

**Start a program to strengthen your immune system to be prepared for the challenges of the cold season!**

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### 3 MONTHS PLAN FOR STRENGTHENING THE IMMUNE SYSTEM

#### MONTH 1

**Beta Caroten** 7000-10000 i.u./day(it will be taken from Monday to Friday, 2 days break), strengthens the immune system, protects the mucous membranes of airways, especially beneficial now to protect the skin from the effects of UV rays.

**Pro Selenium** 20-50 mcg/day – important for the immune system, ensures the hormonal balance, protects the skin.

**Omega 3** – 1000-2000 mg/day – unsaturated fatty acid, is is very important for the integrity of the cellular membrane, normalizes the activity of the immune cells, it is anti-inflammatory

**D Drops** 1000 i.u./day – important for bones and joints, but just as important for strengthening the immune system.

**Liquid Chlorophyll** 10 ml/zi, dimineata, pe stomacul gol, diluat in apa – un produs necesar pentru purificarea sangelui si a limfei.

**Liquid Chlorophyll 10 ml/day, or**

**Chlorella 5-10 g/day, or**

**Barley Grass 5 g/day**

Take it in the morning, on empty stomach, diluted in water, juice, or smoothie, important for cleaning the lymph and the blood.

Also you can use Detox foot pads or Foot Spa to help the detoxification of the lymph and the blood.

**Herbal supplements:** like **Cat's Claw**, **Olive leaf**, **Echinacea**, alone or in any combination, depending on what supplements are in your country, or you can take **Oregano oil**. The mode of administration is on the package leaflet or on the box.

## MONTH 2

**Omega 3** – 1000-2000 mg/day

**Vitamin C** 1000-2000 mg/day – powerful antioxidant, it strengthens the immune system, without this vitamin there is no life.

**Zinc** 50 mg/day – participates in the production of over 200 enzymes in the body, important for the maturation of the white blood cells, maintains the hormonal balance.

**D Drops** 1000 i.u./day

**Quercitine** 500 mg/day – provides a strong immune system, protective against infections, especially in viral infections, anti-allergic, anti-inflammatory.

**Herbal supplements: Pau D'Arco, Elderberry- Black lace, Kudzu** root – it is known in Chinese traditional medicine for the treatment of alcohol abuse, but in the same time it is a fever reducer, it is an immune system aid, reduces cold symptoms, relieves fatigue.

## Month 3

**Vitamin C** 1000-2000 mg/day

**Omega 3** – 1000-3000 mg/day

**Selenium** 50 mcg/day, alternative with **Zinc** 50 mg/day, one day Selenium, next day zinc

**D Drops** 5000 i.u./day

**Herbal supplements or Bee products: Astragalus, Garlic, Bee Propolis**

**Prevention is much easier(and cheaper), don't wait for the disease to knock on your door!**