



COVID, Cold, & Flu  
PROTOCOL

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# Supplements

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Here is what is included in our Immune Boosting Bundle: INF Fighter, Vira-Pel, and Corryzaborant

## **How to take:**

- Mix all the tinctures together in a glass cup containing 2 oz of water.
- Add a half a dropper of INF Fighter, a half a dropper of Vira-Pel, and a half a dropper of Corryzaborant.
- Mix well and drink immediately.

**Repeat this 3 times per day, every day, until you no longer have symptoms.**



# Immune Support Tea Recipe

Servings: 12 cups

Here's what you'll need:

- 3 quarts/ 96 ounces of water
- 1 cup of chopped garlic
- 1 cup of chopped ginger

\*You can increase or decrease the amount of garlic or ginger to match your taste.

Directions:

- Boil for 20-30 mins covered.
- Enjoy hot or cold.
- Add the juice of 1 fresh lime or lemon to each cup before it is consumed.

Optional:

- Sweeten to taste with stevia or honey.
- Add flavored tea tags (raspberry, peach, mint, etc)

Can be stored in the refrigerator for up to 5 days.

Safe for children and adults.

Drink 2 cups daily.

# Wet Sock Treatment



For your children you may want to refer to this as the "magic" sock treatment. The warming sock treatment is best if repeated for at least 3 nights in a row. Please note, this treatment must only be done at night before bed for it to be effective for both children and adults. It is very important that you do not walk around while wearing the wet socks.

Indications: Sore throat or any inflammation or infection of the throat, neck pain, ear infections, headaches, migraines, nasal congestion, upper respiratory infections, coughs, bronchitis, and sinus infections.

## Supplies:

- 1 pair of cotton socks
- 1 pair of thick wool socks
- Ice cubes
- Cold water
- Bowl

## Directions:

1. Take a pair of cotton socks and soak them completely with in cold water with ice cubes in a bowl. Be sure to wring the socks out thoroughly so they do not drip.
2. Place cold wet socks on feet. Cover with thick wool socks. Go directly to bed. Avoid getting chilled.
3. Keep the socks on overnight. You will find that the wet cotton socks will be dry in the morning.