C - look for camu camu powder or amla powder. Both are wonderful sources of vitamin C!

\*Probiotics for infants (make sure they are guaranteed to the time of expiration!)  
probiotics are especially important for children born via Caesarean!

General (12+ years or depending on weight)

Wellness formula by Source Naturals (take as recommended)

Vitamin D3 - 1,000iu's per 35lbs of body weight

Food-based vitamin C - look for camu camu powder or amla powder. Both are wonderful sources of vitamin C!

Support your digestive system with a formula created for leaky gut, celiac or U.C. (I'll post more on reason later) - my favorites are: ~digestive vibrance by vibrant health ~comprehensive gut formula by pioneer ~GI Response by Innate ~GI Fortify by pure encapsulations.

### **My RSV Protocol (ALREADY ILL):**

#### **Supplementation by age group:**

Infants (12months or younger) if exclusively breastfed -

Vitamin D3 - 1,000iu's per 35lbs of body weight

Food-based vitamin C - look for camu camu powder or amla powder. Both are wonderful sources of vitamin C!

\*Probiotics for infants (make sure they are guaranteed to the time of expiration!)  
probiotics are especially important for children born via Caesarean!

Kick It Immune for Kids by Wishgardens mixed with the tinctures of Elecampane and Hyssop - 8 drops of each mixed together in pear juice, Concord grape juice or apple juice / 3 times a day

Colloidal Silver - 1/4th tsp / 4-6 times a day.

Infants (12months or younger) if not exclusively breastfed-  
Colostrum (Mt Capra - goat milk based)

Vitamin D3 - 1,000iu's per 35lbs of body weight

Food-based vitamin C - look for camu camu powder or amla powder. Both are wonderful sources of vitamin C!

\*Probiotics for infants (make sure they are guaranteed to the time of expiration!)

probiotics are especially important for children born via Caesarean!  
Kick It Immune for Kids by Wishgardens mixed with the tinctures of Elecampane and Hyssop- 8 drops of each mixed together in pear juice, Concord grape juice or apple juice / 3 times a day  
Colloidal Silver - 1/4th tsp / 4-6 times a day.

Toddlers (1-3 years) and Children (3-12 years / by weight)-  
Wellness Herbal Kids Liquid (take as recommended).  
Vitamin D3 - 1,000iu's per 35lbs of body weight  
Food-based vitamin C - look for camu camu powder or amla powder. Both are wonderful sources of vitamin C!  
\*Probiotics for infants (make sure they are guaranteed to the time of expiration!)  
probiotics are especially important for children born via Caesarean!  
Colloidal Silver - 1/2 tsp / 4-6 times a day.

General (12+ years or depending on weight)  
~Wellness Formula (by Source Naturals) - 6 capsules every 4 hours.  
Vitamin D3 - 1,000iu's per 35lbs of body weight  
Food-based vitamin C - look for camu camu powder or amla powder. Both are wonderful sources of vitamin C!  
Support your digestive system with a formula created for leaky gut, celiac or U.C. (I'll post more on reason later) - my favorites are: ~digestive vibrance by vibrant health ~comprehensive gut formula by pioneer ~GI Response by Innate ~GI Fortify by pure encapsulations. ~ Colloidal Silver - 1 tsp / 4-6 times a day. ~NAC - 1 capsule / 3x's daily ~Elderberry syrup - take as directed.

Asterisk:

\* (LOOK FOR THESE STRAINS: B. bifidum, B. infantis, and L. reuteri)

### **More Recommendations:**

1. **My "RSV" Tea:** Make a tea with the following: 1/2 teaspoon Yarrow flowers, 1/2 teaspoon Hyssop, 1/2 teaspoon Elecampane, 1/2 teaspoon Echinacea root, & 3 cups boiling water

1. Combine the herbs in a teapot and pour the boiling water over them. Steep for at least 20 minutes. 2. Strain and drink throughout the day. You can make a double batch and keep it in the refrigerator. Just be sure to warm it before drinking.

2. **Fire Cider for BURNING OUT viruses (make this now and keep it in your pantry - you never know when you'll need it!):** Makes 1 pint / Ingredients: 1/2 cup peeled and diced horseradish 1/2 cup peeled and diced garlic 1/2 cup peeled and diced onion 1/4 cup peeled and diced ginger 1/4 cup peeled and diced turmeric 1 habanero chile, split in half 1 orange, quartered and thinly sliced crosswise 1/2 lemon, quartered and thinly sliced crosswise 1/2 cup chopped parsley 2 tablespoons chopped rosemary 2 tablespoons chopped thyme 1 teaspoon black peppercorns 2 to 3 cups raw unfiltered apple cider vinegar (Bragg's Brand) 1/4 cup raw honey, or more to taste

Instructions: Place all of the vegetables, fruits, herbs, and spices in a clean 1-quart jar. Fill the jar with vinegar, covering all the ingredients and making sure there are no air bubbles. Cap the jar. If using a metal lid, place a piece of parchment or wax paper between the jar and the lid to prevent corrosion from the vinegar. Shake well. Let the jar sit for 3 to 6 weeks, shaking daily (or as often as you remember). Strain the vinegar into a clean jar. Add honey to taste. Refrigerate and use within a year.

3. Bioplasma Cell Salts: To make a **cell salt solution**, put up to 10 tablets in 16- to 24-ounce bottle; fill with water and swirl to dissolve tablets. Sip throughout the day. This will help in reducing mucus, activating the immune system and support the respiratory system

**Wishing all of you good health!**