

GOLDEN REY

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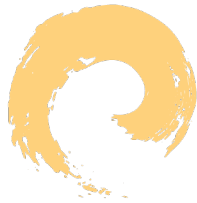
Cold and Flu Remedies

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At the first sign of onset of a cold (scratchy throat, sneezing) or flu (sore throat, body aches, fever/chills/sweats) – best to start these as soon as possible:

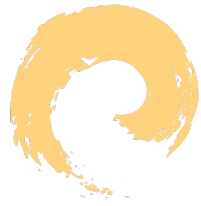
1. **Vitamin D 50,000 - 100,000** international units daily up to 3 days max (20,000-50,000 international units daily for children) - it is hard to get toxic from Vitamin D, but not a bad idea to have baseline levels checked, or to check periodically after taking high doses for extended time periods - "Superior Source" sublingual (under the tongue) Vitamin D 10,000 international units daily is a reputable and easy-to-dose product that you should have on hand for acute viral illnesses. For ongoing vitamin D supplementation, I recommend: **Ortho Molecular K-force** Vit D/K2 5,000/180 one by mouth with food daily.
2. **Vitamin C 1,000 mg** every 4 hours if your stomach tolerates - I like **Quicksilver Scientific liposomal Vitamin C** 1000mg per tsp hold under tongue 30-60 seconds then swallow, 3-4 times daily for acute illness, once daily for general immune support
3. **Zinc 30-60 mg daily for a week** – Quicksilver Scientific Immune Active Zinc Ionophore, which contains quercetin to help drive zinc intracellularly, where it is needed for immune support, is a reputable brand – take 2 daily
4. **Vitamin A 30,000-100,000 IU sublingual daily for 3 days** - I like Genestra brand "A-mulsion" – one drop = 3,000 IU, so take 30 drops (90,000 units) (10 drops is 30,000 units) under the tongue daily for 3 days
5. **Argentyn-23 Throat Spray** 12 sprays to back of throat and do a little "gargle" maneuver with it. This is colloidal silver. It kills EVERYTHING and is a must-have at home during cold and flu season.
6. **Argentyn-23 Nasal Spray** (colloidal silver) one squirt each nostril twice daily.
7. **Optional: Andrographis** – recently approved in Thailand – take 60 mg (which is three times the normal dose) of andrographis extract capsules three times per day
<https://herbalgram.org/resources/herbalegram/volumes/volume-18/volume-18-issue-1-january-2021/thailand-approves-asian-herb-andrographis-to-treat-covid-19/thailand-approves-asian-herb-andrographis-to-treat-covid-19/>



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8. **Optional: Elderberry** – DaVinci liposomal Elderberry extract 2 mL daily (hold under tongue 30-60 seconds then swallow)
 9. **“Oscillococcinum”* homeopathic by Boiron** as per directions if you suspect **influenza** (especially if it’s going around, or folks at home, school or workplace have had it) – see below
 10. **“Cold Calm” homeopathic by Boiron** as per package if you think it’s the **common cold** (or other homeopathic, such as “Meteoric Iron Prunus Immune Support Pellets” by Uriel Pharmacy online \$21.25 - this one is easier to dose and tastes good, especially for kids) - directions on package inserts/bottle
 11. **“Thieves” essential oils or “On Guard”** by doTerra – diffuse the house with this
 12. **Disinfectant** – get a brown 12-ounce spray bottle on Amazon. Fill $\frac{3}{4}$ with reverse osmosis or distilled water, $\frac{1}{4}$ with vinegar, and leave a little space for 1-2 drops of liquid dishwashing detergent and about 30 drops of Thieves essential oils or “On Guard” by doTerra. Spray down doorknobs/doors, fridge/freezer handles, faucets/handles and anything potentially touched by germ-mongers.
 13. I haven’t used this as much, but others swear by it: **Fire Cider** - Apple cider vinegar, garlic, ginger, cayenne - steep; take a shot of it at the onset of a cold. May chase with Elderberry syrup to clear the bad taste. Tippy Canoe at the Farmer's Market makes a "Fire Tonic". Probably easiest to just purchase Fire Cider at local co-op or health food store.
- ***Oscillococcinum®**
 - Oscillococcinum® (*Anas barbariae hepatis et cordis extractum* 200CK HPUS) is a patented homeopathic preparation manufactured by a French-based company (Boiron Laboratories), marketed and widely used for the treatment and prevention of influenza symptoms. In clinical trials, Oscillococcinum® has been shown to reduce the severity and shorten the duration of influenza symptoms within a few days (*Br Homeopath J*, 1998;87:69-76, *Br.J Clin.Pharmacol*, 1989;27(3):329-335).
 - Despite modest positive findings for treatment, additional studies are needed to evaluate its effectiveness in preventing influenza.



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Want to know how Joe Rogan and Ben Greenfield handled their treatment with the current viral illness?
(Hint: Golden Rey Energy Center offers many of these same therapies!)

The Joe Rogan Experience

https://www.youtube.com/watch?v=3O_7O9_nV10

Ben Greenfield Fitness

<https://bengreenfieldfitness.com/transcripts/transcript-peak-brain-institute/>