

THESE ARE THE MOST POWERFUL FORMULAS I RECOMMEND FOR

# IMMUNE SUPPORT AND STAYING HEALTHY

Supporting the immune system and staying healthy is a comprehensive job! It requires good food, good sleep (and getting enough), regular physical movement and quieting the mind. Those are often referred to as The Four Pillars of Health. If any of those pillars are out of balance, it is hard to stay healthy. Please see the Protocols for additional assistance in any of those areas. For instance, if you can't move your body due to pain, check out the Pain Reducing Protocols. If your digestion is off, go to the Digestion one. These are some foundational support formulas for optimal wellbeing.



**BE PREPARED THE  
NATURAL WAY**

You can get them on my site, or make your own with your favorites. If you lose this list, you may access them directly at [Fullscript](#) under recommendations/Protocols/Immune Support and Staying Healthy when you create your account. You may also get them wherever chinese herbs are sold. Where ever you get them, it's best to have them on hand!

**You do not have to get ALL of these formulas.**

**Please see which applies to your symptoms and chose accordingly.**

## ASTRA C



- **This is a great overall immune system booster. You may take for prevention of colds and flus, especially when you are traveling, run down or exposed to other sick people. Can help with chronic allergies and severe burns as well. Can be taken long term for frequent colds or flus and chronic asthma to strengthen the immune and respiratory system.**
- 1-3 pills, 1-4 times a day. Dosages are for 120 lb adults, decrease dose based on their weight.
- Safe for pregnancy, breastfeeding & kids.

## ASTRA 8



- **This is an energy tonic and immune system booster. It helps the body adapt to stress, both mental and physical. It helps fatigue, weakness, adrenal weaknesses, muscle aches and inability to concentrate. It helps strengthen the lungs. This is a warming formula so don't take if you tend to run hot. This is a good long term formula.**
- 1-3 pills, 1-4 times a day. Dose based on 120lb adult so adjust accordingly.
- Safe for pregnancy, breastfeeding and kids.

## POWER MUSHROOMS



- **This is a great formula to enhance the immune system and increase energy. It is good for autoimmune disorders like Lupus & MS, asthma and prolonged colds and flus. Also good when taken when traveling or exposed to people that are sick.**
- Take 1-3 tablets 1-4 times a day. Dosages are for 120 lb adults, decrease dose based on their weight. Crush in food if necessary.
- Safe for long term immune system enhancement.
- Safe for pregnancy, breastfeeding & kids.

## ALIVE! MULTI VITAMIN



- This is one of the best overall Whole Food supplements. It has more nutrients from more natural sources than any other product.
  - 29 Vitamins & Minerals
  - 24 Fruits and Veggies
  - 14 Green Foods
  - 18 Amino Acids
  - 12 Digestive Enzymes
  - 10 Essential Fatty Acids
  - 12 Organic Mushrooms
- This has a greater diversity of specially balanced nutrients from three important areas: daily essentials, botanical energizers and system defenders including antioxidants
- Take 3 tablets 1 time a day.
- For pregnancy and breastfeeding take Pre- and Post- natal vitamins.
- For children, get a kids formula.

## FLORADIX



- **This is the BEST liquid iron formula I know. It does not cause constipation either. It is a must for menstruating women. Take 10ml twice a day.**
- Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose call a doctor or poison control center immediately.
- Store unopened bottle in a cool, dry place (41-77 °F). Do not contaminate the formula by drinking directly from the bottle. To preserve the product and prevent its fermentation, keep refrigerated at all times after opening and consume within four weeks. Store upright.
- Keep away from children.
- Liquid iron may in some instances cause surface staining to teeth. Rinse mouth with water, or brush teeth immediately after consuming.

**WOMEN'S 55+**

- **This unique formula helps enhance strength and energy for continued wellness and quality of life for women over 55.**
  - Provides up-to-date forms of nutrients recommended for women during varying phases of life.
  - The methylated folate and B12 is suitable for those with the MTHFR gene mutation and are unable to methylate.\*
  - Brain health\* with zinc and B vitamins to support normal cognitive function.\*
  - Heart health\* with B vitamins to support already healthy cardiovascular function\* especially important for those age 50 and older,
  - Formulated by the leading medical expert and best-selling author on dietary supplementation, Tieraona Low Dog, M.D.
- **Suggested Use:** Take 2 tablets daily, or as directed by your healthcare practitioner. May be taken anytime throughout the day, even on an empty stomach.

**MEN'S 55+**

- **Supports optimal health and wellbeing for men over 55.**
  - 1000 IU (25 mcg) of vitamin D supports healthy mood\*
  - Choline supports healthy memory and cognitive function\*
  - Methylated folate and B12 are suitable for those who specifically desire methylated forms
  - Includes B6 in the active form of P5P
  - Formulated by award-winning integrative physician, Tieraona Low Dog, M.D.
- **Suggested Use:** Take 2 tablets daily, or as directed by your healthcare practitioner. May be taken anytime throughout the day, even on an empty stomach.