



Cold, Flu, and Virus Care for Kids and Adults

When it comes to this topic, I consider myself an information broker. I took the time to gather all the facts, but none of this valuable information has been created by me and it's important to give credit to those who did the hard research!

Credit for this information goes to:

- Dr. Ben Lynch (author of Dirty Genes)
- Dr. Elisa Song, Functional Medicine Pediatrician, Healthy Kids Happy Kids website - she has many online courses for parents, check them out: www.healthykidshappykids.com
- Dr. Levy
- Dr. Joseph Mercola
- Dr. Shallenberger
- Ben Greenfield, Author of Boundless
- Research from the University of Miami School of Medicine
- Research from the Intensive Care and Medical Journal

If someone shared this document with you and you would like more information like this from me, please sign up for my twice [monthly newsletter here](#) and follow my [instagram page](#) for many more health tips!

****Disclaimer:** I am not a physician and am taking these dosages from other well respected functional medicine doctors, pediatricians, and physicians. As with all information, please refer to your own physician or pediatrician and check for allergies before starting any regimen. This information is for education purposes only, and is not medical advice or recommending any treatment. You should discuss any potential treatments with your health care professional.

Supplements

When you or a family member is sick, it can feel overwhelming to first go out and buy all of these things and to make sure you are getting the highest quality brands. Once you read through this, contact us at info@nutritionalwisdom.com or call/text us (512) 243-7473 and we will send you whatever you need (we will give options for pills, powder, liquid as to best fit the needs of you/your family).

You do not have to use these all. Take into account budget, taste (for the kiddos), what you are willing to take, and how aggressive you want to be!

How this section is formatted:

Foundational Immune support

These are supplements and dosages to support your immune system and ideal health. In order to help you choose, they are listed by first and second tier.

Supplements and dosages for when actively sick

These are supplements I only use when I have an active cold or virus. You will also notice higher dosages/frequency of the foundational immune support supplements listed here.

**Don't wait until you are sick to do this. I keep our pantry apothecary up to date so at first signs of cold or virus you have everything you need! Free Shipping on all orders over \$50.*

FOUNDATIONAL IMMUNE SUPPORT

These supplements and dosages can be given daily during cold and virus season or simply to support immunity and ideal health.

First Tier Supplements

Vitamin C

Important antioxidant, immune support, may protect against pneumonia and sepsis

1-5 years: 125-350 mg daily

6-12 years: 350-600 mg daily

13-18 years: 600-1,000mg daily

19+ years: 1,000-10,000mg daily

Supplement Options

- Pill: Xymogen Bio C 1:1 500 mg in 1 capsule
- Liquid: Designs for Health Liposomal Vitamin C: 1,000mg in 1 tsp
- Gummy: Carlson Vitamin C Gummies: 125 mg per gummy

Zinc

Immune support and may reduce the risk of respiratory infections

*0-1 year: 4-5mg daily 1-3 years: 5-10mg daily 4-12 years: 10-25 mg daily
13-18 years: 25-35mg daily 19+ years: 20-50mg daily

Supplement Options:

- Pill: Xymogen Zinc Glycinate 20 mg for 1 capsule
- Gummy: Designs for Health Immuno-Zinc™ Lozenge: 25mg zinc/100mg elderberry
- Lozenge: Xymogen Life Extension Zinc lozenges: 18.75 mg
- Gummy: Xymogen Zahler chewable Zinc Lozenges Elderberry Flavor: 25mg zinc/100mg elderberry
- Gummy: Xymogen Trace Minerals Vitamin C + Zinc chewable wafers (raspberry flavor): 250mg vitamin C, 40mg zinc)

Quercetin

Natural antihistamine and antioxidant, supports zinc's action on cells

2-4 years: 50mg daily 4-8 years: 50-100mg daily 8-12 years: 100-200 mg daily
12-18 years: 200-400mg daily 19+ years: 400-1,000mg daily

Supplement Options

- Pill: Designs for Health Quercetin + Nettles: 600 mg quercetin and 600 mg of nettles in 3 capsules
- Pill: Xymogen AllerDHQ: 200 mg vitamin C, 400 mg quercetin, 200 mg stinging nettle aqueous extract, 100 mg bromelain, 100 mg rutin, 100 mg N-Acetyl-L-Cysteine, 40 mg dihydroquercetin
- Powder: Designs for Health Quercetin Ascorbate: 500 mg of quercetin and 500 mg of vitamin c in 1 gram

Curcumin

Powerful anti inflammatory and may reduce risk of cytokine storm

1-4 years: 100mg daily 5-12 years: 100-200mg daily
13-18 years: 200-500mg 19+ years: 500-1,000mg daily

Supplement Options

- Pill: Xymogen CurcupleX 95 capsules
- Pill: Designs For Health Curcum-Evail: 380 mg curcuminoids - curcumin, demethoxycurcumin, bisdemethoxycurcumin), turmeric oil, sunflower lecithin, vitamin E
- Gummy: Designs for Health CurcumEvail Chewables: 100 mg turmeric extract

Vitamin D

Critical for healthy immune response to infections, may protect against sepsis

0-1 year: 400 IU daily 1-6 years: 1,000-3,000IU daily
7-12 years: 2,000-5,000 IU daily 13-18 years: 3,000-7,000 IU daily
19+ years: 5,000IU + 10,000 IU daily

**these levels should be checked via blood (even with kids you can use a finger prick) and adjusted as needed as my 3 year old needed 4000 IU daily to get her numbers where they should be for ideal immunity)*

Supplement Options

- Pill: Xymogen D3 + K2: 5,000 IU/10,000 IU
- Gummy: Carlson's Vitamin D3 Gummies: 1,000 IU in one gummy
- Liquid: Nordic Naturals Baby's Vitamin D3 Liquid: 400 IU in one drop

Vitamin A

Major antioxidant, called an "anti-infective" vitamin as far back as 1928

0-3 years: 1,000-2,000 IU daily (300-600 mcg RAE/day)

4-8 years: 1,500-3,000 IU daily (450-900 mcg RAE/day)

9-13 years: 3,000-5,000 IU daily (1,000-1,500 mcg RAE/day)

14 + years: 5,000-10,000 IU daily (1,500- 3,000 mcg RAE/day)

*An important note about vitamin A:

- The ratio of vitamin A and D in the body can either trigger viral susceptibility or decrease viral susceptibility.
- Low Vitamin D/High A worsens influenza and presumably COVID
- If Vitamin D is lower than 80 then one may react to Vitamin A and therefore should not take A
- It is extremely important for vitamin D to be at adequate levels to counterbalance what vitamin A does for immune support therefore if you don't know your vitamin D levels, please do not supplement with vitamin A

Immune Supporting Probiotics

An important healthy immune support all around

*dosage varies by product

Supplement Options

- Pill: Xymogen ProbioMax Daily DF - 30 Billion CFU in 1 capsule
- Gummy: Xymogen Nordic Naturals Probiotic Gummies: 2-3 years - 1 gummy/4+ years - 2 gummies
- Gummy: Designs for Health ProbioMed Kids Chewable - 10 billion CFU in 1 tablet
- Powder: Designs for Health Probiotic Synergy - 20 billion in ½ teaspoon

2nd Tier Supplements

Elderberry

Dosages vary widely and I use this in a combo product.

0-1 year: ½ teaspoon daily

1-4 years: 1 teaspoon daily

5-12 years: 2 teaspoons daily

13+ years: 1 tablespoon daily

Supplement Options:

- Pill: Designs for Health Immunitone Plus™: 200mg elderberry, 600mg echinacea, mushrooms, 200mg andrographis
- Liquid:

- Xymogen Kids Black Elderberry Drops: 246 mg in 5 drops
- Xymogen Wise Woman Herbals Elderberry Syrup: ⅓ tsp
- Gummies:
 - Xymogen Megafood Elderberry Immune Support Gummies: 400 mg of elderberry, 100 mg wild blueberry, 20 mg ginger root, 6 mg of zinc
 - Xymogen Zahler chewable Zinc Lozenges Elderberry Flavor: 25mg zinc/100mg elderberry
- Powder: Xymogen Trace Minerals Elderberry Immunity Powder: 200 mg black elderberry fruit extract, 100 mg ionic trace mineral complex, 10 mg zinc, 1000 mg vitamin c

Glutathione

Our “master antioxidant”, may reduce risk of sepsis and cytokine storm

1-5 years: 50 mg daily

6-12 years: 100 mg daily

13-18 years: 200 mg daily

19+ years: 250-500mg daily

Supplement Options

- Pill: Xymogen S-Acetyl Glutathione: 200 mg of s-acetyl glutathione in 2 capsules
- Liquid: Designs for Health Liposomal Glutathione: 100 mg glutathione
- Xymogen Glutathione Plus (topical cream)

SUPPLEMENTS TO USE ONCE SICK

**Dosages will increase from some of the foundational supplements - check here for correct dosage if your child is actually sick*

SBI Protect (Powder or capsules)

0-1 years: ¼ scoop x2/day

1-5 years: ½ scoop x2/day

6-12 years: 1 scoop x2/day

13+ years: 1 scoop x3/day

SBI Protect Capsules (if you prefer capsules to powder)

0-1 years: 1 cap x2/day

1-5 years: 2 caps x2/day

6-12 years: 4 caps x2/day

13+ years: 4 caps x3/day

Supplement Options

- Microbiome Labs: MegalgG2000 - 2 grams per 4 capsules

SPM's (Specialized pro-resolving mediators)

Anti inflammatory and minimizes cytokine storm

0-1 years: ½ cap x2/day

1-5 years: 1 cap x2/day

6-12 years: 2 caps x2/day

13-18 years: 3 caps x2/day

18+ Adults: 4 caps x2/day

Supplement Options

- Designs for Health: SPM Supreme: 300 mg of combination of three highly potent “specialized pro-resolving mediators” in one softgel

Melatonin

Children: .5-5 mg

Teens and adults: 5-10 mg

Supplement Options:

- Pill: Xymogen Melatonin CR: 5 mg in one capsule
- Pill: Designs for Health Melatonin SRT (sustained-release tablet): 6 mg per capsule
- Pill: Designs for Health Melatonin: 3 mg per capsule
- Gummy: Xymogen Carlson's Melatonin Gummies: 2.5mg per gummy
- Liquid: Xymogen Quicksilver Melatonin Professional Dose 1 fl oz: 4 mg in one pump

Vitamin C

Increase to “bowel tolerance” - bring back down if causing diarrhea

1-5 years: 500-1,000 mg x3/day

6-12 years: 1,000-2000 mg x3/day

13-18 years: 2,000-3,000 mg x3/day

19+ adults: 4,000-5,000 mg x3/day

Supplement Options

- Pill: Xymogen Bio C 1:1 500 mg in 1 capsule
- Liquid: Designs for Health Liposomal Vitamin C: 1,000mg in 1 tsp
- Gummy: Carlson Vitamin C Gummies: 125 mg per gummy

Glutathione

1-5 years: 50-100 mg daily

6-12 years: 100-250 mg daily

13-18 years: 250-500 mg daily

19+ years: 500-1,000mg daily

Supplement Options

- Pill: Xymogen S-Acetyl Glutathione: 200 mg of s-acetyl glutathione in 2 capsules
- Liquid: Designs for Health Liposomal Glutathione: 100 mg glutathione
- Xymogen Glutathione Plus (topical cream)

Zinc

*0-1 year: 5-10 mg daily

1-3 years: 10-25 mg daily

4-12 years: 25-50 mg daily

13-18 years: 50-75 mg daily

19+ years: 75-100 mg daily

Supplement Options

- Pill: Xymogen Zinc Glycinate 20 mg for 1 capsule
- Gummy: Designs for Health Immuno-Zn™ Lozenge: 25mg zinc/100mg elderberry
- Lozenge: Xymogen Life Extension Zinc lozenges: 18.75 mg
- Gummy: Xymogen Zahler chewable Zinc Lozenges Elderberry Flavor: 25mg zinc/100mg elderberry
- Gummy: Xymogen Trace Minerals Vitamin C + Zinc chewable wafers (raspberry flavor): 250mg vitamin C, 40mg zinc)

Quercetin

2-4 years: 50mg x2/day

4-8 years: 50-100mg x2/day

8-12 years: 100-200 mg x2/day

12-18 years: 200-400mg x2/day

19+ years: 400-1,000mg x2/day

Supplement Options

- Pill: Designs for Health Quercetin + Nettles: 600 mg quercetin and 600 mg of nettles in 3 capsules
- Pill: Xymogen AllerDHQ: 200 mg vitamin C, 400 mg quercetin, 200 mg stinging nettle aqueous extract, 100 mg bromelain, 100 mg rutin, 100 mg N-Acetyl-L-Cysteine, 40 mg dihydroquercetin
- Powder: Designs for Health Quercetin Ascorbate: 500 mg of quercetin and 500 mg of vitamin c in 1 gram

Addressing Cough for Kids and Adults

Gaiakids Bronchial Wellness

2-6 years: 1 tsp 2-3x/day

>6 years: 1-2 tsp 3-4x/day

Adults: 1 tbsp 3-4x/day

[Can be purchased on Amazon](#) or local Whole Foods

Addressing Abdominal Pain/Nausea/Diarrhea for Kids and Adults

Ginger tea

Peppermint tea

Chamomile tea

Echinacea tea

**Always buy organic*

Electrolytes

Fever and OTC cold remedies can dehydrate the body. Make sure to drink plenty of water with electrolytes when feeling under the weather!

Supplement Options

- Designs for Health: Electrolyte Synergy - 1 scoop
- Whole Scripts: Trace Minerals Electrolyte Stamina PowerPak - 1 packet

Let Us Get You Everything You Need

Call/text (512) 243-7473 or email info@nutritionalwisdom.com and we will ship you everything you need. Have peace of mind knowing your pantry apothecary and set up and ready to go if and when you need it!

Fever, Nebulizers, Neti Pots, and More...

When it comes to helping the body overcome a cold, bacteria, or virus, supplements are just one piece of the puzzle. Below are some of the most important practices to help the body fight infection and return back to a state of wellness!

How to Handle a Fever

When to let it ride and when to take action

There is a ton of controversy when it comes to treating a fever. Always use your best judgement and consult with your doctor or pediatrician. I've gathered this information because I feel like we jump too quickly to address a fever, especially in children.

Fever is 4 million years old and it spans multiple species, there's an evolutionary benefit to it!

Energy consumption is quite high to raise body temp from 98.6 F to whatever temperature it goes to (faster heart rate, increased breathing) you need to provide fuel to the system while it's doing its job. Consider B vitamins, electrolytes (absolutely critical), MCT oil.

**Information coming from University of Miami School of Medicine, Intensive Care and Medical Journal, Dr Ben Lynch*

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4703655/?fbclid=IwAR2xOjnJjdUvShOgG3FhWH9SEN7hb1mPFRHLuTchAmRZCnUm0dunbbr4zE>

<https://pubmed.ncbi.nlm.nih.gov/31218430/>

		How strong is the indication for treatment?*		
		Very strong	→→→→→→→→→→→→	Not very strong
How severe is the temperature elevation?	Very severe	TEMPERATURE OF 41°C IN PATIENT WITH HEAT STROKE OR OTHER CAUSE OF HYPERTHERMIA	TEMPERATURE OF 41°C DUE TO FEVER WHEN A PATIENT'S CAPACITY TO MEET METABOLIC DEMAND IS EXCEEDED	TEMPERATURE OF 41°C DUE TO FEVER WITHOUT ORGAN DYSFUNCTION
	↑↑↑↑↑	TEMPERATURE OF 38.5°C IN A COMATOSE POST CARDIAC ARREST PATIENT OR A PATIENT WITH HYPERTHERMIA	TEMPERATURE OF 38.5°C IN A PATIENT WITH ACUTE BRAIN PATHOLOGIES (EXCEPT HYPOXIC ISCHAEMIC ENCEPHALOPATHY) OR A PATIENT WITH HYPERTHERMIA	TEMPERATURE OF 38.5°C DUE TO FEVER WITHOUT ORGAN DYSFUNCTION
	Not very severe	TEMPERATURE OF 38°C DUE TO FEVER WHEN A PATIENT'S CAPACITY TO MEET METABOLIC DEMAND IS EXCEEDED OR WHEN A PATIENT IS COMATOSE POST CARDIAC ARREST	TEMPERATURE OF 38°C DUE TO FEVER WITH ORGAN DYSFUNCTION BUT PRESERVED CAPACITY TO MEET METABOLIC DEMAND	TEMPERATURE OF 38°C DUE TO FEVER WITHOUT ORGAN DYSFUNCTION

Red Box

DO NOT lower the fever and let it do its job
Up to 100.4 degrees Fahrenheit (38 degrees C) do not give anything

Tell your kids (or remind yourself) that they are killing bad bugs and they are superhuman!
Make it a game when they complain of being hot.
If you have a fever of 105.8 without any signs of organ dysfunction or hyperthermia (heat stroke) still doesn't have high evidence to treat

Green Box

TAKE ACTION to lower the fever
105.8 degrees F (41 degrees C) **with hyperthermia (heat stroke) or organ dysfunction**

Overall Review

Research shows that unless fever reaches over 105.8 degrees in a child or adult that is also showing signs of organ dysfunction (slowed speech, not acting normally, seizure, vomiting, stiff neck, severe headaches, trouble breathing, etc...) or heat stroke, to let the fever do its job in the body of killing infection. Upon my research there is no straight answer as to how to tell that heat stroke or organ dysfunction is occurring, so you have to use your judgement and notice any "off" behavior.

Things you can do to safely lower fever a few degrees include the following:

- Sit in a bath of lukewarm water, which will feel cool when you have a fever. (Cold water will actually cause your body to warm up instead of cool down.) Add magnesium chloride salts (epsom salt works if that's what you have).
- Wear light pajamas or clothing.
- Try to avoid using too many extra blankets when you have chills.
- Drink plenty of cool or room-temperature water with electrolytes. Electrolytes are massively important when you have a fever to avoid seizures!
- Use a fan to keep air circulating.
- Popsicles made with fruit and very little sugar (weakens the immune system)

Nebulizing with Hydrogen Peroxide for Breathing and Lung Function

Information gathered from Dr. Joseph Mercola, Dr. Shallenberger, and Dr. Levy

Articles for reference:

- [Dr. Shallenberger Article: This -At Home -Treatment Can Knock Out Any Virus Including Coronavirus](#)
- [Dr. Mercola article regarding hydrogen peroxide nebulization](#)
- [Article Dr. Levy and Dr. Shallenberger regarding hydrogen peroxide nebulization](#)

Hydrogen Peroxide nebulization has been reported to be helpful in preventing and treating respiratory viral infections.

Directions:

- To make the nebulizing mixture dilute 5 mL of 3% hydrogen peroxide in 100 mL saline <OR> 1 ounce of 3% hydrogen peroxide to about 16 ounces of saline.
- Use 3 cc of the diluted mixture for each nebulization treatment.
- Place the mask over your mouth and nose and breathe normally until the solution is gone, which is usually 10-15 minutes.
- Repeat the 3 cc nebulization treatment hourly the first day, and 4-6 times a day until the infection is resolved.

You can do this in conjunction with any recommendations your health care practitioner recommends.

Some authors suggest stronger solutions for better antiviral effect up to 0.5% which would be about 15 cc of 3% hydrogen peroxide in the 100 mL of saline. If there is any burning sensation, back off to the more dilute solution.

If no saline is available distilled water can also be used to dilute the hydrogen peroxide. It would be best to have these supplies on hand and ready to use at the first sign of a viral infection whether it be a cold, flu, or other respiratory viral infection. The sooner treatment is begun the less likely it will progress to more serious infection and illness.

Supplies:

- Hydrogen Peroxide
- Saline Solution
- Nebulizer (link to Amazon top rated below)
- ml syringe (typical syringe that comes with liquid over the counter medicines)

How to Use a Neti Pot

If you are stuffed up or feel you have a sinus infection, using a neti pot throughout the day can help flush passageways and kill bacteria.

Directions:

1. Add 8 ounces of warm filtered water and a heaping 1/4 tsp of pure sea salt (non-iodized)
2. Optional if you feel there's infection (presence of yellow snot) Add 4 drops of grapefruit seed extract by Neurtibiotic (found at Whole Foods and online, white bottle and red cap) It's a natural antibacterial and works 10x better than just salt alone! This combo is gentle enough to use every hour depending on the severity of your symptoms.

[Watch this video](#) for how to perform the nasal rinse.

Supplies

- Neti Pot
- Filtered Water
- [Nutribiotic Grapefruit Seed Extract \(GSE\)](#)
- Celtic Sea Salt

Review of Gadgets I keep at home

Pulse Oximeter

[Video on how to accurately measure pulse ox](#) - go to hospital if saturation falls below 92%

Thermometer

Nebulizer

List of [highest rated nebulizers on Amazon](#)

Neti Pot

Random Notes

- If you wind up taking antibiotics for a sickness, make sure to wait three hours before you take probiotics. Once you're done with the medication, double up on your probiotics (even better to get a specific strain called S. Boulardii which is great for post antibiotic therapy to prevent candida/yeast infections).
- Antibiotics and decongestants can dehydrate the body tremendously (especially if you're having diarrhea) so make sure you're getting enough water and add electrolytes!
- Lots of water, juices, bone broth based soups, and rest! We have recipes on our website, or you can grab some soup and juice pre-made at Whole Foods.
- Whether you're sick or not, don't stop moving. Try to engage in low-level physical activity, even if it's just an easy walk in the sunshine or a bit of bouncing up and down on a trampoline. If you're too sick to move, consider resting with infrared blankets, an infrared sauna or a Biomat to keep lymph fluid circulating.
- If you can get access to an infrared sauna, sit there for 20-30 minutes (stay hydrated). You can do this daily and it will help the body boost it's immune fighting cells. If you don't feel well while inside, trust your intuition. *not for pregnant women or children
- *If someone shared this document with you and you would like more information like this from me, please sign up for my twice monthly newsletter here and follow my instagram page for many more health tips.
- *Call/text (512) 243-7473 or email info@nutritionalwisdom.com and we will ship you everything you need. Have peace of mind knowing your pantry apothecary and set up and ready to go if and when you need it!