

Immune Support For Kids

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Sometimes when you go to conferences, the best clinical pearls aren't from the presenters but the conversations you have at lunch with your colleagues. One of my IAACN colleagues mentioned that his son had missed a lot of school in years past due to illness. Here he was a clinical nutritionist and yet he had to keep his son at home because he was so sick. He finally got convicted enough to do something about it. And so he developed a program for his son that would send his immune system "to school." Since he put him on this simple preventative program he hasn't missed a day of school in over 2 years. He has also shared his son's program with other clinicians and they have had similar results.

Schools are like distribution centers for all kinds of sickness. So if someone with a weak immune



system finds a way to beat the odds, I'm all ears. He begins this simple preventative program when school starts as part of a wellness strategy. He told me his diet is good but not that good, after all his son is 8 years old. His strategy is so simple you may want to present this to every one of your patients with school age children. Better yet present it to the grandparents for their grandkids. As a grandparent I can honestly say I have been happy to invest

in my grandchildren's preventative wellness.

So here's the program. As a preventative wellness strategy for children, every morning at breakfast, 2 Cytozyme-THY, 2 Bio-3B-G, 1 BioDoph-7 Plus and 1 capsule Optimal EFAs. On even days: 1 drop of Bio-D-Mulsion Forte. On odd days: 1 drop of Bio-Ae-Mulsion Forte. Done. Could it be any easier?

He mentioned that his son can take pills. But if you

think about it, except for the capsule of Optimal EFAs, every one of these pills is small and can be easily crushed and mixed with food. You can see a Tuesday Minute I did on ways to help children take supplements.

Let's look at why this program is so comprehensive. Cytozyme-THY, neonatal thymus tissue comes from young animals one to three days old, when the glandular system is in its most anabolic state. The thymus is like the general in command of the immune system directing the body's immunological army to get ready to fight. The thymus directs the fight and then just as important gives the orders to stop the fight.

Bio-3B-G contains low dose phosphorylated B vitamins. The 2 tablets supply 3 mg as cocarboxylase, 1 mg of riboflavin-5-phosphate, 13 mg of niacinamide, 1.3 mg of pyridoxal-5-phosphate, 266 mcg of calcium folinate, 4 mcg of methylcobalamin, 6.6 mg of calcium pantothenate, 40 mcg of both superoxide dismutase and catalase. The phosphorylated B vitamins help the energy cycles of the body burn sugars efficiently which will help support adrenals and stabilize energy cycles, which of course will also assist learning capacity and compliance.

BioDoph-7 Plus supplies the prebiotics and probiotics to support the microbiome. Since the strains are acid resistant they can be taken with food.

Optimal EFAs are a balanced blend of omega-3, omega-6, and omega-9 fatty acids.

Bio-D-Mulsion Forte has a whole host of immunological benefits and is important for repairing the loose junctions associated with leaky gut.

Finally Bio-Ae-Mulsion Forte is well known for its immunological support. Physicians in Germany have used it for years in pharmacological doses for cancer so a physiological dose is prudent.

You may be saying to yourself, "these are minute doses." Yes, but remember these are daily doses for a 50 lb child. By supplying physiological daily doses of nutrients over time, we can build and maintain a strong immune system.

You can see a link below for a higher dose schedule to reduce viral replication when the battle begins. Print it up and keep it on file or even use as a handout in advance before flu season even starts so that your patients know you are ahead of the curve when it comes to fighting virus. But for kids small amounts of key nutrients will go a long way.

Whether you are aware of it or not a lot of people are thinking along these lines, they just don't know the most effective way to develop a wellness program. The nutritional market is growing by leaps and bounds. Your patients are already spending their hard earned dollars on products that may or may not meet label claims. They might as well get the best supplements from someone who has their best interest at heart and can monitor their progress, you.

Thanks for reading this week's edition. I'll see you next Tuesday.