

## Swine Flu Support

1. Thymex - 10 tablets 2x/day (this can be used as a stand alone in cases where the patient is not able to add more products due to cost, compliance, etc. )
2. Calcifood Powder - 1 tsp 2x/day (a source of raw bone marrow. All immune cells originate from the bone marrow.)
3. Sesame Seed Oil - 2 perles 2x/day
4. Dessicated Spleen - 3 tablets 2x/day

## For Acute Flu Symptoms



1. Thymex - 10 tablets/day
2. Echinacea Premium - 3 tablets 2x/day
3. St. John's Wort Liquid - 1 tsp. 2x/day
4. Oscillococcinum - as directed on label (in health food stores or online at <http://www.oscillo.com>)

## Important Lifestyle Changes

- \*\* 8 hours sleep is important to keep immune function normal.
- \*\* Low carb diet is important to keep immunue system healthy
- \*\* Avoid close contact with infected people if possible