

For Fever:

- Follow General Immune Support protocol.
- Warm Ginger Tea prepared in the following manner: 5 slices of fresh ginger 1/4 inch thick in 24 ounces of water. Boil for 10 minutes then drink warm with a small amount of honey. Go to bed and cover up with blankets to create a sweat.
- Coffee Enema 1-2 times a day, see separate instructions.

* Remember a fever is the body's natural defense against infection.

For Uncomplicated Cold Virus:

- Follow General Immune Support protocol.
- Zinca Stop—Use as directed
- BioActive V-HP—1/2 dropper three times a day between meals
- Black Elderberry Extract—As directed
- Neti Pot—2 times a day

For Influenza: Manifested as fever, chills, body aches, sore throat, etc..

- Monolaurin—2 pills 3 times a day
- Nutricillin—1 pill 1 time a day on an empty stomach
- Elderberry Extract—1 Tbsp 3 times a day
- Washington Homeopatics Influenzinum—As directed

*Supplements are not FDA approved and are not intended to diagnose, treat, cure or prevent disease.



Have a
healthy day!

TIPS FOR THE COLD AND FLU SEASON



Dr. Logan's All Natural Pharmacy

8499 Fishers Center Drive
Fishers, IN 46038

Phone: 317-598-4325

E-mail: pharmacy@loganmd.com

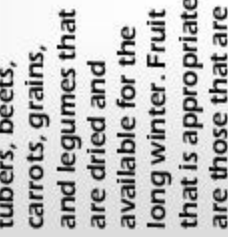


8499 Fishers Center Drive
Fishers, IN 46038

317-598-4325
pharmacy@loganmd.com

Despite being on the verge of one of the busiest social times, winter truly is a time of introversion and hibernation. Try to limit social commitments and don't overdo, as lack of sleep and overeating (especially the sweets of the holidays) will suppress the immune system thus making us more prone to the many infections transmitted during this time of year.

This is a time of the great harvest and an abundance of certain foods. The winter squashes, seeds/nuts, cruciferous vegetables, including broccoli, kale, cabbage, Brussels sprouts, cauliflower, tubers, beets,



carrots, grains, and legumes that are dried and available for the long winter. Fruit that is appropriate are those that are suitable for storage, such as apples, pears, and dried or canned fruits. Avoid the temptation of strawberries, grapes, and other fruits that are long out of season. Food should be lightly steamed, baked, etc. In general, foods should be warming to the body. Soups and stews are particularly tasty this time of year. Cereals, such as rice and oats are also a nice option.

It is important to maintain exercise and exposure to fresh air. Bundle up and head outside for an invigorating walk in



the cool air. If outside, be sure to stay warm and not have pores exposed once they are open from sweating. Enjoy the snow and associated activities (it only last for a short while).

Treatment Protocols

For General Immune Support Use in Acute Illness:

- Thorne Vitamin C with BioFlavonoids—3 capsules three times a day.
- Premier Nucleotide Complex—1-2 capsules every 2 hours in the first 24 hours then 3 capsules 3 times per day (max 20 capsules in 24 hours).
- Marco Pharma Echinacea Tabs—2 tablets under tongue 4 times a day.
- Thorne Zinc Picolinate—2 capsules once daily.
- Nutricillin—1 capsule 2 times a day
- Vitamin D 2000 IU/day



For Sore Throat

- Follow General Immune Support protocol.
- Salt water—Gargle three times a day.
- Premier Carvacrol Oil—10 drops swish and swallow three times a day or Quanta Foods Microstat—1/2 teaspoon swish and swallow 3 times a day.
- Marco Pharma Peppermint Oil—2-4 drops 4 times a day
- Nim Jiom Chinese Herbal Cough Syrup



For Sinusitis:

- Follow General Immune Support protocol.
- Holistica Silver Cream—small amount to both nostrils and outside of sinus cavity twice a day.
- Marco Pharma Echinacea Tabs—2 tablets under tongue 4 times a day.
- Marco Pharma Luffa—2 tablets under tongue 4 times a day for 2 days, then 1 tablet under tongue 4 times a day until symptoms resolve.
- Marco Pharma Hydrastis Nasal Spray—1 spray each nostril 3-5 times daily.
- Black Elderberry Extract



For Cough:

- Follow General Immune Support protocol
- Washington Homeopathic Spongatocough Syrup as directed or Nin Jiom Chinese Herbal Cough Syrup as directed.

* Continued on back