



SKLAR CENTER *for* RESTORATIVE MEDICINE

"Happy Patients Feeling Better Than Ever"

SKLAR CENTER IMMUNE BOOSTING PROTOCOL

We know this is a difficult time for our country and our communities. However, there is a lot we can do to get healthy and stay healthy. This is an opportunity to start living a different life—one that is more connected and more mindful. Reducing fear is essential to staying healthy in mind and body. Mindfulness and connectedness will lower your stress hormones and boost your immune system.

Remind yourself of the positives in your life. Express gratitude to yourself and those around you. This will enable you to calm your fears and come through this time possibly healthier than ever. We have researched the latest in staying healthy during this world-wide pandemic. We want you to stay focused on these health-giving strategies.

First Things First--The Basics

1. Wash your hands frequently
2. Don't go out unless for essential errands per local government recommendations. This is the MOST important thing you can do RIGHT NOW to prevent the spread of Covid-19.
3. Wear a mask when you go out
4. AVOID toxic products on your body that trigger inflammation in the tissue/cell membrane. Hair products, skin care, make-up, fragrances should be organic without phthalates or parabens. See the [Skin Deep Guide](#) from the Environmental Working Group.
5. Use only non- toxic cleaning/laundry products and AVOID synthetic air fresheners, plug-ins, Febreze etc.
6. DIET: It is extremely important to eat vegetables for their anti-oxidant properties and to cut out sugar and refined carbohydrates. We recommend eating organic. You may want to follow a Paleo or Whole 30 type of nutrition plan. Add kimchii, raw sauerkraut or other fermented foods to diet daily (anti-viral properties)
7. Sinus Rinse by [Neil Med](#) or [Dr. Hana's Nasopure](#) daily- If you are sick or have a history of sinus infections, add [Biocidin liquid](#) 2- 6 drops. it's like taking a shower inside your nose- no different than washing your hands! Be sure to use distilled water, not tap water which can contain parasites and bacteria.
8. Air Filters-can filter virus from the air. You may consider buying one and keeping it running constantly. [Sanuvox](#) [Austin Healthmate](#) [HiTechAir Solutions](#)

Ask About Our Covid-19 Immune Optimization Consults

Available for Patients and Non-Patients

We Want to Help You Stay Well!

562-596-5196

Are You at Risk? How to Know if You Have Compromised Cell Membranes or High Oxidative Stress:

All of the physiologic processes in your body take place across cell membranes, the outer wrappings of each of our cells. When cell membranes function poorly, we are at increased risk of disease. Persons with compromised cell membranes, especially in their lungs, gut and cardiovascular system (arteries) are more susceptible to severe consequences of virus infection.

Oxidative stress is a process that injures tissues. Lung infections create a severe oxidative stress on your body. Our recommendations listed below are aimed at improving your oxidative stress and fight illness.

Your immune fighting ability depends on the health of your cell membranes and your state of oxidative stress.

How do you know your cell membranes are compromised or damaged? How do you know whether you have oxidative stress? The following conditions involve impaired or damaged cell membranes and increased oxidative stress which may increase your susceptibility to viral illness.

- Obesity
- Cardiovascular disease
- Respiratory diseases - COPD, asthma, bronchitis, sinusitis
- Seasonal allergies/Toxic Mold exposure
- Dysbiosis/SIBO/IBS- bloating, gas, belching due to bacterial or fungal overgrowth
- Auto-immune diseases
- Fibromyalgia
- Neuro-degenerative disease - ALS, Parkinson's, ALZ, ADD
- Cancer
- If you get sick more often and stay sick longer than the average person
- Biotoxin illness- mold/Lyme co-infections, heavy metals, chronic viral infections



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Staying Healthy

The following recommendations are ones that we frequently recommend for optimal health at the Sklar Center. They include improving your cellular membranes, reducing oxidative stress, and blocking viral entrance to your cells. We have provided a comprehensive list of suggestions. You do not need to take everything on the list. You should assess the state of your health based on the list above. The more health concerns you have, the more supplements and recommendations you may want to implement.

If you want recommendations for your particular situation, please consider our Immune Optimization Consult.

Please check with your own physician or functional medicine practitioner for modifications, contraindications or substitutes. Those who are currently Sklar Center patients are already implementing many of these strategies as part of your programs.

***Recommended supplies are available on the following sites: [Fullscript](#)
[Sklar Center](#)***

- 1) Your gastrointestinal tract is the seat of most of your immunity. A healthy gut is the foundation of a health immune system:**

Recommended: [BPC \(Body Protective Complex\)](#) for healing and repair of the intestinal tract, take 2 tablets per day

- 2) There are many helpful supplements for boosting your immunity. We have combined them into a single supplement. It contains the following important components: Vitamin A, Vitamin C, zinc, quercetin, selenium, N-acetylcysteine, astragalus, resveratrol, reishi mushroom, and arabinogalatan.**

Recommended: [New You Personal Immune Support](#)-take 3 capsules per day for prevention, 3 capsules three times a day for symptoms.

- 3) Vitamin D is a very important immune modulator. It especially protects against respiratory infections.**

Recommended: [New You Vitamin D with K2](#)- take 1-2 per day. If deficient in Vitamin D and have never taken it, take 50,000 iu (10 capsules) twice a day for 3 days. Then take 1-2 per day.



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- 4) Vitamin C helps to lower your state of oxidation. It works with Vitamin E and glutathione to help you fight infection. Vitamin C can cause loose stools. Take as much as you can to bowel tolerance. A continuous level of Vitamin C throughout the day lowers your oxidative stress continuously which is your goal at this time.

Recommended: Vitamin C Powder -take 1/4 teaspoon (1200 mg) powder in a pint of water. Sip through the day. Repeat. Increase gradually to 1 teaspoon in a pint of water three times a day if symptoms of illness and bowels tolerate it.

- 5) Glutathione is our master anti-oxidant. It decreases with age. Tylenol also decreases glutathione. Glutathione works with Vitamin E and Vitamin C to decrease your state of oxidation and keep you healthy. There are many choices depending on the flavors you like.

Recommended:

Quicksilver Scientific Liposomal Glutathione-2 squirts, hold in your mouth for 30 seconds. Repeat. Do this once a day for prevention, twice a day for symptoms. (Vanilla flavor)

*Readisorb Glutathione- 1 teaspoon a day for prevention, twice a day for symptoms. (Sulfur flavor)
Researched Nutritionals Tri-fortify Glutathione-1 teaspoon a day for prevention, twice a day for symptoms. Orange Flavor Watermelon Flavor*

- 6) Tocotrienols (a form of Vitamin E) maintain cellular membranes.

Recommended: Ecological Formulas/Cardiovascular Research Tocotrienols 125 mg-one a day for general health. Three per day if impaired membranes. Three capsules 2-3 times a day if symptomatic.

- 7) Phosphatidylcholine is an essential part of cellular membranes. You can build and repair cell membranes with using phosphatidylcholine supplements.

Recommended: Body Bio PC-2 capsules per day with a meal for health maintenance. 2 capsules three times a day if impaired membranes. 1 teaspoon of Liquid Body Bio PC 2-3 times a day with meals if symptomatic

- 8) We usually think of Melatonin as a bedtime sleep aid. However, melatonin is an anti-oxidant and decreases lung inflammation. Most people take 1-5 mg at bedtime to help sleep.

Recommended: Melatonin Long Acting 5 mg or Melatonin Rapid Acting 3 mg-take 1 each night for maintenance. Increase to 20 mg once or twice a day if symptomatic.



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9) Colostrum is another form of immune globulin that helps our bodies fight invaders.

Recommended: Sovereign Colostrum LD Powder-not needed if healthy. Take ½-1 teaspoon prior to meals 2-3 times a day

10) Transfer Factors are immune globulins that put a tag on viruses. These tags tell our white blood cells to kill the virus.

Recommended: Transfer Factor Sensitive-not needed if healthy. Take 1-2 twice a day if symptomatic

11) Those with autoimmune disorders are under a more severe threat. The recommendation to stop immune suppressing medications may increase this threat (although there is some debate). Peptides provide a healthy way to balance your immune system, especially if you have an autoimmune problem.

Recommended: Thymosin Alpha-1- by prescription. Contact the Sklar Center to find out more about this medication and our Peptide Program.

12) Progesterone turns out to be an immune enhancer. If you currently use progesterone, continue to stay on it. Men can consider low doses of progesterone twice a week.

Recommended: Progesterone-available through the Sklar Center by prescription through our Hormone Balancing Program.

13) Intravenous nutritional therapies can be helpful for boosting the immune system.

Recommended: The Sklar Center is starting an intravenous Vitamin C and glutathione service.

Ask about our Immune Optimization Program and Hormone Balancing Program