



# Fundamental Immune Support Guide

**Dr. Emily Parke**

© 2020



# VIRAL PREVENTION

---

There are many things you can do to help prevent yourself from coming down with a serious viral illness. With the widespread nature of viruses, it's likely you're already practicing regular hand washing, wearing a mask, avoiding touching your face, and following social distancing protocols. But did you know there are other things you can do to support your immune system?

Lifestyle factors play a large role in how well your immune system is able to fight off infections. That's because how you treat your body and what you put into it matters. Focusing on building a robust immune system, particularly during the current pandemic, is one of the best viral prevention measures you can take.

With that being said, let's dig into a few things you can do to support your immune system throughout the year.

# LIFESTYLE FACTORS:

## **FOCUS ON HEALTHY NUTRITION**

You're likely finding yourself stress eating with extra sugar and carbs to cope with anxiety. But that's really the opposite of what you should be doing. Avoid processed and packaged foods and instead, stick to anti-inflammatory, nutrient-dense foods to really help your immune system work well. Here's what a healthy plate should look like:

Half of your plate should be veggies. The other parts of your plate should include a small serving of fruit or starchy veggies, some healthy fats like avocados, nuts, or seeds in addition to cooking with healthy oils such as avocado oil, olive oil, or coconut oil, and a small serving of a well sourced protein such as organic, grass-fed beef, wild-caught fish, or organic, free-range chicken.

## **GET GOOD QUALITY SLEEP**

Aim for about eight uninterrupted hours of sleep each night because sleep is one of the most important things you can do to support your immune system. Make it a point to wind down, sleep in a dark, cool room, and avoid caffeine in the evenings.

## **INCREASE OUTDOOR TIME**

Getting outside for fresh air and sunlight is crucial for proper immune system functioning.

## **MAKE EXERCISE A PRIORITY**

Although most gyms are currently closed, there are still plenty of ways to get your daily exercise in. Try an at-home workout video or go online for other fun workouts. There are many things you can do from home to stay active.

## **MANAGE YOUR STRESS LEVELS**

Taking time to relax each day is more important now than ever. When your body has heightened stress levels, it's harder to fight off illnesses. Carve out time to practice meditation, deep breathing, yoga, Tai Chi, Qigong, or journaling.

Also, it's wise to increase your daily relaxation to twice a day in order to combat the negative effects of stress, especially during these uncertain times.

## **REDUCE TOXINS**

Be sure to drink clean, filtered water. Also, make sure the air inside your home is filtered. When it comes to personal care products and household products, keep them as clean and toxin-free as possible.

# NUTRITIONAL SUPPLEMENT SUPPORT

Decreasing your risk of potentially getting sick with a virus starts with a solid plan. Including a viral prevention supplement regimen into your daily routine decreases your possibility of being admitted to the ICU or even into the hospital at all. But it's important to note that there isn't one single regimen that's going to prevent you from getting all viral illnesses. Therefore you shouldn't assume that just because you're doing X, Y, Z regimen that you're going to be lucky and only get a mild version of the virus like a cold.

In addition, it's still very important to take the recommended lifestyle viral prevention steps including social distancing, wearing a mask, and proper hand washing — assume you're still at risk as much as everyone else is. With that being said, there is a basic supplement regimen you can take to support your immune system and potentially decrease your risk of serious viral illnesses.



This regimen is potentially helpful based on what we know so far in the research and is unlikely to cause harm, however, please check with your own healthcare provider before starting any regimen, as modifications may be indicated in your specific case. If you happen to become ill with any virus, you're going to increase dosages of almost everything in the supplement prevention regimen as soon as symptoms begin. And then once you start feeling better, you can go back to your regular dosing on your supplements. *NOTE: Take increased doses for no longer than 14 days unless specified otherwise by your healthcare provider.*

# VIRAL SUPPORT REGIMEN:

## **MULTIVITAMIN/MINERAL: Multi Nutrients**

Take 4 per day with food. Multi Nutrients is a comprehensive, hypo-allergenic, multivitamin and mineral blend providing high-quality nutrients in the most bioavailable form. This multi contains maintenance doses of vitamin D, vitamin A, vitamin C, and zinc, as well as other key nutrients like activated B vitamins and other micronutrients that are important for supporting the immune system and preventing nutrient deficiencies.

## **VITAMIN C: Super C**

Take 1 per day as maintenance. In times of illness may increase to 2 tabs 3-5 times per day. Super C is created from multiple ingredients rich in vitamin C. It includes antioxidant protection and enhances immune function. Vitamin C has long been recognized for its role in supporting the immune system, specifically T cells, which absorb and concentrate vitamin C. Vitamin C also plays a key role in maintaining normal inflammatory balance.

## **Vitamin D: Vitamin D3 + K2**

Take 1 per day with food. In times of illness may increase to 2 per day. Vitamin D3 + K2 provides 180 mcg of MenaQ7<sup>®</sup> PRO, the most widely studied form of vitamin K2 as MK-7, along with 5,000 IU of vitamin D3 for optimal support of immune system, bone, and cardiovascular health.

NOTE: it is important to get your vitamin D levels checked by your healthcare provider when supplementing with vitamin D.

## **Zinc: Zinc Glycinate**

Take 1 per day with food. Zinc Glycinate provides 54 mg of highly absorbed zinc, optimal utilization and gastrointestinal comfort. Zinc supports immune function, protein synthesis, tissue growth, DNA synthesis, and cell division. Zinc also helps tissue repair and is important for adequate functioning of the senses of taste and smell.

# VIRAL SUPPORT REGIMEN:

## *Omega-3's: Mega Omega*

Take 1 per day with food. In times of illness may increase to 1 twice per day. Mega Omega provides 820 mg of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) per soft gel as natural triglycerides, the preferred form with superior absorption. Omega-3's help maintain a normal inflammatory balance, support cardiovascular health, blood sugar metabolism, cognitive function, eye health, and skin, joint and connective tissue health.

## *Turmeric: Curcumin Max*

Take 1 capsule per day. In times of illness may take 2 twice per day. Curcumin Max offers a well-rounded blend of turmeric phytonutrients that help support normal inflammatory balance and strengthen immune reserves. It is a full-spectrum turmeric product that contains an exclusive blend of bioactive nutrients. It is standardized to contain curcuminoids, turmeric oils, and turmerin protein, along with many other active turmeric compounds.

## *Probiotic: Complete Probiotic*

Take 1 per day with food. In times of illness may increase to 2 per day. Complete Probiotic is a unique probiotic formula designed to deliver seven active proven probiotic organisms shown to promote healthy gut microflora, protect intestinal integrity, and enhance immune function. The vast majority of the immune system is located in the gut, making healthy microbial balance a key component to overall health.

## *Adrenal Adaptogen: Stress Calmer*

Take 2 per day. May increase to 2 caps twice per day in times of increased stress or illness. Stress Support includes a blend of adaptogenic botanicals and nutrients specifically formulated to counteract the effects of daily stress and support healthy energy levels. This unique blend of "stress adapting botanicals" help increase the body's resistance to fatigue while helping to maintain balanced cortisol and DHEA levels as well as healthy hypothalamic-pituitary-adrenal (HPA) axis function.

The background of the page is a collage of images. At the top left, there are several pink tulips with green leaves. Below them, on the left side, is a white bowl filled with a variety of fresh fruits, including red cherries, sliced grapefruit, orange slices, blackberries, and sliced tomatoes. On the right side, there is a wooden cutting board with a single red cherry on it. At the bottom right, there is a bowl of a healthy meal, possibly a salad or a bowl of grains, topped with blueberries, a cherry, and some green herbs. The overall theme is health and wellness.

# *Thank You*

I'm so happy to share this resource with you to support your immune system. Please reach out to your own health care provider at the first sign of illness for guidance as to what to do for your own personal case. Visit [dremilyparke.com](http://dremilyparke.com) to purchase the immune supporting supplements referenced in this guide.

Just remember, I am a doctor, but I am not your personal doctor. Please check with your own healthcare provider before starting a new supplement regimen. I highly recommend finding a good integrative or functional medicine practitioner to guide you. Visit [ifm.org](http://ifm.org) to find a functional medicine provider in your area.

Here's to good health and healing!

*Dr. Emily Parke*