

**boric muris****Visited on Sat 24 Dec 2022**

## plan

1. vitamin d 3 aim is 150, 10,000 iu daily after dinner for 3 weeks then reduce to 5000iu daily
2. bio active bs ( hydroxy b12\ folinic acid ) 2 caps after bfast or lunch with Hydrozyme ( hold the fully methylated b groups ) ( overmethylation may be an issue )
3. herbs 200mls ( viral mix 5 ) 5 mls in water after bfast and dinner ( anti viral )
4. repairase 1 tsp in water twice daily anytime ( quercetin \ bromelain ) , anti hist, anti inflamm, anti viral
5. hydrozyme ( betaine ) 2 tabs at start of meal with bio active bs ( low gut acid \ high homocysteine

## other herbs that are useful

1. nigella 200mls liquid extract at 5 mls in water after bfast and dinner

## Please note

1. start liquid herbs at 1ml in water after bfast and dinner and work up to full dose over a 14 day period .

## Other supplements ( your current list

1. histaquel
2. D3 as above
3. k2 mk7 90mcg
4. SPM active
5. NAC
6. curcumin, ethical nutrients
7. PEA
8. natto serra
9. pic mins
10. magnesium

## Indicators

1. low stomach acid \ poor protein absorption
2. liver stress
3. low b12, folate , and or b6 and iron
4. high yeast \ candida
5. damaged red cell membranes \ viral \ liver
6. active immune system \ dealing with a pathogen
7. hormone imbalance

## The supplements I suggest are for the following reasons

1. herbal viral mix \ immune and anti viral
2. nigella \ immune support \ spike proteins
3. higher intake of d3\ to improve the immune system

naturopathic medicine  
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4. hydroxy \ folinic b group mix ( your current methyl bs may be causing over methylation which may stress your heart (over stimulate ) , you only have one mutation on the 677 gene ( mthfr).
5. repairase ( quercetin, bromelain ), one of most effective anti viral, anti inflamm, anti histamine I have ever used.

#### Other support

1. avoid hot showers, aim for cool or cold
2. frequency support \ bicom
3. I.V.M 12mg daily by 5 day once monthly by 3 months review for 1 hour in 3-4 weeks on a Saturday, Monday or Tuesday

Printed: Fri 06 Jan 2023