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immune support

chest cold (lung congestion)

Primary Support:

Biotics BioC-Plus 1000: According to Robert F. Cathcart, MD, the usual bowel tolerance doses for a mild cold could be somewhere between 30,000 mg to 60,000 mg of vitamin C per day given in divided doses. A person with a severe cold might take 60,000 mg to 100,000 mg per day before reaching bowel tolerance. A person with the flu might take up to 150,000 mg daily in divided doses to achieve bowel tolerance. See <http://nessiji.com/newsletters/vitamin-c.pdf> to learn how to take Vitamin C to bowel tolerance. Vitamin C can be taken without food.

Biotics Bio-D-mulsion Forte: As a general rule, take your body weight, multiply it by the number 40, and that is the minimum IU dosage of vitamin D to start with. Take your drops either under the tongue or mixed into a smoothie.

Biotics Bio-FCTS: (quercetin) 1-2 capsules 3 times daily. Can be taken without food.

Biotics NAC: 1 capsule 3 times daily. Can be taken without food.

Biotics Pneuma-Zyme: 2-4 capsules 2-4 times daily. Best taken with food.

Biotics Zn-Zyme Forte: 1 tablet (25 mg) 3 times daily. Best taken with food.

Elderberry Extract: recipe below. Known to shorten cold/flu by 2-4 days and reduce the severity of symptoms. Take 1 ounce 2-4 times a day.

Secondary Support:

Biotics IAG: 1 teaspoon mixed in water 2-4 times daily. Can be taken without food; excellent mixed in ClearVite.

Biotics BioImmunozyne: 2-4 capsules 2-4 times daily. Best taken with food.

or Biotics ADP: 2-4 tablets 2-4 times daily. Best taken with food.

or Biotics Neutrophil Plus: 2-4 capsules 2-4 times daily. Best taken with food.

colds and flu

Primary Support:

Biotics BioC-Plus 1000: According to Robert F. Cathcart, MD, the usual bowel tolerance doses for a mild cold could be somewhere between 30,000 mg to 60,000 mg of vitamin C per day given in divided doses. A person with a severe cold might take 60,000 mg to 100,000 mg per day before reaching bowel tolerance. A person with the flu might take up to 150,000 mg daily in divided doses to achieve bowel tolerance. See <http://nessiji.com/newsletters/vitamin-c.pdf> to learn how to take Vitamin C to bowel tolerance. Vitamin C can be taken without food.

Biotics Bio-D-mulsion Forte: As a general rule, take your body weight, multiply it by the number 40, and that is the minimum IU dosage of vitamin D to start with. Take your drops either under the tongue or mixed into a smoothie.

Biotics Bio-FCTS: (quercetin) 1-2 capsules 3 times daily. Can be taken without food.

Biotics Neutrophil Plus: 2-4 capsules 2-4 times daily. Best taken with food.

Biotics BioImmunozyne: 1-4 capsules 1-2 times daily. Best taken with food.

Secondary Support:

Biotics ADP: 2-4 tablets 1-4 times daily (also, suck on ½ a tablet like a lozenge, if you can tolerate the spiciness). Best taken with food.

Biotics IAG: 1 teaspoon mixed in water 2-4 times daily. Can be taken without food; excellent mixed in ClearVite.

Biotics BioAllay: 4 capsules 3-4 times a day for pain relief. Can be taken without food.

Elderberry Extract: recipe below. Known to shorten cold/flu by 2-4 days and reduce the severity of symptoms. Take 1 ounce 2-4 times a day.

Biotics Zn-Zyme Forte: 1 tablet (25 mg) twice a day.

ear ache

Primary Support:

Biotics BioC-Plus 1000: According to Robert F. Cathcart, MD, the usual bowel tolerance doses for a mild cold could be somewhere between 30,000 mg to 60,000 mg of vitamin C per day given in divided doses. A person with a severe cold might take 60,000 mg to 100,000 mg per day before reaching bowel tolerance. A person with the flu might take up to 150,000 mg daily in divided doses to achieve bowel tolerance. See <http://nessiji.com/newsletters/vitamin-c.pdf> to learn how to take Vitamin C to bowel tolerance. Vitamin C can be taken without food.

Biotics Bio-D-mulsion Forte: As a general rule, take your body weight, multiply it by the number 40, and that is the minimum IU dosage of vitamin D to start with. Take your drops either under the tongue or mixed into a smoothie.

Biotics Zn-zyme Forte: 1-2 capsules 3 times daily. Best taken with food.

Biotics Intenzyme Forte: 4-10 tablets 2-4 times daily. Can be taken without food.

Strict elimination of all food irritants – the primary risk factor for otitis media is exposure to foods one is allergic or sensitive to [follow an anti-inflammatory/hypo-allergenic diet: <http://nessiji.com/newsletters/anti-inflammatory-diet.pdf>].

Secondary Support:

Biotics BioAllay: 4 capsules 3-4 times a day for pain relief. Can be taken without food.

Biotics IAG: 1-3 teaspoons 2-3 times a day to activate the immune system. Can be taken without food; excellent mixed in ClearVite.

Echinacea Tincture/Extract: 1/2 to 1 teaspoon 3-4 times daily to activate the immune system [purchase from <https://www.mountainroseherbs.com>] Can be taken without food.

Hot Onion Packs: wrap hot sautéed onions in a washcloth and apply directly to both ears (one at a time or at the same time). Reheat the onions as need. Leave the hot onion pack on for 30-45 minutes.

Elderberry Extract: recipe below. Known to shorten cold/flu by 2-4 days and reduce the severity of symptoms. Take 1 ounce 2-4 times a day.

Biotics Zn-Zyme Forte: 1 tablet (25 mg) twice a day.

herpes simplex I & II, shingles, or chicken pox active outbreak

Primary Support:

Biotics BioC-Plus 1000: taken to bowel tolerance until symptoms are alleviated. Can be taken without food.

Biotics Bio-D-mulsion Forte: As a general rule, take your body weight, multiply it by the number 40, and that is the minimum IU dosage of vitamin D to start with. Take your drops either under the tongue or mixed into a smoothie.

Biotics Ultra Vir-X: 2-4 capsules 2-4 times daily. Best taken with food.

Biotics Biomega 1000: 2 capsules, 2-4 times daily. Can be taken without food.

Biotics Ca/Mg Zyme: 2-6 tablets 2-4 times daily between meals.

Biotics L-lysine HCL: 2-4 capsules 1-4 times daily. Can be taken without food.

Biotics Zn-Zyme Forte: 2 tablets 3 times daily. Best taken with food.

Secondary Support:

Biotics Bio Ae Mulsion Forte: 1 drop 2-4 times daily. Best taken with food.

Biotics BioImmunozyne: 1-4 capsules 1-2 times daily. Best taken with food.

Biotics Argizyme: 1-2 capsules 2-4 times daily. Best taken with food.

Biotics BioAllay: 4 capsules 3-4 times a day for pain relief. Can be taken without food.

herpes simplex I & II, or shingles dormant

Primary Support:

Biotics BioC-Plus 1000: taken to bowel tolerance until symptoms are alleviated. Can be taken without food.

Biotics Bio-D-mulsion Forte: As a general rule, take your body weight, multiply it by the number 40, and that is the minimum IU dosage of vitamin D to start with. Take your drops either under the tongue or mixed into a smoothie.

Biotics Ca/Mg Zyme: 2-6 tablets 2-4 times daily between meals

Biotics L-lysine HCL: 1-2 capsules 1-2 times daily. Can be taken without food.

Biotics Zn-Zyme Forte: 2 tablets 3 times daily. Best taken with food.

Secondary Support:

Biotics Argizyme: 1-2 capsules 2-4 times daily. Best taken with food.

Biotics BioAllay: 4 capsules 3-4 times a day for pain relief. Can be taken without food.

Biotics BioImmunozyne: 1-4 capsules 1-2 times daily. Best taken with food.

Biotics Biomega 1000: 2 capsules 3-4 times daily. Can be taken without food.

Biotics Ultra Vir-X: 1-2 capsules 1-2 times daily. Best taken with food.

sinus congestion

Primary Support:

Biotics BioC-Plus 1000: According to Robert F. Cathcart, MD, the usual bowel tolerance doses for a mild cold could be somewhere between 30,000 mg to 60,000 mg of vitamin C per day given in divided doses. A person with a severe cold might take 60,000 mg to 100,000 mg per day before reaching bowel tolerance. A person with the flu might take up to 150,000 mg daily in divided doses to achieve bowel tolerance. See <http://nessiji.com/newsletters/vitamin-c.pdf> to learn how to take Vitamin C to bowel tolerance. Vitamin C can be taken without food.

Biotics Bio-D-mulsion Forte: As a general rule, take your body weight, multiply it by the number 40, and that is the minimum IU dosage of vitamin D to start with. Take your drops either under the tongue or mixed into a smoothie.

Biotics Bio-FCTS: (quercetin) 1-2 capsules 3 times daily. Can be taken without food.

Biotics Neutrophil Plus: 2-5 capsules 2-4 times daily. Best taken with food.

Biotics Intenzyme Forte: 4-10 tablets 2-4 times daily. Can be taken without food.

Biotics Zn-Zyme Forte: 1 tablet 2 times daily. Best taken with food.

Secondary Support:

Biotics ADP: 2-4 tablets 1-4 times daily (also, suck on ½ a tablet like a lozenge, if you can tolerate the spiciness)

Biotics Beta Plus: 1-3 tablets 1-3 times daily. Best taken with food.

Biotics BioAllay: 4 capsules 3-4 times a day for pain relief. Can be taken without food.

Elderberry Extract: recipe below. Known to shorten cold/flu by 2-4 days and reduce the severity of symptoms. Take 1 ounce 2-4 times a day.

sore throat

Primary Support:

Biotics BioC-Plus 1000: According to Robert F. Cathcart, MD, the usual bowel tolerance doses for a mild cold could be somewhere between 30,000 mg to 60,000 mg of vitamin C per day given in divided doses. A person with a severe cold might take 60,000 mg to 100,000 mg per day before reaching bowel tolerance. A person with the flu might take up to 150,000 mg daily in divided doses to achieve bowel tolerance. See <http://nessiji.com/newsletters/vitamin-c.pdf> to learn how to take Vitamin C to bowel tolerance. Vitamin C can be taken without food.

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Biotics Bio-FCTS: (quercetin) 1-2 capsules 3 times daily. Can be taken without food.

Biotics Neutrophil Plus: 2-5 capsules 2-4 times daily. Best taken with food.

or Biotics ADP: 2-4 tablets 1-4 times daily (also, suck on ½ a tablet like a lozenge, if you can tolerate the spiciness ... or you can crush the tablet, mix in water and gargle). Best taken with food.

Biotics Zn-Zyme Forte: 1 tablet 2 times daily. Best taken with food.

Secondary Support:

Biotics IAG: 1 teaspoon mixed in water 2-4 times daily. Can be taken without food; excellent mixed in ClearVite.

Biotics BioAllay: 4 capsules 3-4 times a day for pain relief. Can be taken without food.

Elderberry Extract: recipe below. Known to shorten cold/flu by 2-4 days and reduce the severity of symptoms. Take 1 ounce 2-4 times a day.

swollen lymph glands

Primary Support:

Biotics BioC-Plus 1000: According to Robert F. Cathcart, MD, the usual bowel tolerance doses for a mild cold could be somewhere between 30,000 mg to 60,000 mg of vitamin C per day given in divided doses. A person with a severe cold might take 60,000 mg to 100,000 mg per day before reaching bowel tolerance. A person with the flu might take up to 150,000 mg daily in divided doses to achieve bowel tolerance. See <http://nessiji.com/newsletters/vitamin-c.pdf> to learn how to take Vitamin C to bowel tolerance. Vitamin C can be taken without food.

Biotics Bio-D-mulsion Forte: As a general rule, take your body weight, multiply it by the number 40, and that is the minimum IU dosage of vitamin D to start with. Take your drops either under the tongue or mixed into a smoothie.

Biotics ADP: 2-4 tablets 1-4 times daily (also, suck on ½ a tablet like a lozenge, if you can tolerate the spiciness ... or you can crush the tablet, mix in water and gargle)

Biotics Bio Ae Mulsion Forte: 1 drop 2-4 times daily. Best taken with food.

Biotics BioImmunozyne: 1-4 capsules 1-2 times daily. Best taken with food.

Biotics BioAllay: 4 capsules 3-4 times a day for pain relief. Can be taken without food.

Elderberry Extract: recipe below. Known to shorten cold/flu by 2-4 days and reduce the severity of symptoms. Take 1 ounce 2-4 times a day.

Biotics Zn-Zyme Forte: 1 tablets 2 times daily. Best taken with food.

elderberry extract recipe from mountainroseherbs.com

<https://blog.mountainroseherbs.com/elderberry-syrup-recipe>

Ingredients:

- ☐ 2 cups dried [organic elderberries](#)
- ☐ 4 cups cold water (distilled, purified, or spring water works best)
- ☐ 2-3 tsp. [organic dried ginger root](#)
- ☐ 1 [organic sweet cinnamon stick](#)
- ☐ 1/4 cup echinacea root (optional)
- ☐ 1/4 cup shredded astragalus root (optional)
- ☐ 1 cup [raw, local honey](#) double the amount of sweetener to increase shelf life, reduce sweetener if you have issues with blood sugar regulation (reactive hypoglycemia, Type II diabetes)
- ☐ 1/2 cup vodka or brandy (optional to increase shelf life)

Directions:

- ☐ Combine berries and herbs with cold water in pot and bring to a boil.
- ☐ Reduce heat and allow herbs to simmer 30 to 40 minutes. This is important!!! The elderberries MUST be cooked for at least 30 minutes to deactivate the cyanide-inducing glycosides. You can make yourself quite ill if these compounds build up in your body. Cook thoroughly for 30 minutes to entirely negate this effect.
- ☐ Remove from heat and let steep 1 hour.
- ☐ Strain berries and herbs using a [funnel](#) overlaid with doubled [cheesecloth](#) or undyed [cotton muslin bag](#) and squeeze out liquid (careful, liquid will likely still be hot!). Discard used herbs in compost.
- ☐ Once liquid has cooled to just above room temperature, add honey and stir to incorporate.
- ☐ If using vodka or brandy, add here and stir until well combined.
- ☐ Bottle in sterilized glass.

Pro tip: This recipe is easy to multiply if you'd like to make a big batch to store or give as gifts ([glass pantry jars](#) and [amber bottles](#) are great choices!). Take 1.0 ounce twice a day during cold/flu season

tea - immune support tea for bacterial infections

Ingredients:

3" piece of ginger root, coarsely chopped (or one Tablespoon dried ginger root)

3" piece of turmeric, coarsely chopped (or one Tablespoon dried ginger root)

2 Tablespoons dried elderberries

1 Tablespoon cinnamon chips

1 Tablespoon clove buds

6 cups filtered water

(optional – Manuka Medical Grade Honey to taste, honey is decongestant and cough suppressant.)

Directions:

Put the spices and water into a pot and bring to a boil, simmer for 45 minutes. It is very important to simmer elderberries for 45 minutes to neutralize the natural cyanide-inducing glycosides. Drinking elderberry tea that hasn't been sufficiently cooked, or drinking ripe elderberry juice can make you feel nauseous.

Let the tea sit for 5-15 minutes to steep and cool.

Strain, stir in honey to taste.

tea - rosemary gladstar's congesta-T

Ingredients:

1 part comfrey leaf

1 part mullein

1 part coltsfoot

1 part eucalyptus leaf

2 parts peppermint

1/4 part lobelia

1/4 part ginger

pinch of cayenne

(optional – Manuka Medical Grade Honey to taste, honey is decongestant and cough suppressant.)

Directions:

Use one teaspoon of the above mix per one cup boiling water.

Let the tea sit for 10-15 minutes to steep and cool.

Strain, stir in honey to taste.

recovery from stomach virus

Primary Support:

Biotics Bio-C Plus 1000: 1-2 tablets 3-4 times daily. Can be taken without food.

Biotics IPS: 2 capsules 3-4 times daily. Can be taken without food.

Advanced Natural 150 billion High Potency Probiotics: 1 capsule 2-3 times a day. Can be taken without food.

Hammer Fizz Tabs: 1 tab, broken in half ... dissolve 1/2 a tab in water and drink in the morning ... dissolve the second 1/2 tab in water and drink in the evening. Do not have more than one tablet during a day.

When recovering from a stomach virus (vomiting and/or diarrhea) follow an anti-inflammatory diet for 1 week after recovery from illness. The first foods to try should be very easy to digest, like oatmeal cooked in bone broth. Follow the protocol in the IBS/IBD article. Do not consume sugar in any form (no honey, no maple syrup, no molasses ... only use lo han or stevia as sweeteners).