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Renovare Immune Boosting Protocol

1. Ensure that you are getting enough quality sleep & drinking enough water. 2. Make sure your bowels are moving at least 2X/day. 3. Manage your stress level. Practice meditation or contemplative prayer and learn to say “no” as part of setting healthy boundaries in relationships. Learn to “Let go” and replace with gratitude as an antidote to worry. 4. Do your Vagal Stimulation Exercises. Avoid Sugar and Junk Food. EAT THE FRESH STUFF 5.
2. Take the Core 4 supplements:
 - a. Mega Multi Pro - a high-grade multiple vitamin. 4/day recommended.
 - b. Vitamin K2-D3 Pro. 2/day = 10,000 Vit D is a good immune maintenance support for most people. A Vitamin K2-D3 boost (25,000 Vitamin D per meal total 75,000 Vit D per day for just 3 days for adults) is especially effective at the first sign of getting sick.
 - c. Magnesium. Brain Relax Max, Brain Magnesium Boost Pro or Mag Glycinate typically.
 - d. Omega 1300 Pro or another quality fish oil to help regulate inflammation.
3. High dose Vitamin C – I LOVE the Vitality C powder we have as a fully buffered form at 4 grams per scoop. Goal is bowel tolerance. I take 12 – 16 grams per day and increase further when sick.
4. Fiber. Yes, fiber is essential to feed our healthy microbiome. Mega Prebiotic is my favorite
5. Professional grade probiotic. The best available is now the spore-based like MegaSpore Biotic. 2/day is maintenance and then increasing to 4 or 6 per day when sick.
6. Biocidin – an awesome tool to boost immune function.
7. High dose Vitamin A – especially nice to boost lung and respiratory function. Xcellent A 7500 or Bio Ae Mulsion Forte are my favorites
8. X-Viromin – a blend of immune-boosting herbs, mushroom extracts, and vitamins/minerals
9. Trizomal glutathione. Boosts immune function in multiple ways.
10. Colloidal Silver – I like the Silver Path brand
11. Immunoglobulin concentrates. Mega IgG 2000 is my favorite.
12. Zinc Glycinate – a great form of absorbable zinc to support immune function

Spinal adjusting – especially the upper cervical atlas – has a proven history of immune boosting.

Low level healing lasers, especially our newest FDA approved anti-bacterial, anti-microbial (includes viruses) violet and red laser.

Remember that a strong, balanced immune system can handle the coronavirus to keep you Well!

Ask us to customize a protocol to meet your immune support needs.

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