



## Antiviral Advice and More From Dr. Karen Clickner



Spring is beginning and not only do we have our usual array of change of season colds, flus and bronchial problems, but we also have 24 hour news cycles about how CoVid-19 is coming to our doors!

You cannot avoid every illness, but there is much more you can do besides hand-washing, cleaning surfaces and avoiding people who are ill.

You can strengthen your own immunity so when you are exposed you minimize the illness. It can mean the difference between a cold and a hospitalization.

If you haven't read my article on the recent CoVid-19 outbreak that was recently published in Wisdom Magazine, please do:

[Read My Coronavirus Article](#)

## Photography Exhibit

Many of you have inquired about my photographs which decorate the walls of both clinics. I will be showing some of my latest images at a wonderful local gallery exhibit at **The Sprinkler Factory** in Worcester, MA throughout April.

**"Personal Vision"**  
**The work of 20 Massachusetts Photographers**

Come to the opening reception on  
Saturday, April 4th from 5:00 to 8:00 PM.



## Your Best Prevention Protocol:

What will give you the best protection is based on your risk factors for illness. First is the core essential protocol:



## When You Start to Get Sick:

Increase your core protocol to 2 just before breakfast and dinner of **Andrographis Complex, Immuplex and Echinacea Premium.**

Now add the following as well:

- Epimune Complex** - 2 with each meal.
- Calcium Lactate** - 3 with each meal and 3 more before bed if you have a fever.
- Broncafect** - 2 just before breakfast and dinner if your symptoms are respiratory.

One tablet just before breakfast and dinner every day of **Immuplex, Andrographis Complex and Echinacea Premium.**

Now add to that one of each of the following based on your history:

- Artemisinin** - if you have Lyme.
- Berberine Active** - if you have a chronic bacterial infection or a history of them.
- Viranon** - if you have Herpes.
- Astragalus Complex** - replace the Andrographis with this if you have a long-standing illness already or you are very fatigued.
- Calcium Lactate** - if you have a chronic skin condition, tend to fevers or have a bone density issue.
- Garlic Forte** - if you have a history of digestive disorders or parasitic problems.

**Please don't delay. Order your protocol today for you and your family:**

**Cheryl at our customer service desk 508-826-3551 or  
cbnmcustomerservice@gmail.com**

**Order through your Customer account at Standard Process  
Don't have an account?**

**Just call Cheryl and she can help you set that up so you can order online  
24 hours a day and receive your order in 2 days at your door.**



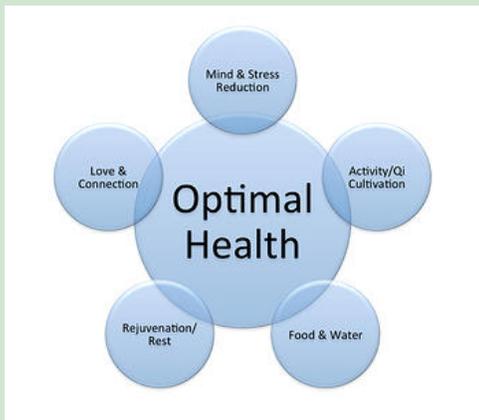
## Blindspot Charting

**The new book by Karon  
Merecki our recommended  
hypnotherapist!**

**"Blindspot Charting"  
on Amazon**



Many of you have experienced the incredible therapeutic sessions of Karon Merecki, live from her home in Spain! Now you can read her suggestions for removing the blocks in your life and creating the change you want and need in her new book **"Blindspot Charting: Break Free From What's Really Keeping You Stuck and Learn to Thrive".**



### **So how do you recover from a viral illness?**

Your immune system is the way in which your body overcomes a viral infection. The things that you do to support, strengthen and unburden your immune system determine your ability to prevent and recover from viral infections.

### **Can viral infections be "cured"?**

No, because once a virus is in your body it will simply go dormant due to the action of your immune system, but will remain dormant in your cells.

### **What about vaccines?**

Vaccines are one of the only conventional lines of defense against viruses, but don't always prevent them due to the mutation factor of a virus. The action of a vaccine is to "innoculate" or introduce a virus to your immune system so that when you are exposed again the response is quicker and more effective because the immune system recognizes it. This makes it clear that the best approach is strengthening your own immune defenses.

## **Some FAQs about Viruses**

### **What are viruses?**

They are small pathogens that need to be inside a living thing in order to reproduce. They can even infect bacteria and other microorganisms which is why you can have symptoms of both and also why an antibiotic won't do much.

### **So antibiotics are ineffective in viral infections?**

Antibiotics can reduce secondary infectious agents that accompany the virus, but will be ineffective against the virus.

### **So is there no treatment for a viral infection?**

There are some antivirals that have been developed, but viruses will mutate as they replicate inside the host. This can make them resistant to antiviral medications.

### **Why are there so many varied symptoms of a viral infection?**

Viruses will infect tissue in your body that is already damaged or unhealthy so your symptoms will reflect that. Also depending on the point of entry for a virus it can infect tissue that is attached to the point of entry (mouth, nose, etc.).

### **How can viruses be transmitted?**

Viruses are generally closely transmitted through body secretions but can also be found in food and water. Viruses can live outside of the body on a surface for up to 7 days, particularly on non-porous surfaces.