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Recommendations for Viruses and Bacterial Infections

**Bacterial Infections**

*Bacterial infections can exhibit symptoms of increased temperature of sudden onset or lingering swelling and redness of a specific area. Common bacterial are strep throats, bacterial infections of teeth, sores, or bug bites.*

*Immediate use of Des- Bio* ***Smart Silver ¼ teaspoon*** *is helpful for strep throat and can be repeated* ***every 4 hours as needed****. One can gargle with salt water for sore throat then follow with smart silver gargle. Des-Bio brand of Smart Silver is the only one I recommend as it is totally non-toxic.*

*Smart Silver is great to use 10 minutes after you brush your teeth in morning and afternoon to prevent bacterial infections from teeth and promote healthy gums.*

*Smart Silver can also be used as an adjunct with antibiotics and vitamin C for lyme disease but caution needs to be used as it can cause a big die off so in this case, go slowly.*

**Viral Infections**

*Viral infections may have a rapid onset and a variety of symptoms to include mental fog, coughing, joint aches and trembling. Homeopathic Virotox from Bioactive is awesome for viruses to span the common cold to viral meningitis. (get Virotox from me)*

*Instructions for acute episode using Virotox 4 drops under the tongue:*

*(Can be taken as often as every five minutes and as often as needed depending on symptoms)*

***Day 1***

*Hour 1 and 2 Every 15 minutes  
Hour 3 and 4 Every 30 minutes  
Hourly thereafter…more often if needed*

***Day Two****: Hourly*

***Day Three:*** *Every two hours*

***Day Four:*** *Every four hours*

**For Bacterial and Viral Infections ie Pneumonia**

*Take the above plus Echinacea, Goldenseal (Andrographis complex) and Vitamin C.*

*(check with pharmacist if you are taking medicines as herbs can interact with medications)*

*I highly recommend keeping a bottle of Morinda Supreme at home at all times for pulmonary infections and take from 1-3 capsules, 1-3 times a day depending on severity of symptoms.*

**The above products can be obtained from Leaves of Life 614-888-4372. Set up an account under my name and they will mail to you or you can pick up.**