



Our Favorite Protocols for Health Through the Colder Seasons

Every day we receive calls from patients asking what our recommendations are for preventing flu, treating CoVid, adjusting to the upcoming time change or keeping our children healthy at school. So we asked Dr. Clickner to sit down and tell us her favorite tried and true remedies to keep us healthy as the days get shorter and the temperature gets colder. Print out this newsletter and keep it on your refrigerator or in your medicine chest so you're ready for whatever the season brings.



Complete Daily Adult Immune Protection

Immuplex or Epimune Complex (Veg) - 2 with breakfast and dinner.
Echinacea Premium - 1 just before breakfast and dinner.
Astragalus Complex - 1 just before breakfast and dinner.
Camu Camu Vitamin C powder - 1 scoop daily.

Complete Children's Immune Protection (4 and older)

Children's Immune Wafers - chew 1 wafer with breakfast and dinner.
Micellular Immune Attune Elderberry Herbal - 1 teaspoon 1-2 times daily depending on age.
Echinacea Premium - 1 just before breakfast.

First Symptoms of Cold/Flu

Congaplex - 3 with breakfast, lunch and dinner.
Cataplex ACP - 3 with breakfast, lunch and dinner.
Flu Milieu - 2 droppers in a little warm water 6 times daily.
Liposomal Zinc - 1 teaspoon twice daily.
Andrographis Complex - 2 just before breakfast, lunch and dinner.

First Symptoms/Exposure of Viral Illness

Contravirus - 3 with breakfast and dinner.
Viranon - 2 just before breakfast and dinner.
Andrographis Complex - 2 just before breakfast, lunch and dinner.
Virimmune - 10 drops under the tongue 3 times daily.
For Covid Exposure add RESP: SSR Kit and RESP: HOMO

Seasonal Fatigue

Rhodiola/Ginseng - 2 just before breakfast and 1 after lunch.
Drenatrophin PMG - 2 with breakfast and lunch.
Energy Catalyst - 10 drops under the tongue 3 times daily.

Seasonal Mood Challenges

For Depression - Elevate 10 drops under the tongue 3 times daily plus Pineal Code 2 droppers in a little warm water twice daily.
For Anxiety - Anxious 10 drops under the tongue 3 times daily plus Cataplex G 2 with breakfast and dinner.

Bronchitis/Respiratory Symptoms

Broncafect - 2 just before breakfast and dinner.
Emphaplex - 3 with breakfast and dinner,
Cataplex ACP - 3 with breakfast, lunch and dinner.
Andrographis Complex - 2 just before breakfast, lunch and dinner.
Fen-Gre (excessive mucous) - 3 with breakfast and dinner.

A Few Other Helpful Hints



Having Problems Adjusting to the Time Change?

LunaSomm - 2 tablets between dinner and bed.
Pineal Code - 2 droppers in a little warm water twice daily.
Tryptophan - 10 drops under the tongue after dinner and again before bed. If you wake up too early, take another 10 drops.

Digestive Distress During the Holidays

GI Stability - chew 2 wafers before breakfast.
Choline - 2 with breakfast and dinner.
Zypan/Gastrozyne (veg) - 2 with breakfast and dinner.
OmniFiber (bowel regularity) - 1 scoop in a beverage once daily.



Chronic "Under the Weather" Feeling

Camu Camu Vitamin C Powder - 1 scoop in a beverage twice daily.
Solray D spray - 3 sprays under the tongue twice daily.
Elethero - 2 just before breakfast and dinner.

Call or Email Cheryl at the Front Desk to order any of our remedy protocols

(617) 505-3585

cbnmcustomerservice@gmail.com

[Visit Our Website](#)