



# NDK IMMUNE SUPPORT KIT & PROTOCOL

'Tis the season, and we're not talking about turkey, gravy, and mashed potatoes. We're talking about the infamous "cold and flu" season. As we approach the end of the year, and through early spring, we have all been told that it's cold and flu season. Why is that? Do viruses and bacteria go rampant during the colder months?

## WHAT CAUSES "COLD AND FLU" SEASON?

There is no mistaking that there is an uptake in infections and illness during these colder months, but how much is really dependent on the weather? When we look at the science, weather does in fact impact the interaction of bacteria and viruses, but it's pretty minor, and does not account for the large uptake of infections.

To better understand the problem, we must first know why it occurs:

- Lack of sunshine
- Lowering in vitamin D levels
- Increased sugar and alcohol intake from holidays
- More time inside without fresh air
- Change in environmental factors (temp and humidity)

## WHO IS AT RISK?

While we are all at risk for infections during this time of year, there are many things we can do to improve our immune system. By improving our immune system, we help reduce our risk of a full on infection by giving our body the tools it needs to get better. Those who are immune-compromised are of course at even higher risk. If your work requires a lot of time spent around large populations of the public, such as hotels, hospitals, schools, airports etc, you are also at a higher risk.

## SYMPTOMS:

The signs of coming down with the cold, flu, or other similar infections are:

- Elevated fever over 100°F
- Aching muscles
- General fatigue
- Runny/stuffy nose
- Chills and/or sweats
- Sore/scratchy throat
- Persistent sneezing
- Persistent cough

## NUTRITIONAL RECOMMENDATIONS:

Just as with everything else with our health, supporting our immune system starts with what's on your plate! Especially during the holidays, we need to be conscious of our sugar and alcohol intake, which can dampen the immune system. This is also true for grains, which are highly inflammatory, which requires our immune system to deal with dampening its ability to fight off infections.

Herbal teas can be a fantastic addition to your routine, both as prevention and especially during an active infection. Echinacea, green tea with ginger, and chamomile are high in antioxidants, and can boost immune function. Step it up a notch by adding a tsp of raw local honey, rich with powerful botanical compounds, and even has antimicrobial properties. Teas can also be helpful with trying to stay well hydrated, another important aspect when fighting active infections!



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When you are actively sick, especially with a sore throat, the following can be incredibly soothing and helpful:

- Mix 1/4 cup each: raw honey, raw apple cider vinegar, and extra virgin olive oil.
- Add in 1 tsp ground each: cinnamon, clove, nutmeg, ginger.
- You can use this in place of your honey in your tea or take straight for sore throats. Allow to coat your throat.

## LIFESTYLE TIPS:

While it's easy to let some of our NDK lifestyle habits slip with the busy hustle of the holidays, this is a recipe for a compromised immune system and getting sick. If this happens, don't be hard on yourself, just be aware and keep habits such as good sleep, movement, and mindfulness a priority.

At the first sign of feeling an infection coming on take the following precautions:

- Stop eating for the day, digestion is taxing on the body during infections
- Do not engage in strenuous activity
- Increase support from certain supplements (detailed below)
- Drink fluids (water, teas, broth) and electrolytes
- Stay warm

## SUPPLEMENTAL PROTOCOL:

### ZINC WITH COPPER

Zinc is a key player throughout your body, from immunity to mood. Copper is vital for functions like making energy and blood cells. This zinc with copper supplement provides balanced doses of both essential minerals in one convenient capsule.

#### *DOSING FOR REGULAR MAINTENANCE DURING THE COLDER MONTHS:*

*~Take 1 capsule daily with food.*

#### *DOSING FOR ACUTE INFECTIONS ARE AS FOLLOWS:*

*~Take 1 capsule daily with food.*

### BIO D MULSION, BIO-D MULSION FORTE OR BIO-DK MULSION

Lack of vitamin D is one of the main reasons we have an increased risk of suffering infections during the winter months. When we do not have as much access to good sunshine, we can easily become deficient in this immune supporting nutrient.

#### *DOSING FOR REGULAR MAINTENANCE DURING THE COLDER MONTHS:*

*~ If taking **Bio-DK Mulsion**, take the dosing found on the bottle daily.*

*~ If taking **Bio-D Mulsion Forte**, take 3 drops daily.*

*~ If taking **Bio-D Mulsion**, take 15 drops*

*\*If you are on any blood thinners, you should not take vitamin K, so you should choose the Bio-D mulsion Forte or Bio-D Mulsion.*

#### *DOSING FOR ACUTE INFECTIONS:*

*~If taking **Bio-DK Mulsion**, take 20 drops daily at first sign of getting sick and until symptoms subside.*

*~If taking **Bio-D Mulsion Forte**, take 10 drops daily at first sign of getting sick and until symptoms subside.*

*~ If taking **Bio-D Mulsion**, take 50 drops daily at first sign of getting sick and until symptoms subside. Bio-D Mulsion, take 15 drops daily.*



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## BIO-IMMUNOZYME FORTE

This is a comprehensive support for our entire immune system, packed with a wide array of vitamin, mineral, botanical, amino acid, and organ/glandular specific support. These nutrients, such as vitamin A, zinc, vitamin E, lysine, and echinacea, work together to help fight off various infections and boost overall immune strength.

*DOSING FOR REGULAR MAINTENANCE DURING THE COLDER MONTHS:*

*~ Take 2 capsules daily with food.*

*DOSING FOR ACUTE INFECTIONS:*

*~ At first sign of infection, take 2 capsules 3x daily while symptoms persist, and for 3 days after.*

## BIO-C PLUS 1000 or BIO-C PLUS

Vitamin C might be the most well known nutrient for when we are sick, and it's well deserved! It's a powerful anti-oxidant and immune booster. But what's important when taking vitamin C are its cofactors, bioflavonoids, which help with absorption and proper action of vitamin C. Most products with vitamin C are missing these crucial components, but not Bio-C Plus 1000 or Bio-C Plus!

*DOSING FOR REGULAR MAINTENANCE DURING THE COLDER MONTHS:*

*~Take 2 capsules daily with food to support healthy vitamin C levels.*

*DOSING FOR ACUTE INFECTIONS ARE AS FOLLOWS:*

*~At first sign of infection, take 5 capsules each day until symptoms are gone.*

## LONO LIFE BONE BROTH

Bone broth is a food used for generations to help us feel better when we are sick. Our ancestors were on to something when they used this nutrient-dense food to help support their body. Not only is it packed with nutrients to help us, it's also keeping us hydrated, supplies easy to digest proteins, and doesn't tax our digestion, which can pull much needed energy and nutrients from our immune system.

*Drink several cups a day as needed during sickness. It is often recommended to go on a bone broth fast until symptoms subside.*

## NDK IMMUNE HEALTH KIT:

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(The length of this protocol will vary if you get sick and increase doses.)


- Zinc with Copper ..... 1 bottle
- Bio-D Mulsion, Bio-D Mulsion Forte or Bio-DK Mulsion..... 1 bottle
- Bio-Immunozyne Forte..... 1 bottle
- Bio-C Plus 1000 or Bio-C Plus..... 1 bottle
- Lono Life Bone Broth ..... 1 tub




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## DESTINATION HEALTH CREDENCE:

 **DIET** - Here at Destination Health, we always believe that a base of a real, whole food diet is crucial when addressing our health. Your diet should be rich in meats, eggs, fish, shellfish, vegetables, nuts, seeds, leafy greens, and minimal fruits. A healthy diet is one rich in diversity, of both plant and animal-based foods, as well as not high in carbohydrates, and for some that may even require a Ketogenic approach.

 **LIFESTYLE** - Your lifestyle is another important piece to your success, just as what you put in your body. Managing stress, proper sleep, and including regular movement into your lifestyle will go a very long way to improving your markers of health.

 **TRIBE** - Destination Health is the ultimate resource for drivers who believe in REAL FUEL! We are dedicated to help understand and reverse the effects of your current diet and lifestyle based on your bio-individual nutritional needs. Achieving optimal health takes time, dedication, and commitment. The Destination Health tribe is here to offer support and guidance as you continue on your journey to a better you!

You are following a protocol designed for a specific outcome. Dosage will vary (bottle vs protocol instructions). Please follow protocol instructions for optimal results.

The information and protocols provided by Destination Health, presented here at letstruck.com and as presented in any Podcast or Live events, are not offered as cures, prescriptions, diagnoses or a means of such. No attempt should be made to use any of this information as a form of treatment without the approval and guidance of your primary health advisor. Let's Truck assumes no responsibility in the correct or incorrect use of this information.

