

Checklist for Building and Maintaining a Strong Immune System, a Natural Approach

Ingredient	Product	Food Source
Calcium (ionized Calcium) (Calcium Lactate is best, Calcium Citrate is better, Calcium Carbonate is NOT Recommended)	<i>Calcium Lactate by Standard Process</i>	Leafy greens, organic tofu, organic dairy
Vitamin C (Whole foods vitamin C supplement, not Ascorbic Acid) 1,000-3,000 mg/day	<i>Cataplex A-C by Standard Process</i>	Fruits & veggies (citrus fruits, peppers, tomatoes, and berries, hibiscus)
Vitamin D3 (Food based, not synthetic) 400-800 IU/day – up to 5,000 IU/day	<i>Cod Liver Oil, Cataplex D by Standard Process</i> Other sources: Sunlight (safe doses)	Salmon, herring, sardines, cod liver oil, canned tuna, egg yolks, wild mushrooms (organic only)
Zinc 8-20mg/daily	<i>Immuplex from Standard Process</i> or a food based multi-vitamin	Nuts (Cashews, Pistachios), Seeds (Hemp, pumpkin, sesame), meat, eggs and shellfish
Probiotics 2-4/day, always take on empty stomach	<i>Innate</i> . look for at least ten , different strains, that include: Lactobacillus plantarum, lactobacillus casei, lactobacillus rhamosus, lactobacillus paracasei,	Sauerkraut, miso, yogurt
Multi-Vitamin (Food based, not synthetic)	<i>Immuplex from Standard Process</i> <i>Add Tymex for additional support</i>	
Vitamin F	<i>Cataplex F from Standard Process</i>	Flax, pumpkin, hemp, walnuts, almonds, tofu (organic only)
Antiviral Herbs (see a health care practitioner for individual recommendations)	Antiviral herbs can come in tablet, powder, liquid, tinctures form, raw or loose leaf tea.	
Medicinal Mushroom	<i>MyCommunity by Fungi Perfecti</i>	Always get Organic Mushrooms. <i>Non-organic are highly sprayed.</i>
Saline Nasal Spray	Many good ones at retail shops or online: <i>Xlear, Source Naturals, Now</i>	
Herbal Throat Spray	<i>Herbal Throat Spray by Medi-Herb</i>	
Antiseptic Mouthwash	Or gargle with salt water.	

Source: Better Life Acupuncture, K. Midgie Franz, LicAc, Herbalist, Holistic Health Counselor