



Please note: recommendations are not intended to be permanent. Unless specifically told otherwise, these guidelines are not to be continued for longer than 1 month.

Date: 12.07.21 Name: Rowe family

Shannon

Preventative:

Check vit D status in bloods. If below 100nmol/L need to supplement. Let me know levels and I can suggest a supplementary dose.

St Mary's Thistle x1/ day

Biomedica Curcuforte (curcumin) x1 twice a day

2 weeks Pre vaccine and 2 weeks post vaccine:

Vit D 5000IU / day

Thuja NBWS post vac spray OR Bioresearch Formula CYS- as per bottle instructions

St Mary's Thistle x1 twice a day

Biomedica Curcuforte (curcumin) x1 twice a day

Patsy

Preventative:

Check vit D status in bloods. If below 100nmol/L still need to supplement. Let me know levels and I can suggest a supplementary dose.

Can keep in fish oil but bring in cod liver oil eg Thompsons Cod Liver Oil capsules x1

2 weeks pre-vaccine and 2 weeks post-vaccine:

Add to the above, 1 tsp sulfurophane twice a day

Increase Thompsons Cod Liver Oil capsules x1 twice a day

Spencer and Lily.

Preventative:

4000IU Vit D throughout winter. Vit D is valuable for helping fight off viral infections.

Free Spirit Algae oil should be supplying vit A which is also protective against respiratory infections

For Lily's hands try <https://www.laroche-posay.com.au/lipikar/lipikar-ap-m-body-balm> It comes in pump bottle or tube.