

LOGAN INSTITUTE

— HEALTH & WELLNESS —

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Virus Protection

Recently, we have received a number of calls regarding both influenza (the flu) and the Coronavirus. Clinically, these viruses can last for some time and often the carrier or infected person may not yet express symptoms and be infecting others during this time.

For prevention, the best method remains frequent hand washing while anything that boosts your immune system can be helpful to both reduce the risk of infection and the timeframe of its stay should you become infected.

Dr. Logan recommends the following products to help boost the immune system and potentially help shorten the duration of an infection. In addition, recognize that your diet can play a major role and minimize the need for supplementation.

Recommended Products

Multivitamin: Mitocore or your preferred brand can help with immune modulation and ensure you're not deficient in a particular vitamin or mineral. Take as directed on the label with meals.



VITAMIN D: Studies suggest that nearly three-fourths of the population are vitamin D deficient. During an illness one can dose with much higher levels, such as 20,000 IU-30,000 IU per day, for 7 days.



AGRISEPT: This is grapefruit seed extract work wonders at stopping bugs in their tracks and thereby reducing symptoms and severity of symptoms dramatically. For acute infection, Agrisept can be taken (5 drops) every 2 hours for the first two days, then maintain a dose of 15 drops, up to 3 times per day.



VIRACID: Take additional immune boosters like Viracid as directed at the first signs of illness (sneezing, cough, sore throat, runny nose, fever etc.). Viracid contains: L-lysine vitamins A and C, pantothenic acid, B12, zinc, black elderberry, astragalus, echinacea, and andrographis. Recommended dose is 2 pills every 3-4 hours during the first day, then 2 pills or as directed on the bottle for maintenance.



VITAMIN C: Vigorous studies show that Vitamin C ramps up the production of infection-fighting white blood cells. 2000 mg, 3 times daily can effectively boost the immune system.



SILVER CREAM: Apply Silver Cream by Zanzara in each nostril 2 x a day, a natural disinfectant to prevent infection or viruses from passing through nasal mucosa.

Tip: Use this while flying or in public places to protect against airborne illnesses. May also be applied to the skin over sinus cavity and chest to eliminate infection.

