



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: 02.08.21 Name: Rowe family

Shannon

Preventative:

NEW: Vit D 5000IU / day for 3 months

St Mary's Thistle x1/ day

Biomedica Curcuforte (curcumin) x1 twice a day

2 weeks Pre vaccine and 2 weeks post vaccine:

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

Spencer and Lily.

Preventative:

4000IU Vit D throughout winter eg end October. 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

Collagen powder 1-2 tsp daily. For some protection of gut lining

Spencer.

All the above plus:

Inulin 1 tsp and build up to 1 tbsp over the day, if tolerated. During winter. For gut health in general.

NAC ½ serve daily over winter. For immune health and gut health.

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